

For The Quiet Hour

A PRAYER

Teach me, Father, how to go
Softly as the grasses grow;
Hush my soul to meet the shock
Of the wild world as a rock;
But my spirit, propped with power,
Make as simple as a flower.

Teach me, Father, how to be
Kind and patient as a tree,
Joyfully the crickets croon
'Neath the shady oak at noon;
Beetle, on his mission bent,
Tarry on that cooling tent.
Let me, also, cheer a spot,
Hidden field or garden grove—
Place where passing sojourn can rest
On the way and be their best.

—Edwin Markham.

THREE TENDENCIES CHARACTERIZE THE LIFE AND thought of the young people of Japan today, according to Takuo Matsumoto. He says, in the Japanese Student Bulletin:

"First, reality in both personal and mental life is passionately sought. Second, we may unhesitatingly say that the new generation in Japan today is profoundly religious. It is true that its religious longings are vague and formless in most cases, but I believe that they will gradually crystallize themselves into more vital convictions. The third noteworthy fact about the young men and women of Japan today is the new interest they have come to take in social problems. In the spring of 1924, The Student Society for the Study of Social Science was first inaugurated in Waseda University, and then in one after another of various higher institutions in Tokyo and elsewhere. Although these societies in different schools aim at a dispassionate scientific study of social facts and problems, they show signs of eventually developing into a great student movement for social righteousness."

IT IS SAID THAT THE CHRISTIAN CHURCH TODAY IS AT a crisis. Well, this seems natural, inevitable, and not at all alarming to a believer in Christ, confident that truth will prevail. The fact is, Christianity was born in a crisis and never has gotten out of it and never will until the final victory is won and questioning minds of men are brought into harmony with the mind of Christ Jesus.—Dr. Henry Van Dyke.

TO FEEL HIS HAND

To stretch my hand and touch Him
Though He be far away;
To raise my eyes and see Him
Through darkness as through day;
To lift my voice and call Him—
That is to pray!

To feel a hand extended
By One who standeth near;
To view the love that shineth
In eyes serene and clear;
To know that He is calling—
This is to hear!

—The Way.

DR. STUART HOLDEN, THE WELL-KNOWN PREACHER OF England, is at present on this side of the Atlantic, and in a recent address has stated that the influence of D. L. Moody in England is greater today than when the evangelist was there in bodily presence. The Christian life of England owes more to Mr. Moody than to any other man, Dr. Holden says. "There are few Christian enterprises in our country which do not directly owe some measure of their inspiration to the impulse that crossed them or to the blessing that came to them directly through Mr. Moody. If there is one man who ever has touched the life of England in spiritual things, it is he. The larger part of the great network of Christian organization in England took its rise in the evangelistic movement and revival which God gave to our country in the days of his preaching."

Dr. Holden referred to the meeting in Glasgow last year, held to commemorate the fiftieth anniversary of D. L. Moody's mission in Scotland, at which three thousand people were present, many of whom were men of distinction in government, law, medicine and other professions. In this gathering, Sir John Graham, a man of 82 years, arose and told of sitting on the platform at one of the Moody meetings between William Gladstone and Matthew Arnold. At the close of D. L. Moody's address, Mr. Gladstone turned to Mr. Graham and said: "Graham, I thank God that I have lived to see the day when He has given His Church on earth a man with power to preach the gospel as I have heard it today." Whereupon Matthew Arnold turned to Mr. Gladstone and said: "I would give all that I have if I could believe as Mr. Moody does."

TWO MEN HAD BEEN FRIENDS AND NEIGHBORS FOR MANY years. One of them was offered an attractive price for his farm. He declined to sell. Questioned as to the reason for his refusal, he replied that he was unwilling to move away from his neighbor. "That man," he said, "shares his soul with me."

There are acquaintances who touch only the outer fringe of our experiences. There are others who are closer to us and who understand us better. There are, it may be, only two or three with whom we may share our deepest feelings and aspirations.

