

National Temperance Study Course For Sunday Schools

BEATEN AT THE START
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(Intermediate Senior)

"Batter up!" There he stands at the plate swinging his bat and watching every motion of the pitcher. He has no easy job to get around those bases and back home, with nine men all ready to do their best to put him out. Nine to one against him! The pitcher winds up and sends the ball like a rifle bullet towards him. The trick is to know just the exact second when that ball will be over the plate and to have the bat there the same instant. Every nerve and muscle is tense. The batter must be able to judge distances and speed, and have perfect control over the muscles of arms and hands especially. To do this he must be in perfect condition physically and mentally.

In Philadelphia, in the United States, there was a famous baseball team, "The Athletics." Over and over again this team captured the coveted pennant in the League. On several occasions they were world champions. Much of their success was due to the fine training and leadership of their veteran captain, Connie Mack. Here is what he said: "Old man booze has put more players out of the game than all the umpires put together."

Miss Helen Wills (now Mrs. Moody), who achieved the great distinction of being the lady world champion in tennis, has this to say: "The abstemious that tennis gods make necessary. Total Abstinence even from beer. Of this, the tennis player is aware as well as the competitor in other sports. The person who says that one cocktail or one glass of beer doesn't make any difference in one's eye and co-ordination is wrong, at least from a tennis point of view."

Ferdinand-Cunne, the veteran French Olympic trainer, reported to the Olympic Games Committee that the French Olympic team would observe strictly the American Prohibition Law. He said: "American milk and bananas are the best in the world, and beef and wine in food value for athletes. In training, athletes who eat enough bananas can win over wine and beer drinking contestants ninety per cent. of the time."

Some years ago at Kiel, in Germany, there was held a great championship winking match. Eighty-five men entered the match, of whom twenty-four were total abstainers, and fifty-nine indulged more or less in drink. What were the results? The little group of abstainers walked off with sixty per cent. of the prizes. Of the last twenty-five to reach the goal, fifteen were abstainers. Then a considerable number of the contestants were unable to finish at all. It was found that of this group only six per cent. were abstainers, and ninety-four per cent. were drinkers.

Why is it that sports leaders like Connie Mack, Helen Wills, and Cunne, condemn the use of alcoholic drinks by athletes? It is because experience has proved that alcohol, even in small quantities, is injurious. It has been found, for instance, that a small quantity of alcohol impairs a person's power to judge distances or speed accurately; that it slows down the response of nerves and muscles when called upon to act quickly. It is well known that alcohol first affects the brain, and through the brain the nerves, and by means of the nerves the muscles. Being a narcotic, the effect of alcohol is to lull and make less active all these organs. That is why athletes who indulge in alcohol are liable to be beaten at the start.

QUESTIONS
1. Why do athletes find it necessary to abstain from alcoholic liquors before and during contests? (Value 10.)
2. Why should we keep fit always? (Value 10.)

Getting Up Nights Caused By Kidney Germs

Are you worried and annoyed by Getting Up Nights? If so, you should know that the true cause may be irritating germs in the kidneys or bladder, which may also cause other distressing symptoms such as Nervousness, Leg Pains, Swollen Joints, Backache, Dizziness, frequent Headaches, Bladder Irritation, Frequent Passages, Loss of Appetite and Energy, so that you feel old before your time. Ordinary medicines can't help much because they don't combat such germs. The Doctor's formula Cystex starts fighting kidney germs in 3 hours, checks pains, stimulates and tones the kidneys and bladder. Users often feel younger, stronger and far better in a day or so. Cystex must prove entirely satisfactory in 1 week and be exact-ly the medicine you need or money back. Ask your druggist for Cystex 6-12-37 for- day. The money back agreement protects you.

was such a pressing of blood behind him that he was carried forward, whether he wanted to go or not.

"These very small blood-vessels are called capillaries," said the Phagocyte, keeping close behind him. "Capillary means 'hairlike'—not a bad name for them, eh?"

"Ye-es, I mean 'No,'" stammered Dick, who was too busy wondering what was going to happen next to care what any word meant. "I wish the blood wouldn't push like this."

"If the blood didn't push like this there would be some reason for getting excited," said the Phagocyte. "If your blood began to move lazily, your cells would begin to starve for want of food, and choke for want of oxygen, and you'd soon feel queer indeed."

"Don't worry; you'll come out all right."

"I hope so," agreed Dick. "We'll, as I was saying," went on the Phagocyte, "we are now in the capillary blood-vessels. The walls of the capillaries are very thin and loosely built as you know, for we have just squeezed through them; and through these loosely built walls gases and liquids can pass from the blood into the cells, or from the cells into the blood, and so the cells are able to take in their supplies and get rid of anything they don't want."

Dick had been paying very little attention. "I say, this tube—I mean capillary—is getting bigger, isn't it?"

"Of course it is! Haven't you noticed as we go along that other blood-vessels keep joining this one and so making it larger? In fact we are out of the capillaries now and are in a vein. Do you know what a vein is?"

