Sound Refreshing Sleep A Cup of

and has the effect of soothing and quietening the nerves which results in sound refreshing sleep. The 'Allenburys' Malted Milk is quickly and easily made by the addition of boiling water only.

ALLEN & HANBURYS LIMITED, LONDON. H. S. HALSALL, P.O. Box 57, BRIDGETOWN, BARBADOS.

SIDE TALKS.

By Ruth Cameron.

of reason and the

became a personage.

To-day!

What strange session of money. Money means customs. things we are power, influence, luxuries. And people things that from man had inherited instead of made his controversial. the point of view money.

There were two or three other men the sea. there who were obviously making things that, if we of it, aren't admirable money by hard work. Middle aged Early in the morning, as the eastern men paying hotel bills for well groomed wives and three or four prettily or perhaps a couple of weeks, but who by their labors in the city.

These men, the men who were in some way producing their share of the ather unprepossessing world's wealth, were not the aristonan, he was not particu- crats of the place, but rather the men king or well mannered, who had inherited the money and omen, especially, had been didn't have to work.

And then they learned theory at least, work receives more honor and ancestry less than in any The sea is, as it were, their playmate. If we really are the most democratic

had supposed, but a man other country in the world. country (instead of the opposite as joying the caresses of the waves. some people claim) what must it be ion't quarrel with people's like in the countries of Europe? he other people's pos- When you come right down to it,

Same boy

13 years ago.

save them from a watery grave. The Nooliah women are fond of dancing. The "artless art" of their rythmical dance leaves a lasting impression in the mind of the interested bserver. / Visitors to Puri and Waltair find in the Nooliahs a class of simple illiterate fishermen quite outside the pale of modern civilization. The Nooliahs live in thatched cots with small verandas in front. What strikes one most is the picturesque

My house is of

worried by the

the shanty's gone

to rack. But I am



that he is of average build and that his muscular system is well de-veloped. He is mentally alert and

his school life was quite normal. He gained several distinctions in athletics, and for one year held the swimming championship of his school. He is now engaged in the

Nothing less than a miracle'

"I need hardly say that his parents are highly delighted with the result.

which they describe as nothing less

understand, a clever workman.

CYRIL D. COLSTON.

Once a hopeless case

DOCTOR'S REPORT

3rd January, 1925 In 1912 I made a report on the of Cyril D. Colston, then of 13, ley Lane, Sparkbrook, Birmingas being a very striking exampl ne beneficial effects of VIROL Some rather remarkable aphs showing the boy 'before' or ' the addition of VIROL s diet accompanied the report. ng regard to the very extraordidition of extreme emaciation nown in the 'before' photograph, is of considerable interest to find at, at the age of 18, he is a normal race of the period of strain to which

ted at the time of his illness at An Extraordinary Recovery

School Children need VIROL

40 million prescribed portions of Virol were given in 3,000 Hospitals and Clinics last year because of its remarkable influence on growing tissues. VIROL LTD., HANGER LANE, EALING, LONDON, W.5, ENGLAND. credit to have the brains and the pereverance to have won out in the business world than merely to have

What Credit To Inherit? A man may be a fool and have interited money. He cannot be wholly

fool if he is making money. Moreover why should the parasite who is living on his father's labor stored up in the shape of money have more honor than the man who is loing his share of the world's work. Perhaps you will say that you do

not feel that way. I wonder? I think a great many people, who would not admit even to themselves that they feel hat way do let their attitude become unconsciously colored by a respect for herited wealth.

Probably the roots lie deeper in our stincts than I know how to probe

Can Swim Like Fishes

Among the many strange peoples of India are the Nooliahs of Puri, an ineresting group of aborigines, with their own dialect and peculiar social

proud of in our- who radiate power, influence and from Telugu and is curiously blendluxury naturally command more at- ed with Bengalee words. This led What q u e e r tention than if they didn't. But what many people to believe that the Noolthings we admire got me about this was the accent lahs had originally come from the everyone at once put in telling the new south of Bengal and settled down in Seldom the comers about him on the fact that this the Eastern coast, but the theory is

