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SIXTY YEAR



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THE BESOM OF DESTRUCTION.

It is time to address the annual apostrophe to spring cleaning. The reek of old hats and rubbers pours from chimneys, blue mattresses are exposed to the sun and the public, and the tired business man thoughtfully fingers the blisters raised on his unsophisticated palms by the carpet beater. The Housewives' Festival is in spate.

In Greece of old there were certain religious mysteries performed in the sacred groves by women alone. No male eye might ever witness those ceremonies save at the risk of death. The old creed may be outworn but the instinct which prompted it still finds outlet in housecleaning. Man is relegated to the menial condition of a servicable nuisance and woman, militant, triumphant, rides the dusty billows.

It is assumed that men abominate this open season and that women revel in it. This is one of the rules of the game, which adds greatly to the general enjoyment. Where would be the fun if two teams were both trying for the same goal? So the man grows as is expected and the woman is resolute and indefatigable. Secretly he is probably delighted to see the lack of all those odds and ends of living which accumulate about a room.

Those who spend abroad. Whenever there is an active campaign in progress either for the procuring of an increase in the tariff or for the combatting of a decrease, we are sure to hear a lot about the argument that it is the duty of those who earn money in Canada to spend it in Canada.

It frequently happens that the sparring touches on friendship as touches for loans. It is easy to pick out the boy in the third class who is called snay. His ears are clean.

Another thing that should be planted now is the graffer who rifles the public treasury.

Nobody really enjoys ridiculing hicks except the countryman who but recently moved to town.

What we can't understand is how a rain-maker gets results without a Sunday school picnic.

There were "great critics" in Puritan days, but they were called common scolds and ducked.

The test of being a free country is the privilege of being unorthodox without dodging bricks.

If a modern child has it, it is artistic temperament; but in the old days it was swell-head.

The worm turns, but he usually turns over his pay envelope when his wife finishes talking.

Firpo may retire. Perhaps he thinks the referee would let Dempsey use a hammer next time.

Bush leaguers who are unable to stay up will now know how to sympathize with the Prince of Wales.

The education of a modern prince should include lessons in plumbing or something. You never can tell.

Nature doesn't like a vacuum. When she finds an empty space in a head she sticks in a few prejudices.

Correct this sentence: "And, darling," he whispered, "I'll never be thoughtless like other husbands."

It is probable, however, that Noah began to look with longing at his golf clubs before the rain was over.

They must hurry the investigations at Toronto if they wish to make more capital before public wrath turns on the smutpots.

BIBLE THOUGHT

REMEMBER NOW thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them: Let us hear the conclusion of the whole matter. Fear God, and keep his commandments: for this is the whole duty of man.—Ecc. 12:1, 12.

RECHARGING.

"Good morning; had a good sleep?"
With so simple and ordinary a question we touch upon one of the greatest of those mysteries with which this strange life is thronged. What is sleep? No one knows exactly, although everyone is more or less addicted to it.

There is evidently some relationship between sleep and fatigue, but it is not a fixed one. One often hears the expression "too tired to sleep," while it is well known that some of the greatest workers get along regularly with five hours or less. Others who do very little, sleep a great deal. To a certain extent, sleep must be a habit.

It is so, the tendency is to indulge it too little rather than too much. The human system is like an electric battery which is charged during sleep and exhausted by activities. If a battery is discharged below a certain point, it is injured, and the restless, excitable human batteries one so frequently meets proclaim the same law. They are suffering from chronic sleeplessness, self imposed.

It is suggested that since the processes of mind and body are electro-chemical, science will soon be able to re-charge our systems electrically, thus making sleep unnecessary. We could toil day and night at our professions and pleasures with only brief intermissions for eating and recharging.

There would be the men who would not be strong enough to compete for a color. Men who might try for it, but were hardly good enough for it. Further, one man might win his color for simply doing a high jump, while another would put in months of intensive training as football. One might get his color in baseball, another in boxing, where the training might be light, and another in basket ball which is the hardest on the heart of any other known athletic sport.

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This is only one of the benefits of appointing a competent music instructor in the schools—a step which when it was taken caused much misgiving among the penny savers. But it is by no means the most important result. The real value of this branch of instruction does not consist in developing a picked band of singers. This piece of justifiable display is only incidental to the main work of teaching whole classes to use their voices accurately and intelligently.

Some hotels simply dirty. Too many hotels in the small towns and villages of British Columbia are to be classified as bad, worse, or still worse.

Fortunately, excellently conducted small hotels, real hosteries that the traveller remembers with satisfaction and revisits with pleasurable anticipation, are the more numerous category.

In the objectionable minority referred to, however, it is not only that poorly-cooked food rooms, but that the bedrooms are intolerably dirty and the sanitary appliances outrageous.