"No," said Dick—he was getting his breath now. "The veins are the large blood-vessels carrying blood to the heart; we shall be there in no time now."

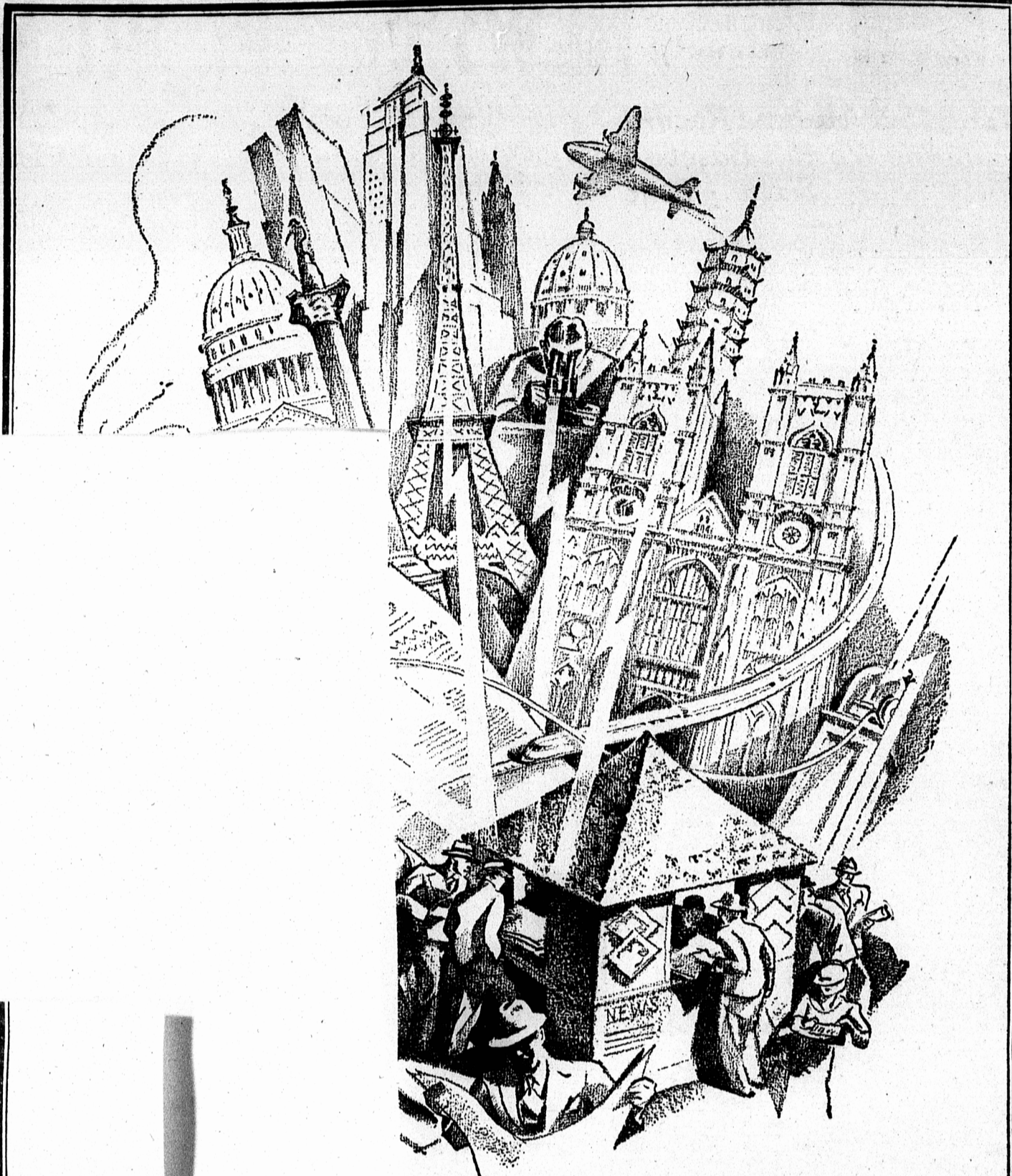
"What is the heart like?" Dick asked a little nervously. "Is there plenty of room there?"

"Plenty," said the Phagocyte—"plenty, that is, at times."

"Because if there isn't rather turn back," said Dick.

"Turn back!" echoed the Phagocyte. "Not when you're in a vein, my boy. Veins are made so that neither the blood nor what is in it turn back. Do you see these pouches or pockets of membrane lying flat against the walls as the blood passes over them? Well, if the blood tries to flow backwards it would get into these pockets and force them open and they would meet across the vein and close it. Valves, my dear boy, that's what they are, and very useful things, too."

