A STRONG! BOX.

Build for yourself a strong box Fashion each part with care; When it's as strong as your hands car

make it, Put all your troubles there. Hide there your thoughts of failures, And each bitter cup that you quaff; Lock all your heartaches within it;

then, Sit on the lid and laugh.

Tell no one of its contents, Never its secrets share;

and worries,

Keep them forever there. Hide them from sight so completely

That the world will never dream half: Fasten the strong box securely; then,

Sit on the lid and laugh.

SOME SWIMMING DONT'S TO

Almost everyone has heard of Annette Kellerman who has become famous for her wonderful and daring swimming feats. She is naturally most enthusiastic about her favorite sport as a splendid exercise for boys, and she is always ready to furnish advice to beginners and encourage them in every way in her power.

Now that the out-of-door natatorial season is at hand, the following "dont's for swimmers," which Miss Kellerman has just prepared, should prove most hopeful, being built, as they are, on her wide experience in

the water. for that tires you quickly. The stroke should be slow and complete. Try counting ten during each stroke. Don't wear a tight belt for

it hinders the circulation. Many cases of cramps which have come under my observation, have been traced directly to tight belts.

3. Don't swim directly after eat ing nor eat for an hour after made by many people and not infrequently is the cause of severe digestive troubles.

The former is always extremely dangerous to the health.

Don't go in the water unless the body is thoroughly warm. Don't stay in the water after your teeth

5. Don't under any circumstances stay in the water more than fifteen minutes the first time or two. Then you may increase the time by five minutes each day. But unless the conditions are exceptionally fine, you should never stay in the wat more than half an hour.

6. Den't go in swimming on a cold raw day, even if the water seems

7. Don't try to dive until you have perfect confidence in your stroke. Don't at any time try to dive in

8. Don't go in and out of the water After you are in, remain there for sufficient time for a good swim, and et that suffice for the day.

Go to your bath house for a good rub down immediately after coming out of the water.

ALPHABETICAL PSALM.

The following alphabetical psalm on the virtue of total abstinence was furnished by Dr. Cyrus Edson to the North American Review. It is LOANED TO THE UNITED STAone of the best essays of its kind in

A stands for Alcohol; death-like in grip. New B for beginner, who takes just one sip. C for Companion, who urges him on. D for the Demon of drink that is born. E for Endeavor he makes to resist. stands for friends who so loudly insist.

G for the Guilt he afterwards feels H for the Horrors that hang at his I his Intention to drink not at all.

J stands for Jeering that follows his

K for his knowledge that he is slave.

M for convivial Meetings so gay. N stands for No that he tries hard to O for the Orgies that then come to pass

P stands for Pride that he drowns in Q for the quarrels that nightly abound R stands for Ruin, that hovers around S stands for Sights that his vision

bedims. T stands for Trembling that seizes his himbs.

U for his Usefulmess sunk in the slums V for the Vagrant he quickly becomes. W for Waning of life that's soon done. X for his eXit regretted by none Youths of this nation, such weakness

is crime. Zealousy turn from the tempter in tim

LINIMENT CURES to his castle. - Exchange. DIFHTHERIA.

WHY MINNIE COULD NOT SLEEP.

She sat up in bed. The curtain was drawn up and she saw the moon; and it looked as if it were laughing at her. "You need not look at me, moon," she said.

"You don't know about it; you can't see in the daytime. Besides, I am going to sleep."

sleep. Her clock on the mantel went "tick tock, tick-tock." She generally liked to hear it, but tonight it sounded When you've dropped in your cares just as if it said: "I know, I know, I

"You don't know either," said Minnie, opening her eyes wide. "You weren't there, you old thing; you were upstairs."

Her loud noise awoke the parrot. He took his head from under his wing and cried out: "Polly did."

"That's a wicked story, you naughty bird," said Minnie. "You were in that his wings were all right, for he grandma's room, so now!"

Then Minnie tried to go to sleep again. She lay and counted white scratching. sheep, just as grandma said she did "Hear h I hadn't!"

patter of four little feet, and her pussy around. jumped up on the bed, kissed Minnie's cheek, and then began to "purr-r-r, too sounded as is pussy said: "I know,

Minnie. And then she threw her arms around kitty's neck and cried bitterly "And -I guess-I want-to seemy—mamma!"

Mamma opened her arms when she saw the little weeping girl coming, 1. Don't make hard work of it, and then Minnie told her miserable

"It was awfully naughty, mamma, but I did want the custard pie; and so I ate it up-'most a whole pie; tell, but I 'spect I must—I shut kitty in the pantry to make you think she did it. But I'm truly sorry, mamma.'

Then mamma told Minnie that she had known all about it, but she swimming. The latter mistake is had hoped that the little daughter would be brave enough to tell all about it herself.

"But, mamma," she asked, "how did you know it wasn't kitty?'

"Beacuse kitty would never have left a spoon in the pie," replied mamma smiling,.-Little Men and Women.

BEAUTIFUL HABIT.

