## Blue Monday es That Way

n Gives Reason For That Down" Feeling on a Mon-

standin scientific contribuhought on the subject, the of blue Monday remains as is ever. It is nevertheless find explanations of blue han to find out how to avoid he New York Sun.

you consult your doctor do, or refrain from doing. he tells you. You will be the following Monday isn't

Insufficient Rest dian physician came to grips ifficulty when he told a condebrating health week that with their mild dissipanies, radios and movies are for school children. Assertout 1 percent, of these have ments of the heart, he arthis was doubtless due to rest. But even this, if acall face value, explains only

y knows that un'de expennergy over a week-end weariness and depression Ha many a person who I his Saturdays and Suny to eating, sleeping and likewise experienced weardepression on Monday, As ld theory about predestinado or refrain.

sy guess is that most of us plage to blue Monday beof us are slaves to habit. e Expect Too Much

lamental error a perhaps in too much of the automatic hine itself. When a weekin is marked it may afford st to the body, but it is unect the body to take up in so on Monday morning all out between Friday af-Mor morning.

ly then, the only thing to out blue Monday is to be hienl about it as possible. mtact on any given Mon he man nature.

### ren's Fears lostly Acquired

of Psychology Warns Against Frightening Offspring

I has only three or four s, and those which are acmg babyhood are usually ingerous and the result of re and attention,

he belief of Dr. Paul C. essor of psychology at Loue University. Dr. Young t few fears when a child. d knows whereof he spoke. luce Fear Complex

arents play on the fears of en in order to make them sep them from interfering, sm down," Dr. Young said, d later that they are bringshy, timid, stay-at-home ture. He is afraid of his w, afraid that he will lose raid to speak to those he aid that those he meets k to him, and more afraid won't speak to him.

Few Natural Fears

eful investigation," Dr. inued, "It has been found ild has only three or four rs. The rest are acquired. or cringes with fear, first, out allowed to fall; second, ound is made near him; min afillets him; fourth, if ed too roughly."

fears, Dr. Young warned, Parents who scare their th bogey-man stories to be quiet, or put them in otherwise punish them for ar are instilling dangerous e child, he said.

### Woman Died One Hour Only

women stop breathing ur and then come to life ne of the experiences of nd, of Agra, India. He is officer for the United Health Service and is vis-University of Toronto to lic health measures. The used breathing and her pped beating, Dr. Nand ne was a member of a ret which held the belief necessary to dissociate rom the body to achieve tation, Dr. Nund said. Her ver her muscles, even to heart, was so perfect that practically cease to live, Dr. Nand declares he is ce can learn something



LESSON IX MAINTAINING PERSONAL EFFICIENCY

Daniel 1:8-16, 19, 20; I Corinthians 9:24-27

THE LESSON IN ITS SETTING

at Corinth before A.D. 59. of the Mesopotamian valley, located at inquired of them, he found them ten the lower part of the Euphrates River. times better than all the magicians The city of Corinth was located in the and enchanters that were in all his southern part of Greece, and the epis- realm. It is not unlikely that questle to Corinth was written from the tions of policy and statecraft, would city of Ephesus, in the province of be submitted to these candidates to Asia, almost directly across the Aege- see what they would say. Above all, in

did Daniel refuse to eat the meat and ments of the breath." drink the wine brought from the king's table? Professor S. R. Driver brings most of the principal reasons together in this comment: "The meat might be that of animals not slaughtered in the proper manner (Deut. 12:23, 24) or of animals prohibited to the Jews as food (Lev. II: 4-7, 12, 13-20), while the meat and the wine might have been consecrated to the Babylonian gods by the offering of portions to them in sacrifice, so that to partake recognition of a heathen deity (I Cor. 10:20, 27-29). There was no security, that, in every mouthful he table of the king Daniel God. The question consequently was whether he should consult his conscience or his appetite and comfort. The worldly-wise may call it squeamish foundation-stone of all his greatness. Principle is never small.

Daniel took his stand for God, con science, and righte-usness even in the little matter of his meat and drink and thus laid the groundwork of a character which p ssed untarnished out all the ages of eternity. and unscathed through seventy years of political life.

