Cancer Is A Preventable Disease In People Correctly Informed

The hopeful side of cancer was never known fifty years ago, because then the people and the medical profession were ignorant; the people, uninformed of the importance of being examined the moment they were warned, and the medical profession, still ignorant of the proper treatment, even in cases of operable and curable cancer.

The first uniformly successful cures of cancer were due to the rapid development of modern surgery, and practically all in the cure of cancer today were conceived and executed successfully before 1900 and should be associated with the names of Billroth of Vienna, Halsted of Johns Hopkins, and Kraske and Wertheim of Germany. Then came the discovery of the X-rays and radium, which have been successfully employed chiefly in the past fifteen years.

By 1900 many members of the medical profession throughout the world knew, from their records, that the majority of cases of cancer cured by surgery were in the very early stage. To increase the number of individuals who seek the aid of the medical profession in the very early stages depended upon getting a message to them containing the correct information about the earliest signs and symptoms of local conditions which could be easily seen or felt, which might be the local condition preceding cancer or the early stage of cancer itself. By 1913 we had found out that the only way to get the essential facts for the protection from cancer to the people was through the press.

Our studies from 1913 to 1930 demonstrate that individuals correctly informed in regard to cancer run a risk of cancer in seventeen per cent. instead of eighty per cent. which is the risk of the ignorant and uninformed. The chances of a cure of cancer in the enlightened group is more than sixty, in the ignorant group it is less than ten per cent.

Briefly, what is it that every one should know for protection against cancer? First, cancer never begins as cancer, but always as a local change or spot which is not cancer. When the individual seeks an examination at this time, he is always protected from cancer. In the external cancer the warning is definite, and when the spot is in the skin or in the lining of the mouth, the person will know it before it is cancer. When it is a small lump beneath the skin, the lump may be so deeply buried that it is not felt until its cells have become cancer cells. Therefore, if any one notices a spot on the skin or the lining of the mouth and seeks examination and treatment at once, no one should die of cancer of the skin or mouth. When any one feels a lump anywhere, the first thing to do is to have it examined by a competent doctor who will decide between no treatment, irradiation, or removal.

When the cancer is internal, the warnings are different. It may be an unusual discharge from one of the inlets or outlets of the body, irrespective of the character of the discharge. The warning may be pain or an unnatural feeling of any kind, or a change in the normal functions of the body.

The difficulty is not that the individual does not know of the very first symptoms, but that he does not know that those first and insignificant symptoms may be the first warning of a dangerous condition, and for that reason an examination should be sought at once.

The two most important statements which should reach every individual in this country today are.

Select a family physician for yourself and your family before illness comes, not after. See the family physician once a year, no matter how well you feel. Second, every woman has borne children should go to the physician who took care of her at that time, for a pelvic examination, or, if this physician is not available, select an equally good, or a better one, for this periodic examination which is the greatest protection against cancer of the cervix.

6 Nations Enter Planes For "Round-Europe" Race

Berlin.—Six nations will be represented at the Round-Europe Flight of 1932, according to the Aero Club of Germany. The event is tentatively scheduled for August. France, Italy, Germany, Poland, Switzerland and Czechoslovakia entered the competition for a distance of 7,500 kilometers, to be covered in three laps of 2,500 kilometers each.

Prizes totaling 300,000 French francs, to be contributed by the participating countries will be offered. First prize is 100,000 francs.

The tentative itinerary is Berlin to Rome, via Poland, Czechoslovakia, Austria, Hungary and Yugoslavia; Rome to Paris, via southern France, Switzerland, Germany; Paris to Berlin, via Holland, Germany, Denmark, Sweden. The final lap, over which maximum speed is to be judged, will be flown over a triangular course of 250 kilometers between the Stanken and Tempelhof airports here.

The announcement of the Aero Club of Germany, as sanctioner of the flight, voices regret at the failure of England and Spain to participate this year.

One Filling Station a Mile Statistics Show in States

There is an average of one gasoline station to nearly every mile of State highway throughout the country, according to the New York Automobile Club. Mr. Hentges bases his statement on an estimated total of some 210,826 outlets for fuels and lubricants and a total of approximately 225,000 miles of State highways.

The total number of outlets selling automobile fuels and lubricants include 123,979 filling stations, 53,081 garages, 743 parking stations, 1,146 combination garages and parking stations and an estimated total of 31,877 dealers in automotive products selling fuels and lubricants. Of the total of 210,826, 178,949 are listed as strictly outlets for gasoline and oil and their total net sales for 1929 are placed at $2,506,015,489.

