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OOKLET

Courage

holds no failure, but to cease
to try,
he gains most who will not
see defeat;
out to rise, with battle in
his eye,
ch again a new path for his
feet.
n a milk-can swam two frogs
of old—
one could only groan, com-
plain and mutter,
ok. The other swam till (so
we're told)
ved himself upon a pat of
butter.

COULD NEITHER
ALK NOR SLEEP
ns and Feet Swollen
vith Rheumatism
woman suffered for many
Pain sapped her strength
e lost hope of recovery.
medies were tried, but
broke the grip of her crip-
umatism. At last her hus-
ounded her to try Krus-
s:—
ms and feet were swollen
umatism," she writes. "I
walk nor get regular
nothing did me any
od. I was so hopeless of
ng better. I lost my good
ntirely. Then my hus-
uaded me to try Krusch-
After two weeks I be-
el better. I persevered,
weeks, I was doing
Later, I was able to
walk. Now I am free
and I feel grand."—
.
tism is commonly caus-
osits of uric acid crys-
lodge in the muscles
Kruschen helps to
ese deposits of troub-
and to convert them
less solution, which is
rough the natural chan-
dneys.

Worry, Nerves Waste Energy

Brain Fatigue Follows Undue Strain and Emotional Stimulation

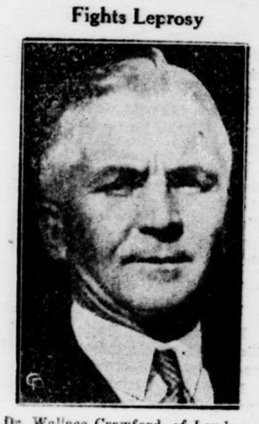
Most people who live emotionally at high pitch suffer from "nerves" at some time, writes a woman doctor. Like an electric battery, we become worn out, and must have a rest before we can be recharged with vitality again. Brain fatigue follows undue strain and emotional stimulation.

The nervous system of every living being is constantly receiving stimuli from the external world. Every sense organ is a receiving apparatus which, through the nerves, sends impressions to the brain, and the brain must tire after a time.

In worry, the mind is constantly fretted, and fretted uselessly. It turns upon itself; the same idea is teasing the psyche, moment after moment. Unhappiness is relieved when we are compelled to use our brains to give attention, to listen to the outside world. The great test of life is its quality of interest. When we are interested we are alive for that moment of eternity.

The worry habit may be due to glandular deficiency. Here again the best help is the family physician, and the cure is associated with achieving balance, harmony among the glands. It is useless to tell a girl who lives in chronic fear that she must not worry; she can perhaps no more help her apprehensive attitude than she can help having red hair or a thick neck or a sense of the ridiculous.

Fights Leprosy



Dr. Wallace Crawford, of London, Ont., a Canadian missionary who has worked for 30 years in China, has been appointed to the staff of the first leper hospital in China. Dr. Crawford will direct China's first scientific fight against the dreaded disease which claims hundreds of lives each year.

Scores Wasting Brain Material

Young and Intelligent Minds of the Country Should Have Chance to Be Developed, M. P. Believes

National scholarships provided by the Federal Government were urgently needed in this country to develop one phase of the national resources which was being neglected—the intelligent brains of the country, Paul Martin, K. C., M. P., told delegates from the 20 graduating universities of Canada, at their national conference in Royal Victoria College, Montreal.

"I hope and think that the time will rapidly come," he said, "when this waste of human material will be arrested, and that a chance will be given to the many worthwhile young people who, suffering from penury, are at present unable to take advantage of any educational scheme.

One of National Resources

"We have appropriated to date for this year in Ottawa about $22,000,000 for the development of the national resources such as mining and forests. No one will quarrel with that, but there is just as much justification for the development of this other phase of our national resources."

Export Demand For Holsteins

More than 400 persons attended the annual outing and picnic of the York County Holstein Club in Elm Park, Woodbridge, when Hon. George S. Henry declared the Canadian-type Holstein cow was increasing in popularity with an ever-increasing demand on the export market. Some breeders, he claimed, were attaching too much importance to a high cream test, when it was well known that this particular breed was already noted for its high production.

Van Reenen, South Africa, is seeking to learn why all watches entering the city lose about 20 minutes a day the first week, then keep excellent time.

Sunday School Lesson . .

LESSON XIII
PAUL REVIEWS HIS LIFE
2 Cor. 11:16-12:10; Phil. 1:12-24; 3.7-16; 2 Tim. 4:7, 8.
Printed Text, Philippians 1:12-14, 21-24; 3:12-14; 2 Timothy 4:7, 8

Golden Text.—I have fought the good fight, I have finished the course, I have kept the faith. 2 Tim. 4:7.