The most interesting feature of Nooliah life is their entire dependence on the sea. All their wealth lies in roaring breaker dashes against boat and the boat is lost in a cloud of spray and foam. The next moment, as the breaker passes away, the sturdy Nooliah fishers are seen swimming hard in the foaming waters their boat being turned upside down. But they are undaunted. They catch

The Nooliahs can swim like fishes. The small Nooliah boys fling themselves in the arms of the sea, en-Like all aborigines, the Nooliahs have superstitious beliefs of their own. They offer hens to their sea-god whose favors only, as they say, can



happy in my dwelling, and junk with which it's filled, and heed not when my friends are telling that I should straightway build. My clothes, I fear, are rather seedy, with eggstains on my vest; and though I am not poor and needy, the old rags suit me best. The women of the household grumble, their words are often rude; they say I ought to take a tumble, and dress up like a dude. But I am lacking all ambition to shine in brave array; I find that clothes in worn condition yield comfort all the day. My goods and chattals all are shabby, inviting jeer and slur, and even Sot, the old gray tabby, has mildew in her fur. My few belongings all are seedy—except my trusty car; and that good boat, so trim and speedy, is shining like a star. I can't endure a rusty wagon, or one whose paint is dim; I want a car that I can brag on until I break a limb. I take no pride in lawn or grotto, in house or clothes or cat; but I must have a gorgeous auto, fit for a plutocrat. And there are dozens just as crazy in every passing throng; their pride in saner things is hazy, but in their cars it's strong.

Profitable Wounds

The recent visit of the Prince of the risk of workmen stealing the pre-

The mines themselves are surroundd by very high fences. The labourers, native Kaffirs, are signed on for a period, during which they are not allowed to leave the compound. Every effort is made to keep them comfortible and amused. Their wages are

The Advent of SCHOOL-DAYS

Brings many vexed questions. The needs of the boys and girls are extensive, they must have new Books, Pens, Pencils, etc., Hats, Caps, Ties, Handkerchiefs, Suits, Dresses, Coats, Hosiery, Boots and Shoes. A visit to our stores will convince

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\$1.10 \$1.60 \$1.65

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considered how simple are a native's at his leisure. requirements.

RICHARD HUDNUT

twenty-five shillings a week, with sert a stone, and allow the flesh to words, the equivalent of sixteen colfood and lodging—good pay when it is close over it, opening the wound again umns of newspaper matter.

The workers' clothing is searched. excursions from the mine; each time card. Then an Italian appeared on the surface of a hen't egg. The Lord's tune teller and among other things he specially where double thickness of he left the compound he took with the scene with one on which he had Prayer has been in turn written on a had been told that he was to meet the cloth makes concealment easy. him two diamonds the size of small written 11,000 words. Wales to the diamond mines at Kim- Their bodies are also examined for beans, which he had concealed in the This roused to activity a University three-penny piece. There is also a This seemed to cheer him very much. herley gave him an opportunity of any signs of scars or sores, as a Kaf- crease of flesh between the thumbs student, who wrote 600 words on the signet ring on the inside of which the When one of his friends told him he tudying the precautions taken against fir will often cut his flesh open, in- and first fingers of his hands.

Patent Penmen

Your chaice of the ligraphist" is the title claimed by an presented in a slecum Fowder fine of Qualty and Daintily He recently sent a postcard to Lon-

One Kaffir made several profitable aged to write 9,000 words on a post- tory of the discovery of America on

back of an ordinary postage stamp.

Let Cuticura Soap Keep Your Skin Fresh and Youthful

penmanship was the engraving in per-Some years ago a Derby man man- fect calligraphy of the complete hisgrain of wheat split lengthwise and a with immediate financial reverses.

> ! same feat was accomplished. refused £500 for the stone.

AND WARTS.

Financial Reverses

A business man had gone to a forcouldn't see anything very joyous in A man spent nearly ten years draw- that, the business man said that he ing 124 different heads on the surface could, and so would his friend, if he of a single cherry stone. Most peo- knew anything about his finances, for ple would need a microscope to make I'll say right now, that if they don't out the details of the faces. The man reverse pretty soon I'll be busted. Forbes Magazine (N.Y.)

MINARD'S LINIMENT FOR CORNS! MINARD'S LINIMENT FOR ACHES AND PAINS