New Studies Upper Grades

Matters and Music og Changes in Public nool Curriculum In Ontario

TO. - Social studies are nded for five hours, classk each week in grades VII of Ontario's primary his year, under the new m submitted to teachers rovincial Department of

of social problems rank ish for the greatest time under the new code. pletes Re-organization

priculum, completing reion of Ontario's educationup to the end of the see of secondary schools, even obligatory and three subjects. Grammar will be into the general study of nd no longer will be a sepsject, in line with changes arts of the English-speak-

World-wide Effect

w course is based very n the philosophy of educatained in the report on neation of the Adolescent." the English Consultative e. The programme of the oints out that the influhis report was not only felt ad where it was made the educational system, but in the English-speaking

en "Must" Subjects troduction of new coursady in Ontario," the prosee, Is but one phase of r world-wide movement for lum humane and realistic, hered by the dead wood of tradition, quickened by ind experiment, and inspired, en attachment to conventhodoxies but by a vivid tion of the needs and posof the children them-

ven obligatory subjects in two grades in public and schools are health, Engal studies, science, mathemusic and art. The optional are evalue, home econo-

ises Fewer, Smaller Meals

al Doctor Declares Ordry Practice of Eating ree A Day Is Wasteful of Energy

plinary practice of eating cals a day is wasteful of according to Dr. I. M. eitch, of Montreal General Many calories are saved ond is divided into smaller re frequent meals, he told erican Association for the ement of Science last

binowitch maintained that man body can live on a 2.000 calories a day inthe generally accepted d of 2,500 to 3,000. Wasteful Machine

machine. Very few of ries in the food are made or netual work. One caltains enough energy to one-pound weight over et, if none of its energy ed. A halfteaspoonful of which contains ten calories, ely converted into work any waste, is capable of a one-pound weight to the Mount Everest - 30,000

a mathematical analysis weights of 370,000 life inpolicyholders, Dr. Rabindrew the conclusion that ndards of body weight in use are too low for young and too high for people ddle life.

economic importance of lory diets is not confined ability to purchase food. weight reduces the chances life. Fat people are susto liseases of the heart, and kidneys. They also nfections very poorly and r operation risks."

Overweight Is Bad

e Consecutive Sets Of Twins

OUVER - Physicians ed as a "record in Canaredical history" the birth hird consecutive set of o Mrs. Jack Dyc. 36-yeare of an unemployed chauf-The latest set-a girl and -were born here last week. were already five other 1-two sets of twins and child born singly. Docid the latest twins - like rothers and sisters, Marion, Dorothy and Donald, four, an and John, 18 monthsormal and doing fine."

Sunday School Lesson

SAMSON: STRENGTH AND WEAKNESS. Judges, Chapters 13-16.

Printed text, Judg. 14:5, 6; 15: 11-14; 16:15-21.

Golden Text.-Be strong in the Lord, and in the strength of his might. Eph. 6:10. THE LESSON IN ITS SETTING

Time.-The dates for Samson's life cannot be ascertained with absolute accuracy. He lived between 1150 B.C. and 1110 B.C. Place.—The three principal cities

of our lesson are Zorah, fourteen miles west of Jerusalem; Timnah, on the north-west border of Judah; and the Philistine city of Gaza, in the southern end of the province of Judah, on the high road between Egypt and Mesopotamia.

The name "Samson" means "little sun" or "sunlike."

During the time while Israel was in subjection to the Philistines the angel of the Lord appeared to the wife of Manoah of the tribe of Dan, living at that time in the town of Zorah, about fourteen miles directly west of Jerusalem, a woman who up to this time had borne no child to her husband. The angel told the wife of Manoah not only that she would conceive and bear a son, but the angel also told her how the boy was to be brought up, that he should be a Nazarite unto God from the day of his birth, and that he would "begin to deliver Israel out of the hand of the Philis-

A Fearless Heart 5. Then went Samson down, and his father and his mother, to Timnah, and came to the vineyards of Timnah; and, behold, a young lion roared against him. 6. And the Spirit of Jehovah came mightily upon him, and he rent him as he would have rent a kid; and he had nothing in his hand; but he told not his father or his mother what he had done. Of this daring deed he spoke not a word to his parents,

revealing at once a spirit of humil-

fly and lack of all boastfulness.

