Sidelights From The Girls' Conference Held in Macdonald Hall, Guelph, April 23-26

BY ESTHER FIRTH.

Thursday's Session

I was fortunate enough to be present at the recent Girls' Conference held April 23-26, at Macdonald College, Guelph, and will endeavor to tell what I heard and observed.

Most of the delegates, about 240 in number, arrived Wednesday evening and were met at the station by a Travellers' Aid representative, and directed to the College. On arrival, we registered and were given our room number, discussion group them, and they had been given imnumber and table number, and taken to the rooms we were to occupy. Most of the girls were billeted in Johnston Hall, while some stayed

The Macdonald students expected a number would be tired and perhaps sleep in Thursday morning, and so in the whole army, the battalions of sudanese in pened—and how.

The game was the continuation of thur, has been transferred to Archie one commenced on Friday night of the whole army, the battalions of sudanese in pened—and how.

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the meeting with the singing of the with tuberculosis in their country, all the time. If we want to be ball plant. Mr. McGowan leaves for Kan-I Lift Up My Longing Eyes," after tuberculosis has been ever present. out and practise some. The trouble tion with a cement concern. which the Lord's Prayer was repeat- The weak strains have died out, and is that the S. M. has not been laying We regret to learn of the death of sustained. ed in unicon. The company were the others have built up a resist- much emphasis on baseball, rather Mr. Andrew Grier, school inspector divided in groups with a senior stu- ance to disease. In the Boer war, stressing the Scout program of of East Grey. dent to lead in discussion. Each there were only from 7,000 to 8,000 woodcraft, first aid, etc. However, Miss Edna Shorey of Toronto is group retired to a separate room to actual casualties from shot and shell, the team is going to get a workout the guest of her grandmother, Mrs. discuss: "The Girl, Her Health and but 14,000 died of typhoid." Recreation." (1) By what signs may we know she is physically fit? (2) If you are honestly intent on being Do you think, then, that it is the

Health and Recreation

est service to humanity.

ness (how we look): (a) Good pos- Dr. Hill quoted figures to show (i) Enthusiastic manner.

confidence.

4. If you are honestly intent on over with." being physically fit, you must: (1) As an example of how quickly or green food every day. (5) Avoid before the age of seven. overeating. (6) Avoid undereating. (7) Eat lightly of easily digested feeds when tired, excited or anxious. (8 Drink three to five glasses of water every day outside of meal-time. (9) Eat sweets at the end of the body when it is meeting the demands of its surtime. (9) Eat sweets at the end of the body when it is peterborough. The best wishes of every Scout who knew him will go every scout who knew him a meal, not before meals. (10) Never Disease is the attempt of the body that we will miss him in the Countries its countries its countries its countries. the mouth. (11) Before putting food does not succeed." into the mouth, wash the hands.

Lie down for ten to twenty minutes rest. rest near the middle of the day if "What is the use of perfect health

Exercse and recreation: (1) Spend resist disease?" one young lady ity and nerve strain and alertness, at least an hour a day in recreation asked. "What is the use of health there is more need than ever of the and exercise, outdoors if possible. if it won't keep you from dying?" recreation of rest. (2) Take exercise that is enjoyable Dr. Hill countered. "Many people "We all need play that will free and vigorous enough to require deep say the same thing now as a result us at times from the bondage of breathing and to open the skin of the attempt to prove that there appearances and possessions," conpores. (3) Exercise daily, not only is no longer any hell. Why should tinued Dr. Ross. "We need somethe extremities but the trunk of the we be good, they ask. For their times to forget what we look like body. (4) Acquire and maintain a own peace of mind and happiness, and what we own. good posture. (5) Avoid weak and they ought to be good as well as Everyone took part in some enterfallen arches. (6) Wear healthful healthy.'

Twice a week, take a warm, cleans- tled, "Victory in Health and." ing bath at bedtime. (3) Attend to Afternoon tea was served by the evacuation of the intestine daily Homemaker class at 4 p.m. with absolute regularity.

of mental as well as physical recre- Ross, who is health lecturer for the ation. Cultivate a hobby. Cultivate girls at Macdonald College, ada play spirit. Avoid worry as you dressed the Conference on "Recreawould the plague. Be cheerful. ation," saying that the young lady Preserve a sense of humor. Cultivate of today doesn't quite appreciate imagination. Be determined to be the power she has lost in failing to physically fit, but don't worry about cultivate daintiness. She illustrated your health of all things.

