Abnormal Shyness Really Egoism

Woman Who Is Shy Is Really Too Much Concerned With Herself

Shyness is not fear of other people. It is fear of ourselves. It is a stumbling block raised by our own imaginations that trips us when we try to become all that we were intended to be. But fortunately for us, it is not too large a block to be pushed from our paths — if we are of the disposition to push instead of stumble.

The woman who is shy to the extent of being miserable in a crowd, who is lost in new surroundings, or unable to carry on a conversation with a newly made acquaintance, is too much concerned with HERSELF.

Afraid Of Criticism

In her mind, a stranger is a critical audience, instead of an ordinary human being, very much like herself, just different enough to be interesting.

Feeling that everything she says will be used against her, the shy woman naturally says very little, unless she is with people that she knows are her friends. Sometimes she is so nervous that her own voice sounds strange in her ears—and her words seem to have no meaning.

Naturally such a woman is greatly handicapped in life. Most of the people she meets will never get to know her. From necessity will they judge her by the timid, frightened shadow they are permitted to see.

Think About Others

How can this paralyzing shyness be overcome? By strict discipline. No more trying for perfection. No more fretting over blunders and embarrassing incidents. No more wondering, "Did I say the wrong thing?" or "What will she think of me?"

Instead of all that "I" thinking, the person who is trying to push shyness aside should think about other people, try to find out what they are like, talk about their interests, receive whatever of value they have to give.

We must not give in to shyness. If we do, we will always be looking on—standing on tiptoe watching others—instead of having a rightful place in the thick of things.

BEAUTY HINT

Marsha Hunt is careful to keep her hands from windburn and chapping by frequent applications of a liquid hand lotion. Rubbed gently into the skin before going outdoors assures soft, white hands. The actress is currently seen in "These Glamour Girls" which features Lew Ayres and Lana Turner

Travel Sickness: How To Avoid It

At this time of year there are always inquiries regarding that bogy of travelling, car or train sickness. The following suggestions should prove helpful when dealing with this problem either in children or adults.

1. Two days before the journey give a mild aperient and from then until you reach your destination cut down fats in the diet. Give small amounts of milk and butter and avoid fried foods, fat meat and eggs.

Keep to a fairly dry sweet diet with drinks of lemon or orange juice. Give a dessertspoon powdered glucose in a little water fourhourly (double the amount for an adult).

2. Before the journey eat a starchy meal (bread, very little butter and honey, for instance) and a small drink.

On the journey keep to dry biscuits and fruit, and avoid drinks if possible. Give barley sugar to suck whenever the child seems to be "squeamish."

3. Sit facing the direction in which you are travelling. In a bus, sit as far forward as possible. See that the child's feet and legs are warm.

4. Small wads of cotton wool in the ears preserve a sense of balance. Scientists tell us that much travel sickness is due to interference with that sense.

"Shuttle Bombing" Can Be Done By These British Planes

Pictured in flight here are a few of the type bombing planes which can be used in Great Britain to bomb German military points in the event of aggression on Poland. The planes can take-off from French bases, loaded with bombs which they can drop on Germany, fly on to Poland where they can refuel and reload and again bomb Germany on the way home. These planes have a flying radius with full bombing load of more than 3,000 miles.

Sunday School Lesson . .

HEZEKIAH: A KING WHO REMEMBERED GOD. —

2 Chron. 30.

Printed Text, 2 Chron. 30:13-22.

Golden Text.—Turn us again, O God; and cause thy face to shine, and we shall be saved. Ps. 80:3.

THE LESSON IN ITS SETTING

Time.—Hezekiah ascended the throne of Judah in 715 B.C., and it was not long after this when he began making preparations for the great passover feast of which our lesson speaks.

Place.—Jerusalem.

The Passover Feast

The first great feast in the Hebrew calendar of sacred festivals was the passover, which combined in it the idea both of sacrifice (in reality, the sin-offering) and festival, for with it was joined the feast of unleavened bread. It was instituted in Egypt on the fourteenth of Nisan, the first month of the sacred year (Exod. 12: 2). and it was at once the sign and seal of Israel's protection from judgment and redemption from bondage. The main feature of it was the lamb slain and the sprinkling of the blood on the lintels and door-posts of the Hebrew houses. This was God's solemn pledge of safety and immunity from the messenger of death, the angel destroyer. Jehovah's word to the people about the blood was, "When I see the blood, I will pass over you, and there shall no plague be upon you to destroy you, when I smite the land of Egypt" (Exod. 12:13, Revised Version). Redemption by blood is the solemn lesson and the central truth in the passover. The lamb died that the first-born of each Hebrew family might not die.

