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John Bunyon was a tinker's son.

ADMIRAL SIMS GIVES BRITISH FLEET CREDIT

He Says England Praises the U.S. Navy's Part Too Much.

London, May 27.—Rear Admiral William S. Sims, who commanded the American naval forces in the war zone during the last two years of the world war, told Admiral Beatty, commander of the British grand fleet, and a distinguished assemblage of British and American naval men and other prominent persons yesterday that the British had been disposed to give the American navy too much credit for the part it played in the allied victory.

In an address at a luncheon given by the Pilgrims Society in his honour, Admiral Sims said: "The British grand fleet was the keystone in the allied arch, without which you in this country would today be speaking German with a very strong English accent."

Admiral Sims waved aside personal tribute from Admiral Beatty and Lord Desborough, asserting that had the command of the American naval forces in Europe been entrusted to one of the 40 or 50 other American officers eligible in rank the result would virtually have been the same. Lord Desborough referred to Admiral Sims as having "braved his enemies—if he has any—and he certainly has none on this side of the Atlantic—by publishing his book."

Admiral Beatty hailed the American admiral as one of the world's naval leaders, whose coming to Europe in Great Britain's hour of need not only saved America and Britain, but the world. He called Admiral Sims "the father of gunnery" and testified to the hearty co-operation which had marked the relations of the personnel of the two navies, "while enjoying the social amenities of Scapa Flow (the British grand fleet's base in the war), and throughout our association together."

Had they had an opportunity of engaging the enemy, said Admiral Beatty, both would have considered they were in good company. He presented his American colleague as "our very good and old friend."

Admiral Sims in responding said that when America entered the war things on the European side were in a "pretty desperate" state. "The help we gave," he continued, "was that which comes of the Freemasonry of the sea—no question of personal preference was involved."

WELL SATISFIED WITH BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she will use nothing else. Her use of them leads her to believe there is no other medicine to equal them for any of the many minor ailments of childhood. Concerning Mrs. Eugene Boisvert, East Aldfield (Que.), writes: "My baby was terribly constipated, but after the use of Baby's Own Tablets he is entirely well again. I am so well satisfied with the Tablets that I lose no opportunity in recommending them to other mothers." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

GANANOQUE

May 27.—Mrs. C. H. Hurd, King street, left Wednesday afternoon for Brockville to attend the branch sessions of the W. M. S. of the Methodist church, as representative of the Winona Mission Circle of Grace church. A number of the ladies of the W. M. S. also went down yesterday afternoon to represent the local organization.

V. K. Johnston, youngest son of Mr. and Mrs. George L. Johnston, King street west, has successfully passed his second year examinations in law at Osgoode hall, Toronto.

The Misses Phyllis Sine and Margaret Edwards, students of "Varsity, Toronto, have arrived home to spend the holiday season.

Mr. and Mrs. J. O. Williams, Brooklyn, N. Y., have arrived and opened up their island home for the season. Miss Laura Butler, daughter of Mr. and Mrs. David Butler, Charles street, has entered Kingston General Hospital as a nurse in training.

Miss Marguerite Richardson, eldest daughter of Mr. and Mrs. William Richardson, Main street, leaves this week for Niagara Falls, N. Y., to take a course in training for a nurse.

Miss Agnes Maule Machar has arrived from Kingston and has opened up her summer home at "Ferneliff" for the summer.

Erenst Fairman and family, Montreal, have taken the Findlay cottage up the river for the season and will take possession early in June. Mr. and Mrs. Calkins, Rochester, N. Y., have taken the Pudney cottage up the river for the season, and expect to open it for the season at an early date.

Mr. and Mrs. Robert Kent, Montclair, N. J., have taken the Hannell cottage, up the river, for this season and will open up for the season during the early part of June. Mr. and Mrs. E. R. Robb are occupying W. S. Abbott's summer cottage on Tremont Park.

Mrs. C. C. McCullough, Fort William, has arrived for a visit with Mr. and Mrs. R. C. McCullough, King street east, and will be joined by Dr. McCullough the end of this week.

S. G. Cook, for many years a resident of this town, for the past few years located in Ottawa with his son, is spending a short time here with friends. Miss Dorothy Graham, Ottawa, spent a few days with friends in town this week. Godfrey Bird, "Varsity medical school, has returned to spend the vacation with his parents, Dr. and Mrs. C. H. Bird, Pine street.

CHRISTIAN SCIENCE TALK

Entitled "Christian Science: Its Practical Excellence," by John C. Lathrop, C.S.B.

At the Christian Science lecture given on Friday evening in the Christian Science church, A. V. Gilbert, first reader of the church, introduced John C. Lathrop, of Brookline, Mass., and in doing so referred to the fact that after Mary Baker Eddy, the discoverer and founder of the Christian Science, had organized the First Church of Christ, Scientist, in Boston, Mass., known as the "Mother Church," she instituted its "Board of Lectureship" to enable the branch churches now spread throughout the world, to present to the public by authorized spokesmen the truth about Christian Science and to correct many errors about it.

The speaker had been a member of this board for several years and therefore was an authority on the subject.

The lecturer said: Thomas A. Edison says, "To start thought going, is the highest mission of mankind." Start thought going, liberate man's true individuality, and the rules of right thinking will soon be revealed to him. These rules, and the divine principle of these rules have been discovered in Christian Science, and are available for all mankind to understand and to utilize.