A lady once remarked lovingly of an old teacher that he had a beautiful habit of not seeing things, things which, if noticed, might have called forth a reprimand or interference, but which, let alone, gradually righted themselves. There are so many delightful and interesting things in the world that constantly we are urging upon ourselves and upon others the cultivation of keen observation. But, after all, there is great wisdom and comfort in knowing when not to see things. The bit of selfishness the slight, the absurd mistake, the unpleasant manner-why take notice of them? All around us there are many petty faults and misdoings which are only magnified by observation. Why not learn to let these pass as though they did not exist? Too keen a vision for defects antagonises others and destroys our own peace.

and Important Work for T. B. Kidner.

It is announced at Washington that T. B. Kidner (formerly of New Brunswick). vocational secretary of the Military Hospitals Commission, Ottawa, has been assigned by the Can adian Government to assist the Federal Board for vocational education in getting under way its work in the United States for re-educating disabled soldiers and sailors,

(The Kidner has hosts of friends in Truro, where he made his home for a some time as Director of Me chanical Science Education. He has had simply phenomical success in New Brunswick in our great West and in Ottawa and now he will teach our Yankee Cousins in Washington on how to start their work in re-educating disabled soldiers and sailors.)

BAD HABITDOM.

In Bad Habit Land there live very ugly and terrible giant. He is king, and all the people do his bidding day and night. He never pays then with anything but tears and trouble and he is so strong that they can never get away fron him. It is his wicked delight to steal little people. So look out, boys and girls, for the roads of "I-don't want-to-mind" and "I-willhave-my-own-way" !ead

HEN MOLLY AND KITTY MET THE WAGTAIL FAMILY

The Wagtails were in great distre One morning, while Johnny Wagtail was getting Jenny's breakfast, he had noticed two children peering curiously at him.

Now Johnny Wagtail could walk, oing to sleep." and scratch the ground just lik s She lay down and tried to go to chicken, although he was a bird and when he saw Molly and Kitty within a foot of the door of his home where his mate Jenny was brooding four cream-white, speckled eggs, he began to limp about as if in great distress, at the same time excitedly jerking and wagging his tail.

"Oh Molly, the poor bird is lam Let's get it and put it in a cage?" Kitty cried out.

Then began the chase for poo Johnny Wagtail which continued until the children finally concluded flew up into a near-by tree and began to scold as vigorously as he had been

"Hear him He's calling, 'Teacher, teacher, teacher' It must be an oven when she couldn't sleep. But there was 'teacher, teacher' It must be an oven a big lump in her throat. "Oh I wish bird" Molly exclained, pausing under the tree. "If we could only find its Pretty soon there came a very soft nest "she said, peering cautiously

Meanwhile Jenny Wagtail was wondering why Johnny did not come purr-r-r." It was very queer, but that with her breakfast. She sat inside her little mud house concealed by a bunch of dead leaves, occasionally "Yes you do know, kitty," said stretching her neck out for Johnny had to maneuver until those four she knew he would hear her.

After what seemed a long time through the grass, and Jenny gave a chirp of delighe when she saw that he carried a fat grub in his bill.

As he approached the little ball of tangled up in the grass.

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R. O. McCURDY.

earth Johnny stretched his neck forward and Jenny reached hers out, and the grub changed owners.

"I feel that our home is discovered," Johnny chirped softly. "Keep well inside, my dear, and I will scratch a few more leaves around the door. When I come again I'll call."

That was the way Johnny and Jenny Jenny was very hungry. She called.

jenty eggs were hatched, and the little birds could fly, and scratch for themselves, for Molly and Kitty were very persistent. They knew there was Jenny heard Johnny answer; and an ovenbird's nest somewhere in the pretty soon he came waddling along grass beneath that oak tree, and they were determined to find it.

ing for Kitty's hand. Then both began nest of the ovenbird. to tiptoe carefully towards the little flutterer.

Jenny Wagtail was watching from

the tree overhead, and she chirped to Johnny who was close by: "Our home is in danger; I must save it." Then she flew to the ground and began to trail a wing along as if it

was broken. "The poor mother bird has a broken wing" Moly cried, as she started after Jenny.

Kitty was wiser. She remembere the day that Johnny Wagtail had played that same trick, and she began to look carefully around the One day the children discovered spot where the young bird was aimatiny bird that seemed to be all lessly fluttering. Suddenly, at her V ery feet she discovered the home o

"Oh looks whispered Molly, reach- the Wagtail family-the Dutch oven

Her cry of delight brought Molly to the spot, and together the little girls delightedly examined the first ovenbird's nest they had ever seen.

There was an excited twittering up in the tree until the parents birds were satisfied that no harm was intended them. But they did not venture down from the tree until Molly and

Kitty had departed. The children's mother told them that the bird's trailing wing and limping gait were only a ruse to attract people away from its nest.

KEEP MINARD'S LINIMENT IN



JULY 8 to 15 NOVA SCOTIA

CAMPAIGN

THIS, we hope and pray, will be our last Red Cross Campaign, and that August 1st, 1919, will find the allied cause victorious, and our heroic soldiers on their way home. But July 8th to 15th, 1918, must be a record Red Cross Campaign---a long pull, a strong pull, and a pull all together is what we want.

Reach for your cheque book NOW! Draw a cheque for just a little more than you think you can really give! Place it in your pocket book, (letting it warm your heart with the pleasure of giving), until it is delivered to the Red Cross collector who has YOUR name on his list.

Make Cheque Payable to "Nova Scotia Red Cross"



\$250,000 is the amount Nova Scotia is going to contribute during the week of July 8th to 15th