THE LESSON IN ITS SETTING

Time.—The Second Epistle of Paul to the Corinthians was written about A.D. 57, not long after the writing of the First Epistle. The Epistle to the Philippians was written while Paul was a prisoner in Rome, perhaps A.D. 62. The Second Epistle to Timothy was written just before his martyrdom, perhaps A.D. 67.

Place.—The Second Epistle to the Corinthians was written from Ephesus; both the Epistle to the Philippians and the Second Epistle to Timothy were written from Rome.

Would you say that the apostle Paul in serving the Lord Jesus Christ had an easy life? Do you find in Paul's record of his many and severe sufferings any word of complaint, any moan or sob? Do you think that Paul was a joyous man? What leads you to believe emphatically that the thorn in Paul's flesh was not some fierce temptation of the flesh, which would be so abhorrent to God? What do you think of the sufferings which Paul endured did for him as regards his own loyalty to and faith in Jesus Christ?

12. Now I would have you know, brethren, that the things which happened unto me have fallen out rather unto the progress of the gospel; 13. so that my bonds became manifest in Christ throughout the whole praetorian guard, and to all the rest; 14. and that most of the brethren in the Lord, being confident through my bonds, are more abundantly bold to speak the word of God without fear. The apostle's imprisonment was a powerful stimulant to the zeal of the Roman Christians; it indicates one particular direction of the apostle's influence upon the pagans around him.

The "praetorian guard" means the imperial guard. They were ten thousand in number, picked men, originally of Italian birth, but drawn later from Macedonia, Noricum, and Spain.

Life In Christ

21. For to me to live is Christ. Probably no phase of seven words anywhere in the Bible presents a more perfect, comprehensive, character-molding ideal than these words of Paul, and the man or woman who truly lives them is surely the fullest rounded of all Christions.

Christ must be the origin of our life. Christ must be the essence of our life. Christ must also be the model of our life. Christ must also be the aim of our life. Christ must be the solace of our life. Christ must be the reward of our life.

22. But if to live in the flesh—if this shall bring fruit from my work, then what I shall choose I know not. 23. But I am in a strait betwixt the two, having the desire to depart and be with Christ; for it is very far better. 24. Yet to abide in the flesh is more needful for your sake.

Phil. 3:12-14. 12. Not that I have already obtained, or am already made perfect: but I press on, if so be that I may lay hold on that for which also I was laid on by Christ Jesus. Paul had just set forth the absolute centrality of Christ in his own life, and how he gave up everything, counting all as nothing, that he might really win Christ, be found in Christ, know Christ, and all the power of his resurrection and the fellowship of his sufferings. Still, Paul was not satisfied with what he had attained, even though the greater part of his life was over. Still, Paul was determined to press on for greater knowledge, deeper apprehension of Christ, a closer resemblance to his Master.

13. Brethren I count not myself yet to have laid hold: but one thing I do, forgetting the things which are behind, and stretching forward to the things which are before. 14. I press on toward the goal unto the prize of the high calling of God in Christ Jesus. The truth is, we ought always to be making progress; since not to be going forward is to be losing ground. These are the twin secrets of true advance in our highest life: "forgetting those things that are behind, reaching forward to those things that are before."

2 Tim. 4:7. 7. I have fought the good fight, I have finished the course, I have kept the faith. Paul had suffered everything, had endured every conceivable insult, had kept churches from going to pieces, had labored with souls far into the night, and now that he is about to die, he says that the struggle has been a good one, that the course he has run has been one ordained of God, who has allowed him to finish it, and he rejoices in the fact that he has never denied the faith.

8. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, shall give to me at that day; and not to me only, but also to all them that have loved his appearing. The brilliant sequel of the Greek's athletic triumph was his wreath or crown of laurel.

Queen Is Interested In Girl Scout's Medal

The King, too, is anxious to see the medal worn by Girl Scout Leah Burkett which Queen Elizabeth is examining after Scout Burkett presented the Queen with a bouquet of flowers as the royal party left the White House to attend the garden party at the British Embassy in Washington.

GARDENING

A suitable destroyer for weeds or grass in driveways is common salt, the cheaper and coarser the better. Not only will a liberal application of this about one or two handfuls to the square foot destroy grass, weeds, poison ivy, etc., but it will also bind gravel together into an even surface, keep down dust and repel frost. In some parts of Canada salt is used on all gravel roads and gives a surface equal to light pavement.

