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Letters to the Editor are published over the actual name of Attached is one of the best The circulation of THE BRITISI

to be bad exercise.

WHIG is authenticated by the

APO

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There isn't any pay day for laboring under a delusion.

And yet some of the best talks on preparedness are extemporaneous.

Suggested song for the anti-klan people: "It ain't goin' reign no

Let's not fight for liberty until we learn to handle what we've got

Progress is a fine thing, but at times it gets a little too far ahead of the courts.

If a prejudice is wished on him at the age of ten, at forty he calls it a principle.

Experience: The process by which man robs himself of something to look forward to.

Some men think they yearn for freedom when they merely yearn to swat the rich.

Poor bachelors. They have nobody to blame for their inability to get ahead in life.

The most expensive way to buy chicken is to run over it while the farmer is looking.

character analysis.

Still, you can't estimate a man's righteousness by the number things that shock him.

Tell her that she gets better looking every time you see her and she wants you to see her often.

Never ask a girl what she thinking about. There are enough lies in the world already.

We are a patriotic people, always filled with a zeal to save the coun-

try from one another. Most of those who would abolish

capital punishment would provide punishment for capital.

When he thinks he is sighing for the old-fashioned girl, he is sighing for his vanished youth.

Electric lighted handbags are being sold, even though the contents

had best be kept dark.

of others under their thumbs.

tory in China, so nobody yet knows who will get the patronage.

The pacifist is useful. If he won't fight himself, at least he makes others mad enough to fight.

Never wonder why prayers manswered. It is the prayer of righteous man that availeth much.

call a taxi," urged the flapper; "the

BIBLE THOUGHT FEAR THE LORD, AND BRVE HIM IN TRUTH ALL YOUR. HEART: FOR CONSIDER HOW GREAT THINGS HE HATH DONE FOR YOU .- I into a fit of discontent nature muel 12:24.

MOSCOW'S METHOD.

dressed a meeting in this city last week, the Bolshevist regime is conspread of education.

Within the last three weeks, he which he prefers. reports, forty Moscow and Leningrad priests of the orthodox church, that is to say the new religious establishment erected on the ruins discontent is the impetus for of the old, have been arrested and world's progress. The thing that can are being held in jail without trial. be wished for is that men and wo-With the memory of their brethren men will not waste their dissatisthey are fearing a similar fate. The ditions provided by nature and use soviet authorities seem to have their energy in making those conadopted a new system of dealing ditions more bearable. Children with churchmen who will not do play as hard and as happily in all their bidding. No more open trials kinds of weather. There is no valid are held, with extensive publicity to reason why adults cannot succeed serve as a warning to others, but as well in adapting themselves to secret punishment is the rule.

BRAIN AND BRAWN. It was suggested by the Ottawa Journal that the rugby battle of Saturday last would be a contest between brain and brawn-Queen's COF-TOWN REPRESENTATIVES: representing the brain and the Ha-F. Calder, 22 St. John St., Montreal milton Tigers the brawn. It turned out, however, to be more than that. The victorious Tricolor team constituted both brain and brawn, while the Tigers had merely the brawn. For three successive seasons Coach Hughes has produced a Queen's rugby team that is invincible. He had shown the players under his direction that by the proper use of their brains and physical condition they can triumph over all their gridiron opponents. To have played eighteen contests and to be still undefeated is a remarkable record, and Queen's may well feel proud of the champion team that has represent ed it so ably in the field.

The fact that Queen's did no score a try in the game with Tigers is of little moment. could have done so had they been in need of one. But when a team, Ypres with its wonderful running half backs, can get down under its opponents' goal, what is the use wearing out its wing players when it has a field goal kicker? Had Queen's been without a Leadley or Batstone, it would have had to exert itself to secure touchdowns. its brawn was rested and it secured the same result by using the gifted

foot of its peerless kicker. An army will not storm a position with infantry when a bomb or two will yield the desired result. Thus Queen's has not only a great rugby machine, but it has a most sensational playing team-one that causes every follower and beholder of its fortunes on the field to be overcome with enthusiasm and to join in the old growing healthy at their duties. Gaelic cry that has been its slogan since the famous Queen's spirit was evident in the Kingston university.