"Coffee-Milk" in Cartons Proves Popular in England

London.—A dairy farmer in Reading is delivering his customers' breakfast coffee on their doorsteps in cartons and the innovation is proving popular for the product's own sake as well as a time-saver.

All the customers have to do is to shake the carton to mix the cream, then warm the contents, adding more milk if they desire a weaker beverage.

The farmer calls his liquid "coffee-milk," which he prepares from a dried extract—not essence—of the coffee bean, from which all woody waste and grounds have been eliminated.

Palace Elms Strangely Afflicted

Versailles, France — The stately elms which line the avenues of approach to the Palace of Louis XVI are dying from a mysterious disease which appeared in France after the war, coming, it is believed, from Belgium.

Punishment of Young Offenders

Leeds Yorkshire Post (Cons.): Statistics show that a high proportion of prison population consists of habitual offenders—of men who have spent most of their lives in and out of jail, often as a sequel to a first sentence inflicted on them in quite early youth. Obviously, it seems clear that a prime object of penal reform should be to keep a young man or woman out of prison for as long as is reasonably possible, and juvies and magistrates do usually act nowadays on this principle by taking every opportunity of binding over first offenders or placing them on probation. A term in jail, again, nearly always handicaps a man in after life, however sincere may be his intention to take up honest employment and it follows that the most effective way of combatting crime is at the very start—that is, by sparing no effort to prevent young offenders from drifting into the criminal rut.

Birth Rate in Britain Drops To Half of 1870 Figure

London.—The birth rate in England and Wales stands today at 15.8 per 1,000, the lowest on record and less than half what it was in 1870.

The ever-spreading knowledge of birth control methods is regarded as the primary cause and statisticians say that from now on the population will remain stationary or steadily decline.

England has one of the lowest birth rates in Europe now. In Italy the rate is 26 per 1,000, in France it is 18, and in Germany, 17.5. The population doubtless would have suffered losses, statisticians say, but for the decline in the infant mortality rate.

Abandoned Coal Mine To Be Worked By Employees

La Follette, Tenn.—Miners at the Rex-Jellico Coal Comany mine, one of the largest and oldest in Tennessee, have received a chance to operate it themselves.

Declaring he was through with it, Mr. Paul Francis, president of the company, said: "If any of the men want to run, I'll turn it over to them."

Mr. George Bennett, mine foreman, took up the offer. "I'll run it for a few days to give some of the men work," he said. "If it does not pay, it will be closed."

Modern Motors Travel Over Roman Roads in Britain

London—The increase in road mileage in Britain since the dawn of the motor era has been less than 3 per cent. This remarkable fact is revealed by some recently published statistics which show that in 1900 there were about 175,000 miles of roadway, while the number has increased by only about 5000 miles since then. Automobiles have grown in the period from a negligible quantity to over 1,500,000.

The quality of the highways has improved and thousands of miles have been broadened. But many remain as the Roman roadmakers built them.

Argentina's Hope

Well, girls, this good-looking young man, Alberto Zorrilla, comes from Argentina, is 28, won the 400-metre race at the 1928 Olympics and hopes to do better this year.

$20,000,000 Project Planned To Irrigate Eyptian Deserts

Khartum, English-Egyptian Sudan.—The barren deserts of Egypt will be transformed into fertile crop-bearing plains when two great engineering projects now being drawn up by Egyptian and British experts are carried out.

For seventeen years political intrigues in Cairo have prevented collaboration between the British and Egyptians in bringing the scheme near to realization. Now however there is definite hope not only for the long-delayed dam on the upper Nile, but also for a 350-mile canal which will drain the vast swamps of the northern Sudan and divert the water to desert lands.

At present the waters coming down from Lake Albert flow into the Sumph, where they are absorbed or evaporated. An aerial survey, however, has shown that many old river beds and waterways can be connected to pass through the swamp and allow the water to drain northward, irrigating thousands of square miles of waste land.

As early as 1914 a great dam was planned to collect the waters of the White Nile at Gebel Aulia, twenty-four miles above Khartum. After the World War, however, constant antagonism between the Wafdist governments and the British halted the work. Now, however, a £4,000,000 project is expected to receive the Egyptian government's approval.

Cotton Yield Increased By Delinting Seed With Acid

Houston, Texas.—The process of delinting cotton seed by the use of sulphuric acid is being employed on some Texas plantations. Experiments conducted on the Sartartia tract near Houston, convinced the manager, D. C. Buchanan, that the method was practicable.

