

The Thought Exchange

A Column for Women—By Betty.

This department of The Advertiser will be conducted during the months of February, March and April. Readers are invited to an expression of opinion regarding the subjects introduced. A limited number of answers to correspondents will also be given. Questions which may be solved by reference to a good cook book, or by a visit to the consulting room of the public library, will not receive attention.

SOME PLAIN TALK TO PARENTS.

"You men are banded together in the interests of decent speech and the defence of God's name, and your society has its approval and blessing." So spoke Archbishop McEvoy, of Toronto, on a recent Sunday, before two thousand and three hundred men.

We are glad to see such a movement on the part of men, "that of making their own language and that of those with whom they come in contact less violent and profane." We would like to see a similar effort among women and children.

Within the past five or ten years profanity has been on the increase, until now it is no uncommon occurrence to hear "swear words" while passing young women on the street. Two of our brightest and best-looking girls, not long since, were passing through a residential section of the city, discussing music, and a public entertainment at which they were to perform, when one remarked in a loud tone, "The place? Parents are to blame for this. While giving their daughters educational advantages of a certain sort, the education of the heart is neglected."

Again, children of tender years, while on their way to and from school, use glibly such expressions as, "For heaven's sake, what are you doing, snowballing me that way?" School teachers are not to blame—the real fault lies in the home. Mothers, in moments of excitement or irritation, thoughtlessly utter words and phrases which are caught up by young lips, and become a confirmed habit. Time was—

—and that not so far distant—when such a speech on the part of a young child would have been viewed with horror; now the first lapse into slang, which is but a forerunner of profanity, is encouraged by a smile, and Jackey or Janey think they have said something smart, and are not slow in following with stronger language.

Moments of irritation and anger are not alone occasions for such a display. A handsomely-dressed stranger stood before the window of one of our downtown stores, and urged her husband to buy this and that, "divine and heavenly sweet article of attire for a Christmas present."

We have heard that in some homes in this city the habit of using strong and profane language is being vigorously held under, and fines are imposed for every

offence. If this is true, we shall be pleased to hear from these schools of reform.

AS TO READING.

A young girl of 16, with tears in her voice, complained: "Mother is always scolding me for reading. I see no harm in reading, do you? She won't tell me the harm. I have asked her. Anyway, I would rather read than do anything else I know of just now." Is it quite fair to deny the habit of reading, even of reading trash, and give no just reason why such is unprofitable? It may be the mother cannot set clearly before her daughter all the arguments against what she calls a waste of time. Many an industrious mother, looking back over her own girlhood, remembers no time when library books and cheap 5-cent shows filled her for her leisure between school hours.

Those were the days when helpful home art and lessons in practical housewifery were alike prized and encouraged. Now the young miss feels hurt and not a little ruffled when asked to lay aside the engaging book to assist in some homely duty. We can never overcome and should seldom break in upon the habit of reading without giving some good reasons for such a course. The age of sixteen is particularly the age for the development of the imagination, either among boys or girls, and as the craving for sweets is at some periods a wholesome craving, so the imagination, springing into new life and being, must and will be fed.

In these days of adulterated foods, the cautious mother is she who examines closely the component parts of such articles of diet as are set before her family. Equal discrimination is required when mental food is in question.

Well do we remember an instance where the disastrous results of light reading totally spoiled the life of one young girl. Of a shy, retiring nature, affluent among young people, even of her own age, she found in books, and the characters who peopled those books, constant companionship more attractive by far than real life could furnish. These people could enter-

tain without the trouble of entertaining in return. Society became distasteful, her health began to fail, and she resented the well-meant efforts of friends who suggested skating and other forms of recreation, for such a one is seldom fond of sports. When in later years, young men offered her attention—for she was a pretty girl—they looked commonplace beside the creatures of her brain, fashioned and disporting themselves after the manner of the titled gallants she had met in fiction, and thus, unloved and unloving, she went on through life, accepting the shadow for the substance.

"William L. Mackenzie-King, who was appointed a commissioner to investigate the conditions of labor in the Province of Quebec, deals with cases in which the law fixing the minimum age for employment at fourteen years is evaded. Some instances were found of girls working in the cotton factories much below that age. This reminds us of a conversation heard by chance one day last June. A mother, accompanied by a young lad, looking stunted and badly grown for his age (which the woman stated was fourteen), urged again and again that the manner of a disreputable factory laborer, who was only twenty miles from the railway, our distance from any other sign of civilization is far greater. Choma is nominally a railway station, but is only a geographical expression. The manner of the development of the postman squats, waiting for the train which stops once a week to deliver and take up our mail. Our situation is absolutely isolated; the only sounds that disturb the stillness by day or night, except the cattle and our natives, are the rooster and the laughing of hyenas."

