

DELICIOUS... REFRESHING



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Inadequate Rest Injures Health

Not Enough Sleep Has Detrimental Effect on Modern School Child

That inadequacy of rest is one of the most detrimental influences on the health of the modern school child, was the recent assertion of Dr. Duncan McArthur, Deputy Minister of Education, speaking to the Canadian Red Cross, Ontario Division.

Radio's Bad Effects

Dr. McArthur was of the opinion that a great thing the Red Cross could do to improve health habits of the people would be to find a cure of the inadequacy of rest among children caused by the radio. Taking as his subjects the "Importance of Education," Dr. McArthur proceeded to explain the place of health in the modern curriculum. As the chief end of education is to teach how to live and to relate ourselves to society, he declared, a knowledge of health and biology are important elements in the modern teaching course.

Makes Gossips Sign Affidavit

English Vicar Has Almost Certain Cure For Scandal Mongers

Parliamentary who repeat harmful gossip to the Rev. A. W. Beak, vicar of St. Andrew's, North Sheen, Surrey, England, are silenced by their own malice. When he leaves home for his parish visits, he always carries a little notebook. Somebody ponders out a stream of gossip. Out comes the notebook, the vicar puts down the main points of what he has heard, and hands it to the gossipers to sign. If he always produces a pencil as if he has no excuse for his signing.

DELICIOUS MEALS ANYWHERE

with the Stove that **MAKES and BURNS ITS OWN GAS**



Coleman SELF-HEATING IRON

IF YOU FEEL SUNK

read this and cheer up. You are so blue that life is no longer worth living. Do you cry easily? Do you feel low? Do you have a good reason for your depression? Do you have a good reason for your depression? Do you have a good reason for your depression?

Early Newspapers Of Ontario

Press of Province First Found Its Feet in the 1850's — Gave People Adequate, If Tardy, Coverage

A florid era in Canadian journalism, when the Ontario press first found its feet and filled its columns with elaborate patent medicine advertisements and belated news clippings from newspapers of other centres, was described last week to the Royal Society of Canada in a paper by J. J. Talman, provincial archivist of Ontario.

The paper dealt with Ontario's newspapers in the 1850's and came to the conclusion that by and large the average citizen in Upper Canada, or Canada West, as it was called in that era, received adequate and in many cases comprehensive, if tardy, news coverage.

When Modern Dailies Began
The modern daily newspapers, Mr. Talman said, may be considered as having come to Ontario in the 1850's. There had been a daily established in 1826 but it was premature. The "British Whig" was founded in 1849—later to become the Kingston White Standard.

A series of dailies followed in fast succession, among these the Toronto Globe, and the London Free Press. When the electric telegraph was established between Halifax and Goderich, on Lake Huron, and the era of railway building began, the papers marched hand in hand with industrial progress.

But the telegraph was still in an early stage, and newspapers relied on each other for news. The changes were all-important, and often the country editors had more time to read through newspapers sent by post from the United States than the editors in the cities. This resulted in such incongruous situations as a Streetsville, Ont., paper featuring news of Jonny Lind's marriage—which it clipped from a New York paper—and a Toronto paper in turn quoting the Streetsville paper to this effect.

ONE OF SIX CHILDREN



Virginia Weidner's birth raised the total to six children in the Weidner family, and all the youngsters started working in motion pictures. Virginia's first part came when she was two years old. Selected as the guest star for an appearance with the Hardy Family in "Out West With the Hardys" she did the best work of her young career.

Aged Frequent Mishap Victims

Chances of Death in Car Accidents Four Times as Great for People Over 65 As They Are For Small Children in Ontario

If your mother is 65 years old her chance of death as the result of an automobile accident is more than three times that of her 40-year-old son or daughter and four times as great as that of her grandchild.

Safety officials said last week that the reasons more old people are killed are because they react more slowly in an emergency than do young people, they very often have poor eyesight and hearing and they sometimes succumb to injuries not exceptionally serious, due to lowered vitality.