11. Then three thousand men of Judah went down to the cleft of the rock of Etam, and said to Samson. Knowest thou not that the Philistines are rulers over us? what then is this that thou hast done unto us? And he said unto them. As they did unto me, so have I done unto them. 12. And they said unto him. We are come down to bind thee, that we may deliver thee into the hand of the Philistines. And Samson said unto them, Swear unto me, that ye will not fall upon me yourselves. 13. And they spake unto him, saying. No: but we will bind thee fast, and deliver thee into their hand: but surely we will not kill thee. And they bound him with two new ropes, and brought him up from the rock. 14. When he came unto Lehi, the Philistines shouted as they met him: and the Spirit of Jehovah came mightily upon him and the ropes that were upon his arms became as flax that was burnt with fire, and the bands dropped

from off his hands. His Judgship The judgship of Samson is summarized in one brief verse (15:20). This period of twenty years, at least in part, is contemporary with the judgeship of Ell. Nothing is said of Samson's councils, nor of any improvement in government, nor of a general strengthening of the tribes of Israel: Samson played a lone hand; whatever was done he did, and many things that could be done only by united council and effort were never undertaken. The twentieth verse of the fifteenth chapter would have made a fine concluding sentence to Samson's

life; but no, this is not the end. Judg. 16:4-22. In the valley of Sorek, near Samson's native town of Zorah, he feil in love with a woman by the name of Delilah. When they heard it, she was approached by the lords of the Philistines, who each offered her eleven hundred pieces of silver, an amount equal to about thirty-three hundred dollars, if she would obtain from Samson a statement revealing the secret of his strength. The fact that Delilah allowed herself to be bribed, and constantly sought to obtain information for the Philistines, which she knew would mean the ultimate

love this man. A Vow Broken 15. And she said unto him, How

death of Samson, is an absolute

proof that Delilah did not really

canst thou say, I love thee, when thy heart is not with me? thou hast mocked me these three times, and hast not told me wherein thy great strength lieth. 16. And it came to pass, when she pressed him daily with her words, and urged him, that his soul was vexed unto death. 17. And he told her all his heart, and said unto her, There hath not come a razor upon my head; for I have been a Nazarite unto God from my mother's womb: If I be shaven, then my strength will go from me, and I shall become weak, and be like any other man, 18. And when Delilah saw, that he had told her all his heart, she sent and called for the lords of the Philistines, saying. Come up this once. for he hath told me all his heart. Then the lords of the Phillstines came up unto her, and brought the made him sleep upon her knees; made his slee; upon her knees; and she called for a man, and shaved off the seven locks of his head; and she began to afflict him, and his strength went from him. We are not compelled to believe that Samson's actual power resided in his long hair. The power which he had came from God. Cutting of his hair was a deliberate breaking of his Nazirite vow, and that at the hands of a woman with whom he should never have had association. Samson did not lose his power simply because his hair was shorn, but God took away his power because he allowed this woman to take from him the tokens of such power. In other words, his long hair was a mark of separation, and his yieldings to Delilah were a series of deliberate violations of his vow of separation.

20. And she said, The Philistines are upon thee, Samson. And he awoke out of his sleep, and said, I will go out as at other times, and shake myself free. But he knew not that Jehovah was departed from him. For a little time he failed to realize the spiritual disaster that had come upon him. But for a little time only.

Eyeless In Gaza 21. And the Philistines laid hold on him, and put out his eyes; and they brought him down to Gaza, and bound him with fetters of brass; and he did grind in the prison-house. John Milton has packed a whole book into one line referring to this verse, "Eyeless in Gaza, at the mill with slaves." The saddest tragedy in all the world is a man who once knew the power of the Holy Spirit, and who now walks the streets of some great city, or is buried in the cottage of an unknown countryside, without power, without work, without joy, without the leading of God. He knows a weariness that labor never gives, for he wakens every morning more tired and weary than when he went to sleep the night before.

Dentist Fashions **Artificial Nail**

Makes Wax One For Injured Thumb

Dr. T. L. Manning, Cleveland dentist, has designed what is probably the world's first utilitarian and artificial thumb-nail.

Dr. Manning smashed his right thumb in an automobile door. This accident caused four-fifths of the nail to loosen.

The damaged nail caught on nearly everything Dr. Manning touched-a severe handicap for a

Melted Into Place

To remedy this situation he cut away the loosened section and fashioned a new nail. First he coated his thumb with soft wax to protect himself against burns. He then applied bits of tinted dental

wax and melted them into place. The use of sandpaper and a file gave the nail a realistic appear-

Dr. Manning said that the artificial nail needs replacement every other day. However it gives protection to the damaged finger and does not interfere with growth of the new pail, he said.