The typical character of the passover is distinctly recognized in the New Testament: "For even Christ our passover is sacrificed for us" (I Cor. 5:7). The lamb slain was the first great object held up to Israel about to be redeemed. Behold the Lamb of God, is the cry that first reaches a sinner's ear and a sinner's heart. Christ and him crucified is the one supreme object in God's plan of redemption.

13. And there assembled at Jerusalem much people to keep the feast of unleavened bread in the second month, a very great assembly. 14. And they arose and took away the altars that were in Jerusalem, and all the altars for incense took them away, and cast them into the brook Kidron. Just as when a city in our country is preparing for a centennial celebration or for a great home-coming, houses are painted, the streets are cleaned, every possible arrangement is made to comfortably care for the hundreds and thousands who will be crowding into the community, so now, that the passover might be celebrated as God would have it. Hezekiah had the whole city of Jerusalem purged of its false idols.

A Real Revival

15. Then they killed the passover on the fourteenth day of the second month: and the priests and the Levites were ashamed, and sanctified themselves, and brought burnt offerings into the house of Jehovah. 16. And they stood in their place after their order, according to the law of Moses the man of God: the priests sprinkled the blood which they received of the hand of the Levites. 17. For there were many in the assembly that had not sanctified themselves: therefore the Levites had the charge of killing the passovers for every one that was not clean, to sanctify them unto Jehovah.

Let us never think that a real revival can ever be had unless it is characterized by a return to that great and final sacrifice of the Lamb of God, who is the eternal propritiation for our sins, and by whose precious blood atonement was forever provided for all who would confess their sins and receive the gift of eternal life.

18. For a multitude of the people, even many of Ephraim and Manasseh, Issachar and Zebulun, had not cleansed themselves, yet did they eat the passover otherwise than it is written. For Hezekiah had prayed for them, saying, The good Jehovah pardon every one 19. that setteth his heart to seek God, Jehovah, the God of his fathers, though he be not cleansed according to the purification of the sanctuary. 20. And Jehovah hearkened to Hezekiah and healed the people. The king recognizing the ritualistic unfitness of many to observe the passover, brought the entire matter to God, and asked pardon for all who had approached the altar without complying with all the laws for purification. A sin of ignorance in the case of some. The king's prayer was successful.

21. And the children of Israel that were present at Jerusalem kept the feast of unleavened bread seven days with great gladness; and the Levites and the priests praised Jehovah day by day, singing with loud instruments unto Jehovah. For three hundred years in Israel's history, i.e., since the days of David (I Chron. 25:7), we do not find a single reference to singing among the people of God until the revival that occurred under Hezekiah.

The feast of unleavened bread was a continuation of the passover and followed it on the next day, and continued for a week. From the beginning of the passover all leaven was rigorously banished from the houses of the Hebrews. So strict was the law that the Jews made search for leaven with lighted lamp, that no particle of it might remain concealed.

22. And Hezekiah spake comfortably unto all the Levites that had good understanding in the service of Jehovah. So they did eat throughout the feast for the seven days, offering sacrifices of peace-offerings, and making confession to Jehovah, the God of their fathers.

Only about five per cent of the population of London, England, are said to be "greatly concerned with church-going."

If anyone wants to buy natural red hair in Hollywood, he must be prepared to pay up to $80 an ounce for it.

Teach Children To Enjoy Music

Children Will Respond to Stories Behind Compositions

Rhynd Jamieson, music critic for the Vancouver Daily Province, suggests a manner in which he believes children could be lured more readily from baseball fields to piano lessons.

Most of the present-day teachers make the mistake, he believes, of treating their younger pupils as students, rather than as children. Children, he says, miss the fun and laughter of their games while they are taking their lessons and for that reason they think they hate music.

Instead, they should be taught that music itself contains fun and laughter; that there are fairy stories and other stories in music as well as in literature.

"Once we get to that point of view," he believes, "the musical childhood of Canada is safe, but if we don't, the mortality will steadily increase."

