

A Great International
Figure Who Has
Helped Thousands
To a Brighter Outlook
On Life!



DR. FRANK McCOY

Here, at last, is a book that tells you how to live in glowing health by observing a few common sense, but little known, rules of selecting your food. Dr. McCoy, famous as an educator—scientist and author—writes daily Health and Diet articles for 160 leading newspapers, having over 30 million followers.

Dr. Frank McCoy's

GREAT BOOK

"The Fast Way to Health"

100,000 Copies Already Sold
in United States

25,000 Copies Already Sold in Canada

You determine your health by what you eat. You avoid unnecessary pain and sickness by knowing how to select your food combinations. Dr. Frank McCoy has become internationally famous because of his ability to show people how to eat their way to health—and how to keep health.



Dr. McCoy does not advocate medicines. His instructions, given you in great detail in this wonderful book, are not mysterious or difficult to follow, but are simple, natural and interesting. Whether you or any of your loved ones or friends are sick or not, "THE FAST WAY TO HEALTH" brings you vital knowledge.

The Most Internationally Discussed Book of Today
333 Pages of Instructive, Common-Sense Information
About DIET and HEALTH by the World's Foremost
Health Specialist.

What prominent authorities think of Dr. McCoy's Book.

"Dr. McCoy points the way to health; a cheap and easy road to travel. He makes it clear that most sufferers are responsible for their own ailments and are the only ones who can effect their own cure."

—L. A. EXPRESS, Sept. 15, 1927.

"I have studied diet for twenty-five years and know your treatments will do what is claimed for them. 'The Fast Way to Health' is the best reasoning I have read on the diet question."

—DR. E. J. FAVELL.

"The book is written for ordinary people who will find it easy to read and helpful."

—EL PASO (Texas) HERALD.

"The book will please, especially because of the clarity of expression and in it the reader is apt to find many things that may induce him to stop digging his grave with his knife and fork."

—BUFFALO (N. Y.) EXPRESS.

DISEASE IS NOT ACCIDENTAL. Bad habits are the cause of all sickness and bad food habits are the most prevalent. You suffer from ailments because you have never learned how to live, or even how to eat correctly, because you have not learned the importance of proper nutrition and its relation to your health.

In Dr. McCoy's book, "THE FAST WAY TO HEALTH," you are given in plain understandable language the A. B. C. of food chemistry and physical mechanics. You are asked to in your own kitchen and in your own dining-room, just as though you were in personal consultation with Dr. Frank McCoy himself.

One whole section of this remarkable book gives you vital facts, many of which cannot be found elsewhere. The book teaches you what to eat to get well and stay well. Tables of food combinations are given which are easily understood, and from these simple food lessons your meals may be selected in a few minutes to give you VIGOR and ENERGY.

Why mix explosive foods in your stomach, each one of which is perhaps splendid itself, but which when improperly combined causes sickness and suffering?

Use Coupon and Order Your Copy Today

McCOY PUBLICATIONS, INCORPORATED
BRACK SHOPS BLDG. LOS ANGELES, CALIF.

McCoy Publications, Inc.
1401 Brack Shops Bldg., Los Angeles, Calif.
I enclose \$3 (money order, personal check or cash) for my copy of Dr. Frank McCoy's book, "The Fast Way to Health."

If desired, C.O.D. please
put check mark here.

Name
Address
City and State

Canadian League For Advancement

(Continued from Page One)

John W. Montgomery of Toronto, national president. It was he who urged that the league try in every way possible to do away with the prejudices which keep the colored man or boy from obtaining employment, together with the suggestion that proper training be provided, with the subsequent placing of the trained boy or girl. He drew attention to what he termed the alarming number of colored young people who were forced to leave the country to find employment at which they might have some chance of succeeding.

The discussion following upon President Montgomery's address was led by Mrs. Jennie Bowles, Windsor delegate, in a brilliant fashion, which did much to add to the enthusiasm of the gathering. Drawing from a wealth of experience in just such fields as those to which Mr. Montgomery referred, she made some excellent suggestions which led to a keen discussion and ended in an official endorsement of the program laid out by the president.