Buchanan said he found that the acid killed diseases and spores while removing the lint and eliminated seed of low vitality.

110 Variegated Food Plants Used Throughout U.S.

Washington.—For every two acres of crops it takes to produce food for an American, it takes only one acre for a German, one-half for a Chinese and only one-fourth an acre to feed a Japanese, according to Dr. O. E. Baker, economist of the Department of Agriculture.

These differences in the acreage of crops needed to feed one person are due principally to differences in diet, Dr. Baker points out. While most Orientals during all their days consume scarcely anything but rice and a handful of other products of the soil, there are approximately 110 kinds of vegetables now listed in the tables of American food materials prepared by the Dept. of Agriculture.

The producing power of the soil in the various countries is also an important factor in the land area required. The reason twice as much land is necessary to produce food for a Chinese as for a Japanese is because crop yields are much higher in Japan.

Sophomore—"Milton wrote about the fall of man didn't he?"

Professor—"That was the theme of Paradise Lost."

Sophomore—"Well, I wanted to know if it is anythink like Darwin's Descent of Man."

Ancestry Traced

Percival Christopher Wren, author of Beau Geste and other novels, is a collateral descendant of Sir Christopher Wren, famous English architect, who died in 1673. The novelist is descended from Matthew Wren, the architect's brother.

A "Baby" Cyclone Hits Cincinnati

In Cincinnati they call this a baby cyclone. Graphic illustration of what happened the other day to cars parked on one of the city's business streets.

Canadian Notes

Over half a million radio licenses are now registered.

During 1931 over three hundred millions were spent on construction work.

A recent survey reveals that Canadians have a motor car for every 8 people and a telephone for every 7.

The Prairie Provinces show an increase of 20 per cent. in population between 1921 and 1931.

Canada led the world in 1931 in the use of the aeroplane for police, exploration, fire ranging, postal and other national services. 25 aeroplane clubs have 5,000 members.

Canada continues to be the Empire's timber storehouse, with over 40 per cent. of the total forest area. Nearly 3 million tons of newsprint are made annually. Its gross value exceeds 200 millions, and invested capital over 700 millions.

Foreign investments in Canada stood, at the start of 1931, at $6,375,533,000, an increase in a year of 229 millions. 61 per cent. of the total investments were United States, 35 British, 4 others.

Nearly 50 per cent. of Canada's agricultural wealth comes from the prairie provinces.

The Prairie Provinces are producing manufactured goods to a value of $300,000,000 a year.

Three thousand reindeer, driven from Alaska, will reach their new quarters in Northwestern Canada in 1932.

The Prairie Provinces contain 20 per cent of the Dominion national wealth, or nearly 5 billions.

Fifty millions were spent in 1931 on workmen's compensation, mothers' allowances, old age pensions, soldiers' aid, etc.

Western Canadian farmers have 200,000 autos, 22,000 motor trucks, 200,000 stationary engines, 65,000 threshers and 9,000 combines.

Canada ranks first in the production of nickel, asbestos, cobalt and newsprint; second in gold, total trade per capita, auto production; third in silver, wood pulp, aluminum.

Mining Industry Finds New Use for Soap Suds

New York.—Soap suds have a new use in mining, found by the United States Bureau of Mines.

Various ores stick to suds so tightly that they float to the surface of water in a soap froth. The process is called flotation and successful employment of it was reported last week to the American Institute of Mining and Metallurgical Engineers.

Flotation was discovered originally by a woman washing a miner's metallic dusted overalls with soap. Only 100 to 150 parts of soap are needed to 1,000,000 of water.

New Industries Sought in Britain

Liverpool.—To help to ring new industries to Britain, an organization under the name of Civic Publicity Services has been formed at Liverpool.

The new organization will seek inquiries from abroad and allocate them to the industrial areas comprised in the scheme, which will give services most suitable to the need of the inquirers. The head office will be in Liverpool and arrangements have already been made for the opening of an office in London and for the appointment of representatives in New York and Berlin.

Ship Carries Canadian Butter To Be Sold in London

Ottawa.—The butter market in London has strengthened considerably, according to a statement issued Saturday by the Dept. of Agriculture. The feeling in Montreal is firmer.

The advance at London is sufficient to permit of export from Canada, and it was stated in Montreal that two cars of butter are already sold for export via Halifax.

