

THE JARVIS RECORD

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BUNDLES

Bundles, more bundles and still more bundles. Bundles, rather than people will be walking the streets from now until Christmas. There is much truth in the cartoon picturing the typical man bringing up the real life as overloaded clothes tree. Bundle time begins about six weeks before Christmas and ends after the gifts that do not fit or suit have been exchanged at the store.

A bundle is an indefinable mass, done up in brown paper and tied with string. It exists for the purpose of being carried. Bundles may be divided roughly into two classes, those that are forever coming undone and those that seem utterly incapable of coming undone.

Bundles are such frequent incidents in life that no well-directed household would think of going without a supply of brown paper and string for doing them up. It is a curious fact, however, that no matter how large and miscellaneous the supply, it is rarely ever possible to find just the right size sheet of paper, while the string is almost invariably too short. A parcel is a bundle trying to put on airs.

Persons who make up bundles hold the belief that the greater the number of knots the stronger the bundle. On the other hand, persons who open bundles would as soon spend principal as cut a knot. Between the two the labor expended annually in Canada in tying and untying bundles would be sufficient to build a broad highway from Halifax to Victoria, N.C.

One good bundle deserves another. It seems. At least it invariably happens that when one bundle must be carried away or brought to the house there are others to occupy the attention of the other arm.

IDEAS

The first hundred ideas are the hardest!

After the first hundred ideas, which means the first hundred indications that the mind is doing a little thinking on its own account, not merely "listening in," the progress of thinking becomes easier.

There are men that live and die without ever having what really may be called an idea of their own, and there have been men who, with one single idea, have done more for the world and for other men than ten million ordinary men with ordinary ideas could do in a whole lifetime.

Among the weakest of all the created animals, man had one thing in his favor. He could think, and by forming ideas he has lifted himself from the misery and degradation of the cave man to everything that man possesses and everything he is today.

If a man cares to take the trouble

RECORD RAMBLINGS

Mr. and thinks success and achievement worth while he can lash his brain into real productivity. Brains, like horses, must be driven, and the reason so many brains never accomplish anything is because their owners are too tired to drive them.

With too many people the trouble is not too little thinking but no thinking at all. The fact that the ideas of a few can do so much for all kind does not excuse the many that drift through life allowing their brains to remain idle and non-productive, like money hidden under the floor, drawing no interest.

STABILIZED BUSINESS

The old business cycle theory has been generally abandoned, for Canadian business during the last two decades has demonstrated that the theory is either fallacious or can easily be made inoperative. There are a few persons who still believe that business must of necessity alternate seven years of a downward prosperity curve with seven years in which the trend is upward, but students of economics have proved that the principal reason why business in the past behaved in this manner was because the public expected it to do so, and anticipated the trends.

There is a new cycle theory governing Canadian business. Business displays numerous bright spots of prosperity, mixed through the entire range of shades down to the dark shadows of depression. It is a major cycle of stability, made up of many smaller cycles of good, bad and indifferent business which in the aggregate tend practically to offset each other. It is a cycle of frequent but moderate corrections in contrast with the old swings that occurred every seven years or so on an average and carried all business up and down together.

If there must be a business cycle, it will be generally admitted that the new model is much superior to that which was the bugaboo of business a generation ago. Obviously it is better to have a mixture of prosperity and depression than to have the entire nation and all business thrust into the depths of depression at one time. Under the new order of prosperity several industries preserve a measure of prosperity while other industries are depressed.

HEALTH SERVICE

One John, innocent in a just description to the improved Family Health and Weekly Star of Montreal will have the former better dividends than one hundred dollars in the bank. The former's wife, daughter and son, get free, the next magazine extent.

HEALTH HINTS FOR WINTER

Each year, with the coming of cold weather, we find that certain diseases return in force as it were, and as if refreshed by their summer vacation, they vigorously attack mankind. Many of these diseases disappear completely during the summer season. Common Colds, Pneumonia and Bronchitis are present all year, but in such decreased numbers that they seem, comparatively speaking, to disappear in the warm weather.

