

The Secret of Good Health

Assist Nature back to normal action

When Nature requires assistance, she will not be slow in conveying to you an intimation of the fact. Decline of energy, inability to sleep well, headache, biliousness, constipation, a general sluggishness of mind and body and any sign of digestive "unrest" should impel you to seek the aid of a reliable medicine without delay. There is no better—no surer—no safer—than this proven remedy.

Beecham's Pills

Sold everywhere in boxes



14,000 miles and good for many more

Mr. George Davies of Belgrave Avenue, Montreal, put an Ames Holden Tire on the right rear wheel of his car. Over car tracks, country roads, through mud, gravel and sand—

He "Compared the Wear" and now has Ames Holden Tires on all four wheels.

Put an Ames Holden on YOUR "south-east" wheel and any other tire on your other wheels.

Compare the Wear

If your Dealer hasn't them in stock—He can get them for you.

AMES HOLDEN TIRES

BIBLE THOUGHT FOR TODAY

BIBLE THOUGHTS MEMORIZED WILL PROVE A PRICELESS HERITAGE IN

SEPTEMBER 2

WHEN GREAT THINGS SHALL OCCUR—Then shall the same man leap as a heart and the tongue of the dumb shall sing; for in the wilderness shall waters break out, and streams in the desert.—Isaiah 35:6.

LABOR DAY—SEPTEMBER 3

PLATFORM FOR LABOR AND CAPITAL.—All things whatsoever ye would that men do unto you, do even so to them; for this is the law and the prophets.—Matthew 7:12.

SEPTEMBER 4

GOD OVER ALL.—The eyes of all wait upon thee.—Psalms 145:15.

SEPTEMBER 5

THE HEAVENLY SONG.—They sing the song of Moses the servant of God, and the song of the Lamb, saying, Great and marvelous are thy works, Lord God Almighty; just and true are thy ways, thou King of kings.—Revelation 15:3.

SEPTEMBER 6

AS A MOTHER'S COMFORT.—As one whom his mother comforteth, so will I comfort you.—Isaiah 66:13.

SEPTEMBER 7

A BENEDICTION.—Unto him that is able to keep you from falling, and to present you faultless.—Judge 21.

SEPTEMBER 8

BE YE DOERS.—But be ye doers of the word, and not hearers only deceiving your own selves.—James 1:22.

Sympathy is the soul of horse-manship.

Overhaul the harness. Give them an oil bath and get them ready for spring work. Leather getting scarce and dearer.

Sunday School Lesson

MARK

Golden Text—Marcus, my son.—1 Peter v. 13.

Lesson—Acts XII. 12, 25; XIII. 1-5; XV. 36-40; 2 Tim IV. II.

John Mark was a son of Mary the sister of Barnabas. Her house in Jerusalem was a centre of Christian influence. To it St. Peter made his way when an angel had released him from prison, and there he found many disciples gathered together and praying. It must have been a comfortable home; for we read that maid-servant, Rhoda, opened the door when Peter knocked. So the young man lived in a Christian atmosphere and must have been affected by the faith and enthusiasm of the apostles. No doubt he took to his uncle Barnabas when Barnabas came up to Jerusalem with Paul to bring fame relief from the disciples at Antioch and listened eagerly to the story of the wonderful successes among the Gentiles then. So it was natural for the young man to wish to share in the work and he accompanied Barnabas and Paul back to Antioch.

When Barnabas and Paul were sent on the first missionary journey, Barnabas took his young nephew with them as their helper. But after a bit Mary got discouraged and went home to his mother at Jerusalem. Why, we don't know. St. Paul looked on it as desertion. Perhaps the impetuous fiery Paul was hard to get along with and Mark resented his taking the lead over his uncle Barnabas, Paul's senior and father in the faith. Perhaps he got tired of knocking about in fishing boats and going hungry and being in daily fear for his life. Perhaps it was just homesickness, and being in a strange place among foreigners. Anyway, whatever it was, Mark left his comrades and returned home.