Sweden Escapes The Depression

Has On Hand Raw Materials to Supply Other Nations

J. Sigfrid Edstrom, Swedish industrialist, said at Washington, last week, that Sweden had felt the depression less than many other countries because it had raw materials the world required.

In an interview, Edstrom took issue with the opinion which he said he found current in this country that the co-operative movement had prevented a severe depression in his country.

Lots of Steel, Lumber "The co-operatives had nothing to do with it," he said. "We simply had raw materials and products the world demanded." He mentioned lumber and steel Edstrom talked with reporters in

the company of Ove Olsson, a factory worker, and Arvid Oberg, a farmer. Olsson and Oberg were named to the delegation by the Farmer-Labor Government in Sweden. Edstrom and Olsson agreed that 95.5 per cent, of Swedish workers

good-naturedly about the reasons.

orchestra.

The programme will conclude with an original descriptive song "Radio", in which an impressionist style, reminiscent of "All Points West," will carry the story to an impressive finale. "Canadian Fantasy" has been conceived and written by John Kannawin, the producer who will be in charge of the broadcast. Percy Faith has written and arranged the music which is chiefly original and some of which will be heard for the first time during this CBC-BBC programme. The broadcast will be

listeners throughout Great Brit-

For the "early birds" the Breakfast Club program offers a generous and highly pleasing mixture of music and comedy. Walter Blaufuss and his orchestra with featured vocalists really "goto-town". Start the day off with a "Good Morning." This program is aired by the NBC Blue Network from Mondays to Saturdays at 9.00 to 9.55 a.m.-Eastern Day-

The final special program in the

To all "jitterbugs" who like music really "in the groove" listen to Benny Goodman and the Swing School, presented weekly by Camel Cigarettes over the Columbia Broadcasting System from 9.30 to 10.00 p.m. Each week the orchestra plays the most popular "killer-diller" as chosen by the students of the Swing School. Remember-Tuesdays 9.30 p.m. Col-

actor, and Betty Winkler are starred together in "Attorney-at-Law," a new weekly NBC show which replaces the Tuesday evening Fibber McGee and Molly show. are union members, but differed | network of the CBC in addition | This is for the summer months

"Babes in the Woods" Return Home Safely

WEGGE MARGINE SHI



Once more safely in their mother's arms, Lawrence Stuffle, six, and his two-year-old sister, Isabel, are wondering what all the excitement is about after spending two days and nights in the dense bush and marshes surrounding Plevna, Ont. Three hundred searchers combed the countryside for 50 hours in search of the lost babies, who emerged from the woods by themselves, none the worse for their experience. The only food the children ate, during the two days, was some raspberries that Lawrence picked and fed to his sister.

Swing Devotees **Need Treatment**

In Advanced Stages, Say Experts-It's Toying with Violent Emotions.

Swing music, and the concomitant frenzy of "jitter-bugs", has been analyzed by McGill psychologists and music authorities. Their judgment puts the matter squarely up to psychologists as one for potential clinical treatment.

Here is the musical authorities' opinion: "Possibly the closest approach to swing music in our music libraries is contained in some of the works of Tchaikowski. This composer lived much of the time under great emotional strain. He was on the verge of a nervous breakdown on several occasions.

Parts of his compositions manifest an emotional frenzy which is very evident in some swing music. Swing music is obviously toying with violent emotions."

The psychologists delve deeper into the mental aspects of swing music. "Swing music is a manifestation of the imagination run riot. and on the part of the hearers a release of mental inhibitions, following a build-up of emotional pressure generally due to frustration or fear.

'The savage of Africa, whose music has been declared closely akin to swing music, was bowed down by a hundred different superstitions and tribal taboos. His only release from the weight of these taboos and superstitions was to work himself up into an emotional frenzy in which, for a time, he lost his fear and superstition. Occasionally a savage did not return to the normal state. He ran amok."

Are You Listening?

Ey FREDDIE TEE

RADIO THE LOG 500 600 700 800 900 1000 1000 1200 1300 1400 1500

In inaugurating this column of "Air Wave News" the editorial ain. department ask the co-operation of its readers to write and tell us what interests you the most in radio comments and news. Just address "Radio Column," Room 423, 73 Adelaide West, Toronto.

"CANADIAN FANTASY" Canada, her beauty, her music, her place in the world of scientific invention, will be the motif of a programme which will originate in the studios of the Canadian Broadcasting Corporation at Toronto, Tuesday, August 2nd, 3.00 to 3.30 p.m. E.D.S.T., for the radio audience of Great Britain.