its of the senior girls' work during the different effects of dancing in the past year. Dinner was served making people alert of eye, hand and

o'clock in Memorial Hall, with these dances proved how graceful President Reynolds in the chair, and dainty they can be. President Reynolds and Miss Cruick- The one essential characteristic Health, London. Dr. Hill said:

health, you will be in such splendid They are an expression of the times. health, you will be in such splendid by keep yourself in the best of health, you will be in such splnedid condition that you either won't take disease or, having taken it, you will be able almost at once to shake it off. To say that sort of thing sounds very beautiful, but it is just as sensible as saying, 'If I learn to dig policy and expression of the times. But I think we should learn to dance the minuet and other old folk and classic dances at the same time, as a necessary complement of the more flat-footed dances of today. "Recreation," said Dr. Ross, "is doing what you like, and work is doing what you don't like. In these

taioes, I shall be able to play the

Health Doesn't Give Immunity

"Health does not protect anybody against infection," protested Dr. Hill. "The only way immunity is obtained in these days is by taking the disease in very small doses. The healthiest lot of men ever brought together were the men we had in the front line trenches, where conditions were terrible. But they were adjusted to munity by inoculation for various at the hands of the Tuxis on Mon-

at Macdonald Hall.

We were informed that breakfast would be at 7.45 in the dining-hall.

The Macdonald students expected a the best of health plays as a pro- old pill on the nose regularly. The final score was 14-4. We ought to draw a curtain on the painful scene, but it behooves us to tell what hap—The importance of the final score was 14-4. We ought to draw a curtain on the painful scene, but it behooves us to tell what hap—The importance of the final score was 14-4. The importance of the final sco

Mortality of Measles

physically fit, what should you do? proper thing to do," enquired one After the allotted time for discus- mother in the audience, when Dr. sion, the secretary of each group Hill asked for a discussion, "delibercontributed to the following report: ately to expose children to infectious diseases to make them immune?"

"By no means," replied the doctor. 1. Physical fitness is the highest That may be the only way we have standard of health which we can at- now to make the adjustment of the tain so that we may be of the great- child to its environment, by why can't we have something different? 2. Objective signs of physical fit- Why not do away with disease?"

ture-erect carriage in standing, that over 12,000 children on the sitting or walking. (b) Clear com- North American continent died every plexion, good color. (c) Clear, bright year of measles. "Why can't we eyes. (d) Glossy hair. (e) Firm, eliminate measles?" he asked. "We white, regular teeth. (f) Well pro- could, but we don't do it. Mothers portioned body-weight not more don't understand the first principles than 10 per cent above or below of precaution and isolation. They standard for height. (g) Hygienic don't take these matters seriously out to Allan Park in time for the clothing. (h) Personal cleanliness. and recognize their responsibility to other people as well as to their own.

ness (how we feel). (a) Energy and said Dr. Hill, "anybody who couldn't do, bacon, or beefsteak; potatoes, if zest in work and play, kept in sensi- kill a wolf with the first shot of possible; or something else to cook. ble proportion and balance. (b) En- a bow, didn't live very long, but we joyment of wholesome food. (c) have done away with the wolf now. Feeling of rest and refreshment on It is the same thing with disease. We rising. (d) Feeling of healthy fa- have done exactly the same thing by tique at bed time. (e) Freedom from vaccination against smallpox. We persistent worry. (f) Freedom from have eliminated the disease. The persistent or regularly recurring idea of our forefathers was to let pain. (g) Endurance. (h) Self- the children have these diseases

Eat regularly. (2) Eat slowly. (3) children build up immunity, Dr. Fraser of Owen Sound. He is the Eat some hard food for the sake of Hill said that most children that die District Scoutmaster, and in charge the teeth. (4) Eat some fresh, raw from measles and such diseases, die

Defines Health

The following rules of adjustment Rest: (1) Spend eight to nine were given by the former London hours in bed every night. (2) Sleep medical health officer: "Expose out of doors when you can. (3) yourself to the demands of your en-Sleep as nearly as possible in out- vironment. Getting used to our surexpect to sleep at night unless the al rules of health. This must be Andy Thompson. body extremities are warm. (5) done by degrees with intervals of

A playlet, which was written by ant half-hour at the close of the first Cleanliness: (1) Take a cool tub, a Macdonald Institute student, was day's session. shower or sponge bath-use coarse cleverly enacted by the pupils of the towel for vigorous friction. (2) Consolidated school, and was enti-

The evening session began at 8 Mental recreation: Get some form p. m. in the gymnasium. Dr. Annie her points with folk and old time At 11 a. m. we inspected the exhib- dances and games to illustrate all brain, as well as restrained and The afternoon session began at 2 dainty. The young ladies who danced

shank tendered addresses of wel- of a lady, just as with a well furcome to the delegates. An address nished house," said Dr. Ross, "is on "Positive Health" was given by restraint. I am not as foolish as to Dr. H. W. Hill, Institute of Public advocate the abandonment of the fox trot and other modern dances.



