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Vaseline
TRADE MARK
PETROLEUM JELLY

GUELPH, Ont., Oct. 29. —Word was received here today by Mrs. Alfred Watson, advising her of the safety of her brother, A. E. Worswick, of London, England, and a native of Guelph, who was a passenger on the Princessa Mafalda, which foundered off the coast of Brazil last Tuesday.

PENSLAR
WHITE PINE
AND
SPRUCE
BALSAM

If you have a stubborn cough, if your lungs are inflamed and your air passage irritated, this splendid Cough Syrup will afford the relief you seek, promptly and without any harmful after-effects.

Penslar White Pine and Spruce Balsam is a healing remedy compounded by Pine Bark, Spruce Gum, Wild Cherry, Tamarac Bark and other well-known ingredients of recognized merit.

Get a bottle of this effective remedy as soon as possible and rid yourself of that cough. Sold in two sizes—35c and 50c.

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Send post card with address for a copy of our bulb list. We pay postage charges on all orders.

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Let us have your next order for medicine. We guarantee satisfaction.

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THURSDAY, NOVEMBER 3, 1927

PREMIERS' CONFERENCE.

OTTAWA, that is, the Federal Government, is preparing the atmosphere for the provincial premiers and delegates for the arduous and, probably, the controversial work of the Inter-provincial Conference. Perhaps it would be nearer the mark to say it is preparing the delegates for the Conference. Be that as it may, the delegates, according to our press despatches, are not going to settle down to work this week. Then, next week begins with a public holiday, so they must observe the holiday. They are not, however, to spend their time twirling their thumbs all this week in the Capital with its many temptations. They are being given what in the vernacular may be called "a whale of a time." They are to be entertained by the city, then by the Federal Government, then by the Hon. Mr. Motherwell, and then they are going to wind up with a round of golf on the Ottawa Golf Club Links, where, no doubt, pink tea and other refreshments will be served and where beautiful ladies will smile upon them and put them in an amiable condition to discuss the various provincial and inter-provincial questions which may be laid before them by designing, self-seeking premiers.

The idea, from the Ottawa, that is, the Federal, viewpoint, is a good one. What could be more conciliatory than a whole week of feasting and mutual admiration, what could be more conducive to friendly relations between the delegates and a government which would place such glorious privileges as those before them? From the far West to the far East, the centre included, the lions and the lambs shall lie together, in the banquet hall, in the private drawing room and on the golf links! Any doubts that may lie latent in the breasts of some prejudiced delegates as to the wisdom and integrity of the dominant factor of the Conference, the Federal Government, will be drowned out at the various festive boards or struck out on the friendly links, and by next Tuesday, the social and political atmosphere will have been cleared of all electric and static disturbances, and the proceedings of the conference will begin on full stomachs and composed minds.

The agenda, with two or three exceptions, is kept secret. The exceptions are provincial subsidies—which has been public since long before the conference was called, and the amendment of the British North America Act. The latter was made public as a feeler, to ascertain in advance some idea as to what the different provinces might think of it. Another feeler was sent out in advance to sound provincial opinions as to what was thought of Old Age Pensions, the different governments having been asked some time ago to make suggestions. On this latter, Premier Saunders has already committed himself, Old Age Pensions being one of the main planks in the recent provincial election.

The Federal Government has taken the precaution to correct an "impression" that has somehow got abroad namely that the Federal Government was going to prescribe the subjects to be discussed. This impression has really become general and many still believe it. However the public are now awaiting the finish of the feasting and the entertaining and are ready to listen and to see what they shall see.

WHAT WE HAVE

"WHAT we have we hold," is a good old British maxim. It should be the maxim of every Canadian, especially of every Canadian farmer. The farmer has a good and

Notes by the Way

PROPOSED limitation of the powers of the Senate is claimed to have a precedent in the comparatively recent limitation of the power of the House of Lords in the Mother Country. Over there a bill passed by the House of Commons and twice rejected by the Lords becomes the law of the land notwithstanding its rejection by the Upper House. But the advocates of such a change in the constitution of the Canadian Parliament fail to take into consideration the wide differences between the House of Lords and the Senate. The points of difference are many and only a few of them can be referred to here.