Waterloo Bridge Doomed To Go

New One to be Erected on Site Near by at Cost of £1,295,000

London—Old Waterloo Bridge, still one of the finest structures of its kind in Europe, is doomed to demolition.

The London County council last week voted to demolish the bridge and erect a new one nearby. The decision marked the end of seven years of controversy, complicated by the fact that expert opinion was divided on the feasibility of its preservation.

For more than a century, Waterloo Bridge has gracefully spanned the Thames. But it is apparent to casual observers that it is very slowly sinking. It is the oldest bridge now standing within London, and is the work of John Rennie. A massive stone structure of nine arches, carrying a level roadway, Waterloo Bridge was opened in 1817, and its capital cost was £800,000, more than that of any subsequent London bridge.

Sir Gilbert Scott, architect of the great Anglican cathedral at Liverpool, has been asked to design the new bridge to carry six lines of motor traffic, and to cost £1,295,000. The ministry of transport will contribute £500,000 and the county council to the extent of £250,000, the remainder being contributed by the city of London.

Swiss Migrations Traced By Hi

Berne, Switzerland.—Historically interesting is the migration of Swiss emigrants the ways of which have been minutely followed by Charles Benzinger of Berne.

He points out that Swiss names are found in the farthest parts of the globe. There are also the United States, one in New Zealand and others in the Argentine and Paraguay. For the United States, records prove that Swiss emigrants reckoned frequently. There are Swiss Geneva, as there is Geneva in North Carolina, a New Bern, a Vevay along the banks of the Ohio.

Foremost among the Swiss who identified themselves with American history stands Albert Gallatin, member of the House of Representatives, Secretary of the Treasury, and United States Ambassador to Paris from 1814 to 1823. Albert Karrer of Soleure fought with the French armies in Louisiana. Another Karrer of Yerdon was minister to Washington, and another Karrer of Montreal, eventually Sir Frederick Haldimand, Governor General of Canada.

General Suter of Basel, adventurous and romantic figure in American Swiss. In the California of '49 he made history which was perpetuated by many names in the Golden Gate.

Exports and Imports South African Re

Cape Town, S. Africa.—The customs returns of the Union for October show declines in exports and imports. Britain maintained its standard at the end of the month and the figures have, therefore, special interest for South Africa.

Exports declined from £7,588,429 in October, 1930, to £6,559,083 in October this year, while imports fell from £5,818,616 to £3,689,689 in October, 1930, to October, 1931.

Chicago Air Lines Shows Increase

Chicago—Three times as many passengers were carried by United Air Lines in 1931 as in 1930, officials announced recently.

The number carried was 13,000 compared with 13,000 the year before. The volume of mail was 4,840,000 pounds, representing a decrease of 50,000 or 1 per cent.

Permit for Transocean

Lima, Peru.—Permission has been granted the Compagnie Generale Aeropostale, a French air transport printed matter and commercial samples between France and Europe. This Aeropostale operates an air mail and passenger service between Paris and the east coast of South America. Rates for printed matter and samples have been fixed at $10 a gross kilogram between Paris and Europe.

THE GIFT OF LOVE

True love's the gift which God has given
To man alone beneath the heaven;
It is not fantasy's hot fire
Whose wishes, soon as granted, fly;
It liveth not in fierce desire,
With dead desire it dies.

—Scott

SENSIBILITY

Sensibility is like the eye which can lend only when the heart supplies. Reason is the magnet that guides the ship which without it would be wrecked in darkness.—Thomas Fitzhugh.

TWO SELVES

In every man there are two selves, seek for the higher self and help him to overcome the lower.—Ian Maclaren.

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I may say much more, but the strongest claim we make is

RED ROSE TEA "is good tea"

CHOICE QUALITIES — Red Label & Orange Pekoe

OH! FOR SOME MONEY

By Dudley Hoyt

The old saying were wrong when they declared the love of money to be the root of all evil. They knew nothing about 16 per cent. cuts, reduction of married allowance and similar patriotic economizing. Otherwise, they would have said "more" instead of "love."

Like a few million other people, Peter Smith lacked it. In his case the lack was modest. He needed just $5. He was not aware he needed that $20 amount until he read Green's letter at breakfast.

Dear Smith (it ran),—I should be awfully glad if you could let me have the money for those twelve dance tickets, as we are rather short this week.

Peter thought: "Oh, lord!"

"What's the matter?" said Joyce, his wife.

"Nothing. Only a note from old Green. Wants the money for those dance tickets."

"The people have paid you, haven't they?"

"Yes."