Jesus had many acquaintances. He had also twelve constant companions. Yet He chose but three of His friends to be with Him upon the Mount of Transfiguration. Only those three men were given the opportunity of beholding the Master's transfigured glory in preparation for the Cross.

To be such a friend, one must be sympathetic, sincere and trustworthy. The test that we should make of ourselves is not the number of superficial friendships that we enjoy. Rather should we consider how many of our friends are ready seriously to share their souls with us. If we receive no such confidences, we should make ourselves worthy to receive them.

THE NEW CONSTITUTION OF EGYPT GENEROUSLY SAFEGUARDS such religious liberty as now exists. While Article 149 states that Islam is the religion of the state and Arabic is its official language, we find the following:

Article 12. Liberty of conscience is absolute.

Article 13. The state protects, in harmony with usages established in Egypt, the free exercise of any religion or faith, on condition that it is not contrary to public order or good morals.

Article 16. No restriction will be imposed on free use of any language in private relations, in trade, in religious affairs, in the press or in publications of any sort, as well as in public gatherings.

GOD ANSWERS EVERY PRAYER. THERE IS NEVER A PRAYER offered by a trusting soul that God does not answer. He does not always say, "Yes," sometimes he says, "No"; sometimes he says, "Wait." Elijah prayed and asked for a desert prayer. God said, "No." He gave Elijah something better—a chariot to heaven. Moses wanted to go into the promised land. God said, "Moses, wait a minute!" Moses died, "not having received the promise." Is that all? Why, no! Moses believed God and saw the promise afar off. Fourteen hundred years later when God's son was talking to his Father from a mountain in the land of promise, God whispered to Moses, "Step down into Canaan." Moses got there after a thousand years in a much easier way than Joshua, for he had to fight his way against giants and walled cities. We may die, "not having received the promise," and God may run out of time and have to borrow from eternity, but pray on, he will answer. Delays are not denials.

DURHAM PUBLIC SCHOOL PROMOTION RESULTS

Jr. IV. to Sr. IV.

(Alphabetically Arranged)
Royden Connor, Gordon Falkingham, Sadie Holmes, Frances McArthur, Raymond McGillivray, Norman McArthur, Jean McKay, Hazel McLean, Dave Marshall, Jasper Taylor, Rosie Tinianov, Lourdes Sibbald, Elsie Willis, Kenneth Wilson, George Hahn, Harry Ryan, Orville Saunders, Vernon Snider, Bernard Clarke.

Sr. II. to Jr. IV.

Names in order of merit in the following promotions made in June.

Clen Rowe, Gordon McCrae, Dorothy Pickering, Audrey Bell, Willie Erwin, Norman McIntyre, Albert Nicholson, Thelma Bell, George Hay, Caroline Mitchell, Elsie Smith, Harding, Dorothy Douglas, Wilma Smith, Norman Becker, Clara Traynor, Violet McLean, Ila Allan, George Noble, Mary Moffat, Gertrude Glass, Ned Burnett, Marjory Noble, Moore McFadden, Earl McEachnie, Victor Hind, Ada Holmes, Evelyn Baird, Gertrude Harrison, Beryl Falkingham, Josie Whitmore, Anna Ritchie, Lawrence Lowe, Eddie Miller, Nelson Collinson, Mary Tobin, Fred Murdoch, Bowman Jamieson, Myrtle Watson.

Jr. III. to Sr. III.

Doris Taylor, Gladys Whyte, Margaret Storrey, Harold Glenholme, Jasper Greenwood, George McEachnie, Jack Schutz, John Styles, Isobel Henderson, Irene Elliott, Velma Noble, Wilfrid Middleton, Teddy Elliott, Arthur McClymont, Alfred Nicholls, Janet Watson, Reta Willis, Ruby Willis, Jack Lauder, Alma Kress, Isobel Jamieson, Nelson Hunt, Orval Noble, Norman Dean, Joe Watson, Mamie Storrey.

Sr. II. to Jr. III.

