

SUMMER OUTINGS

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A Change of Clothes

DRESSING for dinner," says *The Lancet*, "is regarded by some as a piece of arrogance, and as evidencing merely a desire to appear superior to somebody else. They observe no dignity in the custom, and perhaps do not realize the fact that the change of clothes is consistent with personal comfort and cleanliness, whether the new garments donned be of the evening dress pattern or not. The most important meal of the day affords to those who dine in the evening an excellent opportunity of exchanging their work-a-day clothes for a suit which has been brushed and aired. The bracing effect of a change of clothes is well known. Many a man feeling almost too fatigued after an arduous day's work to change his clothes finds himself considerably refreshed when the change is accomplished, and at the same time he experiences a feeling of cleanliness and preparedness for his dinner, and good digestion invariably waits on healthy appetite. The changing of clothes may even thus favourably affect nutrition. Nor need the changing of clothes be the exclusive luxury of the persons who dress for dinner. The hard-worked clerk, the shopkeeper, and the working man would all be better if they would cast off their work-a-day clothes and put on clean clothes for the evening meal after the day of toil is over. Probably the

brightness and cheerfulness of the working classes on Sunday have much to do with the 'best' clothes which they wear on that day."

A Literary Note

The July table of contents of the *American Review of Reviews* is inviting. Following the always informing pages of the editor comes the following, a few of many excellent papers that make the number:—Rubber as a World Product, by William M. Ivins, with portraits and other illustrations; Morocco, the Derelict of Diplomacy, by William G. Fitz-Gerald, with portraits and other illustrations; Resourceful Central America, by John Barrett, with illustrations; a Year of Delayed Harvests, with maps.

The Curse of Money

"Money doesn't always bring happiness and peace of mind."

"You are right there," answered the man with an anxious look. "Sometimes it tempts you to buy automobiles."—*Washington Star*.

THE FACT that the majority of persons sleep during a third part of their lives enhances the desirability of recognising the importance of the admission of fresh air into bedrooms.—*Lancet*.