Appeal to Self-Interest 9. Now God made Daniel to find manner of loops upon his path, of kindness and compassion in the sight course he will be left hopelessly in of the prince of the eunuchs. One can. the rear. There are few things more not help thinking in reading this pas. lacking in the average Christian life sage of a similar experience of Joseph of to-day than resolute, conscious con-(Gen. 39:21), who, though thrown into centration upon an aim which is cleara dungeon because of a terrible crime ly and always before us. So fight 1, of which he had been accused, found as not beating the air. A great part even in their most complicated emfavor in the sight of the keeper of the Egyptian prison.

said unto Daniel, I fear my lord the ly, and firmly into contact with the England, asserts, as quoted by the king, who hath appointed your food and your drink: for why should he see your faces worse looking than the it into bondage. It was probably by youths that are of your own age? so sheer strength of will and by the grace would ye endanger my head with the of Christ that Paul subdued his body. king. The chief of the eunuchs knew Lest by any means, after that I have that personal good looks were an im- preached to others, I myself should be portant matter with Nebuchadnezzar, rejected. The word here translated If they were badly nourished, these "rejected" means, literally "not stand-Hebrew youths would be handicapped ing the test, not approved". We do in their examination before the king, not run a race to obtain salvation in The chief of the eunuchs first appeals Jesus Christ. Salvation is not given to the self-interest of the youths be- to us at the end of the race because fore him, but as that does not move of our fine running. It is given to us them, he next tells them that his own at the beginning of the race, and in

life would be endangered. whom the prince of the eunuchs had Christ. appointed over Daniel, Hananiah, Mishael, and Azariah: 12. Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. 13. Then let our countenances be looked upon before thee, and the countenance of the youths that eat of the king's dainties; and as

thou seest, deal with thy servants. Daniel's determination here speaks well for the home in which he was brought up. Some one must have instructed Daniel most faithfully in the things of the Hebrew faith, and probably his mother and father lived virtuous lives before him, the beauty and sincerity of which would never pass

out of his heart and mind. Simple Food Only Daniel's simple request was that in place of the rich food which the king had ordered set aside for him and the other three Jewish youths who had been selected with him to live in the court, they should give him what is here called pulse. Pulse meant nothing else but vegetables, as far as we

know. The word itself means "seeds." 14. So he hearkened unto them in this matter, and proved them ten days. 15. And at the end of ten days their countenances appeared fairer, and they were fatter in flesh, than all the

youths that did eat of the king's dainties. 16. So the steward took away their dainties, and the wine that they (A Personal Aspect of Temperance) should drink, and gave them pulse. Superiority of Daniel

The Superiority of Daniel and Golden Text.-Every man that striv- his companions over the wise men of eth in the games exerciseth self-con- Babylon in wisdom and understanding, trol in all things. I Corinthians 9:25. Dan. I: 19, 20. 19. And the king communed with them; and among them Time.-Daniel was carried to Baby- all was found none like Daniel, Hananlon 606 or 607 B.C. The apostle Paul jah, Mischael, and Azariah; therefore wrote his First Epistle to the church stood they before the king. 20. And in every matter of wisdom and under-Place.—Babylon was the great city standing, concerning which the king personal intercourse the king of Ba-8. But Daniel purposed in his heart bylon would be able to form some esthat he would not defile himself with timate of the real worth of these the king's dainties, nor with the wine youths. A magician to-day is one which he drank: therefore he request- skillful in tricks and magic, but in ed of the prince of the eunuchs that those days he was a learned man ache might not defile himself. This pas- quainted with science, and, while he sage has a very definite meaning, and was supposed to perform some magihas a lesson that we should carefully cal rites, he was a man far more inobserve. But we cannot find that it telligent than the common people of teaches constant abstinence from wine the kingdom. The word here transany more than it teaches constant ab- lated "enchanters" is from a verb stinence from meat. That is not the meaning to breathe, or to blow or point of Daniel's determination. The whisper, and indicates that these men question, then, must be asked, Why "practiced their incantations by move-

speaks of striving to enter in at the area of England).

