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WHERE FIGURES PALE.

Estimates vary as to the loss of life in Japan. Some observers believe that a hundred thousand, others a half million, have perished. One estimate is as futile as another to convey to minds thousands of miles away a picture of the suffering, the devastation, the anguish now oppressing the brave heart of the once sun-kissed island empire.

The spirit of the Japanese people is unbroken in its hour of sorrow as indicated by its confident, broad-gauged effort to relieve its own distress. Here is no weakling people waiting supinely for the arrival of succor from afar.

The vigor with which Japanese leaders set about to relieve suffering by no means diminishes the necessity for unstinted aid from Canada and every other prosperous land.

All that all may give will be needed to minimize the distress that broods above the fallen cherry blossoms. All that all may give will be needed to clothe and feed and shelter the millions who have lost their all — all but the faith of a stout national heart.

IRELAND AND THE LEAGUE.

The admission of the Irish Free State to the League of Nations is a partner with the other nations of the world marks the beginning of a new era not only for Ireland but for the whole British Empire. It is the token of the fullest possible recognition by Great Britain and by the nations who are in the league of the new and free status of the Free State, and the fact that there was perfect unanimity amongst the delegates on the question of admitting the new dominion shows that this new status has been also recognized all over the world.

The admission of the Free State into the League of Nations means an accession to that body of a new force in world affairs. It adds colour to that assembly which meets periodically and discusses world matters, because the Irish statesmen are noted for their eloquence, their championing of the weak against the strong, and for a fiery Celtic temperament which is quickly aroused and which leads them to go to any extremes for the cause which they are supporting.

It is a good thing for the Empire that Ireland has been admitted to the league. It will act as an incentive to the statesmen who are at the head of affairs in the Free State to make the nation worthy of the recognition which has been given to it. Now that they have been recognized by the nations of the world, they will strive to show that they deserve it, and to make a contribution to the progress of the Empire such as they are best fitted to make, and to become one of the happiest and most prosperous members of that great commonwealth of free nations known as the British Empire.

THE VALUE OF THE CHILD.

Out in Winnipeg this week there is being held a conference which is of vital importance to Canada and to young Canadians, and which a few years ago would have been looked upon as a useless and indulged in by a handful of people who had nothing else to do with their time.

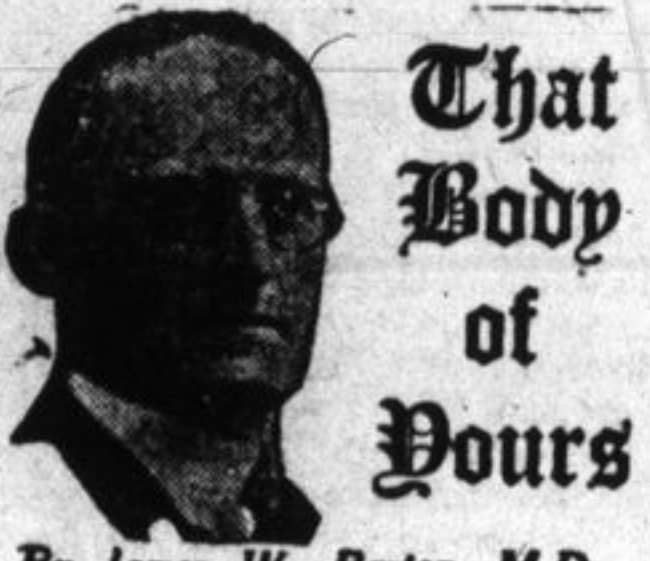
As many people will try short cuts by eating lemons, starving themselves, or using obesity cures. I want to give a word of warning. The fact that you are stout may be a blessing in disguise. Perhaps there is some latent trouble in your tissues such as tuberculosis or other conditions. If then by starvation methods you render yourself weak, and you are bound to become weak without food, you can readily see that your body may not be able to fight it off.

professionally, are interested in it, but also by volunteer workers who have at heart the future physical and mental standards of the men and women of Canada.

The child welfare conference is a real recognition of the value of the children of Canada. The high infant mortality rate of a few years ago was a matter of grave concern, and was one of the reasons for an organized effort to protect the young lives upon which the future of the nation depends. It was found that much of the infant mortality was due to the ignorance of young mothers who brought children into the world without the least idea of how to care for them.

The child welfare work of to-day, however, does not stop with the infant. It follows the boy or girl right through the years of childhood and adolescence, and, as far as possible, throws a protecting mantle around the young man or woman in the most dangerous years of life. For instance, at the conference this week, subjects such as the evils of child labour, agricultural apprenticeship and education, and an organized apprenticeship system for trades and industries are being discussed, all with a view to making it possible for young men and women to go forward to the battle of life as well equipped as can be in every way.

The important factor in connection with this work is that it shows a keener interest in the value of the children to the country. This is a sure sign of advancing civilization. In the countries where civilization is at a low ebb, children count for very little. As education advances, and the standard of morals is raised, then there comes a stronger realization of the fact that the future of a nation depends on the manner in which the children of the present are reared and trained. In caring for the child life of the nation, Canada stands well in the forefront of the countries of the world, for the conference which is being held in Winnipeg is an unique event which is copied in only one or two countries as yet. This betokens the possibility of the next generation and those which succeed it being stronger and more thoroughly trained men and women, and the Canada of the future will reap the benefits of the efforts of the Canada of to-day.



By James W. Barton, M.D.

That Body of Yours

Scientists who are studying our present civilization are remarking on the excessive weight of our men, and even to a greater extent, our women.

It would appear that people past thirty are running anywhere from ten to fifty pounds over the weight considered right for their height and bony structure.