Helen Young, Alice Nicholson, Elsie Goodchild, Elsie Falkingham, Lulu Mills, Annie Campbell, Lewis McComb, Jean Grant, Gordon Grant, Genevieve Saunders, Norma Allan, Donald Knight, Maudie Storrey, Glenn McDonald, Charlie McEachnie, Clifford McGillivray, Annie Walker, Dorothy McFarlane, Bernice Whitmore, Ruth Clark, Orval MacDonald, Earl Snider, Frank Hulme, Gerald Falconer, Glenn Lloyd, Clarke Lloyd, Edith Erwin.

Jr. II. to Sr. II.

Margaret Sibbald, George Ashley, Clifford Readhead, Reta Graham, Elsie Pinkerton, Norman Elliott, Frances Hay, Bessie Atkinson, Marie Allen, Jean Atkinson, Fred Bolger, Lorne Prew, Agnes Walker, Percy Greenwood, Ina MacDonald, Eric Griff, Clarence Gliddon, Verduan MacDonald, Eddie Hunt, Norman Falkingham, Earl Gliddon, Hazel Moore, May Braithwaite, Alice Pinkerton.

Sr. I. to Jr. I.

Clara Jack, Florence Havens, Elsie Hunter, Arthur Koch, Margaret Watson, Shirley McIntyre, Crawford Volter, Lily Long, Mary Pickering, Gladys Ritchie, Gordon McGillivray, Susie Bell, Alex. Tobin, Jack Gagnon, Nora Baird, Tommy Lowe, Lynn Vollett, Carman Allan, Genevieve Yirrs, George McEachnie, Harold Trafford, Robert Neaves, Olive Dunsnoor, Charlie Nicholson, Clara Falkingham, John Greenwood, Nathan Ritchie, Leah Griff, Eldon Whitmore.

Jr. I. to Sr. I.

Marian Moore, Victor Goodchild, Ross Wilson, Jean Rowe, Oliveda Hahn, Clarence Wilson, Clarence Adlam.

Sr. Primer to Jr. I.

Desol McArthur, Mary Firth, Doris Dyer, Clara Thompson, Winnifred Osborn, Betty Henderson, Violet Hind, Edna Elliott, Reta Innes, Jimmy McAuliffe, Dorothy MacDonald, Norman Greenwood, Olive Laurie Campbell, Ethel Erwin, Carman Noble, Elizabeth Nicholls, Lewis Whitmore, Iris Huggill, Gordon McComb, Bobby Gray, Roswell Middleton, Bert Trafford, George Braithwaite.

Jr. Primer to Sr. Primer.

Honors—Edith Miles, Eddie Wells, Alex. Wells, Clark Saunders.

Pass—Thornton Snell, Jack Lloyd, Robert Noble, Louise Falconer.

B. Jr. Primer to A. Jr. Primer

Honors—Jimmie Storrey, Goldwin Long, Elmer Glenholme.

Pass—Mabel Pinkerton, Dorothy Ashley, Elmer Arnett, Velma Lawrence, Gordon Kennedy, Vera Collinson, Esther Bourne.

C. Jr. Primer to B. Jr. Primer

Honors—Robbie Milne, Lorraine McArthur, Boyce Howell, Irvine Innes, Florence McLean.

Pass—Eilene Tucker, Iolene Whitmore, Helen Lawrence, Sarah Dyer, Marjory Mervyn, Gertrude Holmes, Raymond Gardiner, Lucille Trafford, Jack Griff, Jean McDonald, Douglas Dunsnoor.

Worse and More of It

The following story is told of Sir William Van Horne, first president of the Canadian Pacific Railway and a Major Rogers, who was in charge of the supplies for men working along the track. Van Horne said: "Look here, Major, I hear your men won't stay with you; they say you starve them." "Tain't so, Van." "Well, I'm told you feed 'em on soup made out of water flavored with old ham canvas covers." "Tain't so, Van. I didn't never have no hams."—From "Canada's Great Highway," by J. H. E. Screehan.

EGREMONT COUNCIL

Council met June 22, members all present. Minutes adopted.

