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70TH YEAR.



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The majority contest is on. And may the best man win.

Too many roads are paved with good intentions and nothing more.

Ten years more of life for careful living. The trick's the price.

The reparations problem seems to be making the meats it feeds upon.

Europe should realize that it can't see the right way by sighting down a rifle barrel.

A millionaire who wishes to die poor might try lending money to his wife's relatives.

A cheerful loser is often just a bad sport who is trying to minimize the worth of victory.

The only manufactured articles Russia has been able to export lately are cheerful statistics.

Communism isn't the only method by which the poor can soak the rich. There's bootlegging.

Germany, Russia, Italy and Spain are not the only ones like that. The United States has Judge Landis.

Not everybody can afford to race trains to a crossing, but even the poor can start fires with kerosene.

A true reformer is one who doesn't care how naughty you are if you eschew his pet abomination.

No employee can hope to have responsibilities placed on his shoulders until he takes the chip off.

Getting sophisticated is just a matter of reducing the number of things that make life interesting.

Discretion is the quality that makes a man talk that way when his wife asks for an opinion of her new hat.

Correct this sentence: "And after we are married," he promised, "I will have just as frequently as I do now."

There is considerable discussion of "cheaper turkey prices," but at best they are not what might be called "cheap."

Another good way to make high temperature bearable is to plan asking the boss for a raise. That will give you cold feet.

Still, as a means of meeting reparations obligations, passive resistance was about as effective as passive indifference.

Among the demands of the up-to-date horny-fisted son of toll is the demand for more parking space.—Hamilton Herald.

The British museum is delighted over a bequest of the largest collection of fleas in the world. A collection of fleas is one thing that most folks would prefer to avoid.

There were only five dissenters among 1,600 students of Columbia College who voted against "examinations." Public school pupils would have made it unanimous.

"Belshivism, despotism, prohibition and church union," were grouped by Rev. T. Crawford Brown, of Toronto, as examples of "an autocratic spirit of a few to legislate for the many." That ought to stir up some fireworks.

SAFETY FOR ALL

"Safety for all" appears to be a most desirable slogan in this day and generation when too many chances are taken by the average individual. Increased safety is a demand that should be made by modern industry, as accidents reported to our provincial compensation board have shown a very large increase in 1923 over the same period in 1922; in fact, each month in 1923 so far has averaged nearly 1,000 more accidents than in 1922. This must give considerable food for thought to management and men, for both employer and employee stand to lose time and money by the preventable accidents occurring in industry to-day. It has been truly said, "accidents do not happen, they are caused," and in many cases it must be apparent that certain conditions or practices are bound to lead to accidents. For this reason those vitally interested in industry in Canada, and that means all of us in the country, should take a share in securing safety for all.

BUSH FARMS FOR ARMENIANS.

Hon. J. A. Robb, Minister of Immigration, is considering the suggestion of certain Armenian-Canadians that a district in Northern Ontario be pioneered by Armenian refugees who can bring with them sufficient funds to establish themselves. Even when all humanitarian considerations are left out, as they will not be by the Minister, the plan has much to recommend it if only the facts are fairly appraised. The Armenians are a hardy, self-reliant race, with a tenacity of life and a genius for making a living which are almost incomprehensible. Their capacity for heavy labour and their age-long experience in defending their mountain farms against the hard elements fit them extremely well for the arduous of pioneering. No soft prairie dwellers these, but tough mountaineers, inured alike to snow and sweat. Yet they are not the sort who will be content to remain mere beasts of labour, dumb stupid cattle, for it has been noticed that in one Armenian refugee camp after another the school house goes up whether the refugees have shelter or sleep in the rain. Nor are the Armenians bringers of those race hatreds which lead to so many quarrels among our Central European immigrants. They have one enemy, the Turk, but all Christendom is their brother. Ideal immigrants these, men who ask only to be let live and who would in time enrich the stream of our national life with their peculiar genius. But it is a fair question whether under the proposed scheme we would get the best Armenians, the peasants who have abandoned their pocket-handkerchief fields on the mountain flanks. When such men left their little holdings they lost all and are now destitute. Those with money will be the merchants and other soft-handed folk to whom pioneer farming might be as unsatisfactory as it would be to ourselves. Some, no doubt, would be able to adapt themselves to the new life, but for many it would be hopeless. If we can get Armenian settlers we will be no less fortunate than when we attracted the much-heralded Hebrideans. As for the others, the non-agriculturists, they are as desirable as any in their class and more anxious than any for a country in which to live at peace.

A NEW HAZARD.

An Ohio farmer whose barn was burned alleges a new fire hazard. Shortly after an aeroplane circled over his barn the structure was discovered to be on fire, and it burned with an estimated loss of \$10,000. He believes it was ignited by a cigarette stub thrown from the aeroplane. It is averred that other blazes less disastrous in that vicinity are chargeable to a like cause. If aviators are addicted to smoking, when on flight and carelessly fling overboard the butt ends of lighted cigars or cigarettes the result claimed by the Ohio farmer would be possible. It would constitute a hazard against which the owner of property could not of himself affectually guard. It would be a matter to be governed by law in which the aviator would be forbidden to smoke or at least would not be permitted to dump overboard anything which might start a blaze.

COMMERCIAL WITH RUSSIA.