Later when the question of a second missionary journey arose, Barnabas wanted his nephew to accompany them again; but Paul "thought not good to take him with them who departed from them and went not to the work." And the contention was so sharp between them that they separated. Paul who put the work before everything

went off with Silas on his long career of successful evangelizing. Barnabas who felt it was right to hold on to the young man, even if he had made one bad break, took Mark with him on a mission tour through Cyprus. We never hear of Barnabas again in this world, but we hear much of Mark, his work-manship. His young friend, for whom he gave up his partnership with Paul, made good.

For we next read of Mark as Paul's companion and fellow-worker at Rome. (Col. IV. 10; Philemon 24.) His restoration to Paul's confidence must have taken place earlier, as the Colossians were bidden to welcome him if he visited them. This points to a reconciliation during Paul's last visit to Jerusalem. "Not long after Paul writes 'Take Mark and bring him with thee, for he is useful to me for ministering,' that is taking care of Paul himself.

We last read of Mark as the companion of Peter calls him "Marcus my son." (1 Peter V. 13.) Justin the martyr who wrote soon after 100 A. D., calls the Gospel of Mark the memoirs of Peter, whose scribe, or stenographer, as we would say, Mark was. Noticeable in it are the details harking to Peter himself which the other evangelists omit, and the vividness of the scenes described at which only Peter and James and John were present. It is believed to have been the first of the Gospel narratives to have been put into writing, for at the beginning the Gospel story was told by word of mouth. It was written in Greek, mainly for Gentile readers, for Jewish customs and Aramaic words are carefully explained and references to the law are omitted. It is the shortest Gospel; but what it does describe, it gives more fully with details that must have come from an eyewitness.

Mark is thought to have been martyred on the streets of Alexandria, the great Egyptian seaport.

Did you ever try a stiff brush on the cows in the early spring when the hair is beginning to shed? It makes the cows comfortable and they like it. It helps in producing cleaner milk. If a cow has a dusty hide full of loosening hair you can scarcely keep it all out of the pail. An hour will do a lot of spring cleaning on a few cows.

The Provincial Gov't In Social Service Work

(Continued from Page 9)

that of the "Well done" earned by those who do good work for the relief of the poor and needy, who are always with us.

The inspection of foster homes throughout the country might be accomplished by the Inspectors of the public schools, as they make their rounds of the various school districts. Each inspector could be supplied with a list of the foster homes within his territory, and the names of the foster children in them. He could find out whether or not they were being educated. He could quietly, or otherwise, inform himself concerning the conditions in which the children were being reared, and could report to the Department the results of his observations—so supplying, without additional expense, information concerning the wards of the public respecting whom practically nothing is now known.

To the Department of Education there would necessarily be attached one or two additional officials who would be paid for their services, the salary or salaries fixed by the Government. He or they would take up the duties now performed by the Agent of the Children's Aid Society and the nurse supplied by the Red Cross Society, and perform them, not for this city or Summerside, or Souris, but for the whole Province. The additional cost could, in part at least, be made up out of the amounts now paid the societies, and I think that from a more effective operation and enforcement of the law prohibiting the traffic in intoxicating liquors there could easily be obtained an increased amount sufficient to meet the increased expenditure that Social Service would entail upon the Department of Education. That many of the ills of children result from the misuse of intoxicating liquor by their parents is a well known and admitted fact; and it seems to me that the diversion of a portion of the amounts received by the Government from those who break the laws regulating or prohibiting the sale of intoxicants to the payment of officers appointed to perform the duties imposed by the requirements of the innocents who suffer those ills would be in full accord with the law of Retributive Justice.

The adoption of this plan of operation in connection with Social Service under the direction of the Provincial Government need not necessarily abate the zeal of Social Service societies or charitably disposed individuals. They could and would, of course, always be in touch with the officers whose duty it would be to carry on Social Service. They could and would, of course, supply information at all times about cases in need of attention and care. Not alone to the charitable in the towns would this duty belong, but the charitable in all parts of the country would see to it that the dependent and neglected, the delinquents and sub-normal, together with those handicapped by malformations and other ills, that may be remedied were looked after and provided for under the direction of the officials of the Department.