"But the solitude is compensated for by the glorious climate, the infinite variety of game, the splendid development of the place and splendid financial prospects. Every acre after cultivation increases tenfold in value. Literally, as well as metaphorically, the work to prevent the grass growing under our feet—the local grass runs up to the height of a two-story house after every rainy season, and has to be cut down."

"The live stock consists of about 200 cattle, a couple of dogs and some poultry. Our first crop of tobacco, the best Turkish, is an untried success; and we have been equally fortunate with hemp, melons, and a large number of vegetables of all kinds."

"Only horses fail to do well here, probably because of the climate and intensely rarefied air. We bought two in Rhodesia, but, although 'salted' for the purpose, they died here after a few hours of horse sickness."

"We have a little army of local labor for the purposes of labor, and very fine fellows they are. Their commander-in-chief, a native with some French blood in him, claims to be the Comte d'Artois, but he is the author of innumerable stories of adventures, most of which appear to have little or no foundation in fact."

"We must see that the boys and girls are protected. We have no other requirements that cannot be satisfied by the local labor. The clothes and matches are our currency. The clothes we brought from home two years ago still wear well. Our postman is so far as to be able to take a trip home."

"Occasionally the monotony is relieved by an accident such as happened a few weeks ago. Our postman was some eight hours late in delivering our weekly mail, which consists of a few letters, some newspapers, and a large number of picture papers this week. He had exhausted the patience of the lion while studying some of the newspaper illustrations."

"A few weeks ago we had a pleasant break in our uneventful life. The Duke of Westminster came just on the border of our estate. It seemed so strange having a neighbor with whom I need hardly say we exchanged 'chats'—and very hardy say they were. One day when he came over to see us he brought with him a baby elephant which he had recently captured. It may be months before we have another visitor."

"This longevity of the Norfolk peasant, and the longevity of the Norfolk peasant, is a very interesting pathological side to it. The chief enemy of the farm laborer of the eastern counties from the standpoint of health is rheumatism. Not many reach even middle age without having been the victims of rheumatism, and a large number are crippled in their old age by this disease."

But in spite of this the average longevity seems to be very high, although, as well as rheumatism he has to contend with the lack of adequate housing, the accommodation and want of proper sanitary arrangements. That to eat sparingly of plain, wholesome food, to be much in the open air and to work sufficiently to occupy the mind and to exercise the body will enable a man to defy more or less the evils of environment, would seem to be shown by the toughness of the Norfolk laborer."

MINARD'S LINIMENT CURES DANDRUFF.

MAKING MONEY IN AFRICA

EXPERIENCE OF AN ENGLISH FAMILY IN NORTHWEST RHODESIA.

"In one of the most remote parts of 'Britain Beyond,' north of the Victoria Falls, three days' journey from Bulawayo, but only twenty miles from the nearest point on the new Beira and Mashonaland Railway, we have formed a settlement of six white persons—my husband, myself, our three children and my brother-in-law, the boss of the gang."

"Our little home consists of 24,000 acres of land in the Mapanza district of Northwest Rhodesia, with four huts, the most imposing of which is our married quarters. One is occupied by my brother-in-law, one by the servants, and the fourth is the kitchen. The only sounds that disturb the stillness by day or night, except the cattle and our natives, are the rooster and the laughing of hyenas."

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second was the breaking up of a meeting of the Women's Liberal Federation in Albert Hall on Dec. 5, when David Lloyd-George was attempting to talk in favor of woman suffrage.

"The suffragettes say in extenuation of the conduct that they were merely carrying out their solemn pledge never to let a Liberal minister or member of Parliament speak in public on any subject. Christabel Pankhurst adds that her tactics and those of her followers are right in line with the suggestions of Mr. Balfour, who once said to her: 'Agitate, Balfour. Kick up a fuss. Keep on kicking. Get in the public eye, through the newspapers, and stay there. Should interest in publicity wane, kick up a new kind of fuss. And all the time keep knocking at the door of Parliament, and organize.'"

SOME OUT OF DATE THEORIES

TO KEEP UP WITH SCIENCE NOT AT ALL EASY FOR THE LAY MIND.