A certain American senator went over to Russia this summer thinking to promote trade between the two countries, but came back much depressed. It was a country full of Bolsheviks and what not, and as for him, he would have nothing more to do with it. This has been practically our own attitude, but we shall have an opportunity to redeem ourselves when the Russian trade delegation visits us in a few weeks. As officials of the Soviet government, the delegates will be subject to a good deal of suspicion. But they come with the approval of both the British foreign office and of the Canadian government. For the plight of Russia and of us all is likely to become increasingly difficult until she is able to resume full commercial relations with the rest of the world. Russia, like Canada, is a grain country, and two good crops in succession, with no possibility of export, have swamped her. She must export or be drowned in her flood of grain. But is it not to Canada's interest to keep Russian grain off the market? Even now Europe can scarcely absorb the Canadian surplus and at a price which means the barest margin of profit to the Canadian farmer. What will happen when quantities of the still cheaper Russian grain come on the market? Europe takes our cereals so slowly, not because she does not need more, but because she cannot pay for more. Europe has her belt pulled in almost to the last hole. She cannot pay for more because of industrial stagnation, because she cannot sell enough of her products. But if Russia exports grain to western Europe she must needs be paid in a corresponding value of Europe's

MISDIRECTED TALENTS.

With the sentence of Dr. Frederick A. Cook in Fort Worth, Texas, for alleged swindling in oil stock promotion, comes to a close, at least for fifteen years (the length of his prison term) a checkered career of adventure, honor and disgrace such as that of which romances have been written and adventurous youth has dreamed. The career of Dr. Cook is proof that adventure is not dead and that knights of the world still sally forth for new conquests. It is instinctive for men and women to admire the skilled in roguery as much as the skilled in the regular channels of life. That must be because humans, however old and wearied of life, cling to romance and worship the romancers. There is something far more depressing of lamentation than this in the story of Dr. Cook, Arctic explorer, traveller, author and stock promoter. It is that the exceptional talents and abilities of a genius have gone woefully and tragically astray. What might have been the fame, honor and fortune of this man had he not chosen a path strewn with infamy, dishonor and wealth in exchange for such fearlessness, ingenuity, ambition and brain power as that exemplified in Dr. Cook, on the one condition that they be applied in the service of humanity instead of in the service of the possessor of these enviable powers.

That Body of Yours

Is Your Body Settling Down? A middle aged chap after considerable comment on the part of his friends and advice from sources nearer home, decided that perhaps he was too heavy and would attempt to reduce his weight and waist line. Accordingly he went about it systematically and among other things attended a gymnasium. Here all his measurements were taken, including height, weight, chest and waist girths. He found his height to be nearly three quarters of an inch less than he had believed it to be, and asked to have it taken again. The machine again measured it the three quarters inches less. After the usual course of exercise during the winter, and the abstaining from starchy foods and liquids, he was examined again in the Spring. His chest was larger, his waist inches smaller, and he was twenty-five pounds lighter in weight. When his height was taken he was a half-inch taller than at the previous examination in the autumn. He was sceptical about it and stepped on the machine again. Sure enough he had actually gained the half-inch in height. Now can a middle aged man increase his height? Yes, a stout man, whose abdomen is protruding or even a thin man who has allowed himself to "sag" can both increase their height with a little thought about it. Now remember this is not actually "new" height they are gaining, it is simply that they are "regaining" the height which their habit of life and posture had lost for them. Now while height is a nice possession, that is not the reason that I am narrating the above experience. And my real reason? That if you are willing to do just one little thing every day of your life, you'll not only retain your height but you will retain your youthful carriage, and remain "pliable" in body for many years. This one thing will take you just two and a half minutes a day. Simply extend hands high over your head and reach down and try to touch the floor with your fingers, knees straight. Then bend backward as you come to erect posture. Do this twelve times. Then keeping hands still over head, and knees straight, rock from right side over to left side. Do this also twelve times. Further, by keeping all the bones of the spine moving daily you give the "joints" between the bones a chance to stretch themselves and you'll be free of balkache, and many headaches.

THE MESSAGE.

Red and green and gold and brown See the leaves come eddying down; While the lawn, so trimly kept, Is bestrewn with nature's gay Mixed confetti where the grey, Patient gardener lately swept.

Using the Sun.

The caprices of our climate rarely permit of a long summer—why, then, hesitate to resort to so simple a device as extending dates to the utmost limits, if by so doing we prolong it? We look forward to enjoying some really fine weather in the latter half of September and the beginning of October, and experience has shown that rarely have we been disappointed. But if summer time excludes those desirable periods for holiday-making and for open-air recreation in the evenings. They are thus shut indoors, and compelled to work during hours of sunshine, while during hours when they are

Native Opera.

We can hardly have a native opera or native operas in England until we give our native language its true place in opera. And it is one of the chief glories of the Boecham and the British National Operas to have helped us so far on the way. We would not have the National Opera undo either its own work or the work that Sir Thomas Boecham has done.—Manchester Guardian.

Daylight Saving.

Shall the nation, reverting to ancestral habits, rise an hour earlier or not during one-half of the year. Individuals can do nothing by themselves unless the community, in its general arrangements, supports them. The community has tasted the sweets of universal early rising—one of the few happy legacies, as Sir Kingsley Wood put it, left by the war—and prefers it, for a multitude of reasons, to the hours which it used to keep. The last fortnight of September, for the amount of daylight and fine weather which it affords, falls logically into the scheme. Is it asking too much of cows and cowmen to conform for a few mornings more than they were asked to conform this year?—London Times.

By James W. Barton, M.D.

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