

Nerves on Edge?

"My nerves were completely gone. I was my present good health to Mr. J. O. Stimpson, Wyandale, E.C. "Fruit-a-tives" soothes the digestive tract, gently energizes sluggish organs, makes you feel great. Made from intensified fresh fruit juices combined with vitamins. 35¢ per 50¢ a box. Know your health.



"Proper Food and Exercise" By ARTHUR A. McGOVERN, Former Physical Director, Cornell Medical College.

Make Periodical Visits To Doctor

LIKE every other piece of machinery, the human mechanism requires careful examination from time to time. Periodical visits to your physician may mean a sacrifice of both time and money, but it is warranted. When we are feeling well, it is difficult to realize the advisability or the necessity of consulting a physician, but even when we seem well, very often we may be in the initial stages of some serious disease. Take, for



KEEP WELL BY SEEING A DOCTOR WHEN WELL

instance, one of the most dreaded maladies—cancer. In the course of this disease, the symptoms do not become evident until the growth is well advanced. Up to the present date, science has found no cure for cancer except operation when it is still in the early stages. Many people have a foolish aversion to visiting a physician lest they learn they have a diseased condition, but the only way to be sure that there is no abnormal condition present is to undergo a thorough physical examination. We should realize that if there is a disease present its progress will not be checked by remaining away from the doctor. It is impossible to run away from a fact. With the knowledge that many serious diseases may be cured if discovered in time all should resolve to make periodical health examinations part of their religion.

Diet as an Aid to Indigestion  
BREAKFAST: An ounce of bran cereal and cream, with little sugar; bran muffins or graham, whole wheat or rye bread toasted; coffee substitute. LUNCHEON: A vegetable luncheon of vegetable salad made from any of the following: lettuce, string beans, cauliflower, cucumbers, tomatoes, turnips, cabbage, water cress, spinach, carrots, celery, Brussel sprouts; fresh cheese; dark bread; butter milk or fermented milk; gelatin. DINNER: Any vegetable soup, tomato, pea, lentil, corn, celery, one broiled lamb chop, piece of chicken or small piece of roast beef, with at least two vegetables; dark bread; unsweetened cocoa, and stewed fruit for dessert.

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STEWART'S WHOLE WHEAT BREAD

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Presentation of Trustees' Certificates for Writing:

- Grade 1—Hilda Seale, 2nd place; Grade 1-1/2—Elizabeth Gallant, 1st place; Grade 2—Leola Wheathey, 3rd place; Grade 2-1/2—Adeline McKenzie, 6th place; Grade 3—Frances McCarey, 2nd place; Grade 4—Jean More, 4th place; Grade 4-1/2—Lillian Hennessy; Grade 5—Rose Gallant, 6th place; Grade 5-1/2—Bessie McMillan, 1st place; Grade 6—Hilda Corrigan, 1st place; Grade 7—Gertrude Corrigan, 3rd place; Grade 8—Florence Gormley, 3rd place; Grade 9—Margaret Campbell, 2nd place; Grade 10—Mary Callaghan, 2nd place; (Palmer Method Buttons have been awarded to the following pupils of Grade 8: Winnifred Mahar, Ruth Creamer, Margaret Carragher, Mary Walsh, Frances McCarey, Frances Mullins, Mary Doyle, Margaret Bourgeois, and Hilda Coyle. Presentation of Public School Leaving Certificates granted by the Board of Education to the Pupils of Grade 8 who have successfully passed the examinations on the work of the Elementary Grades (1 to 8): Mary Blanche Benoit, Lottie Garret, Winnifred Kelly, Georgie Garnham, Mary Brown, Doris Brown, Cecelia McEachern, Dorothy Hennessy, Emma Bell, Regina Atkins, Marion Brown. Leaving certificates granted by the Board of Trustees to Pupils who have successfully completed the work of Grade 10: Mary Callaghan, Francis Kirwan, Gertrude King, Agnes Mahar, Ella Murphy, Olive Doucette, Rae Leightizer, Ethel Brown. Presentation of Medals and Special Prizes: Gold Medal for Ethics, donated by His Lordship Bishop O'Leary, awarded to Frances Kirwan. The Governor General's Bronze Medal for General Proficiency awarded to Mary Callaghan. Gold Coin for Correct Department, donated by the High Reverend Maurice McDonald, awarded to Rae Leightizer. Five dollar Gold Coin for History donated by Hon. Dr. W. J. P. McMillan, merited by Mary Callaghan and Ella Murphy, awarded to Ella Murphy. Five Dollar Gold Coin for French donated by Mr. George D. DeBlouis, merited by Mary Callaghan, Frances Kerwin and Gertrude King, awarded to Gertrude King. The Daughters of the Empire, instead of donating their usual prize for a Patriotic Essay are presenting to each of the Schools of Charlottetown a beautiful set of Canadian History Readers for Supplementary Reading in the classes. Mrs. Longworth shall now make the presentation. The Catholic Women's League have donated fifteen dollars in prizes for the best Essays on "The Aims and Objects of the League and What it has Accomplished in Canada." These prizes are awarded as follows:

MORSE TEAS ALWAYS PLEASE

They have done so for 56 Years

When Canada Reached to Louisiana

A FASCINATING BROCHURE ON CANADA'S FASTEST CHANGING BORDERLINE AND DUAL HERITAGE

Those who have studied botany may have noticed certain plants described as "Canadensis" or "Canadense" which are not found in Canada at all. This is explained by the fact that when botanical terminology was fixed, Canada included practically all the territory east of the Mississippi down as far as Louisiana. Both before and since Confederation the territorial boundaries of Canada have experienced remarkable changes, and there is more fascinating phase of the evolution of Canada from a colony into the present vast self-governing Dominion than the history of that invisible borderline within which is enclosed the territorial heritage of the Canadian people.

As a contribution to the celebration of the Diamond Jubilee of Confederation, therefore, a brochure dealing with this aspect of Canadian history which has been issued by the bank of Montreal should be both timely and welcome to students adult and junior, and to the general public. With much of this history the Bank is itself directly associated, for it was founded when Canada territorially centred solely around the St. Lawrence system, and rivers formed its chief highways. In those days railways and ocean steamships were unknown, and the Bank itself provided the colony's first organized system of finance and its first domestic currency.

"The Birth and Growth of Canada" is the title of the booklet. The story begins in the 14th century, when, after Spain had claimed part of North and South America, the French and English came to claim their share in the vast new world which till then had been hidden from the knowledge of the peoples of western civilization. The explorations, colonizations and conflicts of these two great nations as affecting the sphere of influence of both on this continent, are sketched, from the time when the representatives of each roamed at will in the mysterious unknown of a country whose limits neither knew, until the interest of each was centred in a portion which became crystallized under the name of Canada. The latter, as has been mentioned, reached westward to the centre of the continent and southward to Louisiana. For this prize the two great nations ultimately became locked in deadly conflict, and to the daring adventurers and heroic pioneers of both the new nation which now claims as its homeland practically the whole of the northern half of this continent owes its heritage. This fact is recognized in the Booklet by two chapters headed respectively "Our Heritage from France" and "Our Heritage from Britain."

Now, from the vast territory originally claimed, Canada shrank to a small colony in the St. Lawrence Valley and then expanded east and west and north into a unit larger than the original, is a story that is told graphically and succinctly in the booklet, and each stage in the process of Canada's changing borderline is illustrated by maps that form an interesting and valuable series.

Few realize how vast have been the changes in this borderline with the changes in the people still living. For instance sixty years ago the four original Provinces of the Canadian Confederacy contained 950,188 square miles of land and inland waters, whereas now the land and water area of Canada is estimated at a grand total of 3,497,123 square miles. Every inch of the present year's borderline of Canada has undergone a further change following the Privy Council's judgment on the Labrador Boundary. The history of each change is given.

Summing up the territorial heritage of Canadians, the booklet says "Rich in every form of material wealth, in fertile soil, in minerals in forest, fish and fur, in water-power and coal, in railways, roads, and waterways, it is rich above all the quality of its human population, drawn chiefly from the kindred stocks of Britain and of France. It is a land peculiarly fitted by its bracing northern climate to breed one of the strongest races in the human family. Already the energy of its nine millions is hand full of humanly spread over so vast an expanse, fitted Canada to third place among the exporting nations of the world. With the great human reinforcements which may now confidently be expected, the Canadian people look forward to a growth and prosperity far exceeding the wonderful progress of these sixty years."

Only a foolish person is sensitive to the ridicule of a fool. One way to help people is to refrain from giving them advice. Start a few hills of cucumbers and stick a toe open and up, and substitute this year if you haven't tried it before. You can get plenty of cukes this way.