WHAT WE NEED.

As the date of the annual municipal elections closely approaches, Even modern novels have a little we are reminded that there are but that a few are vital and outstanding above all others.

We need stability-the power to determine what is right and a determination to see tha only that which is right prevails.

We need a spirit of unanimitythe ability and willingness to agree

ter it and get it. We need aggressiveness - for without aggressiveness, indolence and stagnation will be our lot.

We need loyalty-for without loyalty we will be enriching mercial interests at distant points and impoverishing our people

Some communities thrive grow because of their natural vantages. Others are made through the dogged energy and perseverance of their citizenship.

Ours will be what we make

WHEN WINTER COMES. Now that we have experienced Russian leaders have 1,600,000 one cold snap and that others may be on the way. Canadians in general and Kingstonians in particular turn their thoughts, if not their physical beings, towards climes that are more inviting when the ice king comes down from the north to assert his annual covereignity.

When the snow flies people the north go south or yearn for the balmy breezes of the southland, and the natives of the south dream of the land of snow and invigorating cold. Each has that which the other wants or thinks he wants. It they were to exchange climatic places, the probability is that both would soon be clamoring to trade customed to one climate may yearn died on this day in 1807. He was armies are floating on the walls of for a change, but they will have dif- a Monawk, whose native name was Sebastopol." ficulty in permanently acclimating Thayandaneges, and was educated October 21:-The British steam-

erner will envy the southerner who ties which were unusual in men of news which has created great sensais envying the northerner; but while both are worrying themselves

levelling. Cold weather brings an ed in this way made him the idol According to Capt. Francis Mc- epidemic of colds, coughs, pneu-Cullagh, the widley known au- monia and the other ills associated thority on Russian affairs, who has with winter. It will make life outdoors uncomfortable but will make work indoors a pleasure. At the same time there will be maiaria down south, the bugs and heat will make life outdoors uncomfortable doing all it can to prevent the and work inside even less comfortable. Man must decide for him-self

It is asking the impossible to ask mankind to entertain continual contentment. Man's natural and chonic who were executed in such large faction on the weather or climate numbers during the rule of Lenine, but adapt themselves to those conconditions

Tenth Anniversary Of the Great War

November 24th, 1914. The allied warships bombard Zeebrugge. German engineers were prevented from putting together submarines, by shells from British warships along the Belgian coast It is thought that the submarines were being prepared for a raid on the British coast. French gain ground in the Argonne district. The cold weather aids the artillery. The

Russians are gaining in Portland. Scotland is prepared for a German raid. The coast villagers are ready to retire inland. The Tay Forth entrances are mined Scotland responds splendidly to the

call for recruits. Terrific fighting continued all day at several points in the line. The allied troops gained a few hundred yards in Argonne and south of

Berlin despatches still claim no results in the eastern fighting, but Petrograd says the Russians were victorious in Poland, Galicia and East Prussia. A German submarine and a Ger-

man destroyer have been rammed and sunk. The British war office announce that the British troops have met a reverse in East Africa.

The German's second march to Warsaw has failed and they have been repulsed at all points. The British are making rapid

success again the Turks in Eight hours a day constitutes the drill work of the volunteers in Kingston. The soldiers put in the day at drill, meals and recreation, and are

WHY THE WEATHER?

UR. CHARLES F. BROOKS Secretary. American Meteorological Secrety. Tells How.

An Autumn Hiatus. After summer showers

autumn tropical cyclones are over, there is a period that is sometimes pleasantly fair but uncomfortably dry over a large region. This is the transition season that comes before the winter type of rains and snows begin. Some parts of the country, however, may be flooded by a series upon what we want and then go af- of storms concentrated on more or less the same track.

