## OUTDOOR RECREATION CONFERENCE

Insportance of Recreation From National Health Standpoint Canada Participates in Washington Meeting
voves the tinernan on oceasion thin

 ready in tooch with these subjects
hozen polats and the chiet work
he conteres rganize the activities they fiviolve.
The personnel of the conter fect occupeses in the mint mads of the lead ing men of the United States. It wai
called and opened by Presidient Cool Iage, and the executive chairman was
Hon Theoodore Roosvelt, $A$ sesistant
 Secreary of the Inierior; Hon. H. C.
Wallece, Secretary Hon. Herbert Howor, Agreuturye;
Oommerce and Hon. J. J. Davis, See Arrargements were completed by varlous forms of oitdoor rocreation
wwll be tuly represented on the per
manent ledged Ieaders. These detalle need
not be gone tno
here, the polnt belng


Hymn for a Household.
 Upirit our prang prayer and evensong,
Dost thou, with heaven in
Thy ken,
 o Man of Nazareth, be our guest! The found is shelered in his ground,
But dost $T$ thou stll this dark earth And haye no place to . He Thy head
Shapmer of or mortals, here behold That watt Thy yresence to to blest-
0 Man of Nazaroth, bo urr unsest

- Dantel Henderson

Unofficial Bird-Bands.

 ferlng from the oftcial a krind binits







 Old Home Town Week.
Vry
Various villages, towns and small
cittos have been, are or will be holding
oo
old home town weiks this summer.
old boys tond old girls, who have been gether aside from the sentimental side
of it, I Io not thing most towns and
small cities could employ their better in advertising their manifold at
tractlons than in calling back thos with most reason to love them, be
cause these, seolng how much the old
town has accomplished in their ob. sence, will brult it abroad without pay
or thought of it To many peoaple from the large cittes
that the small towns and eltier overtaken them in the matter of ad
vantages. Except for theatres and vantages. Except for theatres and
concerts. and the University these
small towno offer to thi dwellers therein every advantage that the clty can
end for less moneney. Land costs are
lower and therefore rents and building costs are not so high. Taxes as a con-
sequence on industries are lifhter
and workingmen with better houses
and and larger gardens are more content-
ed.- From Saturday Night Fully Equipped. A disabled soldider had been so long
in one hospital that it seemed like
home and he was anxtous to impress its merts on all callers.
"Why." he exclaimed, "It's the mo an eye syectcalist, a throat spectallist,
n rose nenecilistst, and they even have
inte:nos for internal diseases."


Above are shown the Duchess of York, the Prince of Wates, and the
Duke of York (behind Prince), photographed in a moment of fun on onn of
the rollercooasters at Wembley.

## BEAUTIFUL GEMS ARE

BUT COMMON MINERALS
Garnet Fincis its Chief Use as An Abrasive-Found in Many Parts of Canada
able gem stones most beautiful and valu- two Inches or more in dlameter, which paratively common minerals. The pin-head as the contacts are approach
dlamond-one of the hardest sub- ed.
stances known, and the most highly- At Chogoggin Pont, near Yarmouth
 ite, which occurs abundantly in Na
ture. Emerald is a rare variety o the not uncommon mineral beryl, an
owes sts beautiful groen color
treces to Two of the common abrasive min-
erals, corunium and garnet, when clear and flawless, give us beautifu
gems; the ruby is a red variety gems; une ruby the saphire a deep
corunium, and ty
blue variety of the same mineral Der cent., outorope on the seat abore
and has been traeed irland for several milios. Several other deposita are
known that are both rich and suttable
for The market for garnet is limited,
however, and concentration and pre Mines Branch has pald considerable attention to the preparation of Cana-
dian garnets.for market, and has made

tiont | hille many of the variousty colored tests to determine the best processes |
| :--- |

 occur in Canada, but no material
gem quality has yet been found.
in recent years the use of all kinde and artifctai, has greatly increased,
and there are now very few articles, in factory or home, other than textilies,
that have not been subjected to the ation of abrasives. On account of
his increase in demand, the Mines Branch of the Deparmenen, of Mines
nakisg special investigations of Cana making special investigations of Cana
dian abrasive mineralis, including gar Garnet is really a very common
neeral, and occurs in several varie mineral, and occurs in several varte-
ties, having glighty difirent composi-
tion and color, and varying considertion and color, and varying considier-
ably in hardness, toughness, and
tit method of breaking. For abrasive pur-
poses the mineral should be very
hard-harder than quart or sand; hard-haroer than quart or sand
and it ehould break into sharp angu-
lar fragments without curve, or or
rounded edges, so that it will easily and or abrade the articles under treat ent. ApproxImately 95 per cent. of
the garnet mined throughout the world used on paper or cloth, and the enerally, to papers coated with sand, Little is yet known about the exist-


 | promising deposit of larger extent but | ves antigations that were made when the |
| :---: | :--- | :--- |
| lower garnet content at Parry Sound |  |
| vockeye yearlings were migrating |  | has been well prospected and will

probably become an economic pro-
ducer. Near Sudbury, Ont., there is eet wide and traceable for a con-
Iderable distance. The centre of the


Competitors are shown in the hand-driling contest at
oys Reunion held in the northern mining town recently.

THE MENACE OF THE GIPSY MOTH
$\qquad$

The Garment of Habit. Our inves are a mass of hiblts. If M1
ere not go, we could not live at all
ewake and get up and dress, we eat and walk and work, we wpeak end
think and love and hate and fall sieep again largely by habti. If we
were forcoed to perform all thts inde
pendently, origtinally, the embrt of live ing would be intolerable. A mercilqul.
ly smanl part of our action depends upIn the matn wo do what rear fathers.
dita, as they timitated thetr tathers, and
so hael Education is the forming of habits.
They begin in the cradie, or betore They begin in the cradie, or before we
get to 1 . The one great business of
parents and teacheris is to see thet or parents and teachers is to see thet our
habits are what they should be and
with alt the mighty effort and coglta. ten they turn out to be what they
shiould not! How immense, how right pexibluty, this encompassing mould
of habte is we realize oniy when endoavor to change it or break $1 t$ or
throw it ofr. Get a bad habit tastenne throw it off. Get a bad habit tastened
apon you, apprectate its badness, set
all the energy loun hat ail the energy you have to geting rid
of it, and you learn the mighe of habit.
We have all tried, and we have all talled, and we all know.
The intensity of such an effort and
its too freguent futilty Its too frequent futility improst and
us the terrible danger of habit. It is a fne thing to be on your guard
against it, to keep your life and charto outward calls and stimull, ready to demands of the intelligent will. Many people preach againget hilli. Many
some seem to have a far better mas.
tory of them han All the same, habit is a beautiful
thing, and above all, a reestul. Phing, and above all, a restuul. Mr.
Popys, mother had an old dressing
gown wheh she called her kingdom, because she took so much comfort Only it behoreves us de deilceous. that it
made of substantlal stuft duce to dignity and will not will con-
us in the eres of those we lo.

Wcrid's Fastest Trains The highest train speed, 12 C miless
an hour, is sald to have been made by a train running from Fleming to Jack-
sonvlle, on the plant system, in the
United States, a distance of five milles,
int 2 minutes 30 .econct, The record speed for a British rail
way was a run on the Great Weestern through the Whitehall Tuannel, the the
Plymouth to Paddligiton mail train
for a time ran at a spees of 102.3

## 3

speditish railways hold the greatest
number of hatitually high speed runs
ouer short distance regula

Whales Kill seals.
nis. of furs reals are dilt, an.
killer whalos

