

A Merry Christmas

(F. H. MacArthur)

Again we approach the joyous Christmas season which reminds us that another year will soon be born. The past decade has brought many difficulties and many hardships to the human race. The effects of these hectic years has done much to harden and seal our hearts with what may outwardly appear as a permanent guise. Many of us have lost much of our former courage and faith, have seemingly settled into an atmosphere of gloomy despair, and apparently are thinking only of ourselves; but we should not be too easily discouraged, for no matter how bitter our own experiences there are others whose outlook on life is fraught with greater trials. Already the bright sky shows beyond the dark clouds, bringing hope of a better tomorrow.

As the season of glad tidings draws near, there is—as always—evidence of the real attributes of nature, and our hearts grow mellow with the old friendliness and love for others. Let us hope there is no heart so cold, so bowed with grief, poverty, malice or greed that it will not respond to the Christmas spirit and take part again in the making of this another happy occasion. Despite the great tribulation that has fallen upon this generation there is still cause for rejoicing. The tide is turning; and the rough waters of life will eventually cease their dashing. With this glorious hope before us let us push forward to that new era of peace and prosperity which surely lies ahead. So friends, let us all join in helping to make this another merry, merry Christmas.

O'er all the world in one glad voice Those Christmas tidings ring, Making the sick and sad rejoice, Telling of Christ, the King. Its message reaches to the stars, And passes o'er the waves; It penetrates cold prison bars, Dense forests and deep caves. In every land where Christ is known Its triumph rings in one glad tone!

CRUDE TOYS FOR CHILDREN

Simple or crude toys like box blocks, nested cans, floor boats, stick horses, and sand, often give a child more chance to use his imagination than do more elaborate, complex, and expensive toys.

Christmas Is Royally Celebrated

MONTREAL, Que., Dec. 20.—"Christmas comes but once a year and when it comes it brings good cheer" and this is as true aboard a vessel of the Canadian National Steamships as by one's own fireside. The festive season is fittingly observed on every ship of the company, whether it be in service between Canada and the British West Indies or on the Canada-Australia-New Zealand routes, where the turkey dinner is shared by all aboard. The position of Canadian National Steamships vessels on Christmas Day will be as follows:

The "Lady Rodney" with passengers and freight from Jamaica, the Bahama Islands and Bermuda, will spend Christmas in the port of Halifax, and her sister ship, the "Lady Somers," with passengers from Jamaica will spend Christmas at sea between the Bahama Islands and the Bahama Islands. The "Lady Hawkins" on her southward voyage will spend Christmas at sea between Bermuda and St. Kitts. The "Lady Drake" having called at the various islands of the British West Indies on her northbound trip, will spend Christmas in Saint John, N. B. The "Lady Nelson" on her northbound trip from British Guiana will spend the forenoon of Christmas at the island of Grenada and the afternoon and evening at St. Vincent's.

The passenger-carrying freighter "Colbourne," with "Vagabond Cruise" vacationists, will spend Christmas en route northbound between Barbados and Halifax, and her sister ship the "Chomedy," southbound from Halifax, will spend Christmas Day at Trinidad en route to British Guiana.

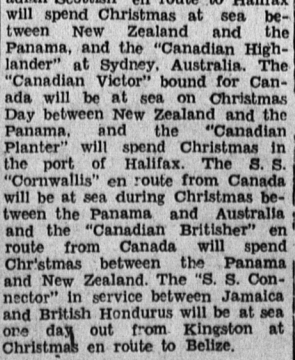
The freighter "Cathart," southbound from Halifax, will be at sea on Christmas Day, being due at Kingston, Jamaica, December 25, and the "Saveller," northbound for Halifax, will also spend Christmas at sea, being more than half way up from Nassau, capital of the Bahamas. In the Canada-Australia-New Zealand service, the "Canadian Challenger" en route to Canada will be between Australia and New Zealand at Christmas; the "Canadian Constructor" en route from Canada will spend Christmas at sea between the Panama and Australia; the "Canadian Conqueror," will spend Christmas on the Atlantic after being a week out from Panama en route to Halifax, and the "Canadian Cruiser" from Australia and New Zealand will spend Christmas at Halifax. The "Canadian Scottish" en route to Halifax will spend Christmas at sea between New Zealand and the Bahama Islands, and the "Canadian Highlander" at Sydney, Australia. The "Canadian Victor" bound for Canada will be at sea on Christmas Day between New Zealand and the Panama, and the "Canadian Planter" will spend Christmas in the port of Halifax. The S. S. "Cornwallis" en route from Canada will be at sea during Christmas between the Panama and Australia, and the "Canadian Britisher" en route from Canada will spend Christmas between the Panama and New Zealand. The "S. S. Connector" in service between Jamaica and British Honduras will be at sea one day out from Kingston at Christmas en route to Belize.