While the early storms and attendant rains were too copious on the north Pacific coast, eastern storms were notably lacking during late October and early November. North Pacific "lows" consistently ran towards Hudson Bay instead of across the eastern United States, A barrier of high pressure cut off the moist winds from the Gulf of Mexico for a time, as effectively as would a high range of mountains. In many places in the East the wettest September was followed by the driest October since records began, and the first week in November was and we should make it all that we practically rainless east of the Rockies. Under such conditions, the pressure rises and falls, the winds shift from northwest to southwest, clouds pass, a sprinkle of rain or snow falls, and the pressure rises again as the cooler northwest wind comes in once more. Dust lies on the ground and forest fire smoke now and then fills the air. We have sadly needed a few good "Texas lows" to tap the moisture reservoirs of the Gulf of Mexico and Gulf Stream and bring some bounds ful rains.

as a white man and a Christian. He ship Africa has just docked at New developed a number of characteris- York. She brings extraordinary his race. For one thing he had tion throughout Europe. Sebastopo marked literary tastes, but the cir- has not been taken, and the rumoris self forced upon him the duties of was false. The attack upon and ex- a false report.

of his people. In 1775 Brant made a visit to England, and the courtesies shown to him at that time increased his attachment to the Brithis own people against the rebels. After the years of war Brant moved his people to Canada, where they were granted the Grand Valley Reserve. He was anxious for the conversion of his people to Christianity, and for their education. He himself translated into the Mohawk tongue the Book of Common Prayer and the Gospel of St. Mark. He secured schools for Indian children before the white children of Upper Canada had them. A monument of his administration is his inkwell preserved in the Redpath museum

in Montreal. The city of Brantford

ment erected to his honor.

Ehat Body Dours

A Substitute for Exercise. A friend of mine was belittling the effects of massage on the system. "These people who get massaged," he said, "are just coddling and fooling themselves. They have an idea that the masseur has a "magic" or sympathetic touch, and as a matter of fact the "touch" is all that really happens to the pa-

What about this? No! My friend is absolutely wrong there, because massage is really exercise for the body in sense. The only danger about it is, that with some folks it is the only form of exercise they are willing to

Massage is not a new thing. It was used on warriors in olden days. just as it is used now on the "warriors" of the football and athletic

Its value lies in the fact that by stimulating the circulation in a tired person two things happen. First the blood gets to the part sooner with new materials to repair the worn out tissues, and what is perhaps more important, at removes the wastes actually hours sooner than they would be removed otherwise. Thus a warrior, an athlete, yea

even a sick person is that much further shead after a good massage. You see all life is motion. Every cell in your body is in motion, and If you can get a little extra motion to your cells without effort on your part, you are going to be benefitted

There are various ways of applying massage, stroking, rubbing, kneading and so forth, but there is only one point that is necessary always to remember.

That is that every movement should be made in the direction of the heart.

Why? Because the veins and that other system, the lymphatics, require all the help possible to bring their contents to the heart. The arteries that carry the blood away do not need this help.

If you can take regular exercise,

you'll not need massage. If you are unable to take exerise then massage will exercise your body, and by giving it that much motion, will thereby give it just that much more life.

> KINGSTON IN 1854 Sidelights From Our Files

An Unnecessary Illumination. October 19 .- The city's fathers, in imitation of other municipalities. intend to flluminate Kingston as soon as the news of the taking of Sebastopol is confirmed. When three hundred souls are lost in the "Arctic" (a trans-Atlantic ship which had just been lost by collision) which some religionists would call by the act of the Almighty, half a continent is plunged in grief; but when five thousand of our fellow subjects and allies are slaughtered in battle, together with four times that number of Russian soldiers simply obeying the imperious will of an autocrat, the wholesale homiide the act of men, then we illuminate our houses and call upon one

October 20:--When the news reached Constantinople it was ordered that the city should be illuminated for three successive days. Marsellles was illuminated when the news was brought to the port. The respatch was conveyed at once to the emperor (of France) who was engaged in reviewing the troops He hastily perused the cypher then turned to his generals and said quietly, "Sebastopol is taken!" The innouncement was briefly communicated by the emperor to the army. He said, "This news was probable. At the moment I speak I have little

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cumstances in which he found him- ed destruction of the Russian fleet surrender of General Menchikoff is gory. Sebastopol is formally invested by the allied armies. Fightof war chief and his abilities develop- plosion of Fort Constantine and the | Omar Pasha's despatch was a for- ing continues uninterrupted.

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