

THE BRITISH WHIG SIXTY YEAR.



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Loading is easy but hard to succeed at.

A hair on the head is worth six on the comb.

The front porch is where they sit to await the car.

The weather map gets first attention these picnic days.

Being a picture of health does no good if it is hand-painted.

Every permanent wave is to give some man a permanent rave.

Times are so bad that some people are having to go to work.

"Don't Worry" makes a better motto when you add "Others."

One corner of an eternal triangle usually gets knocked off.

The best platform planks are the ones that will be forgotten.

A cause for excitement in 1924: "There goes a woman with long hair."

As to the World Court, did you ever see an umpire who pleased both sides?

A conservative is one who thinks knocking big business very small business.

The only thing that seems more helpless than a new baby is a pitcher at bat.

The man who howls loudest about the way the country is run seldom has time to vote.

Some grow old gracefully, and some try to act young and grow old disgracefully.

Dressed as they are to encourage mosquito attacks, it might be well to call them slappers.

Years ago they got the buggy and went sparking; now they get the auto and go parking.

A diplomatist is a man who can make his wife believe she is a wow in last summer's furs.

A permanent wave isn't really permanent—unless you're talking about the crime wave.

Ignorance of the law is no excuse. Anybody should be able to remember two million laws.

Another way to cure a lame back is to wait patiently until friend wife gets the lawn mowed.

Choose a perfect stone for her engagement ring. You may wish to hook it after you are married.

Now is the time to start letting your whiskers grow as a preparedness against Christmas neckties.

Sleep is a great thing. It keeps some people from thinking about themselves twenty-four hours a day.

Correct this sentence: "Billy and I are pale," said the wife; "and he enjoys taking me every place he goes."

BIBLE THOUGHT: A MAN THAT HATH FRIENDS MUST SHOW HIMSELF FRIENDLY; and there is a friend that sticketh closer than a brother. —Proverbs 18:24.

CANADA'S CLIMATE.

It is interesting to note that at the congress of the Empire Commercial Travellers' Association, now being held in London, England, protests are being made by the Canadian delegates against slanders which are being made on the Canadian climate.

It is hard to understand how these ideas as to Canada's winter climate should appear in print in any well-informed newspaper in these days of enlightenment and travel. While it is admitted that the winters in Canada are more severe than they are in the old country, in point of snowfall and temperature, those who have spent winters in this country on a trip from England have found them particularly enjoyable.

It is understood, of course, that the authors of such slanders on Canada's winter climate write what they do simply because of their ignorance of the real conditions. Only an ignorant person would look upon Canada's winter conditions as being disagreeable.

THE POWER OF THE PRESS. Premier Herriot of France has not been at the heads of affairs in his country very long, but he is already beginning to feel that his task is a very difficult one.

It is significant that Premier Herriot has addressed such an appeal to the newspapermen. He is no novice in public life. He has held cabinet positions for so many years that he should be well acquainted with the power of the press to mould public opinion.

Coming from a man in his office, the recognition of the power of the press is significant. Knowing that the press has power to sway the public opinion of every country, public men are far more careful in their words and deeds than they would be if there was no press to keep a close watch on them.

GAMBLING WITH FOODSTUFFS. Once again, it would seem, the grain manipulators in the Chicago and Winnipeg stock exchanges are practising the merry game of gambling with Canadian wheat, one of the vital elements in the foodstuffs of the people of Canada, part of the United States and several other countries.

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Whatever may have been the reason for the sudden jump in wheat values, it is certain that it is not a healthy condition, because it is based on false reports and not on real economic conditions. No one would begrudge the farmers an extra few cents a bushel for their wheat, if it were certain that he received the benefit of the higher price.

RESPECT THE OFFICERS.

It is not unlikely that part of the lawlessness that is so prevalent throughout the world to-day, may be traced to the attitude which boys and youths have been permitted to assume toward officers of the law.

There is a disposition on the part of certain classes to "talk back" at a policeman or other officer of the law—to make stirring remarks to others regarding them, or to commit acts of a taunting character.

A REPLY TO THE CROAKERS. Within the past two days, two very effective replies have been made to those in high places who would paint a dark picture for the future of the Canadian National Railways.

A KINDLY ACT. Sept. 9.—As a proof of the good feeling existing between the citizens and the troops in garrison here, it may be mentioned that a poor man named Michael Moylan, who resided somewhere on Queen street, died yesterday.