PESTS

Garden insect enemies are divided into two groups—those that eat holes in the foliage and those that suck out the juices. For the first-named, poison is usually applied, while the suckers are attacked with a burning spray which penetrates. Often when both are present, a combination of poison and something that burns, such as lims sulphur and arsenate, gives lime, sulphur and arsenate, gives the biting insects is usually quite apparent, but the presence of the other kind is only shown at first by a wilting or withering of the foliage.

For sucking pests, chief of which are the aphids or plant lice, spray with whale oil soap, a quarter pound of soap to a gallon and a half of water; nicotine sulphate, or "Black Leaf 40," or any other repellent secured from a reliable seed store.

Cut worms which eat through newly set out plants at the base of the stem, are destroyed by the spreading of sweetened poisoned bran about the plants. Where there are only a few plants to protect, the same may be provided with paper collars.

Long Pyjama Coat Favored

Ask each man in a small group what he wears while sleeping these warm nights, and there will be a variety of answers.

Some wear only the tops of their pyjamas, others wear only the trunks, comparatively few wear the entire pyjama suit, and many eliminate it altogether, says a story in the Toronto Globe and Mail.

Laundries notice the difference, and Canadian manufacturers of men's apparel have also taken notice of this summer custom. They have produced for this summer a sleeping jacket which is styled after a pyjama coat, but which comes down to the knee like a short nightshirt. "It's more respectable than just a pyjama top," remarked the manager of a Yonge street haberdashery.

With Buttons and Sash

The new style of sleeping jacket does not herald a popular return to the pre-war style of nightshirt, although that still is adhered to by some men, haberdashers claim. They say men don't like pulling it over their heads. But the sleeping jacket has buttons like the shorter coat, and some even have a sash to make it look like a short dressing gown.

Claimed to be the world's longest locomotive, an engine 100 feet long, with 28 wheels and weighing 160 tons, has been tested near Valenciennes, France, and will be sent to West Africa.

RADIO NOTES AND NEWS

By MADGE ARCHER

Rumors of a basic change in the set-up of the Magic Key of RCA program, mooted in this column last week, have been definitely confirmed. Beginning Monday, June 26, from 8.30 to 9.30 p.m., E.S.T., over the Blue network the new schedule will start.

The series will be of a much lighter nature than has been the plan to date. Serious music will be discarded altogether and popular dance bands will be featured. The rest of the program will include novelty acts and dramatic sketches. No direct details have so far been announced but the sponsors are emphatic that they will avoid the set formula so beloved by those who produce the variety broadcasts at present.

NBC announces its racing broadcasts for the coming month. The Kent Handicap will be described on Saturday, June 24, at 5.15 p.m., the Stars and Stripes Handicap on Tuesday, July 4th, at 6.15 p.m., the Hollywood Derby on Saturday, July 8, and the Massachusetts Handicap on July 12. All will be broadcast over the NBC Blue network.

Four new programs will begin on Mutual on Saturday, June 24. They are "Hawaii Calls" at 8.30 p.m., "Fiesta Time" at 9 p.m., George Fisher's Hollywood Whispers at 9.30 p.m., and Sons of Pioneers, a male singing group, at 9.45 p.m.

* * *

AROUND THE DIAL

Mutual's "Musical Steelmakers" broadcast from the Court of Peace at the New York World's Fair on Sunday, June 25, at 5 p.m. ..... America's Town Meeting of the Air returns to the air for a single summer visit on Saturday, June 24, at 3 p.m., under the auspices of the American Library Association ..... Raymond Gram Swing, Mutual commentator, has gone on a two-a-week schedule. He is now heard over Mutual and CBC on Tuesday and Thursdays at 10.15 p.m. ..... Jean Marie Beaudet directs the Chalet concert broadcast from Montreal over CBC on June 28 at 8.30 p.m. ..... The Toronto Promenade concerts start over CBC on Thursday, July 6.

TO BE HEARD:—June 23, 8 p.m., NBC, CBL — Cities Services Concert ..... 9.30 p.m., CBC, CBL — Eight Musical Maids ..... June 24, 7.30 p.m., CBC, CBL — Young Canada, from Toronto ..... 9 p.m., CBC, CBL — Toronto Symphony Band ..... 9 p.m., CBS — Honolulu Bound.