Through the medium of music, complemented by episodic scenes and songs in narrative form, the Canadian influence will be shown as that of a young and virile pioneer people, with a full sense of achievement and independent idea, even in the realm of music. Percy Faith, conducting his

famed "Streamline" orchestra will interpret the classics and the moderns in typical Canadian, or "new world" style, and he will have an array of Canadian radio talent as featured artists, su ported by the

Specially written music will provide the atmosphere of "Canadianscene", which will have particular reference to Canada's part in the development of radio.

heard on the coast - to - coast to being sent by short wave to only.

. . . AIRLANES GOSSIP

light Saving Time.

National Farm and Home Hour will be heard on July 28 from 12.30 to 1.30 p.m. over the NBC Blue Network. This program is from the Seventh World Poultry Congress advance meeting at the Ohio Experiment Station at Wooster, Ohio. The usual daily programs of this popular hour consist of national farm news, educational talks, music, entertainment and special features, presented in co-operation with the U. S. Department of Agriculture and various farm organizations. Don't forget daily (Monday to Saturday) from 12.30 to 1.30 p.m. Eastern Daylight Saving Time.

umbia Broadcasting Network.

Henry Hunter, radio and screen

Britain Accepts Canada's Poultry

'To avoid possible congestion of the poultry market during the present year it is advisable that poultry producers should market a portion of their chickens at between three and five pounds, dressed weight and take particular care to see that they are fattened before sale so that they can be exported if necessary."

Chicken in Goos Demand This was the conclusion arrived

at by a widely representative meeting convened under the auspices of the Poultry Industries Committee of Ontario to consider steps to be taken to handle the 1938 crop of dressed poultry. Last year the American market took upwards of six million pounds of Canadian poultry. This year it appears that this amount will be very materially curtailed on account of lower prices on the American market this year. A good deal of confidence was expressed that, with the small stocks of poultry in storage this year and the favorable outlook on the British market, there is an outlet to take care of all the well finished poultry Canadian producers have to offer. Canadian chicken, as result of previous exports, is in good demand on the British market and prices there are higher than they have been for many years. Fatten Them Well

To bring the best prices export poultry has to be well fleshed and fattened to the point of grading Milkfed A or Milkfed B. It was pointed out that a substantial premium is offered by the trade for well finished chickens. With feed costing less this season it appears that it will be more profitable than last year.

Will Colonize Utopian Isle

Australian Seeks to Establish "International Goodwill Settlement" on Nukahiva in Marquesas Group; Has Applications From Many Lands

MELBOURNE, Australia. -What city toiler has not dreamt, at some time or another, of escape to a lonely tropical island where he could live close to nature freed from the stress and strain of modern civilization?

Fred Briggs, of Melbourne, at tached until quite recently to the photographic section of the Royal Australian Air Force, has not been content with dreams. He has set in action and almost completed plans for the founding of a Utopian colony in the South Seas, to be known as the International Goodwill Settlement.

Nucleus of Eighty To it may belong all those who are able to pass a stringent medical examination, who are willing to abide by the rules of the community and who can contribute \$400 to a community fund. There

HORIZONTAL

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11 To study

hastily.

protector

12 Dress

14 Aroma.

16 To bathe.

17 Alluvial

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18 Headlong

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19 Deputies.

21 Medicine

32 Imbecile.

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35 Roman

36 Parent.

37 Maids.

24 Red stones.

28 Became wan

33 Marriageable.

34 Punctuation

language

43 To reach a

47 Snakelike fish. 1 To trail

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23 Behold.

plunge in

born picture

is a nucleus of eighty or so al-

The island paradise is Nukahiva in the Marquesas group, uninhabited (there was once a native population), 47 miles square, and a fertile land of broad, well watered valleys lying between verdure-clad mountains running up to 4,500 feet.