Figures compiled by the Motor Vehicles Branch of the Ontario Government show that of every 100,000 children up to 4 years old, two were killed last year; of every 100,000 between 5 and 14, three were killed; of every 100,000 between 15 and 25, two were killed; of every 100,000 between 26 and 35, three were killed; of every 100,000 between 36 and 45, three were killed; of every 100,000 between 46 and 55, two were killed; of every 100,000 between 56 and 65, two were killed; of every 100,000 persons over 65 years old, eleven died as the result of automobile accidents.

Material valued in excess of 100 million dollars was purchased domestically by Canadian railway lines during 1938.

Sunday School Lesson

LESSON XII
PAUL WRITES PERSONAL LETTERS

1 Timothy 1:1-14; 6:11-16; 2 Timothy 1:1-14; Titus 1:1-6; Philemon

Printed Text, 2 Timothy 1:1-16; Philemon 1:7, 21, 22
Golden Text—Give diligence to present thyself approved unto God, a workman that needeth not to be ashamed, handling aright the word of truth. 2 Timothy 2:15.

THE LESSON IN ITS SETTING
Time The First Epistle to Timothy and the Epistle to Titus were written between Paul's first and second imprisonments in Rome about A.D. 64-65. The Second Epistle to Timothy was written just shortly before Paul's martyrdom, A.D. 67. We are not quite sure of what time he wrote the Epistle to Philemon, probably about A.D. 62.

Place — All these epistles were written from Rome. The Epistles to Timothy were probably sent to Ephesus; the Epistle to Titus was sent to Crete; the Epistle to Philemon was sent to Colossae.

Young Soldier of Christ

Before considering some of the verses of Paul's two letters to Timothy it will be profitable for us to recall the outstanding facts regarding the life and work of this young soldier of Christ. It seems probable that Timothy was born in Derbe or Lystra, his father being a Greek, his mother Eunice a Christian Jewess. It would appear that Paul on his second missionary journey found in Lystra, somewhat to his surprise, this highly esteemed believer, and discerning in him an apt pupil and a promising helper, he had him set apart by the presbytery for the labour of an evangelist.

The three most powerful incentives to holy living which can exercise a Christian are those which Paul continues to emphasize to Timothy as he writes him this urgent, tender, lofty letter, namely, the fact that Christ has come and saved us from our sins, the fact that we are appointed by him to be men and women of God, and the fact that Christ is coming back again; the power of a finished redemption, the power of a holy calling, and the power of a glorious Christ Jesus through the will of hope.

2. Timothy 1:1. Paul, an apostle of God, according to the promise of life which is in Christ Jesus, 2. Timothy, my beloved child; Grace, mercy, peace, from God the Father and Christ Jesus our Lord, 3. I do thank God, whom I serve from my forefathers in a pure conscience, how unceasing is my remembrance of thee in my supplications, 4. and day 4, longing to see thee, remembering thy tears, that I may be filled with joy. "This is a beautiful and pathetic thanksgiving."

5. Having been reminded of the unfeigned faith that is in thee; and which dwelt first in thy grandmother Lois, and thy mother Eunice; and I am persuaded, in thee also.

Guard The Truth
6. For which cause I put thee in remembrance that thou stir up the gift of God, which is in thee all through the laying on of my hands. Paul directs his pen to the very heart of Timothy. What Paul urges Timothy to do is to hold fast and never swerve from the great, deep, unchangeable, undeniable truths concerning Christ and his salvation. We may allow differences in secondary matters, but we must never move from the foundation truths of our faith.

Titus and Timothy were closely associated as companions and helpers of Paul. Timothy was sensitive and affectionate, also sympathetic and dependent. Titus reveals more of energy, vigor, of discretion, and of decision. Titus appears first in Gal. 2:1, where Paul remarks that when he went up to Jerusalem with Barnabas from Antioch, together with his adopted son, Timothy, and that Titus remained with him during his three years of ministry in Ephesus. It was he whom Paul sent to Corinth with the First Epistle to the Corinthians.