June 25, 3 p.m., CBS, CFRB—Columbia Symphony Orchestra; 7 p.m. NBC, CBL — Jack Benny broadcasts from his home town, Waukegan, Ill. ..... 8 p.m., NBC, CBL — Chase and Sanborn Hour ..... 9 p.m. CBS, CFRB — Columbia Dance Hour ..... 9 p.m. CBC, CBL — CBC Prize-winning play, "White Acacias," from Montreal ..... 10.30 p.m., CBC, CBL — By the Sea From Vancouver.

June 26, 8 p.m. — Magic Key of RCA (new) ..... 8 p.m., CBS, CFRB — Tune-Up Time ..... 9 p.m., CBS, CFRB — Radio Theatre ..... 10 p.m. CBS, CFRB — Guy Lombardo's Orchestra .....

June 27, 8 p.m., CBS, CFRB — Edward G. Robinson in "Big Town" ..... 8.30 p.m. NBC, CBL — Information Please .....

June 28, 8 p.m. NBC, CBL — One Man's Family ..... 8.30 p.m. CBC, CBL — Chalet Concert from Montreal ..... 9.30 p.m. CBC, CBL — Percy Faith's Music.

June 29, 8 p.m. NBC — Rudy Vallee's Varieties ..... 9 p.m. NBC, CBL — Good News Hour ..... 9 p.m., CBS, CFRB — Major Bowes Amateur Hour ..... 10 p.m., NBC, CBL — Bing Crosby's Musical Hall.

Training For Night Driving

Examinations for drivers' licenses are made in the daylight. Most motorists learn to drive in the daylight. Because daylight conditions differ so much from those after dark, the Journal of the American Medical Association recommends special training of motorists at night. It points out that night driving involves a different technique because of the difference in visibility and in the reactions of motorists.

THIS CURIOUS WORLD By William Ferguson

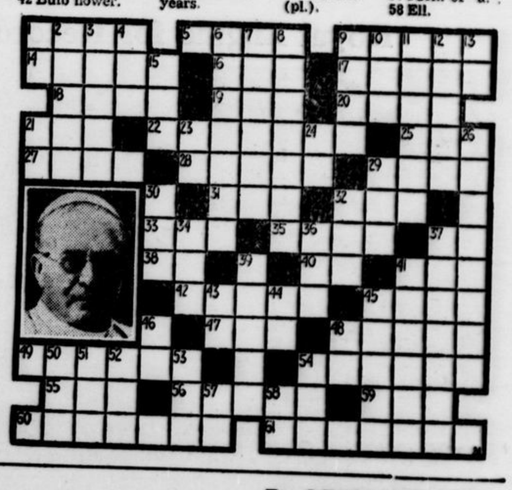
PLINY seems to have been responsible for a belief that exists, even up to today, that rusty iron, rotten cloth, or other "noxious objects" in the soil will produce poisonous mushrooms. Equally erroneous is the belief that a bright coin, dropped in a stew of mushrooms, will turn black if the plants are poisonous, but will remain bright if the species be edible.

NEXT: What color is the sawdust that comes from the sawing of a diamond?

RELIGIOUS LEADER

HORIZONTAL
1, 5 A scholarly head of the Catholic church.
9 His family name.
14 Practical.
16 Antelope.
17 Liquid part of fat.
18 Weight.
19 Nothing.
20 Axillary.
21 Feudal fee.
22 Trotting horse
25 Genus of rodents.
27 Gaelic.
28 Vision.
29 Most excellent
31 Sea eagle.
32 Vulgar fellow.
33 Call for help.
35 Call to prayer.
37 Musical note.
38 Parent.
40 Neuter pronoun.
41 To harden.
42 Bulb flower.
45 Government clerk.
47 Turf.
48 To hesitate.
49 Small fox.
54 Sums.
55 Field.
56 Personal enemy.
59 Epoch.
60 Papal palace.
61 He headed the Papal —— for many years.

VERTICAL
1 Measure.
2 Animal.
3 Devout.
4 Measure of cloth.
6 Overlooks.
7 One that unites.
8 Sultan's wife.
9 To bellow.
10 Every.
11 Yoked.
12 Lizard fish (pl.).
13 Into.
15 To dine.
21 Iron.
23 Road.
24 Type measure
26 Papal church.
29 Curse.
30 Venomous snake.
32 Pussy.
34 Grain.
36 Bullet sound.
37 Normal.
39 To insult.
41 Maple seed.
43 You and me.
44 Structural unit.
45 To become exhausted.
46 Laughter sound.
48 To accomplish.
50 Palm leaf.
51 To soak flax.
52 Monkey
53 Tea.
54 Three.
57 Form of "a."
58 Ell.



REG'LAR FELLERS—A Hot Lead

By GENE BYRNES

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