The following resolutions were adopted at the close of the afternoon session:

1. That we seek, with the assistance of fair-minded white citizens, to banish petty prejudices which bar our youth from positions for which he has prepared himself.
2. That we prepare our boys and girls for positions in life for which they are best fitted by nature and endowment, regardless of race or color.
3. That we seek, with the assistance of friendly white citizens, to stop the flow of our youth to the United States by finding employment for them here in Canada.

Solo by Fred Ball who sang very sweetly "When Shadows are Creeping."

Other speakers included Rev. J. H. Pinnick, Dresden delegate; Rev. N. G. Brown, Chatham; Miss G. Wilson, Brantford; Rev. T. O. Stewart, Toronto; Mrs. C. E. Jenkins, London, and A. J. E. Butler, local president.

The evening session of the convention opened with a banquet given by the local leaguers in honor of the visiting delegates. After the dinner speeches were made by Messrs. John Montgomery, Stewart of Toronto, Butler of London, and David Ross, the national treasurer. President Montgomery strongly urged that the local citizens support the colored people's publication, The Dawn of Tomorrow, and its zealous editor, Mr. J. F. Jenkins.

Vocal numbers were rendered by Mr. and Mrs. J. F. Jenkins, who sang "Life's Dream is O'er," and by the Misses Moxley and Hooper in the duet "Let Us Waltz As We Say Goodbye." Paul Lewis, in a fine tenor voice sang "The Road to Mandalay."

After the exceptionally clever musical artists had concluded their offerings, dancing was enjoyed to the popular and old-time music of

Campbell's orchestra.

One of the most pleasing numbers of the evening was rendered by the male quartet: Messrs. Lucas, Balt, Jenkins and Lewis.

Letters Appearing In "Fugitive Slave"

(Continued from page 1.)

Wilson dated St. Catharines, Nov. 12, 1851, appears in The Voice of The Fugitive for Dec. 3, 1851:

"My main object at present is to give your readers some account of a rural walk I have just taken to the Grand River and back, and of the colored settlement on that river near Cayuga. I started on Thursday last, having before me a clever walk (37 miles) to reach the settlement. The roads were very muddy and unpleasant most of the way. I had the pleasure, however, of passing through a very fine section of the country, which is particularly adapted to lumbering, grain growing and grazing. I passed many very extensive and beautiful farms which were watered by the Chippewa River, and some fine buildings, though most of the houses were but indifferent in quality. The greatest evil I discovered by the way was the ruinous practice of drinking. I found about one mile from Grand River an interesting settlement of 18 or 19 families, besides a small group of colored settlers, two miles distant on a public road, making in all about 24 families.

They all have farms, varying in quantity from 50 to 150 acres, the aggregate being 2000 acres or more. I found on each lot a comfortable log cabin, and usually from 20 to 30 acres of cleared land, though some of the settlers have been there but three or four years. The land was purchased off the government at \$3.50 per acre though some of the last purchasers will have to pay interest annually till the principal shall have been paid, when they can have their deeds. The land has on it much valuable timber which is in great demand. It is generally level, or gradually undulating, and when cleared of trees and stumps reminds you somewhat of western prairies. The soil consists generally of a dark rich loam, with a subsoil mostly of clay with here and there ridges overgrown with pine trees and shrubbery indicating the presence of sand near the surface.

I found the people generally cheerful, contented and happy, and the majority in quite comfortable circumstances. With rare exceptions the adults were formerly slaves in the south, though I came across one man who was free, but had earned as a blacksmith and paid one thousand dollars for the freedom of his wife and children.

Brother J. W. Logan has arrived from Syracuse. Quite a number of others have lately come here from Syracuse and are likely to do well.

I have lately visited the settlement at Norwich and prepared the way for a teacher, who is doubtless there by this time."

An Old Story.

You done me wrong said the Algebra question as the Freshman handed it to the prof. —Ubysey.

Off

VOLUME

SENAT

Sena

scores

bery of

He attr

ism an

cans on

also br

session

ence. C

said: "

ship as

men to

or bus

like do

The

assump

white

toward

which

Snok

half-de

parts c

to the

tries w

comple

many

not on

busine

The

amazin

cient p

little a

in all i

little

human

cident

while

strugg

ment

It is

and u

count

ways

others

subor

It s

velop

by th

which

trude

lack

intruc

dark-

what

be.

Sen

fense

an in

at an

in M

were

guest

Be