To the lay mind it is very disconcerting to see the kaleidoscope changes that are continually taking place in all branches of science. We have no sooner adopted the nebular hypothesis as one of the ultimate laws of nature, than the geologist on the one hand and the mathematician on the other tell us that it will have to be abandoned.

One generation of naturalists delights us by teaching us to believe that every coral island is built from the bottom of the ocean by the accumulated remains of millions of generations of polyps, and the next would have us believe that they are merely the caps of oceanic mountains.

For a century the very foundation on which chemistry was built was the doctrine that the mass, the total amount of things in the universe, was unchangeable, but now chemists doubt it, and believe it to be variable.

Sixty years ago Adam Smith was thought to have said all but the last word in economics, and his principle of laissez-faire was the holy of holies, but now laissez-faire has been abandoned, and only a single one of his laws remains unchanged.

So it is in all lines, theories of inheritance, of chemical affinity, of diseases, of health, of life, of death—all come and go so rapidly that we can scarcely keep pace with the procession. When we look into any specialized phase of a subject, the host of ever-changing theories simply bewilders any but the extreme specialist.

The interesting part of it is that the man of science himself seems to be worried by these shifting sands. He is too busy using the various theories to accept them. He seems to think no more of discarding one theory for another than he does of taking up a larger test tube or beaker, or of adjusting his microscope to a different power. The forum.

With a view to augmenting the resources of the Royal Army Medical Corps, it is proposed to invite transfers from reservists of the infantry of the line who have not less than two years to serve, the number not to exceed 1,000. A bonus of \$10 will be given to each man who is accepted on joining for training.

Every Woman is interested and should know the wonderful MARVEL Whirling Spray. The new Whirling Spray. It cleanses the skin. It removes the blemishes. It gives the skin a fine, healthy glow. It is the most perfect skin preparation ever known. It is the most perfect skin preparation ever known. It is the most perfect skin preparation ever known.

Standard remedy for Gleet, Gonorrhea and Runny Eyes. In 48 HOURS. Cures Kidney and Bladder Troubles.

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At Bow street, London, a young man named James Norreys was charged with theft. The defendant, who described himself as an actor, lodged for a short time at a house in Gower street. He left without notice, taking with him, it is alleged, some \$25 in bank notes, belonging to a fellow-boarder, and some silver salt-cellars belonging to the landlady. He pleaded guilty and was given two months' hard labor.

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Was Weak and Thin—Only Weighed Seventy-three Pounds. Now Weighs One Hundred and Thirteen.

When you find your heart the least bit out of rhythm, your nerves unbinged, your breath short, don't wait until you are prostrated on a bed of sickness. Take Milburn's Heart and Nerve Pills. They'll put you in such condition you'll never know you have a heart, make your nerves strong and your whole being thrill with new life. Milburn's Heart and Nerve Pills cured Mrs. K. E. Bright, Burnley, Ont. She writes: "I was greatly troubled, for six years, with my heart and shortness of breath. I could not walk eighty rods without resting four or five times in that short distance. I got so weak and thin I only weighed seventy-three pounds. I decided at last to take some Milburn's Heart and Nerve Pills, and after taking eight boxes I gained in strength and weight, and now weigh one hundred and thirteen pounds, the most I ever weighed in my life. I feel well and can work as well as ever. I did and can heartily thank Milburn's Heart and Nerve Pills for it all."

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Feb. 6.....Lake Erie
Feb. 12.....Empress of Ireland
Feb. 26.....Empress of Britain

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Hesperian sails.....Feb. 5
Tunisian sails.....Feb. 19
Grapian sails.....Feb. 27
Corinthian sails.....Mar. 5

TO GLASGOW
Laurentian sails from Boston.....Feb. 6
Ionian sails from Boston.....Feb. 13

TO LONDON
Sardinian, from St. John.....Feb. 4
Pomeranian, from St. John.....Mar. 4
Full particulars on application to F. B. CLARKE, E. DE LA HOOKE or W. FULTON, local agents, London.

TRAVELERS' GUIDE

GRAND TRUNK RAILWAY. CANADA TUNNEL TO SUSPENSION BRIDGE AND TORONTO.

Corrected to Jan. 10, 1909.

Arrive from the east—*3:45 a.m., 10:50 a.m., *11:12 a.m., *11:28 a.m., *6:30 p.m., *8:00 p.m., 10:10 p.m. Arrive from the west—*12:08 a.m., *3:35 a.m., *11:23 a.m., 1:10 p.m., *4:10 p.m., 6:25 p.m.