"Well, that's all right."

"Yes, that's all right."

In reality it was all wrong. Every season Bromstead Tennis Club ran a series of winter dances, and as a loyal member Peter sold tickets.

Peter had been in desperate need of a new suit. By paying cash down he unfortunately, old Green did.

Peter finished his breakfast in silence. He was worried and afraid to speak. Ever since they were married, two years ago, they had made a solemn covenant never to spend a penny more than they could afford. If the horse came to be pennywise, he never received exactly $25 a week from the shipping office, and out of that $10 weekly to pay for the house.

He drained his second cup of tea, passed her, and ran for the train with a vague uneasy mind juggled with the problem. Green would have to be paid. He couldn't keep him waiting. In a little like Bromstead, we are people talked—

He wagged his head, and with courage decided to have a drink somewhere from fellows in the office.

Back in Bromstead, Joyce completed her housework, and went off to do a little shopping. She called at Sanders, the small grocer's, her custom being out of sympathy. The poor little man had to put up with such fierce competition from the company shops.

As organizer of the Dance Refreshments Committee, she had given him some useful orders.

As she was leaving the shop, Sanders coughed apologetically, and said in a low voice: "Madam, I—I hate to mention it, but I wonder if the Dance Committee could settle my last account? Things have been so bad here lately."

"Of course," said Joyce.

When she was outside she moistened her lips.

The Refreshments Committee had given her the money to settle with Sanders. Seven and a half of it had gone towards a spring costume she had bought, a perfectly marvellous and economical bargain. It had always been a matter of 1 credit with Sanders, and in a few weeks, by scraping and screwing, she would have saved enough.

Now—

Hot and cold thrills of distress went through her. Several of the women on the committee dealt with Sanders. If she happened to mention to them— He would have to be paid somehow. But she dared not tell Peter about it. He would be furious.

Her blue eyes stared nervously down the High Street. They considered three brass balls suspended on high, the trade sign of Mr. R. Macgregor.

Through her quick mind ran a sort of film of all the pawnable articles. The difficulty would be to choose something that Peter wouldn't miss.

"Ah!"

Her face cleared. There was Uncle Joe's wedding present, that hideous silver cake-basket with their initials engraved in huge letters over the bottom of it. It was an ugly thing, and they seldom used it, but it had cost $25. Uncle Joe had said so. He was like that.

She would take it along early tomorrow, before many people were about.

And up in town Peter was discovering the blank impossibility of borrowing $15. Everybody seemed to be as hard up as himself.

He conjured his brain for an inspiration. Rose, like some genii of the lamp, the vision of an ugly cake-basket in a cardboard box in the sideboard.

He sighed his relief. Joyce would never miss it.

That evening he said: "Mind if I trot along to old Green, dear, about those tickets?"

A voice within her yelled: "Opportunity!" Her own voice said quietly: "Not a bit, Pete. I think I'll have a look round the shops."

She waited until he was upstairs, stealthily seized the cardboard box, wrapped it up, and called out: "I'm going. Don't be too late, will you?"

The actual process of entering the shop of R. Macgregor was an agonizing test of courage. All Bromstead, she could have sworn, watched with knowing eyes. She hung about, passed the shop window half-a-dozen times, and at length, feeling her nerve would fail completely if she waited any longer, almost dived in.

A young man with a tight suit and a long nose said: "Good evening"

"—I want to borrow something on this—"

She expected him to be furtive, or amused, or confidential, or at least aware of her embarrassment. But he simply said: "Yes," and regarded the cake-basket dispassionately.

"Give you $2.50," he announced.

Joyce gasped. "But—but it cost $25."

"$2.50," he repeated, and pointed to the initials. "They're the trouble. Spoils it for anybody else. Now, if it had been plain—"

"Thank you," she said faintly. "Then I'd better take it back."

In the High street another potential customer was approaching the shop of R. Macgregor. It was Peter, anxious, irritated, and self-conscious. The moment Joyce had gone he had slipped down to the dining-room for the cake-basket. Not finding it there, he supposed she must have put it somewhere else, and he searched in panic. At the end of twenty minutes he had admitted defeat. He could not find it, and he dared not ask Joyce.

There was only one thing to be done —he must pawn that cigarette-case presented to him after he had captained the office football team for three years. He rubbed it up with a cloth, and set out for Mr. R. Macgregor.

Outside the shop he braced himself for the plunge, glanced furtively up and down the street—and bumped into Joyce coming out.