strait gate. In the games exerciseth self-control in all things. The discipline for those participating in these contests lasted for ten months, and of the people. There are large for was exceedingly strict. One day's de- ests. bauch was enough to undo the results carefully attended to the rules pre- and the exports are bacon, dairy proscribed, and we find that one lapse duce, cellulose, timber, flax and live into worldliness will undo what years stock. do it to receive a corruptible crown; but we an incorruptible. Cf. 2 Tim. | 000. 2:5; 4:8; Jas. 1:12; 1 Pet. 5.4; Rev. 2:10; 3:11. The crown that these many renounced the sovereignty over contenders received if they won was they town and territory of Memel. The made of laurel-leaves, and of course sovereignty of the territory has been within a few months or, at the most, transferred to Lithuania, as set out in | a year, it would be wilted. The crown the convention signed at Paris (May we obtain, a crown of life or a crown 8, 1924) and ratified August 1925. The of righteousness, will abide through-

26. I therefore so run, as not uncertainly. If the runner is now heading that way and now this, making all

sin to be destroyed. 27. But I buffet my body, and bring the strength of it we ought to live un-11. Then said aniel to the steward der the mastery of the Lord Jesus

> children must be registered with the heliotropic-that is, automatically at-Government.

Schmeling's Long Awaited Chance At Title Nears Completion

Joe Louis, left, heavyweight title holder, and Max Schmeling, trans-Atlantic challenger, go through the preliminaries in the offices of the New York Boxing Commission. The bout will be fought in June.

in weighing hives. Three sixty-pound-

ers are perpetually on the scales, mak-

ing second-to-second records of frac-

Fruit Trees in Good Condition

fourteen pounds.

**Ontario Crops** 

of Agriculture reports.

per cent, in Northern Ontario.

Smaller Acreage To Grain

Winter Killing Slight

plowed up and reseeded with not more

A 5.3 per cent. decline in potato

150,000 to 142,600. Seedlings through-

out the tobacco-growing areas "as a

whole are in excellent condition,

while fruit trees in Western Ontario

vance of last year," the report said

Rest In Matchsticks

being rated satisfactory."

here a considerable acreage has been lower than it had been.

### Lithuania

Pertinent Facts About This Country Which Figured So Recently In the News

On February 16, 1918, Lithuania was declared an independent republic. Today it consists of the old Russian Gov-24. Know ye not that they that run vernment of Kovno and portions of in a race. The race and pugilistic the Suvalki and Vilna Governments. contests were not merely exhibitions | The legislature consists of a single of bodily strength, but solemn trials of chamber Assembly (the Seim) electthe excellence of the competitors in ed by universal adult suffrage, the exthe gymnastic art, which was to the ecutive being the council of ministers Greeks one-half of human education. Bounded by Latvia, Poland, Ger-25. And every man that striveth. many, and the Baltic Sea, the area of This is exactly the same word that our Lithuania is approximately 20,000 Lord uses in Luke 13:24 when he square miles (a little under half the

> The population is under 2,500,000. Agriculture Chief Occupation Agriculture is the chief occupation

The most important products are of weeks during which the athlete had rye, wheat, barley, oats, and potatoes,

of self-restraint have won. Now they The capital is Kovno on the River Niemen. Its population is about 110,

> Under the Treaty of Versailles Gertotal area administered is 945 square miles, with a population of about 150,-000, of whom about 38,000 inhabit the town of Memel.

# Expert Says Bees

Maeterlinck and other bee admirers not withstanding, bees are very stupid; of our spiritual strength is spent in playments, they act as pure automats, than 40 per cent. of the wheat fields mere parade. Spiritual energy is put D. M. T. Moreland, head of the Bee 10. And the prince of the eunuchs forth, but it is not brought fully, fair. Research Department at Rothamsted,

By painting the backs of baby bees so that he could identify them, Mr. Moreland learned that:

Middle-aged bees go out with the swarm; young and old stay at home. Division of labor is by age; all bees

Middle-aged bees are the ones that

are nurses at a certain age. The life of bees is from three weeks to eight months. Swarming can be controlled by man.

