imaginaiton. These contrasts formerly very real, and it took a many generations to adjust them. Having expressed quite definitely something about the characteristics of the Scotch, it will be in order to say something about the English. I learned sometime ago, and first hand impressions tend to confirm the view, that no people are likely to give more surprises than the English. The surprises may be antipodal in their nature. You may take him at one time for a wise man and get badly disappointed; or you may think him a stupid, prosy, non-committal, sort of a fellow and find on a test that he is a marvel of resourcefulness and ability. You can't get the measure of an Englishman by his looks. His outward appearance is a conundrum. Tap him on the shoulder and ask for information or give him some responsibility and you will get a surprise one way or the other.

That suggests two or three characteristics in which I think the people of the Motherland excel. First in self control. This registers itself everywhere, even amid the immeasurable activities of London. The officials never appear to be bothered. Things are well organized, and are run by schedule. At social functions we marked the ease and composure with which hosts and hostesses move about. At Eton, where over 1,000 lusty, vigorous boys-sons of English aristocrats and royalty-were in attendance we noted this trait; and it extended even to the play grounds. Put but a dozen Canadian boys together, let alone a hundred or a thousand, and what are we likely to see? You will likely see them punching each other's sides, pinching, tripping, grabbing caps, making remarks about people passing, and in a hundred other ingenious or infernal ways letting off energies which they should in all conscience learn to control. Let it be remembered that Wellington said: "Eton won Waterloo." The typical Englishman is an adept at self discipline. A clever writer has characterized him as a fellow who gets up early in the morning, takes a cold water bath the first thing, and then goes out to conquer the earth!

It is due to these things that there is, or appears to be, less individuality about the average Englishman than about the average Canadian. He inherits traditions and customs quite different from ourselves. One would need to live in the country to appreciate this. Away back there was feudalism which worked itself into the character and mental attitudes of the people. The army discipline is always there, and that invidious old-world class distinction, with its accompanying snobbery. The Englishman has learned perforce to walk with hundreds and thousands by his side. He lacks initiative, though history

## Wanted to Know The Truth About Grape-Nuts Food.

It doesn't matter so much what you hear about a thing, it's what you know that counts. And correct knowledge is most likely to come from personal

experience.

"About a year ago," writes an Eastern man, "I was bothered by indigestion, especially during the forence. I tried several remedies without any permanent improvement.

"My breakfast usually consisted of oatmeal, steak or chops, bread, coffee and some fruit.

"Hearing so much about Grape-Nuts, I concluded to give it a trial and find out if all I had heard of it was true.

"So I began with Grape-Nuts and cream, soft boiled eggs, toast, a cup of Postum and some fruit. Before the end of the first week I was rid of the acidity of the stomach and felt much relieved.

"By the end of the second week all traces of indigestion had disappeared and I was in first rate health once more. Before beginning this course of diet, I never had any appetite for lunch, but now I can enjoy the meal at noon time."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville." in pkgs. "There's a Reason."

ville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine true, and full of human interest.

proves him thoroughly capable of it when the chance comes. In a new land individuality comes to the front. In the Old Country the average man puts his cause first, in the new land he puts himself first. When the two systems clash—well, there is trouble. The army officers who are sent out to train colonials complain bitterly because they are not unhesitatingly and unquestionably obeyed. Individuality is a good thing rightly understood, but reaches its best, we believe, when in obeyance to a cause. Where would our civilization or our country be but for that very thing? The Englishman will somehow cheerfully take great risks for the sake of a cause. He knows that if he falls a lesson will be learned which will promote progress. We saw men at Aldershot taking great risks in their aeroplanes. A few days later Col. Cody lost his life in attempting a flight. Then all classes united in praising him. Though some of these risks are foolhardy, we think this point of putting religion, country, science, invention, or whatever it may be, before our own interests represents a higher type of life

## A Summer Day in Church

By Eleanor Sutphen Amerman.

The day was Sunday, May the month; The scene, a country church; The good old saints were all asleep; The sinners, chewing birch.

The nodding head of sister Jane,
O'ercome with thoughts profound,
Against the sloping window-ledge
A resting-place had found.

A truant kitten on the ledge Was lying in the shade, Her eyes were on a little fly As here and there it strayed

The kitten's interest slowly grew,
And to a climax rose
Just as the fly had walked across
The deacon's sister's nose.

A little paw was lifted high; Like lightning swift it flew; Unerringly it hit the mark— The aim was all too true.

The minister had closed the Book And "In conclusion" said, When suddenly a cry of pain Turned every curious head.

All to be seen was sister Jane Retreating through the door, A kitten on the dusty road, A fly upon the floor.

The feelings of the ancient dame For several days were sore, But she her lesson ne'er forgot: She slept in church no more.

## **Pulling Together**

What is wanted is a great deal more pulling together on the part of the churches. Our congregations should be strong enough to maintain a considerable staff of workers, men and women, whose task should be to be leaders of the people in our working effort. Congregations should be strong enough to think a great deal more of giving than of getting. They should be working outwards into the community with all sorts of beneficence, not inwards, towards their own upkeep. They should be able to give freely of their brotherly-kindness, hoping for nothing again, and not be forced by their circumstances to consider primarily how every part of their effort must show fruit for their own aggrandizement. The present multiplicity of denominations works away from this ideal, and seems to create a great many congregations of worshippers each pursuing its adherents a mile uptown every twenty years, with the result that each is in competition with the rest for the church-goers, and has very little spare energy for the leavening of the great incoming mass of the people.

"O, mother, I've learned to punctuate!" exclaimed Alice. "Well, dear, how is it done?" asked her mother. "Why, when you write, 'Hark!' you put a hatpin after it, and when you ask a question you put a button-hook?"





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