Her quick mind helped her. She turned pale, gulped, and then laughed. "Oh, Pete! Whatever are you doing here? I've got a surprise, something that—Well, it's a secret, and you mustn't ask about it for days and days."

He managed to pull himself together.

"I—er—thought I saw you inside and wondered what you were having."

"But I thought you were going to see Mr. Green?"

"I was. But it doesn't matter now. I don't like you going home alone in the dark."

He went home with her, his nerve too shaken to tackle Mr. Macgregor.

He got up earlier than usual in the morning, took Joyce her cup of tea, and made another soft-footed search for the cake-basket. He found the box in the cupboard in the spare room—where she had smuggled it back the previous night—and breathed joyfully. He took it down, wrapped it, stole out and cached the parcel between the hedge and the wall.

"I'm going up by an earlier train, my dear," he told her. "A spot of extra work to do."

So for a second time within twenty-four hours the cake-basket gleamed up its ugliness at the young man with the long nose and the tight suit. He closed one eye, stared at Peter with the other, and said:

"This yours?"

Peter went red. "Of course it is!"

"All right, no offence." The young man had to be careful—both ways. "Two dollars."

"What! But I tell you it cost, it cost——"

"Two dollars. The initials take away the value."

And Peter realized that his cigarette-case would be condemned, too.

Desperation drove him to the limit. There was one course left open, though the thought of it made him sick with apprehension. By 3 o'clock desperation had conquered sickness sufficiently for him to tap at the manager's door, go in, and say:—

"Sir, would it be possible for me to borrow $15. I can pay it back out of my salary."

"What's that? Living beyond your income, eh? This is bad, Smith, bad!" He lectured long and fiercely. But Peter got his fifteen dollars

Before opening the front gate that night he again cached his parcel. He felt relieved, but limp.

"I really must go round to old Green to-night," he said, "and settle up for those tickets."

Joyce nodded. She wasn't looking too well.

There was a letter for him by the evening post. It was from Green. It said:—

Dear Smith.—About those tickets, please don't send the money until I'm back. I've got to go to France for a fortnight, so I'm taking the wife, and we're shutting up the house"

Peter stared and stared and stared. Joyce was not aware of anything. The spectre of that $7.50 had been dogging her, and when Peter looked up from his letter she was crying.

"My darling, what on earth——?"

She pressed her face against his shoulder and confessed.

"I know I ought never to have done it! It was wicked! It was wrong! But I thought Sanders wouldn't want the money yet, and I could save——"

Peter winked solemnly at his reflection in the mirror opposite. He said in gentle rebuke: "Well, Joyce, you certainly ought not to have done it. But never mind. I've a dollar or two to spare, and we'll settle with Sanders at once."

She threw her arms round his neck.

"Oh, Peter! If you knew how awful it was, trying to pawn that cake basket."

"I can quite understand," he said, truthfully.—"Tit-Bits" (London).

He—"I have been a bachelor for years and now I long for a home."

She—"Well I hope you don't expect me to furnish one."

Discipline Should Indicate Education Not Punishment

The word discipline should mean education, not punishment, but is often misunderstood because both meanings are associated with it, says Dr. Margaret Wylie, child guidance specialist from the New York State Colleges of Home Economics.

"Considered as a form of education, discipline should be a constructive process," she says. "The little child learns through the satisfaction he gets from what he does and the approval or disapproval of the adults in his family circle. The parents' part is to see that the child gets satisfaction from useful activities and approval for desirable achievements.

"Parents should remember that the child learns in terms of his own experience and not in terms of what adults think. Good teaching should not be based upon grown-up behavior, but associated activity, satisfaction and approval.

Visions

He who has no vision of eternity will never get a true hold of time.—Carlyle.

RESTFUL SLEEP for FRETFUL, FEVERISH CHILD

— With Castoria's regulation

When your child tosses and cries out in his sleep, it means he is not comfortable. Very often the trouble is that poisonous waste matter is not being carried off as it should be. Doctors need help—mild, gentle and effective. Just the kind Castoria gives. Castoria is a pure vegetable preparation made specially for children's ailments. It is mild, no harsh, harmful drugs, no narcotics. Don't let your child's rest—and your own—be interrupted. A prompt dose of Castoria will open stubborn little bowels to act, and down comfort and restful sleep follow. Genuine Castoria always bears the name:

Chas. H. Fletcher

CASTORIA

What New York Is Wearing

BY ANNABELLE WORTHINGTON

Illustrated Dressmaking Lesson Furnished with Every Pattern

2526

Isn't this a darling little sports dress? It is given a smart double-breasted effect through the cross closure of the upper bodice.

