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Neighbor: Anybody who wishes to borrow a cup of sugar.

It is comforting at times to meet a man who isn't called an expert.

And yet if he is the kind of chap Dad will trust, daughter probably calls him a dud.

Holding the affection of France is just a simple matter of being Santa Claus at intervals.

The chief danger in platonic friendship is that it so frequently ends in matrimony.

Oklahoma Indians have banned jazz, leaving it to the wild Indians among the pale-faces.

It's got so now that the only chickens that can be kept at home are the kind that have wings.

A tick town is a place where that kind of ankle wins no more stares than a man in knickers.

Mah Jongg is even more fascinating if you will throw away everything except the Hile Ivory cubes.

It is a wise child who looks stupid while parents spell thrilling things to keep it from catching on.

Every normal householder buys classic literature. An extremist is one who bothers to cut the leaves.

At twenty, spring thrills you with the thought of young love; at forty, with the thought of young onions.

A brute is a husband who hasn't enough curiosity to ask his wife what she is crying about this time.

Correct this sentence: "Aw, let her read it," said the father; "She's got to learn that side of life sooner or later."

A well-informed person is one who knows which Anderson you mean when you speak of Anderson's fairy tales.

Think how many women have talked that way over a back yard fence without knowing it was "testimony."

The difference between a barber's chair and a dentist's chair is that in the barber's chair you don't pay extra for gas.

Apparently the ideal candidate must be prominent enough to inspire respect and not able enough to arouse suspicion.

The thing about the movies that disappoints us is that when the villain starts to choke the heroine to death he never finishes the job.

Ninety-nine per cent. of public officials are probably honest, as a speaker avers, yet the public cannot be censured for being interested in the one per cent.

We may have a low sense of humor, but it always amuses us to see pedestrians jump when an old-fashioned gentleman honks with a handkerchief at his nose.

BIBLE THOUGHT: LOVE, JOY, PEACE, LONGSUFFERING, GENTLENESS, GOODNESS, FAITH, MEKKNESS, TEMPERANCE: AGAINST SUCH THERE IS NO LAW.—Gal. 5:22, 23.

HIGH COST OF EDUCATION.

There is no item of public expenditure which comes in for more criticism than that of education, says the Hamilton Spectator. Rate-payers are constantly demanding to know just why it is that they are called upon to meet these continually rising costs, and the civic administrators, for their part, harassed by perplexing problems of their own, are always ready to point the accusing finger at the unfortunate trustees. The latter, however, so serenely on their way, building here, adding and improving there, and providing as best they can adequate accommodation for the ever-increasing family of scholars. The pace is set for them at headquarters. As the province degrades, so must it be, and though there are critics who openly express their doubts as to whether full value is being received for all the outlay, there is no prospect of expenditures being curtailed. Standards are being continually raised, teachers demand proper recognition of their services; school buildings must be made fit for their high purpose. If there is any comfort in the fact, it can be said that most municipalities are in the same boat. Naturally, the problem is somewhat intensified in the large cities, with an expanding population, but the rising tide of education costs affects the entire country, and is not peculiar to this or any other province.

According to official statistics recently published, the cost of elementary and secondary education in 1901 was \$11,750,000 and in 1921 \$109,181,000. That is a startling increase, and the end is not yet in sight. If Canada is to be the nation she should be, there is no relief for the burden, but to grin and bear it. This great work of public enlightenment is for the future, it is true, and to that extent is of an unselfish character. It is good for a nation, as for an individual, to think of and provide for those who are to come after and to strive to make the world a little better for posterity. It has been said that the problem of the future of humanity resolves itself into a race between education and catastrophe. Public education is the premium which civilization has to pay on its insurance policy. Though the rates may seem high, there is no sounder or more profitable investment. As for the philistines who depreciate popular education, and loudly protest its cost, the reply of Mr. Winston Churchill to the heckler in his recent electoral campaign is called to mind. This sturdy champion of proletarian rights demanded to know why it was that he, a bachelor, should be asked to pay for the education of other people's children. "For the same reason," shot back Mr. Churchill, "that you pay water rates, though you apparently have no use for water." Education is just as greatly a necessity as water, and we are all obligated to supply it to the rising generation, of the best quality and in the most liberal measure.

THE USE OF PASTIME.