QUESTIONS
1. Why does the blood circulate through the body? (Value 10.)
2. Explain why it is dangerous to have alcohol in the blood stream. (Value 10.)
LONGER MATCH
The walls of a room need no longer match in color. The modern way is to combine colors. For instance, a room might have two sides in cascade blue—two in ivory—and the ceiling could suitably be done in a deeper blue.
CAVENDISH AND VICINITY
Dr. and Mrs. R. D. MacNeill and their two young sons of Kensington, were recent visitors to Cavendish.
Mr. and Mrs. Lewis Toombs and daughter, Miss Cora have returned from an enjoyable motor trip to Bedford, N. S. where they visited Mr. Toombs' mother at the home of Rev. Major McIntosh.
Mr. Charles MacFarlane, of Fernwood, Mr. John Myers and Mr. Wilbert Wright of North Carleton were visitors to Cavendish and New Glasgow on Sunday.
A most enjoyable service was held in Cavendish United Church on Sunday evening. Guest singers were Miss Sarah Wood, Mrs. V. K. Wood and Mr. J. A. Moore, of Charlottetown. Rev. Geo. Tilley based his address on one of the solos sung entitled, "My Task"



Couriers of Progress

The value of the service rendered by the newspaper is greater now than at any time in history. The pace of progress has quickened; things foreign and distant yesterday are near and neighbours today. Therefore, a constant source of reliable, last-minute news has become more essential than ever before to the welfare of the individual, community and nation alike.

The daily newspapers continue to satisfy this need. They are the couriers of progress, providing intimate contact between the man in the street and all phases of human endeavour.

The newspapers interpret the scientist, the laboratory worker, the engineer. They report quickly and impartially the development of new products and services which individually and collectively bring about higher standards of living.

The news and information thus made available increase a man's ability to produce and permit a greater enjoyment of living.

Consequently, every daily newspaper is blazing trails to new heights of individual and national achievement. More than two million Canadian families keep pace with progress in all phases of international, national and local affairs every day by means of their newspapers.

CANADIAN DAILY NEWSPAPERS

the Manse, Cavendish last week.

Motorists through Cavendish last week included Mr. and Mrs. G. E. Noble, Charlottetown, Miss Irene Knapp, Barrie, Ont., and G. E. Stret, Halifax, N. S.

Mr. Stewart Ferguson, Bay View, went to Central Royal last week where he intends to take up work with Mr. Andrew McRae.

LONG RIVER WOMEN'S INSTITUTE
The Long River Women's Institute met on Tuesday evening, September 21st at the home of Mrs. Herbert Paynter with an attendance of twenty members.

ing and Roll Call.
This was responded to by donating patches for a quilt with a contribution tied up in the corner, which amounted to \$2.10.
It was suggested we have our next Roll Call be answered by more patches, minus the contribution.
We were very pleased to welcome two new members namely, Mrs. Frances Paynter and Miss Louise Johnson.
The Sick committee reported making one call and taking fruit.
The School Committee reported that soup was needed, and it was suggested that the teacher be given \$1.00 from time to time to buy sundries for school as needed.
The committee reported that Honor Roll had been sent to Summerside for framing.
Programme consisted of reading by Mrs. Constable on "Question-

naires" and "Peace Education" by Mrs. A. C. Johnstone.
Mrs. Ernest Dunning gave a report of the Convention held in Charlottetown.
A contest by Mrs. A. C. Johnstone entitled "Trees" was won by Mrs. Olive Paynter.
It was decided to invite Miss Mary C. Campbell of Portland, Oregon, to address our next meeting which is to be held at Mrs. Allan A. Campbells.
Lunch Committee, Mrs. James MacKenzie, Mrs. W. E. Johnstone and Mrs. Murdoch MacLeod.
Several bills were presented and reported paid.
The road signs amounted to \$8.50 and it was thought advisable to postpone putting them up till next spring.
A delicious lunch of Ice Cream and cake was then served by Mrs.

Joseph Dunning, Mrs. Ernest Dunning, Mrs. Murray Constable and Mrs. Andrew C. Johnstone.
Collection amounted to \$1.10 Meeting closed with National Anthem.
PIUSVILLE WOMEN'S INSTITUTE
Twenty members of the Piusville Women's Institute met at the home of Mrs. J. J. Corcoran for their September meeting. It opened by the Lord's Prayer followed by the roll call which was answered by a spelling match. Misses Hermine Arsenault and Pearl Corcoran drew for the prize which was won by Miss Hermine Arsenault. The minutes of the previous meeting were then read. The treasurer reported \$40.82 on hand. All committees reported satisfactorily and new one appoint-

ed were:
Sick—Elsie Gallant and Patricia Corcoran.
School—Mrs. Peter Gallant and Marion McDonald.
Program—Mary E. Carson and Elsie Gallant.
Plans were discussed re the organization of a sewing club.
The program consisted of a dialogue by Misses Patricia Corcoran and Elsie Gallant, recitation by Marie Corcoran and a song by Mrs. Peter Gallant and Miss Hermine Arsenault. Refreshments were then served after which a few hour dancing was enjoyed.
Mrs. Joseph T. Gallant kindly invited the members to her home for the October meeting where the roll call will be answered by Anythin Pertaining to Halloween. A bingo game will be conducted for the purpose of raising funds.