It's stunning in line and detail.

It favors the bright top theme so modish, accented by decorative scalloped treatment. Similar scalloped seaming in the skirt gives emphasis to the flat slimness of the hips.

And it will cost you next to nothing to make it.

Style No. 2526 is designed for sizes 14, 16, 18, 20 years, 34, 36, 38 and 40 inches bust.

Size 16 requires 3 yards 39-inch, with 1¼ yards 39-inch contrasting.

The original model combined caroub brown woolen with vivid green upper part.

Black, with Persian red and Spanish tile with brown are other chic shecmes.

HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of each patterns you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

Religion

What is the meaning of the word? There are two definitions, each emphasing a different aspect of the same thing. Ciecro preferred the meaning 'to think back," to think over again, to reflect on the meaning of life, to recollect—meditation in Divine things. Others, among them St. Augustine, like best to define it as meaning "to rebind," to tie together, that which unites man to God and to his fellows. One thought runs through both definitions, the idea of a thread on which things are strung, a tie by which life is held together. Recent studies seem to arrive at the same view. More and more, religion is regarded not as one instinct among many, not as a separate faculty or interest having a character of its own, but rather a unity of all interests—an organizing principle among the values of life.

Religion, then, is the tie that binds us, first of all, to God, who unites all things into one whole; and, secondly, to our fellow-men in the service of duty and the fellowship of things immortal.

Too Sick for School

Mrs. Dow Says Dr. Williams' Pink Pills Restored Daughter to Health.

"My daughter was rundown in health, took weak spells and could not go to school," writes Mrs. Asa Dow, Port Daniel West, Quebec. "While visiting her aunt, a friend told her about a little girl in similar condition who had been completely restored to health by Dr. Williams' Pink Pills. My daughter has since been taking the Pills, and they have certainly made her stronger. She has lost that tired, sluggish feeling and has never missed one day's school since September. The Pills also gave her a good appetite; her nerves are better and she has more pep. I recommend Dr. Williams' Pink Pills to mothers of daughters with similar troubles."

Don't let anaemia rob your growing daughter of health and vigor. Give her Dr. Williams' Pink Pills. They are no temporary relief. They banish the condition by creating new blood which imparts health, vigor and vitality. Equally good for all boys down or nervous conditions. At your druggist's. 50c. 394

Never Misses Day From School.

Children's COLDS

Mothers testify that BABY'S OWN TABLETS are invaluable for children's head colds and feverish colds.

"At the first sign of a cold," writes Mrs. Isaac Kellar, 4 Shaftesbury Place, Toronto, "or if the children have been out in damp weather, I give Baby's Own Tablets, and they are all right again the next day."

Mrs. Albert E. Knowles, R. R. 3, Granton, Ont., writes: "Baby's Own Tablets relieve colds so easily—I wouldn't be without them if they cost twice as much."

Mrs. James O'Connor, Godfrey, Ont., writes: "Baby's Own Tablets are wonderful for children's colds and fever."

Mrs. Frank A. Tallen, Harrowsmith, Ont., writes: "It was next to marvellous, after giving Baby's Own Tablets, how quickly the fever disappeared."

When you see your child with a cold coming on, don't lose any time in giving Baby's Own Tablets. They are effective, also, for teething troubles, colic, constipation, vomiting, sleeplessness, and whenever a child is restless and fretful. Absolutely SAFE—see the analyst's certificate in each 25-cent package. *Over 1,250,000 packages sold in 1931.* 222

DR. WILLIAMS'

BABY'S OWN TABLETS

Make and Keep Children Well—As Mothers Know

Great Future for North Predicted by Explorer

Ottawa.—On foot, 57 dog sleds and more recently by airplane, Major L. T. Burwash of Ottawa has traveled 75,000 miles in the Arctic regions of this country. He was in the Klondyke as an engineer during the gold rush and spent twelve years in the Yukon. Then he joined the Government service and made many trips which added greatly to the public knowledge of the sub-Arctic.

Major Burwash recently retired and is taking up private employment in which his unique experience will prove an asset. Based on all he has seen and learned this most famous of living Canadian men of the Arctic expresses deep faith in Canada's northland and the conviction that it will prove of incalculable value to the Dominion in the future.

