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Letters to the Editor are published my over the getual name of the vironment in infancy determine,

Attached is one of the best The circulation of THE BRITISH WHIG is authenticated by the ABC **Audit Bureau of Circulations**

What becomes of infant prodigies after they grow up? Cain wasn't all bad. He didn'

call his envy "patriotism." Mercury may be turned into gold

Venus knows the trick.

Absence often makes the heart grow fonder of someone else.

ome anything except a deficit. What an individual lacks in size

best safety zone on Sunday is the

One set of streets for walkers and another for riders may yet be the rule.

Philanthropists are queer. Not one had yet endowed a chair of crosswordology.

Still, most of the people ruined by naughty literature would go

he devil anyway.

how much we owe.

The thing that keeps some men of making a living.

It might be a good idea for the is a breeder of war. national museum to gather a few tonails while it can.

Youth no longer calls it a sport unless is affords some spectacular way to risk one's neck.

fou can't tell. The materialist may have an ideal and the idealist may have the material.

The ladies win. No mere could watch traffic and study image in a rear-vision mirror.

A pessimist is one who thinks the lost race the scientists keep oking for is the human race.

It is not safe to measure the im ortance of a thing by the anxiety of some persons to find out about it

s old as I," said she, "but it's silly

By cutting the right nerve, those Australian surgeons can cure all community which does not watch its partial paralysis except that above step in respect of borrowing.

say that they don't need outside civilization. Ah, well; quite finished their own yet.

that the loafer seldom gets much pleasure out of his unlimited hours of recreation.

The man who stops to make sure he is right before going ahead nowtrampled on by several thousand persons who are willing to take a chance.

BIBLE THOUGHT EYE HATH NOT SEEN nor ear heard, neither ered into the heart of man he things which God hath prepared ubtane 2:9,

ally increases its death toll. In a were generally understood. It does year it kills about 90 in every 100,- not consist in anything which the 000 people. More cheering is the civic corporation owns. It consists ing its grip, though it still kills cipality to levy on the earnings of about 93 a year in every 100,000. the people and to mortgage their Sanitation is exterminating typhoid. possessions as security for debt. Its toll, once mighty, has fallen to That is a tremendous power, and about seven out of 100,000 popula- should be exercised with great prudtion a year. Diabetes snuffs out ence; tot it is safe to assume that eighteen of every 100,000 yearly. ninety-nine citizens out of a hundred But insulin-which holds this ma- never give the matter a thought. lady in "suspension," halting if not curing it-will rapidly lower its offenders. In 1901 Sir George Foss. death rate.

LIFE'S BRIEF SUMMER.

A man reaches the prime of life at twenty-seven years. But even then his hearing is on the down grade, as that sense is more acute at seven or eight years. Such is the belief of Prof. Karl Pearson, a distinguished scientist. A few years ago Dr. Eugene Lyman Fiske expressed his opinion that our bodies 2613 begin wearing out at the age of twelve. So authorities disagree. But the average man undoubtedly (Semi-Weekly Edition) health may be good, but the endurance of youth is on the wane.

age really begins in the cradle. That is, our care and a considerable extent, the number years of strength and health will be available to us before we begin to go downhill physicaffy. Yet, despite all we can do, the summer of life is brief. In his early thirties a man begins to realize instinctively that he cannot stand exposure and strain as he could in his teens and twenties. However, man is in late autumn or winter of physical condition before he reaches the summertime of mental development. is a rare man whose brain has any pronounced degree of wisdom and good judgment before he is thirtyfive or forty, at the earliest. In this way nature compensates us. As our physical powers weaken, our intellectual powers strengthen. But only The dogs of war seldom drag up to a certain point. Ultimately comes senility, when mental faculties lose their powers and brilliance.

