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A cynic is one who got mad and qualities of its milk. quit playing.

The honeymoon ends when the crying begins.

mining society. Too many troubles are almost a

Those not on the level are under-

bad as not enough. Fools rush in where angels would

n't care to be seen.

You can't say those North Pole explorers got cold feet.

Sometimes everything in the worl seems an awful waste of time.

You may make a success of your life work and still be a failure.

A woman likes to think she is be ing bossed and to know she isn't.

A village is a place where Wednesday is the other clean-collar day.

The final test of friendship is to

are the days when you can't tell if it is a sawmill or s mosquito.

Still, the happiest people are those who don't amount to much and don't give a darn.

Not all of a community's junk is in the alleys. Some of it is parked on Main Street.

could think up something else to quarrel about.

High-brow magazine: A straining after smartness resulting in offensive stupidity.

Man is the only animal that can laugh. And that's about all he has to laugh about.

It's a hard life. If you slow up for a crossing, somebody will knock off your tail light.

The "ground floor" is the place where the sucker is let in just before the bottom drops out.

wonder why Jones shaved when this wasn't his regular day.

A village is a place where people

Driving isn't so dangerous. The story usually ends: "The driver escaped without injury."

his thumb say: "Go on back, sap; you missed it a mile."

two together and gets four. The dreamer gets twenty-two.

Nippon and the Soviet fighting for the Chink. There isn't much choice there, is what we think.

bearing gifts." New version: "Beware the man who would serve."

Correct this sentence: "Modern literature is so nasty," said she, "and I like something pure like Pepys' Diary."

BIBLE THOUGHT

A NEW INDUSTRY.

ing goats. The climate and environ- ship, not partisanship. It is not too ment are both favorable, and what was regarded at its inception as a mere fad has developed into an imness in that part of the Dominion. lation, and is determined to serve the The milk goat has long been popular in Europe; but it has not until quite recently found favor in any part of Canada, owing probably to prejudice, on one hand, and ignorance as to value on the other. Concerning this domestic animal, Captain H. Walters, who has a thriving goat farm at Petersfield, Manitoba, says:

ity call for a food that will save the lives of children who cannot survive on the general substitute for mother's milk. This great need is best filled by the milk of goats, ages in Europe and the United Thus, with its need so obvious, the goat milk industry is bound to go ahead quickly in Manitoba."

This will be in the nature of information to many Canadians, especially in Ontario. As for British Columbia. Letters to the Editor are published there are now 200 known herds in that province, comprising a total of Attached is one of the best job over 2,000 purebred animals. Many of them are of the hornless Saanen breed, of original Swiss stock, and spite of rapid growth in numbers. is said there is room for many thousis prized for the richness and special for sale.

British Columbia is giving special encouragement to the breeding Angora goats, which yield a valuable wool known as mohair. The cheaper grades of animal are used largely in the United States for clearing land by killing brush, and they would prove of great value in Western Canada for this purpose. Goats prefer brush to grass, and while clearing undergrowth will not destroy grass. The uses for mohair are increasing every year, and many thousand Angora skins are imported for leather. It is pointed out that while Canada has no centre of the mohair industry. the Canadian Co-operative Wool Growers' is always open to handle this product.

seem fantastic to those of us who have grown accustomed to more or clination among our farmers to take sources, promoting continuous prolove those you don't particularly up new lines of activity. The West duction and maintaining within Canmade by the raising of goats has pre- power. cisely the same value as a dollar made by raising any other farm ani- closely inter-allied that anything that mal, although, from what has just affects the one causes reaction on the been said, it seems likely the western other. Agricultural conditions have provinces are better suited for this improved and as the farmer prospers new industry than is the East, par- business takes an upward turn. But ticularly Ontario. Happily, Canada there is nothing more urgent in the admits of much variety along pasto- interests of agriculture, trade expan-

THE TOURIST PAYS.

