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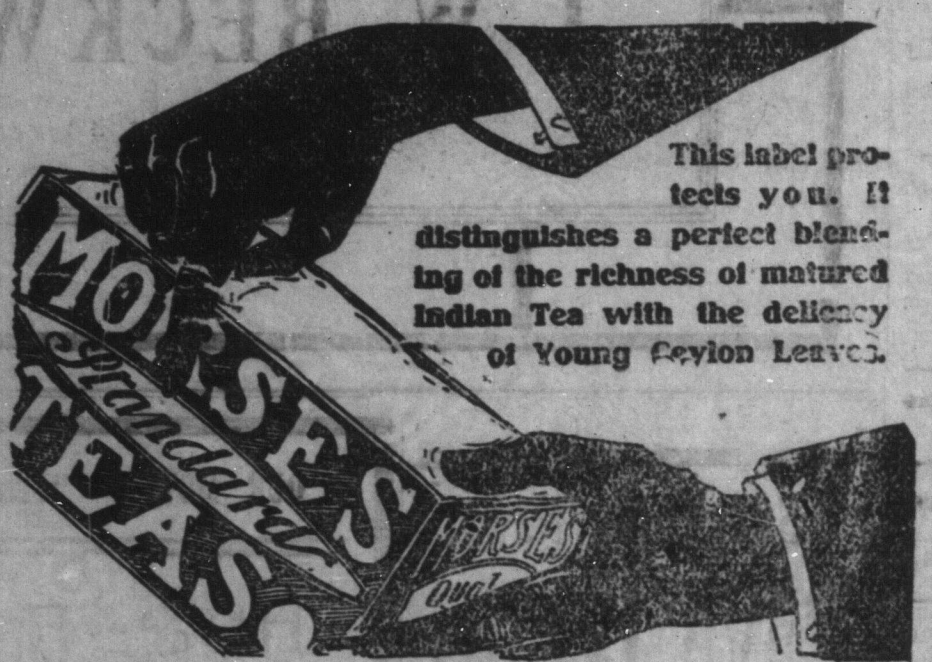
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Cadet Instructors Receive Practical Open-Air Training.

The Canadian Government, acting in conjunction with the educational authorities, has established, at several points of the Dominion, camps for the assistance and qualification of cadet-instructors. At these camps a course is outlined which if followed faithfully will enable and qualify the men—especially school teachers—to carry on cadet work and train the youth of our land along the line of outdoor activity. Skill with arms and movement in formed bodies, protection—posts, advance flank and rear guards—attack, defence, physical training, games, and athletics, and a hearty co-operation with one's fellows for the securing of a desired corporate end, apart from an individual end, are constantly held in view in these training camps during the course of instruction.

One of these camps which will serve as an example was established at Sturgeon Creek, some seven miles out of Winnipeg, on the old Rifle Range. Here thirty-four men, nearly all teachers, has completed a six weeks' course, which entitles each to a Cadet Instructor's Certificate. Cadet corps to be officially recognized and to participate in the rights and privileges of such corps must be in charge of some one who has had this or equivalent training. It is to furnish such instructors and strengthen and guide the movement that the authorities have established these camps.

Half of the thirty-four men who took the course at Sturgeon Creek were from Manitoba and half from Saskatchewan. They are allowed their transportation and \$1.50 per day; their expenses are \$1 per day for messing in addition to their uniforms and books, which cost about \$2.50 or \$3.

Apart from the valuable training these teachers got and the securing of an Instructor's Certificate, the period was a delightful and helpful outing. It might be interesting to know what a typical day's duties are, and the following will serve as a sample:

Reveille, 6 a.m.; breakfast, 7.30 a.m.; physical drill, 8.30 a.m. till 9.30 a.m.; company drill, 9.45 a.m. till 10.30 a.m.; lecture on the "Attack," 10.45 a.m. till 11.30 a.m.; infantry in battle, 11.45 a.m. till 12.30 p.m.; luncheon, 1 p.m.; musketry, 2 p.m. till 3 p.m.; signalling, 3.15 p.m. till 3.45 p.m.; lecture on "Map Reading," 7 p.m. till 8 p.m.

I am sure if it were more widely known among teachers many more would take the course if for nothing more than the personal benefit and enjoyment to be derived. It, however, is much more than an outing.

The establishing of corps of Cadets, Boy Scouts, Girl Guides, and instruction in drills is only part of a general movement towards the securing of a better training of the boys and girls of our land, a desire to send them into life physically healthier, mentally brighter, more alert, morally stronger and more self-reliant, with ability to act promptly and heartily together as occasion may demand in life.

The end in view is not preparation for war only, although if that should occur Canadians would be in a better position to carry on operations defensive or offensive as might be necessary for the maintenance of the security of their homes or as might be needed to preserve the integrity of the Empire. This is a duty incumbent on every one because under the Militia Act every one is practically a Canadian militiaman.—Canadian Courier.

A Film Star.

To be a motion picture star is coming to be a recognized means of attaining great popular distinction, and one of the first actresses in the country to reach this pedestal of fame is Miss Lawrence, a Canadian girl. She needs little introduction to the public, certainly none to the motion picture world, for she has been associated with two or three of the older motion picture companies where she first began to gain popularity some three or four years ago, on through her experience with other film organizations have given her a most unquestioned and unique position in this branch of drama. Now, that she is heading her own company with the name of Victor, it seems inevitable that she should go on to greater triumphs.

Miss Lawrence was born in Hamilton, Ont., to all appearances not very long ago, and began her stage career when three years old. Little Lord Fauntleroy was one of her parts. Before going into pictures she toured the West with the Lawrence Dramatic Players.

Live and Learn.

Dr. Sophia Jex-Blake, whose persistent efforts finally brought about the admission of women to the practice of medicine in England, remained wittily unimpressed by the bestowal of this privilege.

"It is absurd," she said, "to keep the door longer shut against young women, seeing how many old women were already inside."

Of a tiresome eloquence, Dr. Jex-Blake once drew the incisive wit of Benjamin Jowett. The master of Balliol had sat next to her at dinner, and after the ladies retired he remarked, in his mild, high pitched voice:

"I always knew that Jex meant law, but never till this night that Jex meant jaw."

Canadian Is Best Penman.

For the second time in two years the prize in penmanship offered by the New York Business Journal has been captured by a Toronto student.

Miss Maud M. Hallett, 712 Gladstone avenue, a third year student at the High School of Commerce and Finance, and a pupil of Mr. J. T. Bailey, instructor in penmanship there, succeeded in carrying off the prize in a competition which had over ten thousand competitors from all parts of Canada and the United States.

Last year, the first occasion on which the prize was awarded, it went to James Reenie, another Toronto pupil.

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