Wasps Are Brighter Wasps, says Mr. Moreland, are far nore intelligent and active.

glass bottle, its bottom turned to the 000 used matchsticks. light, proved the wasp capable of find-Argentina has decreed that all died trying to get through the bottom medicinal or dietetic products for because, like the sunflower, they are

tracted by light.



FOLLOWING COMPLAINTS that approaches to the bridge which crosses the Thames river at Woodstock were bumpy. this sign was erected. The bridge was finished last fall

# Most important in their value to bee farmers are Rothamsted experiments Ice Halo Explains Ocean's Lost Depth

tions of ounces. The greatest net At one time, millions of years ago, daily gain yet recorded by them is a large portion of the ocean disappeared. There was a difference of 5,000 feet or more between the present level and that which existed sometime during the Tertiary period. An increase in the elevation of the Expected Early and has been proposed as an alternate explanation, but no satisfactory mechanism for producing it. Half Grain Seeded-West Ontario Now A. H. Fretz, of Lehigh Uni-

versity, has offered a solution. He suggests that the bulk of the ocean Nearly 50 per cent. of spring grains was drawn up into the stratosphere seeding in Ontario was completed by where it existed for a while as a the middle of May and farm work was band of ice surrounding the earth Lahr and Bill Robinson. from two to three weeks earlier than just as the rings of Saturn surround has been the case for the past two that planet.

seasons as a result of favorable weath-Lifted Into Stratosphere The lifting of the ocean into the er in April, the provincial Department stratosphere, according to this the-Eighty-five per cent, of spring-grain ory, was accomplished by tidal disseeding was finished by April 30 in turbances produced by the near ap-Southern Ontario, the department proach to the earth of some other said in its monthly summary of crop heavenly body. It was either no conditions. About 60 per cent, was close enough or not large enough to completed in Western Ontario, 40 per produce a major cataclysm on the cent, in Central Ontario, but only 8 earth but the gravitational per cent, in Eastern Ontario and two joining the centres of mass of the two bodies would act as a kind of funnel through which the water Reports indicate the acreage sown could be sucked. It would be left

department reported. Intended acre- particles, spread out in a band. age of spring wheat was estimated at Floor A Mile Lower 89,600, compared with 94,200 last year; ed grains 883,900, a decrease of 6,200 the Northern Hemisphere, so that to screened for years. an outside observer the earth must have looked as if it were wearing a

acreage this year was estimated from needs a maid-of-all-work in his home, Smith went south. doesn't believe in obtaining one by false pretences. So he told the whole If you want to see a movie star in sad story of what she was to expect the making, go to "Accidents Will ada. are in good condition with 'practically in his newspaper advertisement, Happen" and see Gloria Blondell, sisno winter injury in evidence." Tree

development in that section of the province "is at least two weeks in adhousework: 7 children, lots of noise, that's concerned, but it is just leading nothing to eat; husband, an alder- her to the movies, because she didn't man, another business on the side, want to cash in on her sister's success. late at lunch as often as 6 times a week; position offers splendid opportunity for one wishing to gain ed to make a picture for Twentieth A retired grave-digger of Czecho- experience as to management of prislovakia has just made his own cof- vate restaurant or small hotel, or Experiments made with an open-top fin. The exterior is inlaid with 170,- possibly a day nursery. If still interested, telephone.

# Your Problem Among Those Dealt With Here?

By LAWRENCE HIBBERT (Graphologist and Psychologist)

A girl of 17 writes: "I am sending | Your husband's writing shows that What do you advise?"

