

Learning To Live

The adult education movement has made considerable headway in Canada under the auspices of the Workers' Educational Association, a branch of which holds classes in Stratford, Ontario, under the leadership of a recent book entitled "Learn to Live," an attempt has been made to estimate the value of the movement in England, and to discover the effect of such education upon those who follow the courses offered. The courses are analyzed. These are divided into the "culture motive" and the "social motive."

Some people are naturally studious and desire to add to their stock of knowledge, while others find a subject which attracts them, and they seek to enhance their enjoyment of it. Others are said to take up a course with a view to improving their position in life and hope to turn their educational advantage. Then there are those who attend classes as a means of escape from their workaday life, or as a form of entertainment or an opportunity for sociability.

A larger number of students, however, are said to fall into two main groups: (a) Those who wish to cultivate personal interests, self-expression in writing or debating, in music or art, or in various forms of leisure activity, or to add a tinge of intellectual or imaginative stature; (b) Those who wish to develop civic interest, whether in national or local affairs, to make a more effective contribution to the social, political or religious groups to which they belong.

It would be difficult to estimate the results of such training. Many of the students questioned speak of the opportunity the classes give them to develop qualities and interests for their daily occupation, and to develop a new kind of education which brings a new vitality to some but which puts a new value in many. Perhaps the value of non-vocational education could be better expressed.

Perhaps the man in the audience imagined the "best-dressed man on the street." He may have felt the actors for whom publicity has been made such claims were not less foppish or dandy. In light of seven rules of good dress laid down by one of them that can only be revised, writes the Ottawa White Standard.

Among these rules is that dress and proper care are more than mere accessories. Run-over clothes are taboo; so, again, are dirty and shabby hats. Suspenders, he says, are essential to properly draped trousers. Dirty suspenders may be worn only on men engaged in manual labor. And, lastly, a man should appear unshaven only in his bed-room.

Nothing of a striking nature is these. On the contrary, they are merely what one expects from any respectable man.

To the cost of good dressing, this star says he can prove that a man making \$10 a week can dress as well as a millionaire. He maintains good taste and good dress are not only the accompaniment of

the Thirteenth Child
The Lethbridge Herald: John Aird, who has just returned from the position of president of the Bank of Commerce was a 13th child of a family of 17. He proved himself wasn't unlucky. From this age family he rose to a place of distinction. The large proved something else also. It started off in Quebec, it distinctly Scotch, not French. The impression always was that the big families in were those of the French. A thing about it is that a family can make its way in the world; that it is not always a case of Sir John, but that he has had a remarkable banking and though most of their officials around of sixty years, the Bank of could not spare Sir John if he was over eighty. Sir John's faith hasn't been unshaken. He still believes in a future for Western Canada. There is an inquiry in to the structure of the prairie province. He thinks there is justification for an adjustment of the tariff barriers that recovery will come and that he had to find Canada leading

the 1920 quake, 150,000 lost their lives in a few minutes.

HAD AGONISING PAINS IN HER BACK

Free from Pain Since Taking Kruschen

Like many other sufferers from backache and rheumatic ailments, this woman decided to try Kruschen Salts in a last attempt to obtain relief from pain. To her surprise, the pains did grow less, and in a few months the backache had disappeared. Having made sure of the results, she now writes as follows:—

"For about four months I had agonising pains in my back, and could not turn in bed. During that time I tried various remedies, but obtained no relief, and was seriously considering going into hospital. However, seeing a case similar to mine described in an advertisement for Kruschen, I thought I would try it, and was more than surprised to find the pain getting less. I have been taking Kruschen for four months, and would not be without it for anything. I must say I am free from those dreadful pains."—(Mrs.) B. C.

Kruschen is an excellent diuretic—that is, it helps to stimulate kidney functions. When kidneys are restored to healthy, normal action, poisonous waste is properly eliminated, the blood-stream is purified, and you get welcome relief from the dragging pains of backache.

PROBLEMS OF EVERY DAY LIFE

By Dr. M. M. Lappin

SHOULD COUSINS MARRY?

The questions of kinship marrying has generally been considered a delicate one. It all depends upon two things, viz: (1) the nearness of the kinship, and (2) the family history on both sides.

