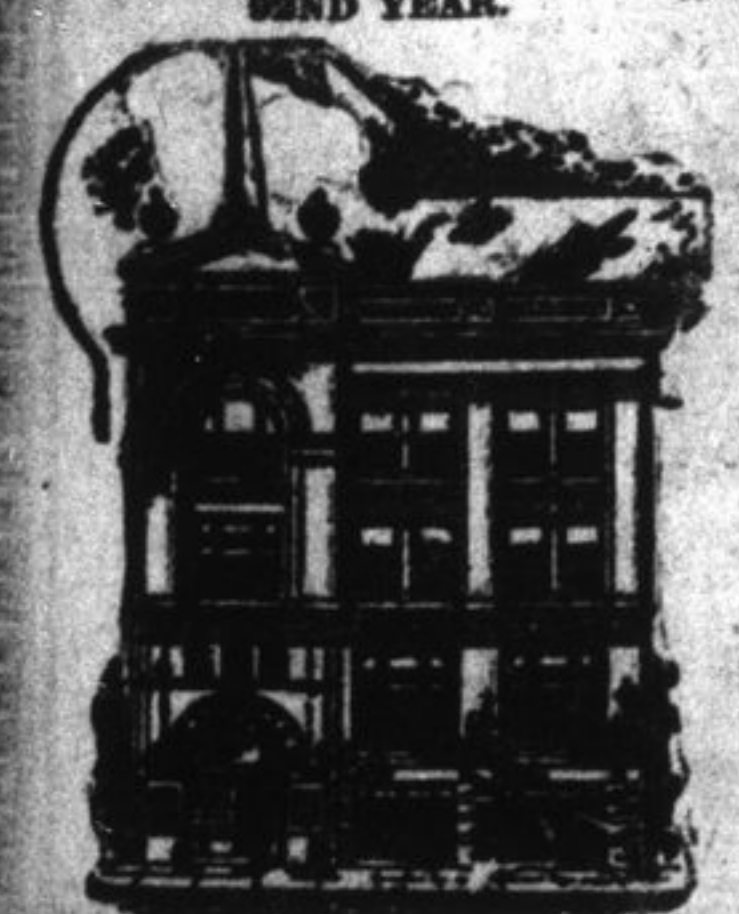


THE BRITISH WHIG



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Growing old is just a slow process of shedding enthusiasm.

Sometimes a floating indebtedness gets heavy enough to sink.

Suggested slogan for Nurmi's land: The Finnish fish first.

International crisis: Two mules eager for the same ear of corn.

What goes up must come down. Exception: the cost of living.

Every man feels at peace with God when thoroughly satisfied with himself.

One-half of the world doesn't care a darn about the other half's scandals.

Civilization is not going to be saved unless it makes itself worth while.

Where there is no vision the people who manufacture silk stockings perish.

Surely it wasn't sentiment that made France charge Uncle Sam for dock space.

The thing that persuades some fellows to do post graduate work is a good betting eye.

Many a man falls into debt, but the process of getting out is usually one of crawling.

Correct this sentence: "Bring the gang out for a little poker," said he, "the wife doesn't mind."

The most significant three-letter combinations are C.O.D., K.K.K., S.O.S., F.O.B., and P.D.Q.

Still, the world hasn't lost much since girls took to gadding about instead of doing sofa pillows.

It is hard to tell which are most significant, a country's political parties or its petting parties.

A smoker in London has 5,360 pipes, which is almost enough to find one when he is in a hurry.

We approach the day when thirsty folk must choose between the town pump and a stomach pump.

One of the causes of trouble in the world is that most persons try to live up to their dispositions.

Another nice thing about the Venus de Milo type would be her inability to grab the steering wheel.

The woman who married a man to reform him finds solace in the thought that even legislation cannot do it.

Yet most of us would have been awed by a magazine cover if it had been handed down to us from the year 1246.

Many a man thinks he is getting along quite well if he does not receive notice from the bank that his account is overdrawn.

Ziegfeld says that girls are knock-kneed. Well, you can't blame the knees for knocking one another. Everybody else has been doing it lately.

WILE THOUGHT

THE KINGDOM OF GOD cometh not with observation: Neither shall they say, Lo we will or, lo there for, behold, the kingdom of God is within you.—Luke 17:20, 21.

A SHAKY PROPOSITION.

The growers of vegetables and small fruits in Canada appear to be in a bad way. For six months of the year American competition can fairly monopolize the home market.

In his address to the Ontario Vegetable Growers' Association, President Walter J. Cooke, of Cataract—to whom the Whig extends congratulations on his appointment—declared, "It is as logical to force the public to eat home grown food as to force the agriculturist to buy home-made manufactured foods."