I know that sometimes parents show a lamentable lack of sympathy with the affairs of their children, particularly girls, and on occasion I have to express my dissent from their views. But in your case, your parents are quite right. You are too young to be seriously in love, especially with a man so much your senior. Go out with young people, and you will find that your interest in the man will subside. Eventually you will meet someone more suited to you.

my husband faithful to me? He spends

you the writing of a friend of mine. he is fond of change and variety. Are He is nearly 40, but I am very fond of you sure that YOU are not to blame him. My parents are opposed to our for the time he spends outside the friendship but I cannot give him up. home, without you? Your writing office for somebody else! shows that you are somewhat domesticated; are not very fond of gaiety.

handwriting shows of your character? stand-ins who have been in the movies they took up 1,400 corpses. Have you a sweetheart, friends or re- for years got their chance when they "There was an extraordinary silence latives you would like to know the real | were cast . 3 themselves in "Shopworn | after the bomb fell and then the awful A young married woman writes: "Is truth about? Send specimens of the Angel" . . . Crane Wilbur, of the silent moaning of the wounded. At the time writings you want analysed, enclosing, films, will play liapoleon for Warner's I didn't know I was hurt at all. I got 10c for EACH specimen. Send with in "The Hundred Days" . . . Frances out of the car because I saw that all a lot of time outside, and I am won- stamped addressed envelope to: L. Dee drew a ni assignment when she the other cars were on fire. The next dering whether he is getting tired of Hibbert, Room 421, 73 West Adelaide was chosen to play opposite Ronald thing I remember was lying on the St., Toronto, Ont.



tunity to stage a come-back in Ameri- tain age. can movies, one that his admirers of the days when he was making pictures with Janet Gaynor have wanted for within a restricted caste, usually the him. He will appear in a re-make of sub-caste, and the supply of eligible one of the Farrell-Gaynor hits, "Sunny bachelors is further limited by the un-Side Up." Remember it?



Janet Gaynor

with a voice coach, and the results were distracting, to say the least, But the result was worth it. But this new version of the picture is going to be something different judging by the cast. It will star Shir-

Maude Adams will appear on the age, one new air-mail stamp and one screen. Now it's David Selznick who new special delivery stamp, will be isis said to have captured her, to play sued by the Canadian Government on the downger in 'The Young in Heart," June 15th, post office officials have anwith Janet Gaynor, Paulette Goddard, nounced, Douglas Fairbanks, Jr., and Roland Young in the cast. Since her retire- the memorial chamber in the Peace ment from the stage in 1918 she has Tower at Ottawa; a 20-cent stamp refused to discuss movie offers, but with a replica of the Fort Garry gate, this time she at least was willing to Winnipeg; a 50-cent stamp of the en-

Remember that little native lad in to spring grains "will be just slightly suspended by the retreating visitor, "Elephant Boy?" You'll see him in pictorial issues. smaller this year than in 1937," the and the water would be turned to ice "Gungha Din," with Victor McLag- A 6-cent air mail stamp with a view len, Cary Grant, and Jack Oakie. The on the Mackenzie River, N.W.T., and fact that he's to be included would a 20-cent special delivery issue with According to the Frenz theory, look as if, when the poem is screened. the Canadian coat of arms, will comoats 2,253,000 against 2,263,900; barley this band of frozen water was not the picture will show the influence of plete the issue. The colors have not 526,000 compared to 555,900, and mix- centred over the equator but was in "Kim," which has been about to be

Winter killing of fall wheat was crown or a nimbus. When these ice mendously interested in the folk music fice Department, Ottawa. Orders for Are Very Stupid "comparatively slight," averaging only particles melted, which they must of your part of the country he'll prob the new stamps only will be given prenine per cent, for the entire province. have done at a rapid rate, producing ably turn out to be one of the Radio ference over mixed orders for new "Practically the only county which tremendous storms, the resulting Rubes. Each Friday each of the three and previous issues. Persons desiring suffered heavy losses was Simcoe, and floods found the ocean level a mile leave New York, going in different di- to obtain first-day covers should formelodies; they already have a collectal Services, Ottawa, any covers intion of two thousand. Recently Harry tended for transmission on the first Truth In Advertising | Duncan devoted himself to New Eng- day of issue, together with remittance land, while that same week Zeb Tur- - postal money order, express money A lawyer of Rice Lake, Wis., who new flew to the Mid-West and Eddie order, postal note or bank draft not

> ter of Joan. She's on her way. She WANTED: Maid for general has been for quite a while, so far as