By the male traveller they are found almost unendurable, while for ladies they are impossible.

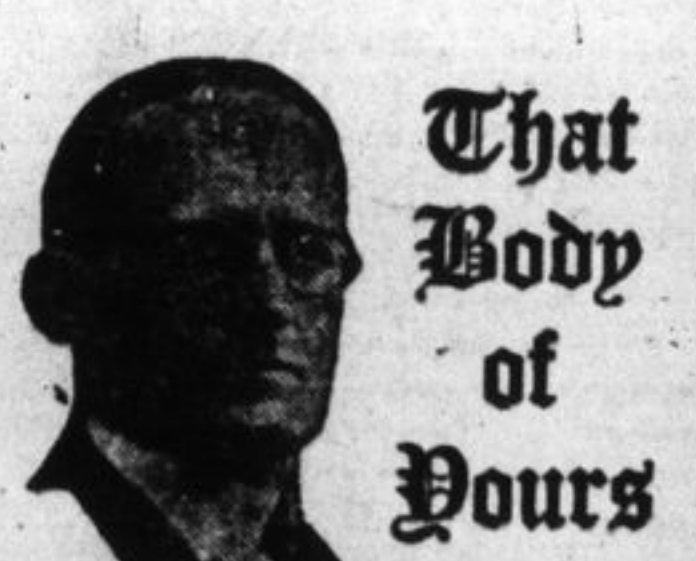
Quebec is taking steps to remedy a similar state of affairs by insisting that the privileges of catering to the public shall entail the obligation of providing decent and cleanly service.

And in many cases a little soap and water, a can or two of paint and a few flycreens will make all the difference.

And yet suffering in silence is no fun unless you can tell your intimate friends about it.

As kickers, some men I have in mind, have the mule beaten to a standstill.

of their condition. Nevertheless, it is a remarkable fact that the productive capacity of the nation during this century has ceased to increase. The population has grown, but the wealth-producing power per head has not grown. The demands for a decent standard of life have been increasing, but the means of satisfying them have not increased; and to demand what is not there is crying for the moon.—London Chronicle.



By James W. Barton, M.D.
Do Athletes Die Young?

You have read from time to time that athletes die young, that they have a higher rate of mortality than non athletes.

When the Surgeon General of the United States Navy produces figures depicting the life of the naval officers from boys in their teens up to the age of sixty-two, you can't ignore them.

He states that officers noted for their athletic prowess during their cadet life at the Naval Academy, were breaking down sooner than the non-athletic cadets.

For instance you'd naturally expect men who were prominent in athletics, who had won their color, would be of superior physique, superior fibre as it were, and should resist illness much better than one of poor physique. In other words the athletes are practically picked men.

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BIBBY'S

KINGSTON IN 1850 Viewed Through Our Files

Queen's, the Great Failure. April 13.—Queen's College, the university of the Kirk of Scotland in Canada, is also located at Kingston. Its scholars are not so numerous as at its Catholic neighbor (Regina College) neither is tuition, except to students in divinity, so cheap. It has no edifice of its own, but is located in hired buildings. The plain fact of the matter is, Queen's College is a great failure, arising out of several causes. The disruption of the Free Church from the Kirk of Scotland did it immense injury; and the vacillating policy of the government, at one time endorsing it and making it a branch of the University of Toronto, and then repealing that act, was of no less damage to its prosperity. And last, but not least, the growing tendency of the Christian world to renounce high Calvinistic tenets for its milder ones of Episcopacy and those of Arminianism are doing it a permanent injury.

April 17.—This issue contains a long letter from W. L. MacKenzie, dated Washington, April 10th, and discussing the latest political and financial gossip of the American capital.

Discipline. May 18.—The Editor tells of a convict at the provincial penitentiary, who during the previous year is said to have received 60 lashes of the cat, was twice heavily ironed, confined five times (10 days) in the black hole, on one of these occasions on bread and water for seventy-two hours and was 47 times on bread and water, once for ten successive meals.

SOME HOTELS SIMPLY DIRTY. Vancouver Sun. Too many hotels in the small towns and villages of British Columbia are to be classified as bad, worse, or still worse.

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WHY THE WEATHER? DR. CHARLES F. BROOKS Secretary, American Meteorological Society, Tulsa, Okla.

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Storms Slow to Clear. When a storm passes and the wind shifts to the northwest, we usually look for clearing and cooler weather. If however, the storm is a very slow moving one, this optimism may prove unjustified.

THE WEATHER MAY SEEM FAIR AND WARM—BEFORE THE COMING OF A STORM! AGNES McPhail, Canadian M.P., was received on Thursday by President Coolidge at Washington.

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