I have been asked to advise on the proposed marriage of two first cousins. The young man is twenty eight and the girl is twenty three. Their mothers are sisters, and the young man's father and mother were cousins. I am not told whether first or second cousins. The family history on both sides appears to be very good, and the young couple are financially in a position to marry; but the girl's mother objects, in deference to her mother's wishes, who has been putting off and putting off.

This young couple have been courting for six years. They have come to mean much to one another and are quite wrapped up in each other. I believe it is really a matter of true love.

Well, from the psychologist's point of view, I can see no reason why they should marry, and particularly when the family history on both sides is good. I cannot conceive of ill effects resulting from their marriage and I would advise that the girl's mother give in, and allow the marriage.

Of course, as I have stated in this column before, I am not qualified to give medical opinion since I am a Christian Psychologist and not a medical man. In this instance, however, I have taken the trouble to consult a friend of mine who is a

medical man and an authority on the matter. He agrees with my opinion and says he would give exactly the same advice. Moreover, he tells me that medical authorities could be quoted as supporting this opinion.

From the psychologist's view, more harm is likely to result from frustrating the purpose of these two young couple. Having kept company for so long, to put anything in the way of their love consummating in marriage now, would only tend to ruin two lives. I think that should be borne clearly in mind. If either of the parents intended to stop this friendship, the time was when it began, and not now after six years when it has flourished into love.

NOTE: The writer of this column is a trained psychologist and an author of several works. He is willing to deal with your problems and give you the benefit of his wide experience. Questions regarding problems of EVERYDAY LIVING should be addressed to: Dr. M. M. Lappin, Room 421, 73 Adelaide Street, West, Toronto, Ontario. Enclose a 3c stamp, addressed envelope for reply.

Don't Try to "Save" on Home Remedies—Ask Your Doctor
There is one point, on which practically all doctors agree. That is: Don't give your child unknown remedies without asking your doctor first.

All mothers know this. But sometimes the instinct to save a few pennies by buying "something just as good" overcomes caution.

When it comes to the widely used children's remedy—"Milk of Magnesia"—many doctors for over half a century have said "PHILLIPS."

Keep this in mind, and say "PHILLIPS' MILK OF MAGNESIA" when you buy. Comes now, also in tablet form. Get the form you prefer. But see that what you get is labeled "Genuine Phillips' Milk of Magnesia." 25¢ for a big box of the tablets at drug stores.

ALSO IN TABLET FORM:
Each tiny tablet is the equivalent of a teaspoonful of genuine Phillips' Milk of Magnesia.

MADE IN CANADA

PHILLIPS' MILK OF MAGNESIA

Canada's Birds

Canada has probably 500 different kind of birds, and each different kind has a different travel schedule; in fact, some kinds scarcely travel at all and may be found even in the most severe winter weather in their accustomed haunts.

Canada values its bird travellers for the aesthetic pleasure they give by their presence by their beauty of color, and by their charm of song. They are an import control of insect pests in forests and garden, and some birds, are a major attraction for the hunters in the fall. Not only are the game bird kinds valuable for sport, but they are also valuable to the residents in remote parts of Canada as providing an important part of their food supply.

To protect its bird travellers which spend part of the year in Canada and part of the year in the United States, Canada almost 20 years ago, entered into a treaty with the United States which by co-operation between the two countries, extends protection to migratory birds by means of close seasons, bag limits, and the prohibition of unfair hunting methods. The birds do not belong to either country—they belong to both.

Canada's Migratory Birds Treaty of 1916 has been of major assistance in conserving this resource and has been hailed the world round as the first international treaty for bird protection.—Canada's Weekly.

HAVE YOU HEARD

There isn't going to be much privacy in this old world any more. A scientist now claims he can photograph people's thoughts.

Teaching Public School
Forty little archons coming through the door,
Pushing, crowding, making a tremendous roar;
"You must keep more quiet; can't you mind the rule?"
Bless me, this is pleasant teaching public school!
Forty little pilgrims on the road to fame,
If they fail to reach it who will be to blame?
High and lowly stations brought together here
On a common level, meet from year to year.
Dirty little faces, loving little hearts
Eyes so full of mischief, skilled in all the arts;
Half a dozen asking: "Please may I go out?"
But not a pupil knowing what its all about.

