# SIDE TALKS.

By Ruth Cameron

I felt drawn to peeling and the fancy wood work is but did not know broken in several places and it is very well was rented to a family who only put up visiting me with with it because they have seven a mutual friend children and can't squeeze into the at my home in modern apartment they covet.

the country. Across the way from us a little house has just been built.

friend had not been with before she said, "Is ere wasn't. "Then," said

re houses. Anyone who doesn't ast as well turn to some other and the ragged lawn trimmed to its the paper for I am going to old time glory.

ns and prowl about over mber and kegs of nails in | name the other). is being built as I was vas a child and a new house neighbourhood was a rich

The Inside of Houses.

REPORTS

there is no st

racite Coal i

of Anthrac

year has n

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get and him

hard coal, at

and a stock

product.

r requirem ossible.

**OHN'S** 

our custom

COMPANY

Stores

n Cabbage.

Potatoes.

urnips.

k, lb. . . . . 1

Beef, lb.

con, lb. ..

ns, tin .....18

and Chow

., bottle ..

de Butter,

rever wishing that I might de of some occupied exterior intrigues me. | enjoy: ne up and asked if he was so glad to find ig Gothic house of 40 you just imagine how how people went

how much that fancy

and how the house was

Statistics Show

LIFE.

among those whose weights are



DODDS

I can never see a house with good will account for 650 calories. The lines and possibilities, but gone to seed and decayed into a tenement, without an actual pang. I wish I had the money to paint it and fix it up as it should be fixed. I see it in my mind's eye, gleaming with white served, a total of about 1,200 calories paint, with window boxes at the winwill be included. This would make dows and hoolyhocks out in front the total for the day approximately the company. 2,500 calories.

"If more people checked their diet requirements, there would be a great improvement in the general health of the nation."

## Of Interest to Tourists.

CASH'S TOBACCO STORE IS NOW READY FOR THE TOURIST TRADE.

know everyone who loves houses The man from England or the Unenough to bear with me this far, will ited States or any other country when visiting our City, will find his favorite brand of Cigars, Cigarettes, Tobacco and other Requisites at Our Store. We also carry a full line of Picture That has put its loving wooden arms Postcards and Books of views of Newhouse that has echoed a baby's

laugh and held up his stumbling Our Soda Water Fountain is now full swing. Our Ice Cold Coca Cola the saddest sight when it's left and other syrups are pronounced by alone, that ever your eyes could all to be the very best in the City. whenever I go to Suffern, along A good smoke-a cool drink and a visit to our beautiful Bowring Park never go by the empty house withwill linger in your memory for many out stopping and looking back.
Yet it thurts me to look at the crumb

Cash's Tobacco Store,

Just Folks.

By EDGAR A. GUEST.

THE FISHERMAN. The man who loves to wade a stream And seen upon a city street, He looks like all the men we meet Yet there is much escapes the eye; never know the passer-by

A fellow being's gentler side. We cannot read men's eyes and tell What thoughts behind their glances Know just what ears are tuned t

The blossoms on a cherry tree, What man of all the many here Grows gentler when a child is near

And clad in garments worn and old The story of his sould is told. 'Tis plain he loves a willow tree, And every rock he treads upon.

He finds the twitter of the birds A sweeter speech than common words You know, because you find him To him the distant hills are fair. In him the wild flowers have a friend He loves the stream and every bend The tangled banks, the sky's blue

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"But the weight tables posted on public scales," he continues, "should not be taken too literally. Young persons may well weigh a number of pounds above the average called for by the tables. An excess of ten pounds is associated with the most favorable conditions among people between twenty and twenty-five years

ling roof and the shutters fall-

For I can't help thinking the poor old house is a house with a

ing apart,

broken heart."

If houses could only write their

biographies we should have some

reminiscences more worthwhile than

I wonder if you ever read Joyce

Kilmer's "The House with Nobody in

it." To my mind it is one of the two

best of his poems (I know I needn't

The House With a Broken Heart.

He had that same feeling about

wanting to fix up the por old house

with nobody in it. The poem ends

with these two fine verses that I

"For a house that has done what

house that has sheltered life,

many that are printed.