The Troop went down to defeat day night. Harry Griff's outfit were As an example of how little part right on their toes and pounded the

tendered the delegates a serenade about 7.30, and made quite a disturbance with pans, kazoos, etc. and gave several college "yells." But everyone seemed to have risen early that morning.

At 9 a.m., we went to Assembly Hall, Macdonald Institute, where Miss McNally presided, and opened the meeting with the singing of the mention of the great American pastime. Fumbles, muffs, overthrows all featured their playing better ball on Friday and held the Tuxis to 4-all tie. On Monday, they were certainly putting up a "sloppy" exhibition of the great American pastime. Fumbles, muffs, overthrows all featured their playing better ball on Friday and held the Tuxis to 4-all tie. On Monday, they were certainly putting up a "sloppy" exhibition of the great American pastime. Fumbles, muffs, overthrows all featured their playing better ball on Friday and held the Tuxis to 4-all tie. On Monday, they were certainly putting up a "sloppy" exhibition of the great American pastime. Fumbles, muffs, overthrows all featured their playing better ball on Friday and held the Tuxis to 4-all tie. On Monday, they were certainly putting up a "sloppy" exhibition of the great American pastime. Fumbles, muffs, overthrows all featured their playing better ball on Friday and held the Tuxis to 4-all tie. On Monday, they were certainly putting up a "sloppy" exhibition of the great American pastime. Fumbles, muffs, overthrows all featured their playing better ball on Friday and held the Tuxis to 4-all tie. On Monday, they were certainly putting up a "sloppy" exhibition of the great American pastime. Fumbles, muffs, overthrows all featured their playing. The Tuxis had a snappy, hard-hit-ting bunch that were on their toes Southern States Portland Cement playing better ball on Friday and held the Tuxis to 4-all tie. On Monday, they while he sounds the praises of the Potentian pastime. Fumbles are pastiment pastiment pastiment playing bet every week, and we hope to take Parrot. the Tuxis on with better success a little later.

Saturday Hike

On Saturday next, the First Durhams are going to have a friendly meeting with the Hanover Troop at Allan Park. We hope to work in a game of softball, some signalling competition, and troop competition games. The Hanoverians claim that they have an A1 camping place at Allan Park and, furthermore, that they can play softball better than we can. Let's hope they can play hardball better than we, at any rate. Every Scout is urged to be on hand at the S. M.'s office at 12 o'clock on Mill Street, east of the telephone ofbe on hand in its new war paint, for its first workout.

The S. M. expects to be able to get evening meal. The Troop will hike the Rev. W. W. Ryan. back by moonlight. Bring "eats" for 3. Subjective signs of physical fit- "A little over 2,000 years ago," one meal only. The usual line will Be on hand and see that the rest are there too.

"Doc." Fraser Leaves

White Cloud Camp will miss the familiar face of "Doc." Fraser. Good old "Doc." Even if he was strong on the "kybo," he sure did a lot to while they were young, to get them been these last three years. For the make the camp the success it has information of the uninitiated, we of the Third Troop in Owen Sound. Since 1921, he has been in charge of the Public Health Laboratory in Owen Sound. He has been moved by "Health," Dr. Hill defined, "is the bepartment of Public Health to time. (9) Eat sweets at the end of roundings without pain or damage. with him to his home, and to say drink when there is solid food in to adjust itself when the attempt cil of the District is putting it

Troop Jottings

A number of new faces answered roll call last Wednesday night, door air all the time. (4) Do not roundings is one of the fundament- "Tim" McIlraith, Fred Kelsey and

Bill Wilson's Badgers were dig-

if it doesn't give you the power to days, when education means activ-

taining games which proved a pleas-

(To be continued)

ging in last Wednesday night and came out on top in Patrol Competi-

The special inspection last Wednesday night was "faces." This doesn't mean the kind of face, you know. Most of us can't help that worse luck. It refers to the degree of cleanliness of the physiognomy Everybody had their face nicely polished, so there were no demerit

Bill Wilson has brought further credit to his patrol by passing his Second Class test. This means four marks for the Badgers. The matter of camp has been re-

ceiving a great deal of attention, both in Troop meeting and at Court of Honor. It looks as if White Cloud would see nothing of the First Durhams this year.

TWENTY YEARS AGO

From The Chronicle File of May 11, 1905.