Light-heartedly man squanders the best part of life. Old age begins of vocabulary he makes up in turnto overtake him usually before he really "gets down to business." Judging by Monday's papers, the Small wonder that so few reach the top of the hill of success. For youth, while it may work hard, rarely exerts itself to the limits of its powers. The years that are wasted are the most important of

HUNGER.

Starvation still menaces many parts of the world. The world wheat crop in 1924 was 440 million bushel less than it was the year before That means only eighty-eight bushels of wheat for every one hundred in It might be worse. Suppose the 1923. Nearly half of the loss was government made us tell the world in the Dominion of Canada. Higher price partly compensates the grower. But to the consumer the loss is definite. It brings hunger to a worl from doing their best is the necessity which, still weakened by the great war, needs an excess of nourishment

THE FATE OF THE BORROWER. The case of Cincinnati is in the nature of warning to all our larger municipalities. On both sides of the line there has been a growing disposition to add not only to civic services but to civic luxuries. To carry out this liberal policy it has been necessary to do two things-to add steadily to taxation and also to capi- ing season, so that the lieges will tal liability. The people accept have themselves to blame should what is given to them with complac- their wits go wool-gathering during ency. They like the luxuries; but they do not like high taxes. Yet the two things are inseparable.

Cincinnati has now reached state of practical bankruptcy. The other day an issue of bonds for \$1,-100,000 could not be sold. With a debt reaching \$278 per capita, and taxes as high as the law will per-Correct this sentence: "He's twice mit, the city is now in a somewhat disorganized state. Even necessary to think I married him for his mo- services have had to be curtailed. the penalty inevitably paid by the

> It is somewhat depressing to realize that altogether too many peo- or one month. ple suspect a municipality is not answerable to the economic laws which apply to a business corporation or to an individual. The man borrows to keep going, invariably James Fodey, Kronau, Sask., is comes to grief. Precisely the same spending some time here with rela- slopes of Oregon, Washington, and individuals-when it goes beyond spent the summer in the service of the bounds of pradence. It may b covery a few years ago, and at this cality. Miss May O'Grady, Notre tate water vapor. Distance from the moment there are at least twentyfive cities in the United States which

are in acute trouble. Good credit has ruined thousands of individual spendthrifts. It has also brought to insolvency scores of Jamieson Bone and Col. W. Pohfor them that love him .- I Corin- municipalities. It is probable these ton to the Board of Education which it is to be baked a few mindistressing experiences would have there.

been averted in the latter instances That dread disease, cancer, gradu- if the foundation of municipal credit news that tuberculosis is slowly los- entirely in the power of the muni-

> Municipalities are not the only then premier and provincial treasurer, apologized in his budget speech for a debt of \$4,800,000 resting on the Province of Ontario. He promised retrenchment. To-day the province has a debt of \$335,000,000 and the fixed charges attaching thereto, are much larger than was the total provincial revenue twenty years ago. Here again the caution and repugnance to debt which are common characteristics of George Ross' Scotch ancestry would find fitting exercise. Ontario is now carrying a load which might easily become acutely embarrassing; for deadly overhead has undermined many a business concern which believed itself strong.

We have grown accustomed to talking about taxation as something which attaches peculiarly to the Dominion government. We make no mistake in thus identifying the chief cause of our public burdens But we fall far short of the full truth if we leave our municipal obiigations out of the reckoning. All over Canada, and particularly in the larger cities, they have been increasing at a terrific pace. There are several municipalities which are fast approaching the status of Cincinnat The remedy would come from a public awakening, and the infusion of business sagacity and business prudence into our local governments. When in all our Canadian cities it is regarded as quite as high an honor to serve the municipality as it is to serve the nation—as is the case in Birmingham and many other cities in Great Britain-we shall find our cose civic methods yielding to

KINGSTON IN 1855 Sidelights From Our Files-

A Backward Look.

