

TRAINING THE BOY

Future Results Depend Upon Proper Direction of the Young Mind of Today

(Conservation.)
Sir Clifford Sifton stated at the fifth annual meeting of Commission of Conservation: "With respect to the general progress of conservation ideas, it must

be remembered that, in the last resort, the highest degree of conservation depends upon the efficiency of the human unit."
Many influences are operating to increase the efficiency of our people, and especially in this case with that human unit—the boy.
To the boy of today we must look for future results. When called upon to undertake the burdens of civic and business life, the effects of his training as a boy will be apparent in his character and habits, his initiative and action. Canada's

future greatness depends upon the proper direction of the young mind of today, and upon her leading men of today rest the responsibility of providing for this training.
Many voluntary organizations are devoting earnest attention to boy training. The Boy Scout association is one of these. Young as this movement is in years, many rising young men of today show in their characters and habits the influence of their Boy Scout training. This movement, however, as well as similar ones, is hampered by the dearth of

suitable leaders, many of whom have been claimed by the war. An English paper recently stated:
"On the shoulders of the scoutmasters a great responsibility rests, for it is them that is committed the important task of moulding the characters of the lads and teaching them those habits of thought and action that fit them for the occupation of a better and more responsible sphere of life. Scoutmasters," said Chief Scout Sir Robert Baden-Powell recently, "are the backbone of the movement, and the finding of suitable men is our greatest difficulty."
Canada will require of her future leaders a high degree of efficiency, and that this may be accomplished it is essential that the men of today become interested in boy work, and assume their responsibility as Canadians to the rising generation.

and other necessities. They offered the skipper no money, for the simple reason there is no money on Pitcairn Island. Captain Griffiths and his crew gave the islanders what clothing they could spare, but was unable to supply the women and girls, who were barefooted. The captain said that he would gladly carry back on his steamship, which will be at the foot of Pier 10, Brooklyn, until Dec. 23, supplies for the islanders. The steamship will stop at the island on her way to Australia.
The island is very rarely visited by steamships and sailing vessels. Ten months ago for the first time in four years a ship stopped there and the inhabitants were told of the war raging in Europe. They borrowed an English flag from the skipper and hoisted it over the island. Until twenty years ago the people who are all Seventh Day Adventists, had no minister. In 1886 a clergyman and his wife landed on the island to become pastor of the flock.
The able-bodied work three days a week on improvement of the island and three days about their homes. The inhabitants hope some day to have a sailing vessel large enough to enable them to trade with other islands.

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Save Millions Just by Chewing

Toronto Dental Officer Tells of Possible Saving to \$400,000,000 a Year in Canada

Toronto, Dec. 15—Canada is suffering from a great waste of food in war time. The waste occurs inside—not outside—the bodies of the people.
This was the main point of a talk by Dr. Wallace Secombe, chief dental officer in the Toronto Public Schools, to the Mothers' Club in Hodgson School. He was driving home the point of the importance of the mastication of food.
"This country could get along with one-third less food than it now consumes and get just as much nourishment from the two-thirds if people would chew their food properly," was Dr. Secombe's declaration.
Chew, chew, and then chew some more. And after that take another chew or two. According to authorities quoted, one should give a morsel of food thirty-two chews, for the simple reason that there are thirty-two teeth in the human mouth, and each tooth should get its chance. That's not so funny as it may sound. The teeth actually need the exercise of chewing, said Dr. Secombe. Chewing is the same to teeth as is exercise to the muscles of the body. So he urged the mothers to masticate their food well and wise. Mastication was a main point of health that most people overlooked. It was a real means of war economy.
Now for some figures. Canada's food bill is estimated at \$1,200,000,000 per annum. One-third of that is \$400,000,000—all of which can be saved for Canada and the Empire if Canadians will only chew more.

THE SAD PLIGHT OF FOLK OF PITCAIRN ISLAND

The Island of Pitcairn, home of 160 descendants of the mutineers who seized H. M. S. Bounty on April 28, 1789, and settled later on the island, needs clothing, paper, pencils, paraffine oil, soap and nails.
This pressing request from a little plateau jutting up 2,000 feet above the Pacific ocean and having an area of about two miles comes in a decidedly unconventional way from the dwellers on the island. Capt. Griffiths of the steamship Port Hairy, of the Commonwealth and Shomville Co., while midway between California and Australia on June 2, sighted about two miles from Pitcairn two whaleboats carrying thirty men, women and children, who shouted to him.
He stopped his vessel and learned that the inhabitants badly needed clothing,

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Libby's Soups, assorted... 12c. can	Pears—2 lb. can... From 15c. up	Corn Beef—2's... 42c.
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MISCELLANEOUS

10c. Tin Scouring Powder... 5c.	Jam in Bottles... 12c., 15c. and 25c.	Christmas Fancy Goods, Toys, Dolls, Games, Books, Skates, Sleds, Teddy Bears, Fancy China, etc., at Barker's.
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10c. Pkg. Smoky City Laundry Flakes... 5c.	3 Ten-cent Cakes Infants' Delight Soap... For 25c.	Regular 25c. Articles... 15c.
3 lbs. Mixed Starch... 25c.	Apricots... 15c. per lb.	Regular 40c., 50c. Articles... 25c.
3 Pkgs. Cornstarch... 25c.	Evaporated Peaches... 15c., 2 lbs. for 25c.	Regular 75c., \$1.00 Articles... From 25c. to \$1.25
3 Pkgs. Tapioca... 25c.	6 lbs. Onions... 25c.	Books... From 5c. up
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