The act of using this divine principle and these rules discloses the true meaning of prayer. In fact, thinking by divine principle and rule, and thinking blindly according to material belief, constitutes the exact difference between right prayer and wrong prayer, the difference between the prayer that avails, and the prayer that gropes in the dark and fails, between the prayer that heals the sick as well as the sinner, and the prayer that limits God's power, and doubts His willingness to destroy all kinds of error. Most people believe that prayer to God is good thinking. Why not extend the good thinking, instead of limiting it or stopping it altogether? Extending it is exactly what Christian Science does. Extend it to the point of deciding that your thoughts shall no longer be governed by the false belief that life, substance and intelligence are in matter, with its sickness, sin and death. Extend it to decide that your thoughts shall be governed by the one mind that was in Christ Jesus, by life, truth and love, the divine principle of man's being, and when your thoughts are thus governed, you find that then you are really praying for right thoughts governed thus will reflect the truth that heals the sick.

Spiritual understanding is more than human knowledge. Human knowledge comprises the things within the limits of the five material senses. Christian Science reveals man's true sense to be a consciousness of infinite spirit and its infinite ideas—a consciousness of the unreality of evil and the material senses. This consciousness is spiritual understanding which casts out error and heals the sick. Thus Christian Science has opened the way to eternal harmony and happiness by supplying mankind with spiritual understanding and therein lies its supreme and practical excellence as the Comforter leading into all truth.

"I have yet many things to say unto you but ye cannot bear them now" (John xvi: 12), undoubtedly he meant that they lacked spiritual understanding. The "many things" he referred to were many things about God, and many things about evil and sin. It has taken centuries of human trial and experience to lift faith above a personal and blind trust in God to understand Him as Life, Truth and Love, as the one and only Mind, as the divine principle of being, as omnipotent and omnipresent. In fact, in no other way can God be known as omnipresent and omnipotent. It has taken centuries to understand God as the one infinite Spirit, and to realize the sequence of this fact, that man must be spiritual and not material.

A Christian Scientist is learning how to work, how to loose himself from sin, how to awaken from mesmerism, how to banish fear, to conquer disease and to destroy death. In short he is learning how to live, and is getting ready to live and is not getting ready to die. Death to him is an enemy, as Paul called it, a false belief to be died to daily, that is, to be destroyed daily. Therefore death is nothing to be afraid of. It is merely the wages of sin, whose sting is abolished in human consciousness by the Christ, Truth, and who shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away." (Rev. xxi: 4.)

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How many there are, however, among our growing girls of whom this cannot be said. You see them sitting on the side benches looking on, or loitering around in a listless, careless manner, and, as a rule, irritable and nervous.

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They give sound, restful sleep, tone up the nerves, make the heart beat regular and strong, create new red blood corpuscles, and impart that sense of buoyancy to the spirits that is only possible when enjoying mental and physical vigor.

Mrs. Fred Lee, Almonte, Ont., writes:—"My oldest daughter was so bad for over a year, with her heart and nerves, that she was compelled to give up her work. I was very discouraged about her, as I had her to two doctors, but they did not seem to do her much good. She could not sleep at night, would have to walk the floor, and felt as if she would go out of her mind. One day a friend told me to use Milburn's Heart and Nerve Pills, and I cannot speak too highly of them. She used three boxes and is feeling fine, and started back to work again two months ago."

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London, May 27.—Lord Burnham, in behalf of the Empire Press Union, of which he is president, informally invited the United States newspapers

CUNARD

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June 11/July 16/Aug. 20 Cassandra
N. Y., GLASGOW, (via Moville)
June 13/July 21/Aug. 20 Cameronia
June 15/July 18/Aug. 13 Columbia
June 25/Aug. 20 Algieria

NEW YORK—LIVERPOOL

June 13/July 21/Aug. 20 Coronica
June 15/July 18/Aug. 13 Albania
June 15/July 18/Aug. 13 Carmania
July 3 Castalia
Sept. 30/Oct. 1 Scythia

N. Y., CANTON, SHANTON

June 9/July 4/Aug. 11 Mauritania
June 14/July 8/Aug. 11 Aquitania
June 14/July 8/Aug. 11 Berengaria
June 7 Assyria

Boston to Liverpool & Glasgow

June 25 Assyria

N. Y., PLY. CHER. HAMBURG

June 9/July 21/Aug. 30 Saxonia
Havanna, Coruna, Gibraltar, Patras, Dubrovnik, Trieste and Ploce
June 4 Pannonia
Vigo, Gibraltar, Patras, Dubrovnik, Trieste and Ploce
June 14 Italia

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June 7/July 5 Emp. of Britain
June 21/July 19 Emp. of France

MONTREAL TO GLASGOW

June 13/July 21/Aug. 20 Pretorian
July 2/Aug. 6 Montclair
MONTREAL TO HAVRE-ANTWERP
June 13 Montclair

MONTREAL—HAYRE—LONDON

July 9/Aug. 19/Sept. 30 Sicilian
July 30/Sept. 10/Oct. 6 Scotian
Montreal—SOUTHAMPTON—ANTWERP
June 17/July 28 Scandinvian
June 30/Aug. 6 Coraica

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