A recent special edition of the Still, if people had no religion they Telegraph-Journal, of St. John, N.B., contains the following opening paragraph in an article respecting the tourist business:

> "A live campaign to advertise the remarkable physical attractions of New Brunswick would mean a tourist business increase of from \$3,000,000 to \$5,000,000 a year, Frank A. Dudley, president of the United Hotels Corporation, said last night shortly after his arrival here to be present at the opening of the Admiral Beatty Hotel to-morrow."

Of course, intelligent advertising right immigrants. in that connection would pay. It always does. If, however, New Brunsmillions to the business of the prov- ment came into power practically the ince by that means, having in view whole machinery of immigration had its situation and distance from the been stopped, allowed to run down main artery of the tourist movement, and to rust. As a consequence the how much more would Ontario gain flow of people to this country had by similar methods? So far as King- dried up at its source. This administon is concerned, it is wholly a mat- stration had a lot of leeway to make ter of being locally alert to what will up in this connection and it is quite bring people to the specially attrac- understandable that immigration tive district of which this city is the policies cannot be germinated and The practical man puts two and centre.

TIME FOR SPADE WORK. If the pen be mightier than the sword, the spade is more powerful than the pen, at least in this country, in which hard work alone tells so far as its ultimate prosperity is Old version: "Beware the Greek | concerned. To the credit of Canadians be it said that they desire to buy home made goods and if distribution costs could be reduced business would materially improve. It made up from Customs duties.

HE THAT PASSETH BY. fore, the differences in the economic of this campaign of discouragement, STRIFE BELONGING NOT TO HIM, conditions, the differences in the and when this is accomplished the IS LIKE ONE THAT TAKETH A physical conditions of the various tide will turn, with advantage to the DOG BY THE EARS .- Proverbs provinces and areas which we call dominion and its population gener-Canada, so that this is essentially a ally.

time for compromise between these British Columbia has taken up in conflicting interests, for caution genuine earnest the industry of rais- without timidity and for statesmanmuch to say that the Mackenzie King government is against upheavals of any kind; is opposed to merely exportant branch of the live stock busi- perimental or even sentimental legiscountry as a whole, regardless of sectional demands, or the behests of those who have axes to grind at the public expense.

When the Conservative leader made the tariff the supreme issue in 1921 he hoped that it would not be interfered with by other questions likely to dwarf it in importance. He was answered. His opponents prac-"The statistics of infant mortal- tically swept the country, leaving the Conservatives with numbers which constituted a record for historic

But this victory makes it incum bent on the government to do its for it approaches the human arti- share in the spade work, and it is cle in content and curative quali- doing it. Much, however, remains ties. Many hospitals and orphan- to be accomplished, and the rural districts of Ontario will not be found lagging, either at the polls-if anothgoats to insure their supplies. er general election comes along-or in their daily task of improving the productive capacity of the country. Forty per cent. of the people of the province live in the rural districts and the great majority are supporters of the administration. We are going ahead. Ontario produces fifty per cent. of the manufactured goods, twenty-three per cent. of the field crops and thirty-two per cent. of the live stock of Canada. Yet even in his well-favored part of the Domin ion there are 100,000 acres of good tillable land lying idle, or in pasture, ands more. This particular variety and some 235,000 acres are offered

Here is an opportunity for real spade work. We can furnish employment for thousands of people on the farms of this country to-day if we were able to pay them sufficient wages to compete with those in other walks of life, but farm laborers are only paid one-half the amount men in other occupations receive. The farmer must be assisted to remedy this condition and there is comfort in the fact that the government understands his problems and is behind him in every possible way.

FOUNDATION OF PROSPERITY.