If this is admitted, the next question is whether winter grown vegetables do or do not fall within the class of articles which it is better for Canada to import.

Of late years we have learned that in greens and fresh vegetables there is a life-giving value which is deficient in long stored vegetables and milk from cattle fed on old hay.

It would seem that the northern vegetable growers on both sides of the international line are faced by new and increasingly formidable competition brought about by better means of transportation from the fields of highly organized truck farmers in sub-tropical climates.

As compared with the days when life was less elaborate, rents are now high. They have not been deflated to the same extent as other items in the family budget.

Over and against that return to the owner must be charged depreciation and losses through vacancies. There is little room for doubt that the dwellings and other properties which were built twenty-five or forty years ago are now profitable.

The social changes which have been brought about by high rents are more or less obvious. The first is found in a rising movement from central to suburban areas.

have come variations in social and domestic habits.

In our larger cities this concentration and narrowing of life has been primarily due to advancing land values. The apartment is the natural method of meeting that new condition.

WHY IT HAPPENED.

We should all be deeply concerned in the mental process of the western farmer as he has watched the collapse of the speculative wheat markets at Winnipeg and Chicago.

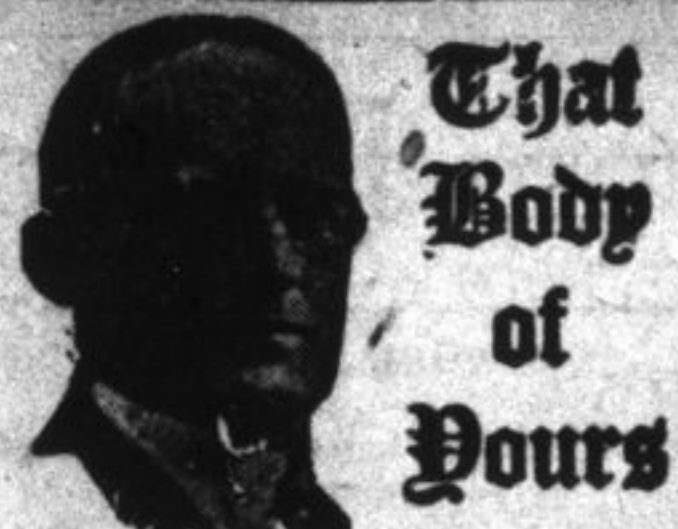
This most impressive object lesson has been opportune. Our friends of the prairies have been lashing themselves into an unhappy frame of mind, and making everybody else unhappy at the same time.

There is a general conviction among economists that we have seen the end of \$1 wheat, except as a possible and rare incident. The discouraging market conditions which prevailed between 1921 and the autumn of 1924, were undoubtedly due to the operation of supply and demand.

A happy change has occurred. Europe is getting back on its feet. The demand for white bread is steadily swelling as the purchasing power of the people rises.

No greater mistake could be made by the western grain grower than to fancy he fights a lone battle. He does not. The people of the East are deeply and genuinely interested in his prosperity.

It seems to be hard to wear personal liberty from the bottle.



By James W. Barton, M.D.

That Body of Yours

"Road" Work and the Liver. In putting an athlete into shape, be he a boxer, wrestler, oarsman, or footballer, the trainer puts more emphasis on what he calls "road work" than on anything else.

It is not hard, therefore, to see that the heart would have to pump this blood, and the lungs would have to purify it. A strong heart and an efficient pair of lungs result.

Therefore, the ideal way to develop the lungs would be to use the big leg and thigh muscles, and thus call for extra air.

However, there is one thing that is attained by these deep breathing exercises, and that is an actual massaging of the liver.

This means more to you than you think, because the liver is such a soft organ, that any play of the muscles of the abdomen would tend to squeeze it, and thus bring the bile into the intestine to do its most important work.

Perhaps you sit at a desk or stand by a bench all day, or abdomen gets no bending or exercise.

Thus your breathing exercises—drawing in and expelling long breaths—might well be termed liver exercises.

Press Comments.

The Embargo on Pulwood. Indianapolis News: In many ways Canada and the United States are an economic unit and the stringing of economic barbed wire along the border is not to be encouraged.

Race or Hybrid? Glasgow Herald: The world would not come to an end, and civilization would not perish from the earth, if the British Dominions overseas were to cease to be predominantly British in racial composition.

End of the Intellectuals. London Chronicle: At every stage of social life the intellectual and professional classes are handicapped. They have had no share in the production of the new middle-class.

"British Oppression." London Post: "When we look back on the days when we were oppressed by England, it would look like Paradise if we could get the same kind of oppression now."

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