"The public should realize these rage called for in the standard facts and accommodate their habits eight and age tables, but af- of diet and exercise to them. In Amhirty the longest life span pre- erica we eat too much and too well. The oriental codlie and the Euroof physical work on a meagre diet. surance Company, of No one advocates a return to primiiven out by the Am- tive conditions or to lower standards of living, but it would be well for us to keep in mind the exact requireher weight, and ments of hte adult body. We should recognize that when we have grown up we no longer need food for growth, and that for the replacement of burned up tissues we need only about piled 2,500 calories a day. This is equivalent to two very light meals and one eigh hearty meal a day. Let me illustrate werage have a better with a menu for an entire day for

ng life, the records of an active adult which will contain companies show. Af- the required 2,5000 calories. For is a decided advantage breakfast he may have a small average serving of cooked fruit or an apple or an orange, a serving of cereal, slice of bread or one muffin or roll with butter, a cup of coffee with sugar and cream. This will contain about 600 calories. The luncheon may

Investing in Our Forests.

their luncheon the other day on an Island in northern Quebec. When they left the island, they left their fire burning. A few trees caught fire and while the men noticed the flames they thought nothing of because the fire was on an island and they expected it to burn itself out. But a favorable wind enabled the fire to jump from the island to the mainland. It is still burning and to date has destroyed 350 square miles of pulpwood lands. At a minimum of \$1,200 a square mile, the timber that

important meal of the day, or dinner, this area would have been sufficient may consist of a soup, an average to run the entire Laurentide plant at serving of meat, potato, two green Grand Mere, Que., forever, allowing egetables, bread and butter and a for natural growth. And the Laurenlessert. If average portions are tide Co. supports a town of 7,000 people, almost everyone of whom is

This is the economic side of forest fires; their deadening effect upon to the reasonable limits of their body the paper industry. It may be less sensational than the effect of forest fires on the northern Ontario mining camps, but from the standpoint of Canada's future it is just as import-

pulp and paper mills in Canada, in water powers and town sites. These millions are in danger unless there is proper protection against fire and an adequate policy of reforestation. Some of the provinces receive as much as one-third of their revenue from these forests and yet they are spending hardly anything to insure possible for the men in charge of the governmental affairs to spend with public approval, that such companies as the Laurentide Co. are spending thousands of dollars a year on a policy of reforestation. The Laurentide Co. by 1925 will be setting out five million new trees a year sumes. But as an economic and practical matter, reforestation is not profitable for the ordinary pulp and paper company. It is entirely up to the provincial government just as protection against forest fires is a question for provincial control.

Hon. Honore Mercier, minister of lands and forests of the province of Quebec, has been studying this question and undoubtedly the incoming ministry in Ontario will also make a careful study of the question of conserving our forestry resources But the governments cannot act with out public support. Adequate for estry protection may involve the annual expenditure of a large part of the income now received from the ciate that when this expenditure is made that it is a proper and justifiable, in fact, necessary expenditure They should indicate their approval of such investments in Canada's future. Canada must look after its forests or pretty soon its most important industry and the chief source of its manufactured exports—the timber and

# Viennese Too Poor to Pay Doctors' Fees.

paper industry-will disappear.

VIENNA.-(A.P.)-Some hundreds of doctors in Vienna are having hard times, these days, keeping themselves and their families alive. The people cannot afford to pay their fees, which are 10,000 crowns or 15 cents, for a visit. Many physicians' families get meat only once a month, and live chiefly on bread and potatoes.

Ninety per cent. of the people i Vienna belong to the sick benefit asociations ,and seek the help of an utside doctor only as a last resourse urthermore, few foreigners nowadays to Vienna in quest of medi cal aid. The home doctors discourage them from taking the journey, representing the local facilities for cures as good as anything to be had in Austria. It is evident the loca practicioner does not want fees to slip through his fingers for the bene

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of Alaska will be scarce, according ter opportunities for social advanceto Charles Coach, who has spent

ment, Mr. Coach explained. Only in the lower Cook Inlet the educated native who has some

Anchorage, Alaska, July 10. (A.P.)

-Within a few decades full-blooded blooded men because the white men regular mode of earning a living has

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