Canada's prosperity to-day rests largely on the energetic development of her natural resources, whether the direct cultivation of the land to agri-To read about this growing goat cultural production, the utilization industry in western Canada may of her great mineral resources, or the encouragement and export expansion of her manufactures and fisheries. less fixed agricultural conditions in Growing evidence that our mineral the Eastern provinces; but it is all resources are possibly the richest in quite natural and sane. We have the world makes it imperative that perhaps been altogether too content provincial and Federal governments to live in a set groove, with little in- should unite in conserving those reis teaching us a lesson. A dollar ada capital, labor, transportation and

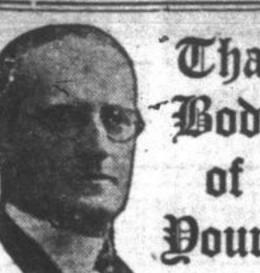
Business and agriculture are so sion, renewed flow of population and a consequent lowered cost of transial and municipal, that young Can-

ada bears upon his shoulders. a matter upon which there is possibly never tool of civilized man had been unanimity of opinion and it is one which undoubtedly engrosses the attention of the government at present in office. To this end they have reduced expenditures in many public der their leader. But "each man is departments, practised economies immortal till his work is done;" and where they could possibly be intro- Champlain's life-task was only duced and also reduced the cost of ginning. One of the conspirators living. If our population could be trayed the plot, and Champlain, act materially increased the burden of ing with his accustomed energy, taxation would be eased and with half our arable land unoccupied there is room for a great influx of the

This raises the question of immiwick has hopes of adding a couple of gration. Before the present governfructified in a night, like Jonah's gourd. The problem was intensified by the general state of the world following the war and demobolization. Men had to be brought back to this country and re-established in indus-

try. To have added large numbers of immigrants at that time would not have been a help. On the contrary, discontent would have been created, jeopardizing and hindering the work rather than promoting and encouraging it.

a list of birds, but told am to keep But in the near future we may an eye on the wild canary or Gold- young ones on his sleeve and the is noteworthy that if we take the confidently look for an influx of the finch, for they nest quite late, away mother bird feeding them worms and \$344,000,000, representing the rev- right stamp of people. Canada has in August, and this is what hap- insects and bugs every couple of minenue of this country, only thirty-one not been helped by the propaganda pened. per cent., or less than one-third, is of despair so unpatriotically dissemi- He saw kingfishers, loons, juncos, noyed all the time, and scolded connated at home and abroad. The yellow warblers, black ducks, fish tinually. To-day we realize, as never be- government has to offset the effects hawks catching fish and going off When you grow tired of other with them, and many more kinds of sports, sit down by the roadside or the Goldfinches and was rewarded. lady said she had a pair of Thistle (To be continued daily on this page)



By James W. Barton, M.D.

Heart Tests. During the examination of recruits for army service, our instructions were to reject any candidate with heart murmur.

that much more expense added.

fession toward heart conditions. A murmur that persists even after exercise is of course not to be ignored, but the murmur is only an incidental now, because the whole idea of the strength or ability of the heart

The main question now is "How that the body performs.

In other words the strength or endurance of the heart muscles with its nerve supply.

One of the simplest tests is that of holding the breath. The average person will hold it thirty to fifty seconds, and some even twice as long. Where the heart is not doing its work properly perhaps ten seconds is as long as the breath can be held. This holding of the breath is one of the important tests in examining re-

times on each foot, or what is a certain time.

about your heart if you are able to slight exertion, have swelling of feet, and so forth, then don't delay consulting your physician. You need his assistance.



July 3rd.

This is a great date in Canadian history, as every one, who attended the Tercentenary Pageant at Quebec, should remember. On July 3rd, 1608, Samuel de Champlain landed his little company of thirty men beneath the shadow of Cape Diamond; and set them to work to clear the ground; to dig cellars; to prepare timber for the storehouses and dwelportation than some shifting of the "Habitation" of Quebec. To all aplings which were to form the first burden of taxation, federal, provinc- pearance the work went merrily forward in the hot summer weather, while the sound of axe and hammer This is not a party question; it is wakened the echoes in woods where heard before. But all was not as cheerful as it seemed. Some of the toilers were dissatisfied with so much work and rations that did not blease them; and a plot was formed to murseized the ringleaders, hanged one of them, sent three for trial to France, freely pardoned the rest and continued as if nothing had happened, to lay the foundations of New France.