Now, Gentlemen Rotarians, I trust that you will give these suggestions your attention and consideration. They are offered not as an expression of conclusions—but as a reasonable proposal with regard to a situation in which all will be ready to admit that something ought to be done.

Scientific Miscellany

(Continued From Page Nine)

blood glues, it can be used without hot plates in presses such as are employed with animal, vegetable and casein glues. In plywood tests, specimens of good kept under excessively moist conditions required a shearing force of 300 pounds to break them apart. Plywood that had been submerged one year was not less strong, although U. S. Navy specifications only call for a strength of 180 pounds after soaking two days.

An extraordinary instance of tenacity of life an eel is reported in Nature by Dr. John Schmidt of Copenhagen. An American eel, or young eel, was placed in a half-pint bottle, which, after the cork was waxed to make it airtight, was enclosed in a tin mailing-case and in this dark and airless prison the animal made the trip from New York across the ocean, being in the mail thirty days, as shown by the postmark. On being placed in a Copenhagen aquarium as soon as it arrived, the animal was quickly swimming about as lively as ever.

In a new method of preparing detoxicated vaccines, microbes so small that a billion are no larger than a pinhead are suspended in a liquid and driven at a mile a minute against 70 small knives. In 20 minutes the germs receive 560,000,000 cuts, killing them and making it safe to administer larger and more effective inoculations.

The alchemy of old, dealing chiefly with the transmutation of baser into precious metals, became discredited for a long time, but in the last twenty years has been replaced by a more scientific alchemy based on a new insight into the atom. In this new conception, stated Dr. Paul D. Fofe in a Washington Philosophical Society paper, the atom is a planetary system of electrons revolving around a positively charged nucleus or sun. The nucleus or sun itself is probably of a planetary nature, consisting of a group of closely bound hydrogen nuclei, helium nuclei, and electrons. In a gold atom, for example, the sun contains 49 helium nuclei, one extra hydrogen sun and 20 electrons, all packed in the space of 30 billionth-billionth-billionth-billionth of a cubic centimeter. The new alchemy deals



Warm All Over or— Just Hot Under the Collar?

DISMISS your furnace and coal problems by installing a dependable McClary's Sunshine System, that burns all kinds of coal satisfactorily. McClary's All-Cast Sunshine Furnace burns soft coal or hard. Its Air-Blast Ring solves the fuel problem. The All-Cast Sunshine is the furnace used throughout the West for burning soft coal. It has official approval.

CONSULT McCLARY'S DEALER

McClary's

ALL CAST SUNSHINE FURNACE Burns Hard or Soft Coal

THE ROGERS HARDWARE CO., LTD. Agents and Distributors of McClary's Full Line

with the disintegration of these nuclear suns. About 40 different radio species, produced spontaneously, represent transmutations of elements in the strictly chemical sense. Many radioactive elements give off helium. Certain light elements may be broken up into still lighter elements and hydrogen, and Rutherford has foreseen that all elements may be transmuted when an electric field of 10 million volts becomes available. It is probable that transmutation into such metals as gold and platinum may be effected in a small way by methods analogous to spontaneous radioactive disintegration. Alchemical transmutation of the kind on a large scale, however, is a problem for the distant future, and when made possible the same means can be made to yield vastly greater results in the creation of energy by the annihilation of mass. Converting into helium the hydrogen in two teaspoonfuls of water would liberate the equivalent of \$20,000 of electrical power, at present rates.

Great variation in the tuberculosis mortality of different nationalities has been noticed in New York City. In 1918-21 the death-rate ranged from 398 among the negroes, 342 among the Finns, and 306 among the Irish, to 92 among the Rumanians, and 86 among the Russians (mostly Jews). The highest rates seem to be among agricultural people who have not become inured to the conditions of crowded cities.