Escape From the Present Since the scheme was announced hundreds of letters have poured in from all over Australia. Most of the writers could not afford the necessary \$400 plus fare and expenses. Some dropped out because there were no missionaries, some because there were no cannibals, some because they

thought there might be snakes. Present members range in age from 12 months to 70 years and differ in tastes, ideas and background. All are united in their belief in a Utopia and their desire to escape from what they feel is the ugliness of present civiliza-

Canadians At Peace Meeting

World-Wide Jubilee in Edinburgh Lasts 12 Days

Ten official Canadian delegates, including Mrs. George Spencer, of Moneton, N.B., president of the National Council of Women of Canada, are attending the 12-day jubilee meeting of the International Council of Women, which opened at Edinburgh July 11. Several other Canadian women were present as accredited observers. National Councils of Women

The meeting was presided over by Baroness Boel of Belgium, well known for the Y.W.C.A. work and activities in the Girl Guide movement. By her side was the honorary president, Ishbel, Marchioness of Aberdeen and Temair, one of the founders and the first president, an office she held continuously for 44 years. She also organized the National Council of Women of Canada in 1893 when, as wife of Canada's governor-general, she was "First Lady" of the Dominion, Although more than 90 years of age, she retains an active interest in the Canadian Council and officially opened by radio from her home in Scotland the recent 45th annual meeting in Vancouver.

Lady Aberdeen was honored July 12 when the Lady Aberdeen I. C. W. Fund for the Promotion of World Peace was dedicated officially to the cause of representatives of various countries who will announce the amounts their countries have peldged. Canada gave \$400.

They Don't Agree

Mr. Newgent of N. York State says he's reached 101 because he's never touched alcohol or tobacco. But Mrs. Belle Airington, of Oklahoma, attributes her 108 years to beer and a pipe of tobacco since she was 16.

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will.

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26 Brink.

22 Her first

Young Film Actress

Answer to Previous Puzzle

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57 She has a

51 Constellation.

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VERTICAL

XILES O ENAMOR

Chairs Were Used Only By Royalty

They Were Once the Exclusive Emblem of Power And Of State

The next time you can't get a seat in a bus or street car remember that for many centuries the chair was the exclusive emblem of power and of state; it was intended for and used only by kings and high dignitaries. To this day it remains the symbol of authority, for at meetings that are conducted according to formal

rules we still address "the chair". Previous to the sixteenth century, benches, stools and chests were the seats of the common people. The Renaissance, however, brought the chair into more general use and thereafter it reflected the modes and trends of the periods.

"Conversation Chair"

In the time of billowing petticoats and fullsome robes the chair took on broad proportions to accommodate these romantic fashions. During the eighteenth century and the early part of the nineteenth the "conversation chair" enjoyed much favor with the gentlemen. This narrow, armless chair permitted the dandy to sit astride with his face to the back of the chair, his precious coat-tails hanging unimpeded over the front.

Extra-Curricular **Activities Said** Most Valuable

Experience Gained In That Phase of School Life Exceeds Worth of Academic Side Declares Department of Education.

TORONTO.-Experience gained in extra-curricular activities are of great value and the inclusion of such activities as an important part of the school program is urged in an outline by the Ontario Department of Education on a new program of studies for Grades VII and VIII of elementary schools.

"A great many adults are of the opinion that the experience they gained in organizing and conducting literary, musical and athletic societies at school, was of great value to them as students and adults," the outline says. "Some go so far as to say that the value of such experiences exceeds that of the ordinary acad emic work."

Getting Along With People The new program emphasizes that no phase of school life offers better opportunities for learning to get along with other persons than sharing in the corporate life

of the school. "Corporate activities provide not only a valuable training in co-operation but a useful discipline in the shouldering of responsibilities," it explains. "And the teachers, in the interests of their 'pet' organizations, should not deprive the pupils of these responsibilities. It is far better that a championship should be lost or a concert have a hitch in it than that the overzealous watchfulness of the teachers should leave nothing to the initiative of the taught."

Monkeys Collect Jungle Specimens

Malay Botanists Use Monkeys To Gather Plants in Difficult Places

"The first monkeys to join the Colonial Civil Service" is the description given to three Berok monkeys which have been bought by the British Malayan government to assist botanists in collecting jungle specimens.

They are named Jambu (Fuzzyhaired), Putch (White), and Merah (Red), and although they cost \$15 each, they have already saved the botanical department many times their cost

Others Gather Coconuts

The Berok monkey is used by the Malays for gathering coconuts, but it has never before been used to collect botanical specimens. The wild monkeys are caught as soon as possible, so small that they can sit in the hand. They are trained gradually until they can climb the tallest trees and drop coconuts from the crown.

The idea of using monkeys to collect botanical specimens was conceived by ". J. H. Corner, assistant director of the Botanical Gardens in Singapore.

How To Direct Them The secret of using the Berok monkey is to know how to talk to the animal. Corner talks to them

in Malay.

The monkeys understand many phrases such a- "bring more," or "bite off that one," and "come