# That Body

Dours

Some of us knew that many of these candidates were athletes, long distance runners, or hard working mechanics doing a full day's work without effort, and therefore good men were being lost to the service. Of course if a man like this were accepted, there was the possibility that another examination would be made at some point nearer the front, and the man would be sent back with It is interesting to see now the difference in the attitude of the pro-

much work can the heart do without exhaustion?" And so on our heart physicians to-day have all manner of tests, based on the actual work

cruits for the air force.

Or exercises are given, such as touching the toes with fingers a number of times, with the knees straight, walking a certain distance on the level within a certain time, walking up a measured flight of stairs within a certain time, hopping a number of splendid test running a number of steps in a stationary position, within

And this brings me to the point I've been trying to impress upon my readers for some time. Don't worry do the things you've always done without getting out of breadth too soon. If you get out of breath with

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Oversize Balbriggan (size 50) ............................... 60c.

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The Orange Celebration. Excepting a local observance of the Glorious Twelfth at Sydenham, carry the crowd in its one trip, and ship, an effort has been made to get the steamer Wolfe Islander. The steamer Brockville is to go from Gananoque and a boat may be obtained to carry the people from Belleville dis-

"Coty Powders." Gibson's. nesday in the person of John Peters, Hamilton How Island, 44, and Hinaged 106 years, five months and chinbrooke, 30. Bidding began at twenty-four days. "New Compacts." Gibson's.

This man hid behind a blind he

the mother bird was sitting on the

of the blind altogether and had the

--- Copyrighted.

you unnumbered secrets.

NYLAISE FOSE ...

One little girl has asked Nature birds in her garden and that just

Lore what kind of birds to look for happens to be another name for

It may be too late for the nesting | made from some spruce boughs and

when she gets there, for most of the every day, he moved it closer to the

birds will be all through that part of nest. Finally he was so close he

the bird business, but there are al- could reach out and touch the nest.

ways some stragglers at nesting and Each day he pushed his hand out

I will try to tell you what to look farther through the blind and soon

First, I must tell you about a eggs and this man's finger was gen-

birds, but he always kept watch for in a garden, and patience will tell

this summer when at camp. She is Goldfinch.

going up to Kawartha Lake.

about the same thing. I gave him

He asked men for Goldfinch infor-

mation but got no news until one

By WALLACE HAVELOCK ROBB, X

To Exhibit in Ottawa.

The local Holstein breeders are planning to exhibit their stock at the all the followers of the Orange Or- coming Ottawa Exhibition and a seder in this region are planning to ob- lection is to be made from several serve the day with their American noted herds in the locality, including cousins, who have been preparing for those of A. H. Fair (Hemlock Park a big event, in Watertown, N.Y., at Stock Farm), Baker Brothers, J. which much of New York State will Henderson and F. O'Neill, Portsbe represented. It is feared that the mouth, D. C. Rogers, J. J. Wilmot steamer Waubic will not be able to and J. S. Sibbit, Pittsburgh town-Cheese Up Two Cents.

At 21 11-16th cents, two cents more than last week, 224 cheese were sold at the Frontenac Cheese Board on Thursday afternoon. Mr. Murphy bought Silver Spring, 94; Mr. Gib-Orillia's oldest citizen died Wed- son bought 1,000 Islands, 56; Mr. 20 cents.

> "Moruy Powders." Gibson's. One thousand society guests attended wedding of Sir Ashley Sparks' daughter, at Oyster Bay, N.Y. In her will, Mme. Zola, widow of the novelist, left three pictures by Manet to the Louvre at Paris. "Buy Face Powders." Gibson's.



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tion in paintings and sculptures of merit as there is disappointment in those which

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