KINGSTON IN 1851. Viewed Through Our Files. A holding a contest on the best way to spend the last year of your life.

self to be a man who never makes statements without knowing whereof he speaks. All his former predictions as to the success of the railway have been fulfilled. He has been most conservative in all his estimates, and he has earned the confidence of the public because he has been justified in his methods of administration.

The second statement of importance was that made by W. D. Robb, vice-president of the system, a man who is high up in the councils of the railway. In an interview given in Toronto, he expressed the greatest confidence in the success of the system, and showed how a small increase in the western population would make the railway absolutely self-supporting.

These are welcome messages to the people of Canada, who have had their ears filled with blue ruin stories, which will now be received with very little credence by the people of this country.



That Body of Hours

By James W. Barton, M.D.

Other Causes For Painful Feet. I was just wondering if the day will ever come when people who find that their feet are paining them almost all the time, will consult their physician or a foot specialist, instead of going into a store and buying a pair of arch supports.

There can be no question that weak arches are the cause of a great many of the cases of painful feet, but the majority of foot ailments are not due to weak arches.

And even where the arch is weak or has relaxed, putting on plates—hard metal plates—is the last thing that should be done.

Metal plates, properly fitted from a cast of your feet, is the thing to do after everything else has failed.

But the ordinary painful arch due to a weakening of the ligaments, a light support of felt or other yielding substance, can be worn when you are at your work.

After work the exercises of walking on the sides of the feet, then on toes, and then on heels, will strengthen up the arches and artificial supports will not be necessary.

But as a matter of fact many cases of painful feet are not due to the arches at all.

The same thing that causes a pain in your knee, in your shoulder, in your elbow, in your spine may be causing the pain in the feet.

An attack of typhoid fever, or pneumonia, influenza, or the usual infection from bad teeth, pyorrhea, a lazy intestine, or from the ear or nose, anywhere in fact, can set up the pain in the foot, and why it should all be blamed on weak arches is beyond me.

I have said more than once that people earn their living as much by their feet as by their head.

Painful feet interfere with your regular work, and the pain is so irritating to your nervous system, that you are rendered unfit to give your best to your work or to recreation.

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Canada's Story Day by Day. By B. Owen Davies. Governor Denonville, who arrived in Canada on this day in 1685, brought misery and misfortune in his train for the settlers. He was fiery and undiplomatic in his administration, and by his unsuccessful attempts to destroy the Indians, roused them to awful schemes of vengeance.

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THE WEATHER MAY SEEM FAIR AND WARM—BEFORE THE COMING OF A STORM! CRAWFORD'S COAL QUARTETTE. WHEN the weather seems mild and balmy at this time of the year it may be bluffing. Remember that there is a cloud behind every silver lining and remember our phone number when you make up your mind to order coal.

Crawford. PHONE 3. QUEEN ST. ed to him the day's work, and he would wish to do on his last day the work that was laid out to do. The man who wouldn't keep right on keeping on if he knew that this was his last year on earth must be in the wrong place.—Belleville Ontario.

BOUQUETS FOR THE COUNCIL. Great blame has been attached to the city council for the heavy rate which they have seen necessary to levy for the present year. But perhaps did the grumblers take the trouble to understand the matter thoroughly they might discover that there is not so much cause for fault-finding as at first might appear. They have, for one thing, turned the city property to much better account than it ever before was, by the increased rents drawn by the premises occupied by Messrs. Shaw (dry goods store on Ontario Hall) and the erection of six shops in a hitherto unoccupied and unproductive portion of the city buildings. Any one who, six months ago, had occasion to take a walk through the shambles, (now the Island Market) would scarcely now recognise in the light, clean, white-washed ceiling, etc., the dirty, dusty, cob-webbed canopy formerly extending from the butcher's stalls, infusing disease and pestilence into the domestic pot. An excellent plank foot-way is now being constructed in front of the city buildings, as are also several side-walks in various parts of the city, all of a substantial and lasting description.

had a million dollars you would do just what other people do. You may think you would found hospitals, and take care of widows and orphans and send poor, little, neglected girls to college. But you wouldn't, any more than many others do. You would probably set your million to work to make another million. And if you only had a day to live, what would you do? Tolstol was asked that question. His answer can never be improved upon. "I'd plow my furrow," said Tolstol, Ploughing the furrow seem-

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