The House of Lords consists of Peers who hold their seats—(1) by hereditary right; (2) by creation of the Sovereign; (3) by virtue of office—Law Lords, 2 Archbishops and 24 Bishops; (4) by election for life—28 Irish Peers; (5) by election for the duration of Parliament—Scottish Peers. It is a distinctly aristocratic body and its membership is almost as numerous as that of the House of Commons. Canadian Senators are quite as democratic as members of the Commons, and though they hold their seats for life their positions are not hereditary. They are all on a level with each other as to the terms of their appointment, their tenure of office and the modest property qualification of \$4,000 in real estate.

Senators are appointed by successive Conservative or Liberal Governments, and from time to time the majority in the Senate changes from one party to the other and back again. The Senate has repeatedly exercised an independent judgment with regard to measures brought before it after having passed the Commons and has rejected or vitally amended both Conservative and Liberal measures. A Senate that would be merely a rubber stamp with which to sanction all government-measures that came before it would be unworthy of the name of a legislative body and worse than useless.

We have no Established Church in Canada and consequently we have no ecclesiastical dignitaries in Parliament. The Senate is not called to exercise judicial functions and consequently needs no Law Lords as a special class of its membership. It is however, fairly representative of all classes and creeds and of all shades of public opinion throughout the Dominion.

It is not swayed by the gusts of passion that too often sweep over the country at the time of a general election. As a legislative body it is more moderate in its judgments than the House of Commons. It supplies to legislative operations a measure of control not unlike that of the governor in the steam engine on the flywheel in the machinery of a factory.

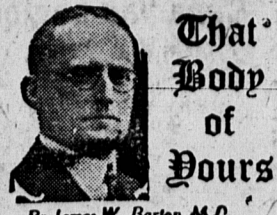
Moreover the Senate has justified its existence abundantly in the past. It has saved many millions of money to the country by refusing to sanction measures of which the Yukon Railway bill was one of many examples—measures which had passed the House of Commons. If the Senate had erred at all in such matters, it was in permitting too many bills involving reckless and needless expenditure to become law. And not a session of Parliament has passed in sixty years during which the country has not been greatly indebted to the Senate for revising and improving the measures that were enacted.

It is so far satisfactory that among all the irregularities of the atmospheric conditions throughout Canada we have as yet had no freezing weather in our fair Province. November has come but the flowers still bloom in the open air and no snow has fallen here. Other Provinces have been less favored in that respect. Thanksgiving Day is near and we should all be glad to join in expressing gratitude to the Giver for a multitude of priceless blessings.

EDITORIAL NOTES

And now they are complaining of the dust on the roads. Something is always taking the joy out of life. The coming week-end with its three holidays and a Sunday thrown into the bargain is eagerly anticipated by the pupils and students.

Armistice Day, November 11th, at 11 o'clock, is entitled to the three minutes' silence prescribed by His Majesty as a fitting tribute to the heroic dead, even although the celebration of the day has been changed to another date.



That Body of Ours
By James W. Borden M.D.

EATING WHEN TIRED

One of the mistakes many individuals make, is eating a heavy meal when they are tired. After a period of mental or physical work, with the regular time for eating delayed a couple of hours, it would seem only natural that one would want a real big meal.

It isn't to be wondered at therefore that distress ensues, because that meal lies in the stomach for hours without undergoing much digestion, owing to the tiredness of the whole body, nerves of course included. Now it is just about this time that many of these acute illnesses from which folks suffer, can be traced to this combination of over-fatigue followed by a heavy meal. This is especially true during the cold weather, for cold is a factor also.

You can readily see that if there is a delay in the stomach there is going to be further delay in small intestine, and then again in large intestine. Thus many cases of illness thought to be due to overwork, can really be blamed on the overeating after a hard day's work. Now the old idea that a heavy meal should not be eaten when you have some hard mental or physical work to do is still considered good sense.