MISFORTUNES

Misfortunes are often our best fortunes. As we look back in life, we see that we have reason to be grateful for those events in life over which we grieved as saddest disasters. This is because our Father orders all, and His ways are not as our ways. Old Thomas Fuller, who had experience in the Civil War, with its trials and blessings, says quaintly: "I have observed that towns which have been casually burnt have been built again more beautiful than before; mud walls, afterwards made of stone; and roofs, former, but thatched, afterwards advanced to be tiled. The Apostle tells me that I must not think strange concerning, the fiery trial which is to happen unto me. May I likewise prove improved by it. Let my renewed soul, which grows out of the ashes of the olden man, be a more firm fabric and stronger structure; so shall affliction be my advantage."—Our Father chooses for us better than we could choose for ourselves. He often gives us a rich blessing in what we count a sore trial.

"The world is suffering more from frozen confidence than from frozen securities."—President Hoover.

FREE TRIAL OFFER OF KRUSCHEN

If you have never tried Kruschen—try it now at our expense. We have distributed a great many special "GIANT" packages which make it easy for you to prove our claim for yourself. Ask your druggist for the new "GIANT 75c. Package.

This one size of our regular 35c. bottle contains 2½ times as much as the bottle—sufficient for about one week. Open the trial bottle first, put it to the test, and then, if not entirely convinced that Kruschen does everything we claim it to do, the regular bottle is still as good as new. Take it back. Your druggist is authorized to return your 75c. immediately and without question. You have tried Kruschen free at our expense. What could be fairer? Manufactured by Griffiths Hughes, Ltd., Manchester, Eng. Estab. 1760. Importers: McCoffrey Bros. Ltd., Toronto.

Racking Coughs in Old Age Checked by SCOTT'S EMULSION of Norwegian Cod Liver Oil

Builds Resistance Easy to Digest

Acidity Overcome

Wonderful Results From Famous Vegetable Pills

Instead of having an acid stomach and being constipated, Mr. Frank C. is well. "I can eat anything since trying Carter's Little Liver Pills," he says. Because they are PURELY VEGETABLE, a gentle, effective tonic to both liver and bowels, Dr. Carter's Little Liver Pills are without equal for correcting Constipation, Biliousness, Headaches, Poor Complexion and Indigestion. 25c. & 75c. red pkgs., everywhere. Ask for Carter's by NAME.

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AN OFFER TO EVERY INVENTOR. List of wanted inventions and full information sent free. The Ramsay Company, World Patent Attorneys 273 Bank Street, Ottawa, Canada.

AGENTS WANTED.

MAGNIFIC AUTOMATIC RAZOR Sharpener interests every man who sees it. Splendid seller at $3 on money back guarantee. Substantial profit. Fulton Specialty Co., Maud St., Toronto.

Happiness

Happiness is a perfume which one cannot shed over another without a few drops falling on one's self.

VARICOSE VEINS

Write for complete information about ELASTO — the new treatment for varicose veins, varicose ulcers and other leg disorders. Free sample and interesting booklet post free on request. The New Era Treatment Co. Limited, Dept 152 J., 455 Craig St. W., Montreal.

Dragging Days and Restless Nights

Lack of pep is frequently caused by clogged-up systems. Feen-a-mint is thorough, dependable yet gentle in action. Effective in smaller doses because you chew it. Modern, scientific, safe, non-habit-forming.

Feen-a-mint The Chewing Gum LAXATIVE For Adults and Children No Taste But the Mint

Feen-a-mint FOR CONSTIPATION

for COLDS BUCKLEY'S MIXTURE

is Canada's standard remedy. It outsells all other cough and cold preparations. BETTER—that's why—and DIFFERENT. M-10

Acts Like a Flash

"A SINGLE SIP PROVES IT"

ACID STOMACH

PHILLIPS' MILK OF MAGNESIA

For Troubles due to Acid INDIGESTION ACID STOMACH HEARTBURN HEADACHE GASES—NAUSEA

EXCESS acid is the common cause of indigestion. It results in pain and sourness about two hours after eating. The quick corrective is an alkali which neutralizes acid. The best corrective is Phillips' Milk of Magnesia. It has remained standard with physicians in the 50 years since its invention.

One spoonful of Phillips' Milk of Magnesia neutralizes instantly many times its volume in acid. Harmless, and tasteless, and yet its action is quick. You will never rely on crude methods, once you learn how quickly this method acts. Be sure to get the genuine.

The ideal dentifrice for clean teeth and healthy gums is Phillips' Dental Magnesia, a superior toothpaste that safeguards against acid-mouth. (Made in Canada.)