It would seem reasonable to suppose that if we could maintain ourselves in the condition in which they are in warm weather, they'd be better able to combat these diseases the year round. There is no as much sunshine in winter, therefore, all the more reason for us to make the most of the sunshine that there is.

In summer, we are either outside in the fresh air, or inside with windows open. We live and sleep in air that is in motion to some extent. In winter, we should remember that a most important factor is to work and sleep in an atmosphere which has a certain amount of motion. According to the weather, windows and doors should be opened sufficiently to allow of a gentle circulation of air through the house and the office or work-place.

Many who exercise regularly in summer, by playing games, swimming, walking, etc., give it all up in the cold weather. The result is that they suffer from a loss of physical tone. We need exercise and play all through the year.

Living and working in over-heated rooms are responsible, we believe, for much of the increase in colds, pneumonia and bronchitis in the winter. The best temperature to maintain in the home and the office is 68 degrees Fahrenheit. We would recommend keeping a thermometer where it may be easily seen, in order to maintain a check upon the temperature.

If people would exercise in the winter, live and work in ventilated rooms of proper temperature, and dress according to the temperature, more of them would escape the usual colds, bronchitis and pneumonia that prey upon us in winter.

VERY BEAUTIFUL COATS ARE POPULARLY PRICED

Warm and lavish with Fur. They have all the fashion beauty of the season's latest ideas in Winter Coats. Sizes 16 Misses to 45 Women's. Divided in four groups.

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GROUP 2—Worth \$35.00. Your choice at \$25.00.

GROUP 3—Worth \$25.00. Your choice at \$19.00.

GROUP 4—Worth \$18.00. Your choice at \$14.50.

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"For 3 years I ate only baby food, everything else formed gas. Now, thanks to Adlerika, I eat everything and enjoy life."—Mrs. M. Gunn.

Even the FIRST spoonful of Adlerika relieves gas on the stomach and removes astonishing amounts of old waste matter from the system. Makes you enjoy your meals and sleep better. No matter what you have cried for your stomach and bowels, Adlerika will surprise you. J. M. Schreiber, Druggist.

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She—What did father say when you told him you were going to take me away from him?
He—He seemed to feel his loss heavily at first, but I squared things with a good cigar.

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Making Movies of Mountains

Looking down from Lake Louise in the Clouds near Lake Louise. Right, Ernest Lubitsch directs the action. Left, Barrymore and Camilla Horn.

The job is on John Barrymore. Under the direction of Ernest Lubitsch, he, Camilla Horn, Mona Lisa and several other screen celebrities were to spend three weeks at Lake Louise in the production of an alpine picture "King of the Mountains". With him he took a carload of Hollywood stars. This was fine business for the railway company, but almost worse than carrying coals to New Castle as the party discovered when, from their windows in the Chateau Lake Louise, they looked across the lake to where Victoria Glacier hangs with crystal splendour the year round. High up on the mountain side, a short saddle ride from the Chateau they found plenty of snow, and here Mr. Barrymore is said to have assumed the professional Swiss guide by his name during the use of a double and sprained both his ankles. Herbert Brenson and Victor Varconi support Barrymore in the picture staged at Lake Louise.

John Barrymore is one of the few Americans to hold a Swiss Government certificate for the climbing of Mont Blanc. He therefore knows whereof he speaks when he says that the Canadian Rockies, for beauty, charm and thrills may not be surpassed. During the past few years quite a number of moving picture companies have "discovered" the Canadian Rockies. With headquarters say at Banff or Lake Louise they are within easy distance of almost every scenic background which might be desired. The low rolling foothills give the color for the cowboy variety. Somewhere, although perhaps high up, snow can always be found. The myriad lakes, streams and waterfalls, high cliffs and rugged trails, the motor roads and the railway, pack-ponies, dogs and wild life, the peaks and pine-clad valleys bridge and tunnel provide varied properties in practically every scenic background which might be desired. Many of the thrills one sees now were filmed in the Canadian West and with the establishment of a Canadian film production company at Calgary, a Canadian Hollywood is in a fair way to becoming built up, particularly as the long hours of sunshine and the clear atmosphere for which Banff is famous are two of the major essentials for successful camera work. The Banff Winter Carnival provides a background for the winter season.

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