Commissioner Calder reported: J. Smith, gravel, \$2.88; D. Eccles, gravel, 6.48, graveling, \$15.09; P. Cornish, graveling, \$4.00; H. Lamont, dragging and raking stones, \$6.75; T. Reid, graveling, \$10.31; W. J. Drimie, gravel, \$7.60; R. Nelson, gravel, \$7.28; J. Lewis, graveling, \$4.50; Fees \$3.50. Report adopted.

Commissioner Ferguson reported: J. Morrison, repairing bridge, \$4.70; O. Haney, bonus wire fence, \$12.00, winter work, \$2.00; J. Troy, winter work, \$2.00; B. Ferguson, bonus wire fence, \$16.00; H. Hoffman, gravel, \$4.60; J. R. Anderson, gravel \$6.00; J. Burke, for plank and repairing culvert, \$7.92; M. Dowling, gravel, 64 cents; T. Kirby, graveling, \$36.67; J. Haney, gravel, \$6.40; W. J. Smith, road to pit, \$2.00; J. Hockridge, graveling Egremont and Proton Town Line, \$83.50; P. Doyle, inspecting work, \$1.00; Fees \$3.60. Report adopted.

Commissioner Mack reported: W. Allan, brushing, \$2.25; J. Queen, graveling, \$5.40. Report adopted.

Commissioner Robb reported: A. McTavish, covering for bridges, \$20.16, delivering and repairing bridges, \$2.50; N. McQueen, grading, \$13.50; J. Spicer, grading, \$13.50; J. Robb, moving grader, \$2.00; J. Dodds raking stones, \$4.72; G. Keith, operating grader, \$3.00; H. Yake, work McQueen's bridge, \$1.00; F. Robb, moving plow, \$1.50; G. Fyby, opening gravel pit, \$3.37; William Fairbairn, graveling Egremont and Proton Town Line, \$4.00; J. Colbeck, oil and grease for grader, \$5 cents. Fees \$2.00. Report adopted.

Commissioner Wilson reported: W. Wilson, repairing culvert \$2.00; C. McGillivray, bonus wire fence, \$12.80; S. Williams, grading, \$2.56; H. McEachern, grading and graveling, \$36.40; John Weir, graveling and dragging, \$35.00; James Weir, grading and graveling, \$44.25; J. Hill, graveling, \$9.00, gravel, \$8.56; H. McEachern, gravel, \$10.16; John Weir, gravel, \$7.52; Fees and services re grader, \$5.00. Report adopted.

By-Law No. 479 authorizing the Receiver and Treasurer to borrow the money to meet the current expenses of the year was passed.

Mack—Robb: That the grant of 50 cents per rod be given to Mr. Robert Lawrence, owner of Lot 3, A. Concession 22, to fence that portion of his property bounding what is known as the Cement Road now a public highway, and that an agreement be drawn up to the effect that Mr. Lawrence maintain the fence for the time. Carried.

The following changes were made in the Assessment Roll: William McRae, tenant, Lot 1 and 50, Concession 1; Albert Pierson, tenant, Lot 25, Concession 21; William Ketchabaw's name removed as tenant, Lot 8, Concession 15; Jessie Haw's name removed as owner, Lot 23, Concession 17, and Lot 20, Concession 18.

Wilson—Mack: That the Court of Revision now close and the Assessment Roll as now revised be finally passed. Carried. Resolved that the printing of the Voters' List, etc., be given to the Chronicle office for the year 1925.

Ferguson—Wilson: That the Receiver and Treasurer be authorized to sell the debentures affecting S. S. No. 3. Carried.

Robb—Mack: That the following accounts be paid: Municipal World supplies, \$13.38; T. Bowman, inspecting sheep, \$1.00; Confederate office for printing account, \$29.04; Bain and Bicknell, barristers, account re school by-law, etc., \$60.00; Rees, delivering P. Rolls, \$8.00, postage and telephoning, \$17.00, half-year's salary, \$175.00; Treasurer, postage and stamps, \$5.45, half-year's salary, \$75.00; J. T. Brown, lamb killed, \$5.00; J. T. Brown, Council in attendance at meeting to date, \$15.00, services re Dowsers bridge, \$7.50; B. Gibson, use of room, \$2.00. Carried.