An eilcloth rug was stolen on Saturday night from the buggy of Alex.

hymn, "Unto the Hills Around Do whereas for generations in England, players, I guess we'll have to get sas, where he has accepted a posi- scene from Sheridan Knowles' com-

We regret to learn of the serious illness of Mr. J. M. Hunter, but hope he will pull through all right. We understand he had a paralytic stroke

on Monday. Mrs. Alexander Bell is ill again with pneumonia. Master Charles Moore, son of Mr.

George Moore, is very ill at present. Miss Maud Downes is home from Mr. Bertram Harkness of Teeswa-

ter is visiting in town. Mr. Lauder Buchan has taken a position in Meaford. Barrister McCaul is now attending

Mr. Walford Taylor and Mss Sarah McLaughlin were married on Tuesday evening of last week at the residence of the bride, Chelwoynd, by

The firemen's concert on Thursday evening was a great success. The chair was taken by Dr. Hutton. A finely rendered piano solo was given by Miss Sharp. Vocal solos were rendered by Miss King of Mount Forest, Miss Crawford, Miss Jean Brown and Mr. John S. Drysdale. Master Edward Roos contributed

violin solo, and Miss Koenig of Mount Forest, a reading. The characters in the scene from Hamlet, which was graphically portrayed, were: Tom McClocklin, as Claudius, may say taht "Doc." is Dr. Murray King of Denmark; E. C. McClocklin, as Gertrude, Queen of Denmark; E. D. McClocklin, as Polonius, Lord Chamberlain and H. H. Mockler, as Hamlet. Ed. McClocklin, as Lord Chamberlain, was certainly best in this as well as other dramatic representations. The dramatic scenes

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Appearance of Tea No Guide

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Mr. Ferg. Grant, who is now a full at Bervie. fledged dentist, is visiting in town. in the Meaford Furniture factory, Robert Cuff.

Rev. Mr. Ryan preached his fareedy, "The Love Chase," was well well sermon here on Sunday, and moves this week to his new charge

Miss Laura Hopkins of Tobermory Mr. Arthur McClocklin, who works is the guest of her grandfather, Mr.

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Thursday, May 7, 1925.

Mr. Leon Deloy, of transmitting across the indoor aerial. This aeri wire, 50 feet long, suspen lic spiral staircase.

The reception in the United St was accomplished by an ama operator in Philadelphia, who ported good signal strength. feat establishes a new transmit record. No Wender

In England, it is necessary to

department for a receiving se well as for a transmitter. One afternoon, when the elect



dlelight. In the semi-dark which resulted, a clerk accide ly issued a dog license in lieu radio license. The applicant reported, that since that time set has been "howling" unm

Static

The people in the vicinity of cago received an advanced sa of mid-summer static recently had rained and sleeted all day the ice caused the elevated to trolley cars, etc., to light up th with electrical fireworks. Th sult in receiving sets was a sur ingly accurate imitation of A

"Real" Short Waves

government has regranted the United States an radio operators the author transmit on the wave length tween 0.7 and 0.8 meters. The the casual reader, might seem a very limited band of waves in reality, such is not the ca In this band of waves, one

(Copyright, 1924, by The

RADIO QUES Mr. Sherrill will be

problems. Write him A. C. K. asks the following: tery be, before it is necessary Ans,-There is no definite p which the batteries should be carded. With some sets, the

by the time its voltage drops ACROSS CANADA AND BL

dition of the B battery is mo tical than with others. A

battery should be replied a

The wonder trip of the summer will be conducted by Laird of Macdonald College, toria, B. C., and back.

Inspired by the success of t to Victoria last year on the o of the Teachers' Federation ing at that point, and filled w triotic motives for everyone their own country, the Dean ranged for a special train 4 dard sleeping cars to leave \ on July 20, visiting Port Fort William, Winnipeg. Moose Jaw, Calgary, Banff, Louise, Vancouver, thence by

er to Victoria. Returning, the trip will be Okanagan Valley, Nelson, th enay Lakes, Windermere Ba Camp, from which place th will be motored to Banff. 14 completed is possible to conceive, wit at Radium Hot Springs, V River and Storm Mountain low Camps-another day a then Edmonton, Saskatoon, Gap Bungalow Camp, near on the Lake of the Woods. from Fort William to Port A

thence rail to Toronto, wh trip will terminate on Aug Everything is included price of \$325.00 from Toronto portation, sleeping cars, ac dation in hotels and h camps, meals in diners, he on steamers, sightseeing points visited, and all grati-

teachers, the tour is open to one desiring to go. All will be welcome. Fares from other points the onto will be named, and deillustrated booklet sent on tion to Dean Laird, Macdon

While appealing prima

lege, P. O. Que. Advertise in The Chronicle.

to Lorne Anan, varney