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which will not interfere with his clerical duties."

The new offices of The Canadian Churchman, Limited, are Rooms 613 and 614, Continental Life Building, corner of Bay and Richmond Streets. Telephone Main 5239.

British and Foreign

Dr. James Leigh Strachan-Davidson, Master of Balliol College, Oxford, since 1907, died in England last week. He was the author of several historical works.

Rev. H. B. Tower, B.A., Domestic and Examining Chaplain to the Bishop of St. Edmundsbury and Ipswich, has been appointed Head Master of the Junior King's School, Canterbury.

Bishop Burgess, of Long Island, last month received as a priest into the Church Rev. John Castelli, a former Roman Catholic priest. The ceremony took place in Christ Church, Oyster Bay.

The old Parish Church of Liverpool, St. Peter's, which has been for many years past the Pro-Cathedral, is about to be demolished, and the Church of St. Nicholas' will henceforth be the Parish Church of Liverpool.

Rev. James G. Carleton, D.D., who has been an Assistant Lecturer in Divinity since 1888 at Trinity College, Dublin, has been appointed Deputy to the Regis Professor of Divinity at Trinity College. Dr. Carleton has had a distinguished scholastic career.

The number of students at St. Augustine's College, Canterbury, has fallen, owing to the war, from 60 to 7. The few remaining students of St. Boniface's College, Warminster—9 in number—have been received as guests at St. Augustine's for the period of the war.

Rev. Robert Hole, the senior incumbent of the diocese of Exeter, who for nearly 66 years past has been the Rector of North Tawton, on the northern border of Dartmoor, died last month in his 93rd year. He was ordained by "Henry of Exeter" (Bishop Phillpotts) so long ago as 1847, and held curacies at Kingsteinton and Chulmleigh, both in Devon, before going to the family living of North-Tawton, where—excepting for five years—there have been Rectors named Hole since 1716.

The following is an interesting item of news from Oxford University: "The 'Magazine' has ascertained that we have this Term 550 men in residence—undergraduates and Bachelors 'batteling'—that is, men who have qualified for their B.A. while still reading for examinations here. Last year, though not last Term, there were 1,087, and two years ago (before the war) nearly 3,100. The Military Service Law is rapidly reducing the 550, and next Term we shall be fewer still."

Rev. Dr. and Mrs. Frank M. Clendenin have recently deeded to the Diocese of New York a beautiful church which they have caused to be erected at Cheppaquia, Westchester County, N.Y., in memory of their daughter, Muriel, which is also to be a votive offering for the Union of Christendom. With the church goes four acres of land. The church itself is built of stone and cost about \$30,000. It is considered to be one of the most beautiful country churches in the United States.

WHAT THE DOCTOR CALLS IT

He Has a High-Sounding Name for An Ailment That is Very Common.

Very few people are conscious of the fact that they are daily "poisoning" themselves. They do not use alcoholic stimulants; they do not eat greasy meats nor foods that may be suspected of being unwholesome or indigestible.

How can a person poison himself with such dietetic habits as these? The person who eats ridiculous, indigestible culinary concoctions must expect to be poisoned, but how can a person who eats only wholesome, digestible foods poison himself? It is all very easy and simple. Most self-poisoning comes from over-eating, and from defective elimination. The daily intake of food is too much for the system to handle, and instead of being completely digested the food lies in the stomach or intestines and ferments, producing poisons that are taken up by the blood stream and carried to all parts of the body. The Doctor calls it "auto-intoxication," which means self-poisoning.

In such cases all sorts of cathartics and laxatives are resorted to, the most of them being injurious. The

best remedy is a simple, natural food like shredded wheat biscuit, which not only supplies all the nutriment the body needs, but has the property of promoting peristalsis (bowel exercise), which keeps the alimentary tract clean and healthy. While building healthy tissue it brings about perfect elimination, which is the secret of good health.

Shredded wheat has in it all the body-building material in the whole wheat grain prepared in a digestible form. In the shredding process the bran-coat is retained and this has the valuable property of stimulating bowel exercise. Being ready-cooked and ready-to-serve it is so easy to prepare a meal with shredded wheat without any kitchen work or culinary skill. Eaten with hot milk or cream, or in combination with fruits, two of these biscuits will make a complete, perfect meal, supplying all the strength-giving nutriment that is needed for a half day's work and securing perfect elimination that is so necessary to the healthy condition of the human body.

Boys and Girls

AUSTRIAN CHILDREN IN WAR TIMES

Shortly after the opening of the early summer campaign in Galicia the Austrian military authorities realized that a shortage of copper was threatened, says a writer in the New York "Sun." This situation was met with the assistance of boys and girls too young for military service or employment in munition factories, but not lacking in enthusiasm and willingness to devote their best endeavours to the consummation of any patriotic task set for them. First, there was issued an appeal to this effect:—

"Our country needs copper to make bullets to protect our homes. In your kitchens you have what is needed. Will you give? The school children will call for whatever you may care to deliver to them. Austria expects your co-operation."

The schools throughout the country were closed and the young patriots assumed their share of their country's burden. Great trucks manned by convalescent soldiers made a systematic canvass of the cities, attended by a dozen children for each team. As they went through the streets the children rang the door-bell of each house they passed and requested copper.

"Any copper for the army, lady?" they would say.

"I'm sorry, but I'm afraid not," was the reply often.

"What!" with great indignation on the part of the youngsters. "No copper to save our homes? Haven't you a wash-boiler, a pair of fire-tongs, an old kettle? Haven't you anything to give us?"

At this the housekeeper invariably began to think. Yes, she did have a wash-boiler with a copper bottom, or maybe she had an ornament or two.

So from house to house they went without thought of discomfort, cheered by the growing accumulation in the wagon, each party eager to outdo the others. At night, or when-



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