Council adjourned to meet Monday, July 20, for general business. —David Allan, Clerk.

A Mining Problem

A youth began work in a mine, and his first job consisted of driving one of the pony wagons used for carrying the coal to the elevator. He got along very well indeed until one day he came to a place where the roof of the "gallery" was far too low to allow the pony to pass. Consequently he took a pick and commenced to hack away part of the roof. Immediately a foreman came on the scene and asked what he was doing. The lad explained that he was making a way for the pony to pass. "Now, that's a very dangerous thing to do," said the foreman. "You might bring the whole roof down. What you ought to do is to cut away the floor." "D'ye think I'm a fool?" retorted the lad. "It's the pony's head that won't go through—not his feet."

Your Turn Will Come

"Hush, little vacant lot, don't you cry. You'll be a filling station bye and bye."—St. Catharines Standard.

WESTERN ONTARIO NEWS IN BRIEF

Life in Western Portion of Canada's Banner Province Told in a Column.

Michael Redden, an old baseball player, was watching a ball game at Hamilton Friday when he collapsed and died in a few minutes.

The use of tobacco in jails being against the regulations, the inmates of Oxford Jail cannot avail themselves of the recommendation of the County Council.

Joe Pheasant of Moravian Town, while working with a gang from the Chatham jail, made his escape and is still at large.

Oxford County Council, having adjusted the road payment question, struck the tax rate at 5.904, a reduction of six-tenths of a mill below last year's rate.

At a meeting of the Central Highways Association, held at Stratford and attended by representatives of a number of municipalities, it was decided to ask the provincial government to make no changes in the Stratford-Sarnia road. Over 100 blue water hikers from Sarnia were present.

An epidemic of foreign coins is suffered by Woodstock merchants, who have been taking them for quarters.

First taking poison and then slashing his throat with a razor, Addison Erb of Waterloo is in the hospital. He is likely to recover.

Chatham branch of the Ontario Vegetable Growers' Association will urge on the city council the establishment of a wholesale market.

The re-organization of Kent County police was completed Saturday when five salaried constables held a conference with the chief.

The Ontario Municipal Board, by a judgment received at London on Saturday, has sustained the right of the London Street Railway to charge five-cent fares.

Albert Price, employed by the London Utilities Commission, while at work on a pole on Saturday, was thrown off through receiving an electric shock and was instantly killed.

At Saturday's dinner of the Stratford Lions' Club, a medal was presented to ten-year-old Donald McCaul, who saved a companion from drowning in Lake Victoria two months ago.

Mrs. Homer Hymmen, who was seriously injured in the auto accident at Kitchener, which caused the death of her son, succumbed on Saturday. Three other victims are still in the hospital.

For the first time women were admitted to the St. John's Day services held yesterday at the Scottish Rite Cathedral in Hamilton. Rev. J. K. Hunter Palmer of Westminster Presbyterian Church, delivered the address.

Hamilton police are now working on the theory that the triple murder is the result of a bootleggers' feud. It is considered evident that

PAINS IN BACK AND SIDES

Ended by Taking Lydia E. Pinkham's Vegetable Compound

Fusilier, Sask.—"For two or three days every so often I would have such pains in my back and sides that I could not do anything—could not even lie quietly in bed, and my head ached, too. I was this way about three years, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to help me, as my folks live in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound and told me to try it. I took her advice and have been thankful for it ever since. After taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may publish my testimonial."—Mrs. HELEN BALANOFF, Fusilier, Saskatchewan.

Often some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times, irregularity, backache and headache indicate some form of female weakness. Women so bothered should give Lydia E. Pinkham's Vegetable Compound a trial. This dependable medicine has helped thousands of women and it is reasonable to expect that it will help you. Try it today. Your druggist sells this medicine.

the frequent change of residence by the two foreigners was due to their fear of some one.