Now comes a critic who upbraids us as a people for our love of pleasure and lack of thrift with time and money. It is often charged that we spend too much time in the theatre, the dance hall, the motor car, the stadium and other resorts of pastime. Sober-aides here and there remind us of the decline and fall of Rome, and warn us not to follow in the footsteps of the Romans.

The word "pastime" was derived from the phrase "pass the time." A usual definition of the contraction is, some expedient to keep time from lagging. This is not, however, the definition which can be applied to the pastimes of the mass of the people. It is never more obvious than in the spring that Canadians love sports and pleasures for something more than a desire to play and to be spendthrift with time. That something is the recognition of the need of a stock of fresh air, recreation and exercise to restore us to perfect health after the rigors of winter and to prepare our bodies and minds for the tasks of the next winter. The average Canadian plays not for surcease from work but for strength for work. There are no peoples on the globe who work as industriously and vigorously as Canadians. That is one reason why our citizens are welcomed when they seek fame or fortune across the border.

The two weeks' vacation is a national trait, and as such tells the story of a people who work fifty weeks out of the year and play two. During the fifty weeks of labor the more mature play golf for exercise, not pleasure; the middle-aged motor, swim, ride and hunt not for pleasure alone but to store up new energy for more work; the young swim, play tennis, hike, dance and motor, perhaps with pleasure as the lone objective, but nevertheless assimilating the sturdiness and health of the out-of-doors. That the Canadian is as systematic and regular in his recreation as he is in his work explains in great part his seeming inexhaustible capacity for work.

Size isn't everything. The larger the collar, the sooner it melts.

E. S. R.

Except in university circles the initials E. S. R. are hardly known. But to almost every student they represent the European Student Relief, an ideal as well as an organization. The conditions under which students in the more unfortunate countries of Europe struggle for an education are often beyond belief. Without means, constantly hungry, sleeping in railroad stations or public buildings, sitting through lectures in unheated rooms in the depth of a Russian winter, studying three and four to a book until darkness makes further work impossible, one marvels at the fierce desire which drives men and women through such hardships to attain an education. It is to such as these that the E. S. R. comes with a daily hot meal and sometimes with shelter in populous institutes. And this work is made possible largely by the gifts from students in thirty-five more fortunate countries of the world, such gifts as that of a student delegation from Western Canada who, at a Toronto conference, turned over to the E. S. R. the money they had set aside for a trip to Niagara. The E. S. R. has in a strange and admirable way knit together the students of the world.

It has been a great achievement for this feeling of unity and sympathy to have crossed the barriers of distance and color, so that not only American but Japanese and Indian students have contributed to the fund. It is an even more striking success that it has sent students reaching out to each other across the close-locked frontiers of hatred and suspicion in distressed Europe. And this despite the fact that their universities are ebullient political centres where "patriotism" is carefully fostered at government expense. The E. S. R. arranges a great annual international student conference where representatives from all the European universities meet and talk over their difficulties.

The last one began badly, according to Raymond Rich in the Christian Science Monitor. It was hoped that the chairman's first speech would have created the proper international atmosphere. But the moment he finished the German spokesman was violently asserting that all their troubles arose from the French occupation of the Ruhr. Other delegates followed suit with their national grievances and the conference all but broke up. Yet it steered down and wrestled for eight days with the realities of Europe. On the last night one delegate after another spoke feelingly of the new vision which had come. The French leader spoke with tremendous intensity, but amid all the applause which greeted him the Germans sat motionless and irremediable. But when the very last moment of the conference was at hand their chairman took the platform. We quote Mr. Rich:

He was confused. He stammered a bit. Then came the words, "It is not possible to say how much. I only feel that I must express my deepest thankfulness to Monsieur Meersch for all that he has been in this conference." And with those words the German chairman, who had made that violent declaration on the first evening, strode across to the French chairman and shook his hand. There was silence—then applause—then silence again. Europe's youth was finding a way to understanding and peace.