It is wise to eat the hearty meal of the day after the day's work is done. However it is just here that a short rest of twenty to thirty minutes, lying down on the right side, will rest nerves and muscles to the point where the hearty meal may be eaten with absolute safety.

As mentioned before, if any portion of the previous meal is lying undigested in the stomach, this lying on the right side will syphon it into small intestine, get the stomach free of food, and ready for the next meal.

So when you are very tired try rest awhile before eating. If it is impossible, then a "small" meal, consisting of an egg, a little bread, and fruit with milk or water would be wise.

Further, if when you are tired you could get a good sleep or long rest, this would make up for the small quantity of food eaten.

Because when you work hard, rest and food are essential. Also as a heavy meal may "upset" you, and start trouble, therefore a little more rest will answer the purpose.

HOUSEHOLD SCRAP BOOK

By ROBERTA LEE

Ironing Centerpieces

While the pieces are still wet, spread them smoothly on a large piece of zinc and place them in a hot sun to dry. If a gloss is desired, press with a hot iron when almost dry, but without this they will be perfectly smooth and round.

How to Keep Onions

Onions can be kept for a long time if they are dried thoroughly in the sun, then tied in bunches and suspended by strings from the attic ceiling.

Setting Colors

Ordinary table salt is excellent for setting the colors in any material that has stained to run.

Modern Etiquette

By ROBERTA LEE

DAILY LESSONS IN ENGLISH

By W. L. Gordon

WORDS OFTEN MISUSED:

Do not say "the hero is now in our midst." Say "is now among us." OFTEN MISPRONOUNCED: penitentiary. Pronounce the tiary as sha-ri, not shi-a-ri. OFTEN MISPELLED: muscle; cle. SYNONYMS: execute, perform, enforce, administer, carry out. WORD STUDY: "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word: REITERATE: to do or say again; repeat. "He reiterated a denial of guilt."

The Land We Love

By Frank Yeigh

Nova Scotia's Progress

Q. What are some of the signs of progress in Nova Scotia? A. Nova Scotia shows many signs of progress notably in a doubling of the tourist traffic, an increase of 30 per cent thus far this year in coal production, increase of savings deposits by many millions, increase of life insurance premiums, a dozen gold mining companies operating and the incorporation of over a hundred new companies also thus far in 1927. This Old Province of First Things faces the future hopefully.

ARE PARENTS PEOPLE?

ARTICLE 7

1. Does the present-day parent compare favorably or unfavorably with the parent of past generations? 2. To what extent can parents be blamed for juvenile delinquency? And in what respects? 3. Can a parent, by controlling environment and companionship, mould the character of the child as desired? 4. Do you believe in the principle of parent education? If so, what should it include? 5. At what age do you think parent education should start? Should it be before or after marriage? 6. Do you think the inclusion of health as a major topic in a parent education scheme might do much to increase the physical well-being of the country?

By Sir Robert Falconer, President, University of Toronto. I do not know enough about conditions to give any answers that would be worth consideration. The chief question I ask myself is, if you are to educate the parents who are to have been educated myself, but I never saw the person whom I would be quite willing to accept as my teacher.

The last question: I quite agree with and I believe that the more we can instruct parents as to conditions of health the better. Of course, I also agree with the idea that parents might be given certain very simple principles in the matter of general education but they have to be imparted by an extraordinary type of person.

By Hon. L. A. David, Provincial Secretary, Province of Quebec. As far as the matter of the parent moulding the character of the child by controlling environment and companionship is concerned, I believe this can be done to a certain extent. I am also a firm believer in the principle of parent education, but the question of what it should include he considers a very wide one. "General hygiene," however, sounds suitable.

Parent education, should start before marriage, but the exact age depends on the mentality of the individual child. Health should undoubtedly be one of the major topics in a parent education scheme.

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(Continued on page 5)