Wife—It's nearly six weeks now since the baby was born. Have you been to the court house and told the registrar yet?
Husband—No, if they live within five miles radius of this house, they won't need to be told.

Most women can make a dollar go so far that friend husband never sees it again.

Visitor—Is that boy any good in the office?
Business Man—I've not formed a very good opinion of him, sir. He spent a good deal of the morning trying to get 'Est. 1901' on the telephone.

A small boy, on being asked how his uncle always won when he played cards, but lost when he backed horses, promptly answered: "Uncle can't shuffle the horses."

Mrs. Jones was spending a day in bed with a severe cough, and her husband was working in the back yard, and hammering nails into some boards. Presently his neighbor came over.

Neighbor—How's the wife?
Jones—Not very well.
Neighbor—Is that her cough?
Jones—No, you fathead, it's a lighthouse!

Don't knock... it is well to remember that you cannot climb by dragging others down... Your progress doesn't depend on other people's mistakes, your fortune on their misfortune... Success is a positive attainment... It is built on what you do, not on what others do...

Blessed is that church whose choir is not a battleground for preferred position and unseemingly jealousies.

Stranger—I came in because I read your advertisement for a man to retail canaries.

Proprietor—Oh, yes. Are you experienced in that line?
Stranger—Oh, no. I just wanted to ask how the canaries lost their tails.

Laugh at youth all you please,—but don't laugh too loudly.

You may plan a great year's work—but you'll never get it done unless you do a good job of turning off each day's work.

Frank—What a shame Eve wasn't created first!
Mary—What difference would that have made?
Frank—Eve could have bossed the job of making Adam and then man would have been perfect.

The hinges of true friendship may never rust—sometimes they squeak just a little.

Little Bobby—We've got a new baby at our house!
Little Mable—That's nothing. We have a brand new daddy at ours.

When rats overrun Sable Island, Nova Scotia, cats were imported. They killed off the rats and began on rabbits. Foxes, introduced to fight the cats, not only killed all the cats, but the birds, as well, and the people appealed to the government to exterminate the foxes.

ITCH
STOPPED IN A MINUTE...
Are you tormented with the itching tortures of eczema, rashes, athlete's foot, eruptions, or other skin afflictions? For quick and happy relief, use cooling, antiseptic, liquid D. D. D. Prescription. Its gentle oils soothe the irritated skin. Clear, greaseless and stainless. It's the most intense itching relief. A 35¢ trial bottle, at drug stores, proves it—no money back.

"HERE'S THE CHEW THAT'S FRESH AS A DAISY AND SWEET AS A NUT!"

BIG BEN
THE PERFECT Chewing Tobacco

Opportunities For Boys on Farms

The Gat Reporter says: George H. Corson, swimmer and naturalist of Toronto, makes the suggestion that boys living on farms might find a profitable side line in the breeding of wild animals or birds. Mr. Corson has specialized in growing nut-bearing trees at Lexington and he has collected quite a lot of information on kindred subjects. He points out that raising wild game does not require much capital at the beginning, therefore any farm boy in a district where waste land is available could start in a small way and eventually own a game farm that might have a revenue of \$5,000 a year.

It is well known that many farm boys become tired of the monotony of life in the country. Give these youngsters an undertaking such as raising pheasants, mink, foxes or wild ducks and in the majority of cases there would be no enthusiasm brought to bear on the task. It is pointed out that a boy could readily find waste land in almost any part of Canada. It might be on the farm owned by his parents or a neighbour. Wild game would always command good prices. There is some doubt at present whether it could be sold on the open market but there is an impression that such game raised on the farm can be sold without special permit. However, this is a matter that could be determined readily. The fur of wild animals is always in demand and the business of raising foxes, mink, marten, and rabbits for commercial purpose has been sufficiently exploited to establish that it can be done successfully.

Under conditions where the orthodox farming is somewhat discouraging in possibilities, the switch to game or fur-bearers might offer opportunities to enterprising and industrious youth of the rural areas. In any event it is an idea that might be studied by boys and girls as well.