> > Now that Marlene Dietrich has sign-Century-Fox, with



bit of worrying, land.

f.cn have her bring gold into the box | Oddly enough, Mr. Montague-Smith

ODDS AND ENDS-William Janney, it grew in again thick and firm. I advise you to meet your husband whom you've seen as the kid brother "The only thing that was left on me half-way. Go out with him more than in the "Hopalong Cassidy" series, has after the bombing was my watch, you do. After all, marriage is a mat- taken to the air, in 'Pepper Young's which is still going," he related. "I ter of give-and-take in which both Family" . . . Joan Crawford, after was driving along Avenue Edward VII partners must do their share. Don't twelve years with Metro, has signed which was thronged with panic-strickallow yourself to get jealous and show for another five-can do one stage en refugees. Suddenly I saw a pillar it. Nothing can so quickly wreck a play a year if she likes . . . They're of orange flame burst in front of my happy marriage as continual jealousy. shooting again on "Marie Antoinette" wind-shield. The car in front of me ... Johnny Weismuller will play Tar- disappeared in smoke. The whole

Do YOU want to know what your zan again for Metro soon . . . Seven street became a river of blood. Later Colman in "If I Were King."

# Hindu Parents Hate

dowry before their daughters are mar-

By centuries-old Hindu law a man must obtain husbands for his daughters while they are still young. Among many orthodox people it is regarded VIRGINIA DALE & as disgraceful, and may even lead to ostracism by their caste, if a daugh-At last Charles Farrell has an oppor- ter is not married quickly after a cer-

Supply of Husbands Limited By custom Hindus can marry only

employment and poverty in the middle It was the picture for which Far- classes. As a result it is a general rell and Gaynor had to learn to sing, complaint among middle-class Hindus to the dismay of practically everybody of Upper and Eastern India that they else on the Fox lot. For they worked have to pay dearly to secure the at it endlessly, it seemed to the others. much-needed husbands for their daughters. In Bengal girls have been known to co.amit suicide rather than put a strain on their parents' financial

Why do not parents and daughters rebel? Because custom is king among orthodox Bindus, and a husband must be found for a man's daughter.

Marriages are arranged by parents and other relatives. The bride-groom ordinarily does not see the bride until after the wedding. Her looks and other merits are vouched for by his mother and sisters who visit her be hind the purdah.

The tide of indignation is now rising higher. The laws passed in recent years to improve the legal status of women, the vigorous reform movement in Hin't societ; and above all the activities of women's organizations-and women now for the first time have seats in the legislatureshave convinced many Hindus the time has come to act.

## New Postage Stamp Show Varied Scenes

ley Temple-and will include Bert In Canadian Life - Six Will Be Issued the Middle of June

Every so often come rumors that Four new stamps for ordinary post-

A 10-cent stamp with a picture of trance to Vancouver Harbour and a Montreal, are the projected ordinary Montreal, are the projected ordinary mail issues. All will be double size

yet yet been decided

Orders for the stamps in mint condition may be sent to the Philatelic If you encounter a man who's tre- Division, Financial Branch, Post Ofrections, in a search for old American ward to the District Director of Pospersonal cheque - for the face value of the stamps desired to be used, payable to the Receiver General of Can-

# Bomb Made Hair Grow In Again

Travelier Relates Experience In Shanghai Raid

Miraculous escape from death in Ronald Colman, and Shanghai during a bombing raid was to make three for reported by R. Montague-Smith, Brit-Columbia, you can't ish business man in an interview at Paramount Winnipeg. Head of Shanghai branch officials who let her of Imperial Chemical I fustries, he go if they are doing was, last week, on his way to Eng-

For Frank Capra A 1,000-pound bomb exploded Co may direct one of feet from the car in which he was ridhe Columbia releas- ing. He was wounded by flying bits es, and he has a way of shrapnel, 52 pieces of which still of turning out smash remain in his body. His right eye was hits. And it's no fun destroyed, his arm shattered, and his Marlene Dictrich to lose money on a clothes and hair literally blown off,

said, his hair had been growing thin and after its removal by the explosion

TORONTO