More than 100 poisonous plants listed by the Department of Agriculture as growing in the United States. Persons differ greatly in susceptibility, and there is wide variation in the degree and character of the poisoning produced by the different plants.

Are You Fat? Just Try This

Thousands of overweight people have become slim by following the advice of doctors who recommend Marmola Prescription Tablets, those harmless little fat reducers that simplify the dose of the famous Marmola Prescription. If too fat, don't wait—go now to your druggist and for one dollar, which is the price the world over, procure a case of these tablets. If preferable you can secure them direct by sending price to the Marmola Co., 4612 Woodward Ave., Detroit, Mich. They reduce steadily and easily without tiresome exercises, starvation diet or absurd greases and salves.

SAVE YOUR HAIR

Rub the scalp four times a week with Minard's



BAYER Photographer

163 Great George Street

Many People Wonder

why it is that glasses are worn more commonly in the present generation than in the past. Some say that the race is deteriorating, some that it is for style, but the real reason is that our modern civilization requires the eye to do more work than was even the case before. Consequently, the eyes, if in the least defective, may give you a lot of trouble, though in reality they are no worse than those of your grandfather who did not wear glasses till he was an old man.

If you feel the least symptom of eyestrain, remember that it is nature warning you and consult us at once.

G. F. Hutcheson

Optometrist

Professional Cards

MacDonald & McPherson

B. A. L. A. McDonald H. F. McPherson Barristers, Attorney, Etc. Money to Loan Charlottetown, P. E. I.

J. D. STEWART, K. C.

Barrister and Solicitor, 84 George Street Solicitors for the Union Bank Canada

Dr. C. C. Archibald

Graduate of N. Y. Post Graduate Medical School and Hospital Practice limited to Eye, Ear, Nose and Throat Office Bayer Building, Great George Street, Opposite Guardian Office Telephone 850-J. Office Hours—9 to 12 a. m., 1 to 5 p. m.

Palmer & Palmer

H. J. PALMER, K. C. Barrister, Etc. Money to Loan Bank of Nova Scotia Building Charlottetown, P. E. I.

Mark R. McGuire

B. A. BARRISTER, SOLICITOR, Etc. Money to Loan Cameron Block Charlottetown, P. E. Island

W. Miles Garrison

A. B., M. D. Pulmonary Tuberculosis Specialist 120 Brighton Road, Charlottetown, P. E. I. Gas Treatment in Selected Cases

S. S. HESSIAN

Barrister, Solicitor, Notary Public, Etc. MONEY TO LOAN Montague, P. E. I.



The arrangement of the luggage carrier and trunk is in keeping with the good taste of the car's whole design. Illustration also shows position of back-up searchlight.

HERE is a car to set your eyes, your mind, your heart upon. An automobile the folks next door will admire and want. With every luxurious appointment any motorist could wish, yet hundreds of dollars lower in price than anything of its type.

A larger, roomier body with lower, longer lines—its whole appearance clean and sprightly.

Finished in a rich shade of Mandalay maroon with beautifully-grained upholstery to match. Genuine English dust-proof top—smartly tailored.

Luggage rack at rear, equipped with nickel-trimmed maroon trunk.

Five senior cord tires, bumper, sun visor, windshield cleaner, plate glass wings, cowl lights and a back-up light.

The outstanding appearance of the Red Bird is further enhanced by disc wheels and glistening nickel radiator and trimmings.

Triplex Springs, of course, for buoyant riding ease. And—to cap it all—a bigger, more powerful engine.

The Overland Red Bird is more than a wonderful new model, it is a culmination of long years of Overland progress, brilliantly crystallized in one car. When you see this newest exclusive creation, you will marvel at such fineness of detail and completeness of equipment at a price so remarkably low.

McLAINE'S SERVICE STATION 186 Grafton Street Charlottetown, P. E. I.

Presenting The Big New Overland RED BIRD