The Long Lac Camp reported little news of importance. MacLeod-Cook

is none too good, though here it must be said that opportunity is lacking until the universities were open to both men and women. Mme. Curie and her daughter both earned the Nobel Prize. But no woman has contributed anything of importance to the theory of the atom or to cosmic physics. It may be that a feminine Newton or Einstein may yet astound the world. But the philosophy of science as we know it is still dominated by man.

Fewer From the Farm
The New York Times writes:—Statistics revealing only 61 members of Congress born or raised on a farm are hard to believe. This would mean, for a body of 531 senators and representatives, that only one in nine is a farm boy. But that is obviously impossible. Assume a low average age of 40 years for members of Congress and we are back in the year 1890, when half the population of the country was on farms. At least half the babies of 1890 and half the future Congressmen should have been born on farms.

The explanation is quite simple. A great many Congressmen who were born on farms did not mention the fact in their personal sketches

PERSONAL OBSERVATION
With several mining areas holding real prominence in the Canadian mining picture during 1936, we have maintained a close personal touch with mining in the Province of Quebec, having a member of this firm in this area at regular intervals.

POISONED KIDNEYS
Stop Getting Up Nights
To harmlessly flush poisons and acid from kidneys and correct irritation of bladder so that you can stop "getting up nights" get a 40-cent package of Gold Medal Haarlum Oil Capsules and take as directed. Other symptoms of kidney and bladder weaknesses are scant, burning or smarting passage—backache—leg cramps—puffy eyes.

DO YOU HAVE "NERVES"?
NO need for girls or women to suffer from periodic pains, headaches, or sideache. Many find that Dr. Pierce's Favorite Prescription is a very beneficial tonic. This is what Mrs. L. Bowman of 145 Park Row, Woodstock, Ont., said: "I was feeling run-down and out-of-sorts, had frequent headaches, and 'nerves' caused me no end of discomfort. I did not sleep well at night. But Dr. Pierce's Favorite Prescription made me feel better in every way. It relieved me of the headaches, improved my appetite and helped to overcome the other symptoms."

Approved by your doctor! New size, tab-lets 50 cts. Large size, tabs. or liquid, \$1.35.

Along Canada's Mining Highway

Day by day brings its mine and oil news. British Columbia, Alberta, Northern Saskatchewan, Manitoba, Ontario (West and East), Quebec, and occasionally Nova Scotia, give news of greater or lesser importance in the development of Canada's natural resources.

From British Columbia comes news that Base Metals Mining Corporation will resume work as early as possible in the Spring. The southerly continuation of the orebody mentioned in the last quarterly report was located shortly before closing down, states J. H. C. Walte, president, but there has not been sufficient work done to estimate its importance.

Alberta supplied wonderful news this past week with the bringing in of the fourth and so far largest well of the Turner Valley crude oil development. This B. & H. well is named after and largely owned by the two R. A. Browns—Senior and Junior. Several wells are now competing for next honours. Royalty's Sterling No. 4, Arca, Newfold, Westside and Dalhousie are scheduled to complete during the next month.

In the Patricia District, Western Ontario, Albany River, adjoining Pickle Creek—according to reports from the North had favourable underground developments. Well-informed mining opinion expects the Pickle Creek area to be intensively active this year.

The Kerr Addison Gold Mines development at Larder Lake carries all the signs of a great thing. There are many high grade sections, but there is also a great tonnage of medium to low grade. It is expected that an initial 500-ton mill will be erected on Kerr Addison, this summer, for operation in the fall. New ore on the 250 foot level of Martin Bird was reported. A new incorporation with properties close to Kerr Addison, called Barber Larder Mines Limited, was reported. R. S. Potter, well-known mining man, is President.

A new financing deal on Oricle Mines, some miles to the west of Larder Lake, was reported.

In the Quebec area, Astoria Roays reported good values in shaft sinking.

Rouyn Reward in the Noranda area has drills set up and drilling commenced. Further east, good underground results are reported on the Bouscandillac.

for the Congressional directory. Farm ancestry is not the political asset it used to be. A great many lawmakers nowadays would no more boast of being born on a Thursday. We are getting urban-minded.