Depart for the east—*12:14 a.m., *3:40 a.m., 7:30 a.m., 9 a.m., *11:38 a.m., 2:05 p.m., *4:25 p.m., *6:55 p.m. (Eastern Flyer).

The trains leaving at 7:30 a.m. and 2:05 p.m. stop at all stations. Depart for the west—*8:50 a.m., 7:40 a.m., *11:18 a.m., *11:43 a.m., 1:40 p.m., *8:18 p.m.

The 7:40 a.m. and the 1:40 p.m. trains stop at all stations.

LONDON AND WINDSOR. Arrive—10:25 a.m., 4 p.m., *6:50 p.m. (Eastern Flyer), 11 p.m. Depart—6:35 a.m., *11:35 a.m., 2:30 p.m., *8:10 p.m. (International Limited).

STRATFORD BRANCH. Arrive—*3:25 a.m., 11:15 a.m., 1:33 p.m., 6:45 p.m., 11:25 p.m. Depart—6:00 a.m., 10:26 a.m., 2:45 p.m., 4:55 p.m.

LONDON, HURON AND BRUCE. Arrive—10:10 a.m., 8:10 p.m. Depart—8:30 a.m., 4:50 p.m. Trains marked thus * run daily. Those not so marked run daily except Sunday.

PERE MARQUETTE RAILWAY. Depart—5:40 a.m., *7:10 a.m., 9:45 a.m., 2:30 p.m., *3:40 p.m. Arrive—8:45 a.m., *12:20 p.m., 1:50 p.m., 4:40 p.m., *11:20 p.m.

*To and from Walkerville without change. Trains not "starred" to Port Stanley.

CANADIAN PACIFIC RAILWAY. Arrive—From the east—*11:30 a.m., 8 p.m., *10:52 p.m. From the west—*4:30 a.m., *8:55 a.m., *5:20 p.m. Depart—*4:30 a.m., *8:55 a.m., *5:20 p.m.

*Runs only to Chatham.

MICHIGAN CENTRAL RAILWAY. Arrive—6:55 a.m., 11:10 a.m., 5:10 p.m., 9:50 p.m. Depart—7:15 a.m., 2:50 p.m., 5:35 p.m., 10:25 p.m.

*Runs through to Waterford.

OCEAN STEAMSHIP TICKETS

AMERICAN LINE. N. Y.—Plymouth—Cherbourg—Shampan. Philadelphia—Queenstown—Liverpool.

ATLANTIC TRANSPORT LINE. New York—London Direct.

DOMINION LINE. Royal Mail Steamers. Montreal—Quebec—Liverpool (Summer). Portland—Liverpool Direct (Winter).

WHITE STAR LINE. New York—Queenstown—Liverpool. N. Y.—Plymouth—Cherbourg—Shampan. Boston—Queenstown—Liverpool. New York and Boston—Mediterranean.

RED STAR LINE. New York—Antwerp—Paris. E. DE LA HOOKE, W. FULTON OR F. B. CLARKE, AGENTS.

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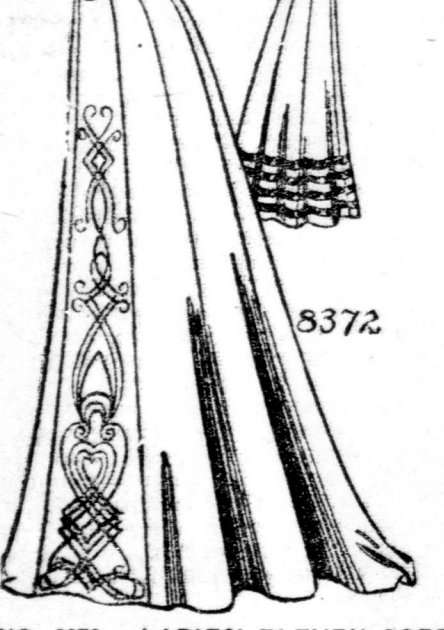
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Advertiser Patterns

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NO. 8372—LADIES' ELEVEN-GORE SKIRT.

No. 8372—This skirt is close fitting at the top and has a medium sweep. Blue broadcloth may be used for its development with black velvet ribbon or soutache braiding for trimming. The pattern is cut in six sizes: 22, 24, 26, 28, 30 and 32 inches, waist measure. A pattern of this illustration will be mailed to any address on receipt of 10 cents in silver or stamps.

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