LONDON LETTER

(By TEMPLE CHAMBERS)

LONDON, June 27. —Now that the Flat Racing Season and the horses concerned in it are, as one may say, fully into their stride, it is interesting to note that there is only one London newspaper still existing—the Morning Post—which reported the running of the first Derby.

The race was run for the first time on May 4th, 1780, on a course about half a mile shorter than that of today and the weights averaged about 14 pounds less than those of this year.

In these days, when the result is flashed from the course to Fleet Street, and "theater" around the world in a few seconds from the moment when the winner passes the post, it seems strange to observe that the announcements of the result of 1780 did not appear in print until the Morning Post's issue of the 13th May—eight days after the race was run.

So small an interest does the race appear to have aroused in those days that one journal—the Public Advertiser—now extinct, published a story of a coach breakdown on the way back from the course, but omitted to report the race itself.

A MIGHTY VOICE

At the "Tatoo" now being rehearsed by some thousands of troops of the Aldershot Command, all the orders are given by one man—less than a Sergeant Major of the Welsh Guards, whose voice, it is seriously stated, can be plainly heard at a distance of one mile.

In this connection the question has arisen as to what public man has the best open-air voice. Twenty-five years ago Mr. John Burns would certainly have been high up in the list, but at the present time Mr. Ernest Brown, M. P. for Leith would probably bear away the palm.

There is a story that while on John Simon found himself astray his way to an election meeting Sir in some remote district. He stopped his car and listened. "We are alright" he said to the chauffeur; "I hear Ernest Brown speaking at some open air meeting about two miles away. Drive right on in the direction of the voice."

MINERS STILL UNSETTLED

Only a little over a year ago, the trouble which seems to loom perpetually over the coal fields of Great Britain culminated in a strike of the miners, or a lock-out by the coal owners, (whichever view your political fancy prefers), followed by a catastrophic though ephemeral General Strike in token of the sympathy of the other industries.

Now, after months of peace, while the rate of production by the men has very greatly increased, and the price of coal to the public come down to nearly normal level, the general return of prosperity to the coal trade which seemed to be in view may after all prove to be but a mirage.

Even the more responsible and level headed miners' leaders are hinting at coming trouble and the agitator joyfully scents the battle not far off.

The danger seems to be real that unless the cause of the trouble is grappled with, and that quickly—the labours of the peace makers will have been in vain.

EPIGRAMS BY LORD DEWAR

Lord Dewar seems likely to go down in contemporary history as one of the most entertaining after-dinner speakers of our times. Scarcely a week passes when he speaks containing such epigrams, and the price of his hearers with a falls to amuse his hearers with a Here are a few which he let off the other night at the Jubilee Dinner of the Distillers' Company: Every child comes into the world endowed with liberty, opportunity and a share of the war debt.

Man reaps what he sows, unless he is an amateur gardener. War does not pay, but it makes everybody pay. The wages of war is debt. The sun never sets upon the British Empire; that is why her troubles are continuous. A busy worker today is one who tries to finance a motor-car without mortgaging his home. People who produce trouble produce little else. It is safe to say nice things about the dead and gone competitors. Four-fifths of the perjury of the world is extended on tombstones, women, and combed on tombstones. Most men are great believers in heredity until the son makes a fool of himself.

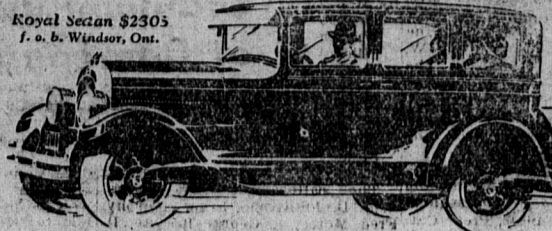
URCHINS BATHING IN TRAFALGAR

The funniest sight to be seen in London the other evening was a naked boy being chased round Trafalgar Square by a tall policeman.

The youngster, with others, had been tempted by the cool appearance of the fountain to strip and plunge in the pond. Then Robert hung in sight. Some of the urchins succeeded in effecting a scrambled toilet, but one boy about ten years of age had to run for it in the garb habitually associated with Adam and Eve.

Hundreds of people roared with laughter as the lad rushed up the steps and scooted along in front of the National Gallery. Time after time he halted in a struggle to get his shirt on, but his wet limbs hindered the operation. A tattered shirt at length covered some of his upper anatomy, but he was still being pursued. He scurried away, and finally succeeded in inserting one leg in his knickerbockers. Then he doubled down the side of the square, and the other leg finally went home. He escaped the smiling policeman.

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