FINE FEATHERS. April 24.-Mr. Domenico Chise chi, the prince of Kingston artists in his line (hats and furs), still occuples his old quarters in Wellington street, which he has this spring amply filled with a choice and extensive assortment of every known ar some unknown description of hats and caps. This is evidently a manufactory, his facilities for business being such that travellers and others can in one hour have a hat made

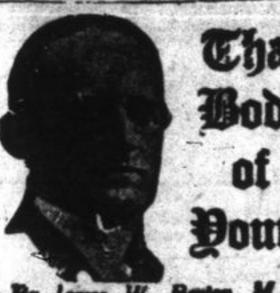
expressely to fit them. Nothing in Mr. Chisachi's establishment being left to chance, purchasers will not be subjected to the torture proverb ially arising from a new hat, as b a new and expensive instrument, the hat conformateur, expressly made for him and imported from Paristo regain its strength. Hunger, too, the only one in Kingston-the most in the little "Governor's Garden," eccentric shaped head can be fitted as accurately as if it had been used on the workman's block. The proprietor will demonstate to a certainty that the most erratic arrangement of bumps will have no effect in

preventing a perfect fit. The shops of Greene & Son, Clark Wright, and the well known Indian Chief, Shingwakouce the Second, are fully replenished with every desirable description of tile for the comthe coming dog-days.

A HARMLESS CHRISTIAN JEW A harmiess, little old man, who years past has been perambulating the country, preaching the gospel and striving to do all the little good he can, was cruelly assaulted in the Market Square on Sunday last, while exercising what he thinks is his vocation. The assailant was brought and at times the entire civic pay-list before the police magistrate for this has to be ruthlessly cut. That is assault. It was proved that he knocked the chair from under the little old man, who fell and was severely hert. There was no excuse for this cowardly act and the magistrate fined the defendent five dollars greatest annual precipitation.

Outlet News. the Canada Steamship line. Miss Eva Bradley has secured a position as teacher in the Fermoy public school. Miss Sadie Sperin, Toronto, spent a few days recently with Miss More than a dozen municipalities in Ida Ruttle. Dorwin Cross has comthe Canadian West made that dis- plated the hay pressing in this lo- storms frequently draw and precipi Dame Convent, Kingston, is spend- sea and high mountain barriers deing her holiday at her home here. prive the Great Plains and interior Hugh Deir, Seeley's Bay, is visiting at W. A. Deir's.

Belleville council reap



That Body Pours

these days, that will try to tell you that exercise is not only beneficial. but actually necessary to the body. But just what exercise you should take, and how much is something that you confess you don't know, and perhaps have reached the point where you don't care.

Now the ideal exercise would b something that exercised all parts of the body, and siso something that

And if you can play a game that calls into action the bending of your body, and the use of the legs, then you are getting the ideal exercise for that body of yours.

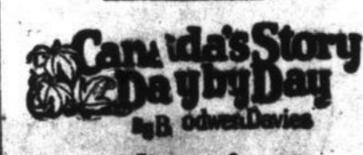
The bending of the body to reach a base ball, a tennis ball, a lacrosse ball, a football, a golfball, or a bowl, will bring into play those abdominal muscles on the front and sides of the body, which will play directly across the intestines, and stimulate digestion, and intestinal movement.

The muscles on the back, which bring you up from the bending position, are strengthened, and with front and back muscles receiving this development, the proper "carriage" of your body is assured.

And then the use of the legs, as I've said before, by lifting your body off the ground, calls into play all the muscles of the legs, much more in fact than you have anywhere else. This requires stronger action of the heart to get the blood down there, and stronger action of the lungs to purify this extra quantity of blood, that is required to replace the used, or impure bloed in this big bulk of muscle.

But you say "I can't get a chance at any of these games." Perhaps you fell that you are too old for these

But you can still bend your body and you can still walk or run slowly. Three to four minutes twice a day will keep you pliable, and your heart and lungs strong.



