

## Robinson Graduates Get Appointments

Tom Marston, a graduate of the Robinson Business College, Waterford, left on Saturday for Rouyn, Que., to accept a position as stenographer and general office assistant with the Amulet Mines Ltd., after having been tested out in the Toronto office in competition with other young men. He goes up on probation at an initial salary of \$100 per month, and Mr. O. U. Robinson, who obtained this appointment for him believes that Tom will make good, and that he is off to a good start in the business world. He is the fifteenth R.B.C. young man to be sent by Mr. Robinson with the Northern Mining and Power Companies.

In spite of the fact that business conditions are considerably below normal, thirty-four Robinson graduates at Waterford alone have accepted positions during the past year. Quite recently three of the young ladies of the school have been placed into temporary positions in Toronto, and one permanently.

During the sixteen years the Robinson Business College has been established in Waterford, over four hundred and fifty young people have been sent directly from the school into good business positions.

Now is the time to become thoroughly prepared for the better times ahead. Consult Mr. Robinson concerning a Commercial, Stenographic, Secretarial or complete office training course and arrange to enter on the opening of the Fall Term, Tuesday, September 2nd

Telephone 98, Waterford

## AT THE CHURCHES

Sunday, August 1-2

**ST. PAUL'S CHURCH**  
Rev. A. M. Kelly, Curate, Rev. William Wilson  
7 p. m.—Evening Prayer  
Mr. Lamb will conduct the Services.

**KNOX PRESBYTERIAN CHURCH**  
Rev. G. L. Evans, Minister.  
9 a. m.—Sunday School  
11 a. m.—Morning Worship  
7:30 p. m.—Evening Worship  
Prayer Meeting, Wednesday evening at 8 o'clock

**WALPOLE**  
2 p. m.—Sunday School  
3 p. m.—Praying Service

**WESLEY UNITED CHURCH**  
Rev. P. E. Deeth, R. A.  
10 a. m.—Sunday School & Bible Classes  
11 a. m.—Morning Worship  
Rev. E. R. Hall, B. A., Galt  
EVENING SERVICE WITHDRAWN

**GARNET UNITED CHURCH**  
1:30 p. m.—Sunday School  
2:30 p. m.—Service—Rev. E. R. Hall

**CHRIST CHURCH NANTICOKE**  
Rev. W. Gibson  
10 a. m.—Sunday School  
11 a. m.—Morning Prayer

## SOCIAL TEA

The Ladies' Aid of Wesley United Church will hold a 25c tea on the verandah at the home of Mrs. A. S. Bright, on Wednesday, Aug. 20, from 5:30 to 8 p. m.

## NOTICE

The Fire Department will hold a dance on August 29th, in the Arena. Keep this date open and watch for posters later.

## SHADOWS

When the mind is stressed and fearful and your hopes are ebbing fast, Just remember this my brother: every Good its shadow casts: Just remember there is nothing on the earth or in the sky But the goodness of the Father though in shadow it may lie. And the shadow? It is nothing but the absence of the light— Alternating light and darkness brings the glorious day and night.

Look upon the storm-tossed ocean with its boisterous white-capped waves And remember this, O brother, they are but the wind's mad slaves: For beneath its heaving surface calm and peaceful is the sea— So remember this my brother God's deep calm Love is under thee.

## HEALTH SERVICE

Of The Canadian Medical Association

### SLEEP AND REST

Good habits of sleep and rest play a large part in securing the healthy development of children. Very many children do not get sufficient rest and as a result, they do not grow or gain in weight. In addition their appetites are poor, or they are irritable and cranky. Perhaps the most frequent cause of malnutrition is lack of sufficient rest.

The pre-school child suffers most in this way. He has reached an interesting age, and often he is allowed up for the evening meal so that his father may play with him. Father most likely thinks that he is amusing the child, but it is really the child who is amusing Father. The child enjoys this play, but it makes him excited, and so he does not settle down to sleep readily when put to bed, with the result that his rest is disturbed. The child of two and three years of age should be put to bed long before the family have their evening meal. The child of four and five should go to bed right after the evening meal, and should not be stimulated by being played with just before his bedtime.

We need never worry about a child having too much sleep. Up to six years of age, the child should sleep for not less than twelve hours at night, and one or two hours in the afternoon. The night sleep should continue until the child wakes naturally.

The child under six needs more rest than the school child, because he is more active and he is passing through a period when he is developing rapidly, both physically and mentally.