Huge Telephone System In Russia

Six Thousand Miles of Equipment Sent From Britain

A British firm has just shipped to Russia the last consignment of equipment for the world's longest carrier telephone system, which will run for nearly 9,000 kilometres (about 6,000 miles) crossing Siberia and covering practically the entire breadth of the U.S.R.R.

It will give direct communication between Moscow and Khabarovsk, which is near the Manchukuo border, north of Vladivostok; this enormous distance will be covered by an open wire line, divided into five links of 2,117 kilometres, 1,443 kilometres, 1,867 milometres, 990 kilometres, 2,414 kilometres, respectively.

Special Apparatus

Specially designed transmission apparatus which will make it possible to operate several telephone and telegraph circuits simultaneously and, in addition, a channel for broadcasting or picture transmission, are included in the contract.

Standard Telephones and Cables Limited, of London, were given the contract for the work at a figure exceeding £300,000.

Largest Aircraft Order In History

$100,000,000 Contracts For Army Planes

The United States War Department awards contracts this month for approximately $100,000,000 worth of airplanes, the largest single aircraft order in history.

The contrasts, together with previous awards amounting to $54,000,000, form a major part of a $170,000,000 air expansion program designed to bring army fighting strength to 5,500 planes by July 1, 1941. The present Air Force numbers about 2,000 craft.

Appointment of War Resources

The awards followed by less than 24 hours a joint Army-Navy move to enlist the aid of leading business men and scholars in molding American industry to the rigid requirements of war. Acting Secretary of War Louis Johnson and Acting Secretary of the Navy Charles Edison announced the appointment of a War Resources Board, similar to the Great War Industries Board, to assist in mobilizing economic resources in the event that national safety is being threatened.

RADIO NOTES AND NEWS

By MADGE ARCHER

THEATRE ON THE RADIO

Beginning in October, the Canadian Broadcasting Corporation plans to co-operate with and assist Martha Allen in the development of radio dramatizations by the Montreal Repertory Theatre over the national networks of the Dominion, it was announced in Ottawa last week.

Miss Allen, who is director of the Montreal Repertory Theatre is negotiating for the exclusive rights to drematize all novels of Lord Tweedsmuir. "If the negotations are successfully concluded we will consider the dramatizing of them over our trans-Canada hook-up as soon as the productive capacity of her artists is shown," CBC officials said.

NOTES AND NEWS

Edward G. Robinson will resume his racket-busting role of Steve Wilson when "Big Town" series returns to the Columbia network on Tuesday, September 19 from 8 to 8:30 p.m. and over CFRB ..... Texaco Star Theatre will return to the Columbia network with Kenny Baker, Ken Murray and Frances Langford from Hollywood and a half hour dramatization from New York on Wednesday, September 13 at 9 p.m. ..... Orson Welles dramatizations for the Campbell Playhouse will begin over the Columbia network and CFRB on Sunday, September 10, at 8 p.m. .....

TO BE HEARD

Farm Broadcasts CFRB 1.05 p.m. Mondays to Fridays .... Farm Broadcasts CBL 1.30 p.m. Mondays to Saturdays ..... September 8, 10.30 p.m. CBS, WKBW, Believe It or Not Ripley ..... September 9, 3 p.m. CBL, Scarborouh Nights ..... 9 p.m., CBS, WKBW Your Hit Parade ..... September 10, 3 p.m. CBS, CFRB Columbia Sym. ..... 6 p.m. CBL, Can. Gren. Guards Band ..... 8 p.m. NBC, CBL, Chase and Sanborn Hour ..... 8 p.m. CBS, CFRB, Orson Welles ..... 9 p.m. CBS, WGR Ford Summer Hour .... 10.30 p.m. CBS, WKBW H. V. Kaltenborn ..... Sept. 11, 9 p.m. CBS, CFRB, Lux Radio Theatre .. 9 p.m. NBC, WEBR, Magic Key ..... 10 p.m. CBL, Contented Hour ..... Sept. 12, 8.30 p.m., NBC, CBL, Information Please .... 9 p.m. CBL, Summer Concert ..... 9.30 p.m. CFRB, Treasure Trail ..... Sept. 13, 8 pm.. WGR, Phil Baker ..... 8.30 p.m., CBL, Goldman and ..... 9.30 p.m. CBL, Percy Faith's Music ..... Sept. 14, 8 p.m. NBC, WBEN Rudy Vallee ..... 8.30 p.m. CBL, Serenade for Strings ..... 9 p.m. CBL Good News .....