All that we know of Philemon we know from the short letter. We may fairly assume that he was a native and inhabitant of Colossae, where his son lived and labored; that he was brought to Christ by St. Paul (v. 10). The object of the letter to Philemon is explained by its contents. Onesimus, a slave of Philemon, had run away from his master and found his way to the city of Rome.

1. Paul, a prisoner of Christ Jesus, and Timothy, our brother, to Philemon, our beloved and fellow-worker, 2. and to Apphia our sister, and to Archippus our fellow-soldier, and to the church in thy house; 3. Grace to you and peace from God, our Father and the Lord Jesus Christ, 4. I thank my God always, making mention of thee in my prayers.

Their Majesties Worshipped at Hyde Park, N.Y., On Sunday



During their visit with President and Mrs. Franklin D. Roosevelt at Hyde Park, the King and Queen attended divine service at St. James Episcopal church, RIGHT. Rev. Frank R. Wilson, pastor of the church, is shown, LEFT, pointing to the pew that was occupied by Their Majesties.

GARDENING

CULTIVATION
Cultivation not only kills weeds, which disfigure beds of flowers and vegetables and rob these respectable things of moisture and food, but it also keeps soil open so that it will remain sweet and absorb necessary chemicals from the air. Bacterial action beneath is also assisted.

While a small hoe is almost an essential implement there are today other things which will relieve much of the drudgery which the hoe still represents in the eye of the growing country boy. A little three fingered wire cultivator will work wonders around and under growing flowers and vegetables. A Dutch hoe which is shoved along about an inch under the soil will cultivate a hundred feet or so of perennial bed in thirty minutes.

For vegetable rows, there are small cultivators pushed by hand which will cultivate a plot 100 by 50 in well under an hour and these can be procured in larger size for horse or tractor.

CAN START YET

Even in the warmer sections of Canada it is still possible to have a splendid garden. There are plenty of things to plant which will come on quickly. Experienced gardeners in recent years have been purposely holding back a portion of lettuce, spinach, carrot and other vegetable seeds so that the harvesting season may be extended just that much longer.

Early June is the ideal time in most of Canada to plant seed of those hot weather crops like melon, cucumber, medium or late corn and beans. It is not safe in many districts to set out celery, tomato, cabbage and pepper plants

5. Hearing of thy love, and of the faith which thou hast toward the Lord Jesus, and toward all the saints. The love was displayed towards the Christian congregation, the faith towards the Lord Jesus Christ; but they are so knit together where they truly exist that St. Paul speaks of them both as exhibited alike towards Christ and towards his church.

6. That the fellowship of thy own faith may become effectual, in the knowledge of every good thing that is in you, unto Christ.

7. For I had much joy and comfort in thy love, because the very hearts of the saints have been refreshed through thee, brother.

The apostle now proceeds to ask his friend to take back into his household the slave Onesimus. He asks Philemon to do this for a number of reasons:

21. Having confidence in thine obedience I write unto thee, knowing that thou wilt do even beyond what I say, 22. But withal prepare me also a lodging; for I hope that through your prayers I shall be granted unto you. These words indicate Paul's hope that he would soon be set free again.

Refugees Help Adopted Lands

Start New Industries, Cutting Unemployment in Friendly Nations

Economic advantages that would accrue to Canada through the admission of carefully selected groups of refugees from Greater Germany were outlined last week by Miss Constance Hayward, executive secretary of the Canadian National Committee on Refugees and Victims of Political Persecution.

Many of the refugees from Germany, Czechoslovakia and Austria, were skilled artisans, she stated, and many were able to bring a considerable amount of capital with them. She told of how some 17,000 British unemployed had obtained work at jobs created through the settlement of about 12,000 refugees. There had been a similar creation of new work for unemployed people in the Netherlands by refugees who had settled in that country.