Classified Advertising
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LEHIGH, Pa. BARRED ROCKS, 10c. White Rocks 12c. From blood tested stock. Order early. Guaranteed delivery. April prices lower. 10% down, balance C.O.D. Box 1 C, Kent Hatchery, Chatham, Ont.

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AN OFFER TO EVERY INVENTOR. List of wanted inventions and full information sent free. THE RAMSAY COMPANY, World Patent Attorneys, 273 Bank Street, Ottawa, Canada.

PURE GUARANTEED WOOL
WHEELING YARN — GUARANTEED pure Canadian wool—Grey, white, multi-colored. Colored yarns—7c lb, plus postage. Bancroft Woolen Mills, Bancroft, Ontario.

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60 King St. W. Toronto

Boys: Pick Plump Girls for Wives

Has any male of the species yet discovered any fundamental justification for the passion of the female to be slender? Why should she be willing and eager to invest hunger, worry, wasted time, money, uncomfortable trappings and sacrificed pleasures — or all of them — to achieve artificially and unnaturally a sylvan-like appearance.

The strongest theory is that the reason is the despot known as Fashion, and probably akin to the dictatorial piece of nonsense which ordains that men shall cling to the ridiculous institution of the neck tie as a relic of the old-time neckerchief which, in its day, was a necessary and utilitarian piece of apparel.

So perhaps the fashion of slim womanhood is a legacy from the era when it took twice as many rabbitskins to clothe a fat cave-woman as it did a thin one. Or from the time when walking over hilly countryside or swinging from tree to tree were the chief modes of travel, when extra weight was a serious liability.

Anyway, a courageous man has just written, evidently after suitable investigation, a bit of strong advice to the youth of his sex. Pick a fat girl if you want a good wife. She need not be absolutely stout, or at least plump. But he says flatly the girl with the roly-poly tendencies is practically sure to be more amiable, a better cook, less apt to stray off the premises, and an all-round better wife than the average perfect 36 can be expected to prove.

The explanation is a logical one, says this defender and lauder of the curved womanhood. Any girl who is not afraid of having a little more flesh than natural lay actually requires is likely to be practically bubbling over with health all the time. Furthermore, since she obviously enjoys eating, she's likely to be so interested in food as to make it something of a hobby. In short, the plump girl usually is aware that there's a lot more in a kitchen than a refrigerator and a can-opener and she can be depended upon to work marvels in the way of cooking.

Salute to the Airways
Carl John Bostelmann in the New York Sun.

O pilots! penaled within the wind Of flight above the panoramic world.

You pace the tempo in projects far and wide Across a realm your will has discipline!

The darling clouds of distance thinned, The sweep of far horizons has been furled Into your reach of wings: all space is curled On spoils of speed. No miracles remain.

Discovery: what wonders have occurred From each abrupt interior command

Of genius! What fate must come to pass, what enterprise with force which stirred

Fythgouars, scratching strange lines in sand, And Galileo, gazing through a glass!

Where Ahe The Evances?
Writes the New York Herald-Tribune: The Social Security Board's revelation that there are 294,002 Smiths, out of a total of 26,000,000 insurable persons on its lists, comes as no great surprise. Every one knows that there are a lot of Smiths.

But it must upset the popular idea of the incidence of names to learn that the Joneses, with whom mankind traditionally keeps up, are only half as numerous as the Smiths, and that there are fewer of them than there are of the Johnsons, the Browns and the Williamses, while the Robinsons are not even in the running.

The three names in the Federal list of 10 leaders that are usually thought to be distinctively Welsh—Williams, Jones and Davis—with 426,000 between them, make up nearly a third of the 10-family total; but where the Welsh are so strong, what has happened to the Evances?

Cheap Education For Boys Of Farm
STILLWATER, Okla.—College education for 145 Oklahoma farm youths at a cost of \$150 a year or less for living expenses has been made possible at Oklahoma Agricultural and Mechanical College through a co-operative dormitory.

The school was donated a civilian conservation corps camp and it provided living quarters. The boys are boarded at cost, paying \$15 a month. If there is any surplus at the end of the year, it will be refunded.

Farm agents, in each county in the state, were designated to select two outstanding farm youths for enrollment.