Gas Mask Helps Stop Hay Fever

Roy S. Reynolds known to hockey fans and players throughout Western Ontario as "Smokey," and manager of the Chatham Public Utilities system is going about his duties looking like an A. R. P. emergency worker in Britain. Mr. Reynolds is wearing a miniature mask protecting his nose these days. He is one of those distressingly affected during this season of the year by hay fever.

"Smokey" bought the mask last year and it helped him a lot in warding off irritation of floating pollen and has again donned the apparatus.

THIS CURIOUS WORLD By William Ferguson

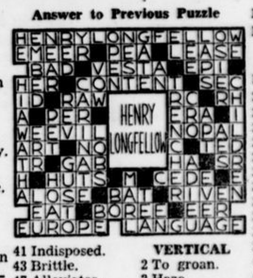
GIANT clams often attain a weight of several hundred pounds and have a diameter of several feet. Lying in the water, with shells slightly ajar, the creature presents a most formidable trap, and more than one man has been held in the vise-like grip to drown in the returning tide.

EUROPEAN DIVA

HORIZONTAL

1 A former great opera star.
9 She is French by ——.
13 Lubricant.
14 Fence bar.
15 Opera melody.
16 Enormous.
17 Mental image.
18 Sloping auto drives.
20 Insnares.
22 Stream demon
24 She won —— as "Carmen."
28 To run away.
32 Trustworthiness.
33 Genus of frogs
34 Withered.
35 Oat grass.
37 To shrink.
39 Meaner.
40 Year.
41 Indisposed.
43 Brittle.
47 Alleviates.
51 Assam silkworm.
53 Sour.
54 An angora.
55 Tidy.
56 Kind of nut.
57 She had a glorious —— voice.
58 She is now ——.

Answer to Previous Puzzle

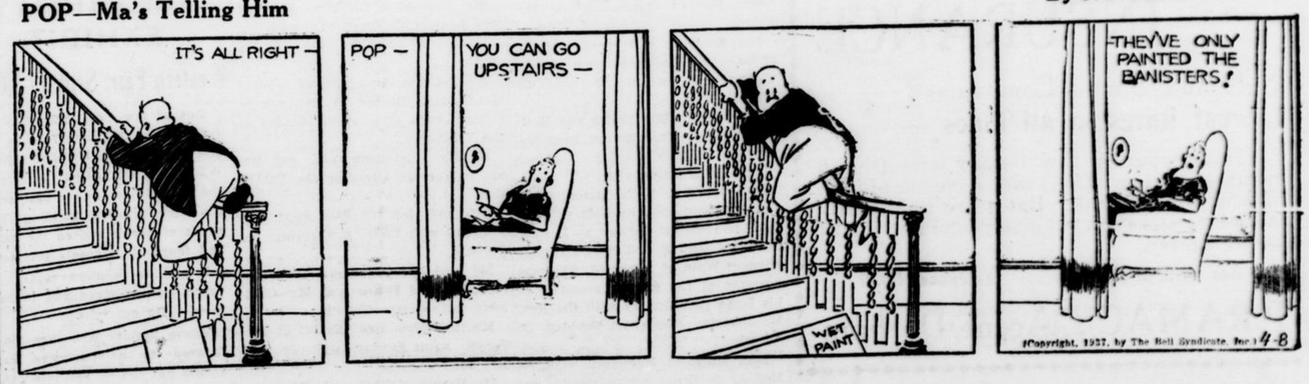


VERTICAL

2 To groan.
3 Haze.
4 Type of singing voice.
5 Covering of a seed.
6 Boys.
7 To emulate.
8 Enthusiasm.
9 To sell.
10 Babylonian god.
11 Brink.
12 Spigot.
16 She has reached a —— age.
19 Doomed.
21 Anger.
23 Curved line.
25 Headland.
26 Poems.
27 To telegraph.
29 Molten rock.
30 Single things.
31 Window part.
36 Awn.
37 Lyre-shaped.
38 Time.
42 Fabric.
43 Owner of an estate.
44 Night.
45 One who frosts cakes.
46 Row.
48 Since.
49 Anything steeped.
50 Organ of hearing.
52 Musical note.

POP—Ma's Telling Him

By J. MILLAR WATT



ONTARIO ARCHIVES
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