Use Canadian Raw Materials
"I can't see why that is not possible in Canada," she said. Referring to the large amount of manufactured goods that had been imported into Canada from Germany last year, she suggested that many of these articles could be made here from Canadian raw materials if refugees who could start these industries were brought into the country and at the same time create a demand for labor.

Because they cannot afford a proper air raid warning siren, villagers of Wighton, England, have provided their chief Air Raid Precautions warden with a hunting horn whose call can be heard more than a mile.

RADIO NOTES AND NEWS

By MADGE ARCHER

SUMMER HOURS

More than one radio program has gone completely popular for the summer months. The Ford Sunday Evening Hour has been changed to the Ford Summer Hour. Same day and same time, but will feature James Melton, Francis White, Don Voorhees Orchestra and "Rouge Reporter." Rumor has it now that Magic Key is likely to switch from Sunday to Monday from 8.00 to 9 p.m., beginning June 26, and instead of Dr. Frank Black and his symphony, a Metropolitan singer and a Broadway player, we are to hear, Rudy Vallee, Sonia Henie and Tyrone Power.

The Canadian Broadcasting Corporation is doing itself well in the matter of summer symphony. Two series have been added to the network, the Chautauque concerts from Montreal on Wednesdays from 8.30 to 9.30 p.m., and the Summer Symphony from Winnipeg on Wednesdays from 11.30 to midnight. Also plans have already been made to broadcast the popular Toronto Promenade Concerts again this year, definite plans seem to have been made for any dramatic series, except that series which will include the production of the prize winning plays of the past season's CBC dramatic contest.

AROUND THE DIAL...Effective June 16, the WOR Symphony shifts to Fridays at 8.30 p.m. Jack Benny broadcasts from his famous home town, Waukegan, Ill., on Sunday, June 25. Elliott Roosevelt, son of President Roosevelt, is commenting over Mutual on Saturday.

days at 7.15 p.m. Arch Oboier's Plays have been switched from 10 p.m. to 9.30 p.m. on Saturday evenings, beginning June 24.

TO BE HEARD... June 16, at 8 p.m., NBC, CBL, Cities Services... 8.30 p.m., CBC, CBL — Miss Trent's Children... 9 p.m., CBS, CFRB — Tune Up Time... 10.15 p.m., CBC, CBL — My Home Town... June 17, 7 p.m., CBC, CBL — The Little Review... 8 p.m., CBS, MBS — Johnny Presents... 9 p.m., CBS — Honolulu Band... 10 p.m., NBC, CBL — Arch Oboier's Plays... June 18, 2 p.m., NBC — Magic Key... 3 p.m., CBS, CFRB — Columbia Symphony... 4.30 p.m., CBS — International Polo Matches... 8 p.m., NBC, CBL — Chase and Sanborn Hour... 9 p.m., CBS, CFRB — Ford Summer Hour... 9 p.m., CBC, CBL — Prize Winning Play Produced... June 19, 8 p.m., CBS, CFRB — Tune Up Time... 8 p.m., NBC, CBL — Al Pearce... 9 p.m., CBS, CFRB — Radio Theatre... 10.50 p.m., CBS, CFRB — Columbia Workshop... June 20, 8 p.m., CBS, CFRB — Ed. G. Robinson... 8.30 p.m., NBC, CBL — Information Please... 9 p.m., CBS, CFRB — We, the People... 9.30 p.m., NBC, CBL — Fibber McGee and Molly... June 21, NBC, CBL — One Man's Family... 8.30 p.m. — Alfred Wallenstein, guest conductor Montreal Symphony... 9.30 p.m., CBC, CBL — Percy Faith's Music... June 22, 8 p.m., NBC, CBL — Good News... 9 p.m., CBS, CFRB — Major Bowes Amateur Hour... 10 p.m., NBC, CBL — Bing Crosby.