Wishing all Wolf Cubs, Scouts and Leaders a Merry Christmas, and a Bright, Happy and Prosperous New Year. I end these notes with the words of Tiny Tim—"God bless us, every one."

—GREY WOLF

THE GREEN CHRISTMAS TREE

In order to keep the tree green all the time it is on display, cut a small piece from the base of the tree so that a new surface is exposed. Then set the tree in its support with a small pan containing water in the center so that the base of the tree is resting in the water all the time. Add an aspirin tablet to the water and prepare to have a flourishing tree this year.



JUST LIKE OLD SANTA

"Don't bother children tellin' 'em dar sint no Santa Claus," said Uncle Eben. "De has been hearin' dat ever since day kin remember, but 'round he comes, punctual every year, jes' de same."



To the thousands and thousands of women of Ch'town who have been worried about selecting the right—

Christmas Gifts for Men!

We've had 54 years' experience helping women with their gift problem . . . let us help you!

During the 54 years that we have been in business, we have gained a fine insight into this problem of what to give him! Take advantage of our experience in this matter! We'll keep you from overstepping the budget you have set for yourself and we'll solve your Christmas problem to your satisfaction . . . and what's of equal importance . . . to his satisfaction as well!



GLADSTONE BAGS

One of the most appropriate gifts you can give a man. In imitation morocco at \$7.75 and \$8.75 or Genuine Pileskin at \$25.00 in Black and Brown.

\$7.75 to \$25.00

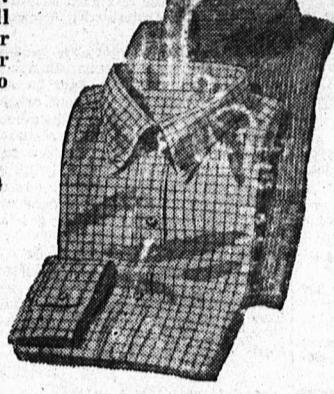
FLANNEL ROBES

Soft and warm imported flannels, tailored with a great deal of care and effort. In plain colors and stripes. Several popular styles. Blues, maroons, greens and tans \$8.50

OPEN EVENINGS



PAJAMAS—Soft fabrics, madrases, broadcloths, seizeses in middy coat, lounging and russian blouse \$2.50 styles. Exceptional values at \$2.50



SHIRTS—Either neckback or collar attached. Freshrun and fast dyed fabrics, full cut and made with meticulous care. All colors and patterns, plenty of plain whites \$1.95

NECKWEAR — Popular wools, mohaws and rabbit's hair as well as satins, silks, repps, twills and others. All handmade. Not a "bad" pattern in our entire selection \$1.00

HOSIERY—Silks, wools, silk and wool mixtures and rayon mixtures in plain colors, patterns, stripes and checks. Our finest at \$1.00 pair, 35c Others at

MUFFLERS — Wool reefers are outstanding favorites this year. We have plenty of them. We have silks and crocheted mufflers, too. A fine selection up to \$3.00 A \$2.00 fine selection at

SWEATERS—Pure wool, in slip-over and coat style with button or zipper front, or pullovers with half-zip fronts. Plain colors, squares and checks. Sports \$3.00 backs, too. Up to \$5.00

GLOVES — Popular pigskins, mohaws, capes and bucks either lined or unlined. In several new shades. As high as \$5.00. A \$1.75 Feature value at

HANDKERCHIEFS — Men's Linen Handkerchiefs. White, Hemstitched Borders, Initialed corners . . . 25c

PROWSE BROS LTD.

MAIL ORDERS GIVEN PROMPT AND CAREFUL ATTENTION

S. AFRICAN FORESTRY WORK DELIGHTS CANADIAN VISITORS

OTTAWA, Dec. 2.—Two Canadian experts who attended in South Africa the fourth British Empire Forestry Conference expressed on their return their surprise and pleasure at the great amount of successful forestry work done by the South African Government in the past quarter-century. They were Mr. E. H. Finlayson, and Mr. T. A. McElhannay, both members of the Canadian Government Forestry Service.