Kingston in 1849

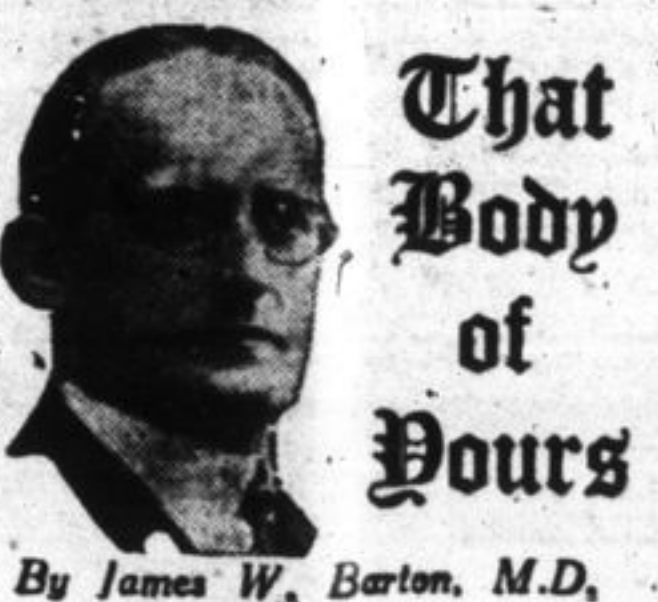
Hints For Mr. Bushell. September 21.—At this date the Upper Canada Fair, greatest of its kind, took place in Kingston. On Wednesday the Fire Brigade in full costume with banners unfurled, engines in prime orders, hooks and ladders and hose cars marched round the show grounds preceded by their brass band. There was a regatta in the afternoon and in the evening besides the concert at the City Hall there was "something of the banjo kind" at the Court House. The big event was the fireman's torch-light procession, "executing various serpentine and other evolutions with pleasing effect. Thousands of spectators thronged the streets."

Was It a Movie? Oct. 5.—From the advertisement of a coming exhibition, "The Grand Moving Diorama. Panorama of Napoleon's Funeral! Cost \$6,000 in produce. Is not a painting, but consists of a combination of mechanical and artificial skill which has produced a perfect, moving and lifelike representation of every incident which occurred in this most gorgeous pageant."

Can anyone tell us what this was? The Great White Way. October 5.—"For the last three nights many of the shops in this city have displayed gas lights instead of the dim oil-burners heretofore in use."

In the same issue is the announcement by the Barrieffield Regatta Club of rowing and foot races and finally a pig race. "Those who have not witnessed a chase after a grunter with a scaped tail, can have little idea of the performance."

When fortune smiles at some people they kick because she doesn't burst out laughing.



By James W. Barton, M.D.

That Body of Ours

Never Really Out of Condition. You have perhaps wondered how Demsey, Carpenter, and other boxers are able to get into shape so quickly. They will be off hunting, fishing, swimming at the seaside or otherwise enjoying themselves, and yet in a month or six weeks they are in shape for a real battle. Well, it is all a matter of the blood. These men are naturally healthy, with a good foundation in sound heart and lungs. With good ordinary health their blood, and the blood making machinery, which is located in the bone marrow, work along together. The blood needs the little red cells manufactured by the bone marrow, and the supply is always sufficient, and the quality up to normal. When the time comes for a little more intensive training, and real exercise begins, the bone marrow throws out into the circulation an extra supply of red blood cells, because the exercise destroys a good many blood cells. You see the blood making machinery, always has a reserve supply at hand for just such emergency. After throwing this reserve supply into the blood stream, it immediately starts to manufacture some more so as to be ready to throw this new supply into the stream. Now the reason the bone marrow can do this so well for Demsey, Carpenter, and other athletes, is because the blood that comes to it to maintain it, is pure in quality. If you get something into your body that is of a poisonous nature, and you are unable to throw it off completely, then when this blood gets to the bone marrow, these latter cannot get materials to make new blood cells of good quality. It may be due to overwork on your part, that asks for more blood cells than can be manufactured. Or because the waste from your overwork—fatigue products—do not get out of the system fast enough, and these poisons interfere with your bone marrow. You are stale. Thus you may not have enough blood cells, or the cells are not rich enough in food elements, are poor in quality. This is what is called anaemia. So an anaemic person is one with a poor quality, or a lessened quantity, of red blood cells. Good food, light outdoor exercise, and rest will enrich the blood.

Over-sensitive Japan. The Japanese protest against the proposed exclusion law shows a mistaken sensitiveness. The American policy is not based on the assumption of white superiority, or on contempt for the Asiatic. It is due to the recognition of the plain fact that two alien races with divergent standards of living cannot live comfortably side by side. One is bound to displace the other. An American worker, with the American standard of living, cannot compete with a Ja-

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