Head Hunters Roamed West

Evidence that a tribe of head hunting Indians once roamed Utah has been compiled by Frank Beckwith, Delta, Utah, newspaperman and historian, after 25 years' study of Indian rock pictures.

photograph and description of a crude petroglyph which shows two warriors returning from a raiding party carrying a human head.

Utah's petroglyphs, or rock pictures, are remarkably well preserved. Beckwith found, cut in the rock walls and cliffs with a sharp instrument, their age has been variously estimated at 600 to 1,500 years. They served the ancient tribes as guides and records.

THIS CURIOUS WORLD By William Ferguson

The SAWDUST WHICH COMES FROM THE SAWING OF A DIAMOND IS BLACK.

THE WALLS OF THE GIANT CACTUS ARE PLEATED LIKE AN ACCORDION, WHICH ALLOWS THEM TO EXPAND AND ACCOMMODATE ANY AMOUNT OF WATER THAT IS AVAILABLE.

SOME SPECIES OF DEEP-SEA STARFISHES ARE LUMINOUS!

ALTHOUGH the diamond is among the clearest of all known substances, when ground fine it resembles the powder from a lead pencil. The beauty of the diamond is due to the reflection and refraction of light entering the stone.

NEXT: What was the only means of defense of the stegosaurus linesaur?

Versatile Actress

19 Motion picture actress	WILHELM RONTGEN	12 Lion's home.
6 Knock.	ONION ABA WHOSE	13 Year.
14 Competitor.	SO TATOONS YES	20 She acts in comedies in —.
15 Self.	WEN ARE LEASED LAR	21 Not many.
16 Impetuous.	N AGE WILHELM RAE	22 She acted in — on the stage.
17 Leopard.	NOTATE WILHELM GORSE	23 Christmas carol.
18 To peruse.	E VEVE RONTGEN GEE A	24 Elms.
19 Spoon.	RT END IS PL	25 Merchandise.
21 Party in lawsuit.	SET DRESSES GAS	26 To eject.
24 Buried.	ARES RIO TEIN	27 Fierce wind.
27 Pitcher.	SCAN BASSO RIDE	28 Low soft hat.
30 Heavy string.	PHYSICS GERMAN	29 Railroad.
31 You and I.	49 Indian race.	30 Manufactured.
32 Incarnation of Vishnu.	52 English coin.	31 Card.
33 Golf device.	53 Heathen god.	32 Part of mouth.
34 Equipage.	54 To rub out.	33 Bugle plant.
35 Rubber trees.	55 Rodents.	34 Combined with a card.
37 Before Christ.	57 She was born in —.	35 Forehead.
38 Festival.	58 She is the daughter of a famous theatrical	36 Wine vessel.
39 Genuine.	59 She is the daughter of a famous theatrical	37 Recession.
41 Smoldering coals.	60 She is the daughter of a famous theatrical	38 Prize contest.
45 Full of puddles.	61 She is the daughter of a famous theatrical	39 Tiny lake.
48 Form of "be."	62 She is the daughter of a famous theatrical	40 Leguminous plant.
	63 She is the daughter of a famous theatrical	41 One who rants.
	64 She is the daughter of a famous theatrical	42 Since.
	65 She is the daughter of a famous theatrical	43 Within.
	66 She is the daughter of a famous theatrical	44 Senior.



By GENE BYRNES

REG'LAR FELLERS—Public Enemy

WHAT'S BEIN' IN JAIL LIKE, DAISYBELLE?

WHAT A QUESTION, PINHEAD, IT'S LIKE YOU SEE IT IN THE MOVIES! YOU WEAR A STRIPED SUIT AND YOU LIVE BEHIND BARS, AND YOU EAT NOTHING BUT BREAD AND WATER!

WHAT ON EARTH DO YOU WANT TO KNOW WHAT JAIL IS LIKE FOR, PINHEAD? YOU DON'T EXPECT TO GO THERE, DO YOU?

I WOULDN'T BE A BIT SURPRISED, I'M TAKIN' BACK A LIBRARY BOOK AN' IT'S TWO WEEKS OVERDUE!