The fifth Conference will be held in India in 1940.

Mr. Finlayson said the South African authorities had planted large areas with several species of sub-tropical pines and Australian gumwood, and these forests were doing extremely well. These types of timber, maturing in twenty to thirty years, are used largely for mine props.

CHRISTMAS PUDDING

As to who invented the Christmas pudding very little is known, except that, in the opinion of the average healthy boy, it was a good idea, whoever thought of it.

HEALTH

by *Frank Thompson, M.D.*

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

The human body possesses remarkable strength and yet is extremely fragile. Deprived of air for but a few minutes, the whole body perishes; deprived of its blood supply for only a few minutes, the more important brain cells are permanently damaged.

The true strength of the body lies in its capacity to adjust itself to changing conditions. A simple example is seen in the fairly constant temperature maintained by the body despite wide variations in the temperature of the surrounding atmosphere.

Many other interesting examples will come to mind of this capacity to adjust. Similarly, the human

mind possesses an ability to adjust the intellectual and emotional life. Successful adjustment means health; failure to adjust means loss of health and, perhaps disease.

It is obvious that we must adjust to temperature and other external physical changes. It is no less true even if less apparent, that we must, individually, make an adjustment of the emotions and intelligence to those with whom we live and work and to those set in authority, which really means an adjustment to society or the world in which we live.

The body must adjust, not only to changes in the outside environment but also to those changing conditions which occur within the body. The body would be destroyed by its own production of heat and the residue or by-products of muscular activities if it did not possess this capacity to deal with them through adjusting itself to them.

In like manner, the intellectual and emotional life requires a satisfactory adjustment within as well as without. This might be expressed by saying that we must be able to live with ourselves as well as with other people.

There are many things which contribute to this desirable end. We are not all born with the same capabilities. We have to learn what are our limitations and to accept the superiority of others without feeling inferior ourselves. Authority should be seen as a friendly aid to help everyone to desirable ends. Each one must find some thing which he can do with personal satisfaction, the doing of which shall be socially acceptable.

The adult attitude is developed chiefly out of childhood experiences. The child who feels that at home or school he is punished unfairly, that his punishment is not the venting of adult anger, is not going to regard authority thus exercised as the immediate result of his own actions. The humiliation of a child through any means is destructive as it undermines self-respect and leads to either defiance or withdrawal. The child needs understanding and direction so that he may learn to adjust, and, so secure health and happiness for himself.

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

Halifax Port Arrivals

Marils from Sherbrooke. Chedabucto from Queensport. P. Madsen from Rotterdam. Erg from Local Harbour. Keenan from Local Harbour. Waddon from Local Harbour.

SAILINGS: Newfoundland to Boston. Calmross to New Castle. Lillgunvor to Local Harbour. C-edabucto to Local Harbour. Erg to Local Harbour. Keenan to Local Harbour. Waddon to Local Harbour. P. Madsen to Port Williams.

VESSELS IN BERTH: Keenan Berth. Can. Cruiser Loading. Lady Hawkins Loading. Cathart Loading. Erg Berth. P. Madsen Bunkering. Lillgunvor Bunkering. Lillgunvor Discharging. Chedabucto Bunkering. Bargo No. 2 Berth.

New York City Loading. Newfoundland Discharging.

Marils Loading. Waddon Berth. Calmross Loading.

VESSELS DUE TO ARRIVE: 21—Montrose from Saint John. Heroy from B. W. Indies. 22—Lagenbank from Far East. Chedabucto from E. C. Port. Sulairia from Glasgow. Ausonia from Havre. Newfoundland from Boston. Portia from Nfld. Ports. 23—Westernland from New York. Magnhild from Nfld. Ports. Cairnvalona from Saint John. Rosalind from New York. 24—Kyno from New York. Rso from Halifax. Marils from Halifax. Nova II from Halifax. 25—Belle Isle from Nfld. Ports. 26—Lenarfish from Halifax. 27—Colborne from B. W. Indies. Caveller from Jamaica. Can. Planter from Halifax. Beaverburn from Saint John. Duchess of Bedford from Liverpool. Man. Citizen from Saint John. Liberty from U. S. Ports. Norwegian from Saint John.