The afternoon sleep should be continued. It is better that the child should sleep because sleep is the best form of rest. If he does not sleep he should be told to lie quietly and rest, and he should not be fussed over for not going to sleep.

Mention should be made that the over-tired child is the one who very often does not feel a bit sleepy. Parents may think, if the child says he is not sleepy and seems wide awake, that rest or sleep is not necessary. We would like to stress the fact that the underweight and so-called nervous children very often refuse to admit that they are tired.

Children are more active on some days than others, and therefore they are not so tired on one day as another. It is best however to have a regular bedtime for the child because this makes it much easier for him to go to sleep. He should then be allowed to sleep until he awakens. In this way he will get all the sleep he requires, which is, without question, what is most essential for his health and strength, but which, nevertheless, entails no expense.

Questions concerning Health addressed to the Canadian Medical Ass. 184 College St., Toronto, will be answered personally by letter.

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## ARE WOMEN GOOD SPORTS?

The highest praise one man can give another is to say that he is a good sport, but ask this same man if this term can be applied to women and he will probably tell you that women do not even know what good sportsmanship is. This seems to me highly unfair for as far as I can see women are just as good sports as men. Take for instance the women who have made a name for themselves in the athletic world: Helen Wills, who has always been a quiet winner and a smiling loser; Amelia Earhart who flew the Atlantic and then came home and settled down as though she had done nothing out of the way at all; Amy Johnson who flew to Australia in order to prove that she was capable of handling a plane. There are dozens of other women I could name who have done outstanding things and who take it all as a matter of course and who, if they fail, take their defeat smilingly.

The one outstanding case of lack of good sportsmanship in a woman is Suzanne Lenglen who defaulted rather than be beaten by Mrs. Mallory when the French and American champions were playing for the world's tennis title and who on another occasion burst into tears when she was defeated. The way in which Mlle. Lenglen immediately lost her

popularity with both men and women proves that women do understand the meaning of good sportsmanship and appreciate this quality in others.

It is not only in the athletic world that women have proved their right to be called good sports. In the business and professional worlds they have had to fight every step of the way to gain recognition. Their jobs have been by no means easy. They have had to surmount the male prejudice against women in business and they have done so successfully. They have done the work of men for half the salary but they have not complained at the injustice. Quietly they have fought to gain a place for themselves and now that they have proved their ability they are just as quiet and inoffensive as before. What is this but sportsmanship?

The woman in the home does not usually receive much recognition for her labours. She works hard and her hours are long yet she complains little. Often she has a hard time to make ends meet but you seldom hear her complain. She does her work, cares for her family and gets along as well as she can on what little money she has and thinks nothing of it. Women don't consciously say to themselves "I'm going to be a good sport," but the majority of women unconsciously live up to the male interpretation of the term "good sports-

manship": the ability to win quietly lose smilingly, obey the rules of the game and give the other fellow an even break.

Flying is one of the hazardous occupations where women have done notable things. Following the triumph of Amy Johnston in her England-to-Australia flight, comes news of the winning of the King's Cup Race by Winnifred Brown, of Manchester.



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**CLEVELAND—PORT STANLEY, CANADIAN DIVISION**  
Steamer leaves Port Stanley, 4:30 p. m., arriving Cleveland, 9:30 p. m.; returning, leaves Cleveland at midnight, arriving at Port Stanley, 6:00 a. m. (E.S.T.) June 21st to Sept. 7th. FARE \$3.00 one way; \$5.00 Round Trip. Auto Rate \$4.50 and up.

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## Marriage

MacPherson

A very pretty wedding on Saturday afternoon at the home of the bride when Myrtle Irene, daughter of Mr. and Mrs. W. H. Christie, came the bride of Mr. MacPherson, B.A., son of Mr. and Mrs. John Cornwall, Ontario, Rev. of Wesley United Church officiating. The bride wore her sister, Mrs. Howland, Port Dover. Mr. Howland of Toronto assisted the bride. The bride entered the church on the arm of her father, the wedding march, Leota Freeman. She wore a georgette and lace wedding dress, and carried a bouquet of sweetheart roses, and a fly-of-the-valley.

During the signing Mr. Howard Guiler read appropriate words. After partaking of a luncheon the happy couple were surrounded by friends and relatives in a honey-moon in Muskoka. The bride travelling in a crepe dress, with a bag, and coat of broadcloth, with grey. On their return they Toronto.

Engagement

Mr. and Mrs. Henry Jarvis wish to announce engagement of their daughter, Myrtle Irene, to Mr. Kenneth of Mr. and Mrs. George Nanticoke, the marriage in September.



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