The oldest city in North America. quaint old Quebec, is full of charm for the traveller, and each one finds with delight that the historic spots are carefully marked, so that even visitors may know the historic man to realize the value and importance of this care of historic spots and relies was George Ram say, ninth Earl of Dalhousie, who came to Canada as Commander-in-Chief of the British army and Governor. He was a man of distinction and high intellectual culture, and spent nine years in Canada, On this date in 1824 he organized the Literary and Historical Society of Quebec. He was also responsible the erection of the famous monument to Wolfe and Montcalm Quebec, with its notable inscription 'Fate Gave Them a Common Death History a Common Fame, and Posterity a Common Monument."

DR. CHARLES F. BROOKS Secretary, American Meteorological Society, Tells How.

Our Annual Rainfall. As our newspapers begin for 1925 new set of accumulated departures of precipitation it is interesting to note the basis used. Precipitation or "rainfall," includes all forms an Englishman but calls himself a water falling from the clouds,-rain Christian Jew, and who for many snow, sleet and hail. In estimating total precipitation the frozen forme must be changed to an equivalent amount of rain. For instance, an inch of snowfall usually melts down to about 1-10th inch of water though wet, heavy snow has a high er water content than cold snow. Reliable averages are made up from many years' observations. East of the Mississippi, the Gulf coast, with 50 to 60 inches, and the southern face of the Appalachians with somewhat more, have ton averages about 43 inches. cago 33. Going west across Great Plains, it becomes increasing drier, the totals of precipitation Outlet. Jan. 2 .- Farmers are falling locally even to less than hauling wood as the sleighing is inches. The Rockies are somewhat good, although the snow is not deep. wetter, the plateau drier. On the Pacific coast the heavily foreste tives. 'W. P. O'Grady arrived home British Columbia receive over 100

The humid character of the East and the far West is due to their open plateaus of a fair rainfall and reduce them to their semi-arid or arid

i utes before you put it into the oven.

BIBBY'S BIG JANUARY CLEAN UP SALE IS ON **OVERCOATS**



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ODD FACTS ABOU

By YALE S. NATHANSON Department of Psychology, University of Pennsylvania

Tortured by Dreams.

tured, bundreds burned at the stake dreaded belief in demons and evi 'nightmare" wherein mountains

peculiar feeling of unrealness which trifle upset, tired and not just "our-

Have you ever had any dreamtears like these described by our

"I had a bad nightmare, and for months feared it would recur. I denied myself food and did anything any one told me to prevent it." "I have the most vivid dream fears. I have been eaten by animals, burned alive, my bones broken by fall, mangled by lightning, etc." "When alneteen I once dreamed

going back of the barn, digging grave, making a coffin, getting in, dying, being buried and coming to life in the grave. This gave me permanent horror of being buried

thing coming at me, a peculiar rush- mal vision is. ing whirl, a roaring in the ears. I was cold with perspiration and trembling. This was caused by the beence of a light in my room, and was kept burning during the night." in a second or less. "I am often made sick by the reand twisting in the air with no sup- natural disturbance in our brain. port, and got so I could not sleep

without clasping my sister's hand. In waking this all comes to mind Copyright, 1924, by Public Led when going down an elevator." We all dream, it is true. In fact, it is believed by scientists that we the dreams are forgotten as quickly

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NO. FORTY

well, is it not? Yes, a far-sighted person, for ex What effect has this upon the pe

for distant seeing, while for close work the strain is excessive. How is this defect corrected? The Optometrist furnishes glasse

which give the necessary comfort. Then seeing too well is nothing to

(To be continued)

its enfoldment, in reality all happen

A normal amount of dreaming current dreams of being bound, not does not do us any heren, but when being able to hurry, walking on a dreams are constant and so terrifying as to cause us to feel these hor-"I often have a feeling of floating rible experiences there is some un-Tomorrow- Your Dreams and What They Mean.

and very practical since one can tell at a glance the strength of the brew. Always save sour milk since it is most delicious in griddle cakes or fream, which seems to take years in biscuits.

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