Members of the Holy Name Society, including a large contingent from Toronto and from other places, held a monster parade at St. Catharines Sunday. Rt. Rev. Mgr. Sullivan, president of St. Augustine Seminary and Mgr. Mossis, dean of St. Catharines, officiated at services in St. Nicholas School grounds.

DURHAM HIGH SCHOOL

The School is thoroughly equipped to take up the following courses:

- (1) Junior Matriculation.
 - (2) Entrance to Normal School.
- Each member of the Staff is a University Graduate and experienced Teacher.
- Intending pupils should prepare to enter at beginning of term.
- Information as to Courses may be obtained from the Principal.
- The School has a creditable record in the past which it hopes to maintain in the future.
- Durham is an attractive and healthy town, and good accommodation can be obtained at reasonable rates.

J. A. M. ROBB, B.A., Principal.
JOHN MORRISON, Chairman.



HELP NATURE TO

By DR. W. J. Scholes

Note: Dr. Scholes will answer columns as will be of interest to public print. Personal questions accompanied by self-addressed envelope to Dr. W. J. Scholes, in care of The

In health, the bodily temperature. As recorded by the tongue, it averages 98.6 degrees lowered in a cold atmosphere.

Most of the heat produced in the body results from chemical reactions. Those generating the most heat take place in the muscles. They are a part of muscular activity.

Some of the body heat is lost in the air expired from the lungs. Most of the heat is lost through the skin by radiation, conduction, and the evaporation of perspiration. The fine balance between the production and loss of body heat is maintained by a heat-regulating center in the brain. During hot weather, the heat-regulating mechanism acts to increase the loss of heat. The blood vessels of the skin dilate. The skin contains an increased amount of blood. This favors the radiation and conduction of heat from the body.

Perspiration Necessary

If the surrounding temperature is (Copyright, 1924, by The Bonnet)

HEALTH QUESTION

Ice Water

C. S. asks: "Is there any harm in drinking ice water?"

Reply

Ice water taken during a meal may chill the stomach and temporarily retard digestion. If swallowed hastily, especially while one is hot, it may cause cramps. Tradition teaches that the drinking of very cold water while one is overheated is dangerous. Perhaps some of the danger arises from possible impurity of the water rather than from its temperature.

The purity of the ice placed in drinks is also an important consideration. All germs are not killed by freezing in ice. Typhoid is an example. Some ice is manufactured under conditions that preclude the use of contaminated water. Some of the ice that is used in smaller towns, and is taken from ponds, creeks, rivers or lakes that may receive sewerage, should not be put into drinks.

Cool water is probably a better drink than ice water.

Perspiring Arm-pits

Mrs. L. D. writes: "I am very much troubled with perspiration of the arm-pits. Is there anything that I could use that would stop this?"

Reply

Bathing them with hot water would help some. A lotion that is commonly recommended for this purpose is a 25 per cent solution of aluminum chloride in water. Apply it once a day for two or three days.

No Harm

E. G. W. asks: "Is it all right for a boy sixteen years old who had scarlet fever late last winter to go in swimming?" He seems to be pers-

Paul Was Puzzled

Little Paul was turning the page of a new picture book which had been given to him. He came to two which were uncut. He tried to turn the page, found that he could not, lifted up the corner and peeped under and stopped to ponder the situation.

"Mama," he called, "Mamma, come here a minute."

"What is it dear?" asked his mother.

"Look at my book," said Paul.

THE FAMILY



McKechnie's

Girls' Summer Dresses with Bloomers to match, 3 to 6 years,	85c	Ladies' Corsets, in Pink and White, D and A (summer weight)	\$1.00
Ladies' Art Silk Hose, in Grey, Sunburn, Flesh and Brown, per pair	50c	Elastic Girdles, Pink, D and A	\$2.50
Ladies' Bloomers with silk stripe, in Mauve, Pink and Cream,	50c	Corset in Pink, D and A	\$1.25
Ladies' Black Cotton Hose 25c		Nunode Brassiere, Pink	50c
		Misses Cotton Hose in Black and Stucco colors, pair	29c

John McKechnie - Durham

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