Now what is the reason? The scientists after thorough investigation state that it is due to two causes.

First—There is not the need for work of the body as there has been in past generations. With the labor saving devices, the elevator and the automobile there is really no occasion for many people to exert themselves.

Second—Many people have retained their appetite for food, or food is prepared now in such a variety of tempting ways, that over-eating is the sin of our times.

Now what about it? In a former article I spoke of three sane, physiological ways of reducing weight, cutting down on the vegetables, fats, and liquids, taking regular exercises for a few minutes daily with plenty of clothing on, and not spending more than seven or eight of the twenty four hours in sleep. This will reduce weight at the rate of four to six pounds a month.

As many people will try short cuts by eating lemons, starving themselves, or using obesity cures. I want to give a word of warning. The fact that you are stout may be a blessing in disguise. Perhaps there is some latent trouble in your tissues such as tuberculosis or other conditions. If then by starvation methods you render yourself weak, and you are bound to become weak without food, you can readily see that your body may not be able to fight it off.

It is too big a chance to take. Why not take off flesh gradually and actually increase your strength instead of decreasing it?

Next to the hour of plenty, the cash register makes the finest music.

AGH KHAN'S APPEAL

By Clarence Ludlow Brownell, M.A., Fellow Royal Geographical Society, London, England.

In spite of the terrific propaganda against Moslems that has been going on for years, with the idea of either converting them or obliterating them, it seems that some other cheek is ready to turn the other cheek to return good for evil, and to "love-them who despitefully use you."

At any rate, an immense stride forward for peace on earth among men of good will is a result of a recent letter to the faithful which Sultan Mohammed Shab, Aga Khan III, has just published.

The Aga, who bears the title that once belonged to the commander-in-chief of the Janizaries, the famous fighters often called the bulwark of the Turkish Empire, is a spiritual leader of millions of Mohammedans in India, Persia, Afghanistan, Arabia, Khorasan, Syria, Morocco, and Central Asia. To the Moslem, he is as important as the Bishop of Rome, the Holy Father, is to the great body represented in Catholicism.

He is a member of the royal house of Persia, whose ancestors ruled in Egypt at the time of the Crusades (they were Caliphs then) and trace back to the time of myth and legend. He may also wear the green turban, for he is a direct descendant of the Prophet, the founder of the Mohammedan Empire. He is a Persian prince, an Indian potentate, and a Knight Commander of the Indian Empire these past twenty-six years, by order of her late Majesty, Queen Victoria.

Having the East in his blood, he has something of the West as well, and in rare combination, for he sees both sides, an achievement rare indeed for one of the East, and impossible for one of the West. No European ever understood the East. In all probability none ever will. On the other hand, the Western mind is too practical and materialistic for the Eastern mind. He cannot give it sympathy. To him it is gross.

But here comes one who is important enough to hold the ears of both East and West. He has had the highest education that either can afford, and he has travelled much amongst those of his faith, and amongst the "Infidels" as well.

He writes to all Moslems to tell them that the accepted time is at hand; that the hour of peace will soon strike. Its clang will not be a call to arms, but will sound out far over the world's surface, reverberating through all lands, and the echoes will be the soft, sweet tones of brotherly love.

He assures Mohammedans that Turkey is for peace, that she wishes to be the friend of each European country; that under the new treaty, that of Lausanne, trade will return and commerce will grow abundantly. The bitterness that has existed between Great Britain and Turkey will disappear. France, too is to extend the hand of cordial goodfellowship.

India is to quiet down. The discontent that has been the bête noir of all interested in the wellbeing of that vast Empire is to evaporate for a new opportunity has come to the faithful; they are to unite to rehabilitate Turkey which has been quite to that threshold, to pass over which meant extinction.

"It is no time for politics," declares the Shah. "All Moslems both in India and elsewhere must lay aside political scheming and become practical men of affairs. They must busy themselves with the urgent—the imperative needs of the country—that has been so near death. They must rehabilitate Turkey. The youth of Turkey can save the state. We must teach them. We must train them in right methods. We must make them into good citizens."

"We must not turn from this great privilege that is for every Moslem: to enjoy. We must not hesitate to make sacrifices. We must bend our minds, our bodies our purses, to work for the salvation of the Turkish state, so that it may rise up phoenix-like from the ashes of the recent past and enjoy new days of glory."

"So let us all think of the future and forget the sorrows of the past. Let us forgive also, and as the Prophet said 'let us not cherish the memory of injuries but let us think of all things with love.' We shall rebuild a fallen empire. We shall win the world's respect, and we shall promote throughout all lands that high regard and trust that make for human brotherhood."

And so the impossible has happened. The leader of thought in the Islam faith has seen a light which he believes may illumine all the world. His letter reads in spirit like a prayer for peace such as an archbishop might send out. Its appeal and its tone are those one senses when reading the Sermon on the Mount. It expresses the sentiments of the beatitudes. It would seem that after all there was reason for various of the church fathers to declare that Mohammedanism was in reality a sect of Christianity rather than a religion by itself.

In the chancelleries of Europe, particularly in London and in Paris, great satisfaction is apparent because of this appeal of the royal and spiritual leader of the Moslem faith. All hope for the speedy realization of his vision.

Blood test reveals sex. But that can be accomplished by offering a choice between a beef steak and a salad.

The income tax blank may be simpler next year, but it will take money to pay the tax as heretofore.

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Persons who seek fame and fortune have been advised to write a silly song but the most important thing is to sell it. Crawford

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BIBLE THOUGHT FOR TO-DAY VERY GOOD:—And God saw every thing that he had made, and behold it was very good.—Genesis 1:31.