

THE COACH'S JOB

Something of the taskmaster, the general and the diplomat, and a lot of the doctor must be hidden away in the man who would be the coach of a successful football or track team.

THE CHARLOTTETOWN GUARDIAN

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FAREWELL

We understand the Bell government will at 11 o'clock today tender its resignation to His Honour the Lieutenant Governor.

With the passing of the Bell government there are naturally some regrets. The retirement from our midst of many gentlemen who individually made friends during their occasional residence in the city is in itself regrettable.

To their successors in office we extend a hearty welcome trusting that they will fulfill our hopes and that the change of administration will be for the betterment of the province.

The new administration comes in with the good will of the people. This good will can be maintained indefinitely by honest, upright, businesslike care of the country's affairs.

THE WORLD'S BREAD

When we complain of the high cost of flour or rejoice over the low cost we are liable to place the blame or attribute the praise to our local merchants or at least to the source from which they receive their supplies.

The world's bread supply is in a class by itself as compared with other food supplies. Most of our common articles of diet are produced practically all over the world.

It is not so with wheat the production of which is limited to comparatively few countries. The distribution of this product is one of the world's economic problems and is so systematically conducted as to assure to every importing country its needed supply provided it is available.

Notes By The Way

In many respects children resemble their parents mentally and physically. But with a difference. In a large family some of the children usually bear a closer resemblance to one parent than to the other.

In cases less common it has been noted that here and there a child may bear a closer resemblance to one of its grand parents than to either its father or mother. It is also a well known fact in heredity that some particularly strong and prepotent parent may stamp his mental and physical characteristics upon many generations following.

No other race of people has been kept thus separate to the same extent. Wide latitude of intermarriage has been the rule among the nations, although the partitions of color have tended to keep them divided.

We are of the Caucasian race but of a wide admixture of blood by heredity. Many an old man lives to see his children and his children's children to the third and fourth generation, possibly one or two hundreds in all of his descendants.

AFFAIRS IN EUROPE

The League of Nations is about to be put to a test which will determine for all time to come its efficiency as a supreme international court.

Reckoning thirty years to a generation, there have been one hundred and forty-two generations since the flood. If the veteran parent of one hundred descendants turns to

France are in alliance; the relations between England and France are somewhat strained over the German reparations. All are members of the League of Nations; interested judges in the dispute.

There are other possible international complications, Italy and

TURNED TEST INTO ERNEST.

Is there any Canadian parallel for this experience of a pastor in a small Pennsylvania town? The citizens were deaf to all appeals for progress. In his effort to get a new community hall he found himself appointed a committee of one to begin construction.



That Body of Hours

By James W. Barton, M.D.

CAN YOU SPRAIN YOUR SPINE?

The claims agent or adjuster of damages of a railroad will tell you that he doesn't know much about sprained spines, but that he knows how to cure them.

Now what about this? Well, he may be right in some cases as malingerers are found everywhere, but as a matter of fact you can sprain your spine.

Simply because the spine is made up of a number of joints exactly like other joints. As you know the spinal bones are piled one on top of the other with a cushion between each one.

Notwithstanding all this protection it is possible to stretch the ligaments slightly, and so the surrounding muscles which are attached to the bones to hold us erect and bend us in various directions, also get stretched a bit.

After this clears up the muscles still remain sore on movement just as in any other sprain.

And the treatment? Just the same as any sprain. You remember in the case of the sprained ankle you gave it absolute rest. The same applies to the spine, and so in severe cases the spine is put in a plaster of paris corset to prevent movement.

So if you have received a severe shaking up in any manner, and the back pains you, simply rest it until the pain disappears or you may always have a weak back.



ADDED TO CANADA'S ROLL OF FAME

Allan Rudyard Crawford, son of Professor Crawford of the University of Toronto, who perished with all his party of white adventurers on Wrangel Island.

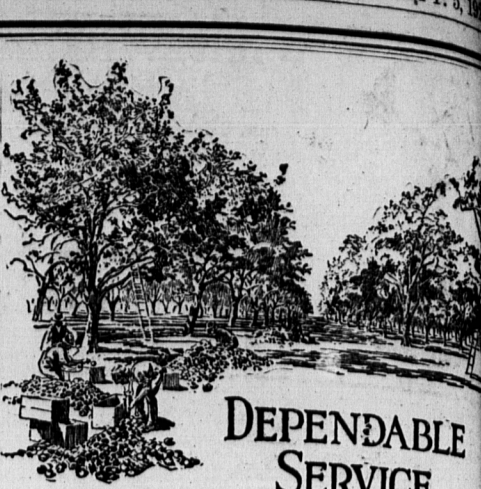
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Through a widespread system of Branches, each of which has behind it the entire resources of the institution, it makes available to small and large customers alike an adequate and dependable service.



BANK OF MONTREAL

THE FARMYARD SECRETARY. month was morose. Then he became an enthusiastic poulterer, farmer, "why should you want me to mark on each egg yeave."

Pay It Today

And protect your credit. Approbation bills have just been mailed and are due and payable monthly as we are doing a strictly cash business.

Please attend to your to-day amounts outstanding over one month are subject to draft through the bank. Kindly let us have your cheque.

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"Be Prepared"

is the Boy Scouts motto, and a good one it is for all of us. Are you prepared to face a disastrous fire?

"It is better to be sure than sorry."

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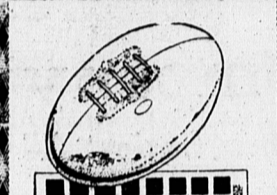
School Shoes

Be wise. Don't buy shoes for the school boy or girl until you see GOFF'S.

Our stock is complete and comprises everything worth while and no matter whether your purse is fat or lean you can have good boots for your children.

We have a good boot for boys, sizes 1 to 5 at \$2.00 We have a good boot for girls, sizes 8 to 10 1/2 at \$1.85 We have a good boot for girls, sizes 11 to 2 at \$2.25

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