

MAGAZINE FEATURES

Our Own Upsetting Exercises

By Ring W. Lardner.

To the Editor:

F. M. A. has just wrote into me again saying that he has got a sedentary position as a floor walker and he wants to know a few upsetting exercises that will keep him in shape as he can't afford to belong to no golf club and etc. Between you and I, F. M. A. is beginning to be somewhat of a pest with his letters but I am here to serve the public of which he must be one the way he writes, so I want to say to this bird that I have got a whole lot similar position to him as I do literary work for a living and always lay down while I write my stuff and here is a few rules to go by which keeps me in the present condition I am in than which there couldn't be no nearer perfection.

1. First thing you do when you get up in the morning is to get out of bed without help. Then run around the
6. Try and get the stockings on over the shoes. This is one of the most intensive of the upsetting exercises. When accomplished, try and get the garters on which is the nearest approach to a Whiteley exercise we have had in yrs. but twice as intense if the elastic is the kind you can place any confidence in it. But don't pull them too hard, and keep breathing all the while.
7. On each of the shoe exercises, they're no more use of you leaning over to eat the oatmeal so try and get it up to the lips with some implement like a spoon or a niblick.
8. Wait till just before train time and if you live on an upper story jump out and hurdle the hedge and run for



"Run from left to right to wherever the shaving materials is at and shave using both arms with a free motion."

bed from left to right till you find where you laid the cigarettes. Then run around the bed from right to left and unwrangle yourself till you find where you left the matches at. Lift a cigarette into your mouth with the left arm slightly crooked at the elbow. Then scratch a match with the left arm silent and the right arm silent, and lift the match to the cigarette with both arms akimbo. Breathe heavily.

2. Run from left to right to wherever the shaving materials is at and shave, using both arms with a free motion and breathing heavily. Use the lather freely with both arms on the brush bent slightly at the elbow and take long breaths.

3. Remove the pajamas with both arms and put on the intimate garments with the same, using both neutrally. Breathe.

4. Wear button shoes and put them

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on first. Set down whilst putting on the shoes and stop between every two buttons and set up and lean over again for the next button and keep breathing from left to right.

HOW DO YOU SAY IT?

By C. N. Lurie

Common Errors in English and How to Avoid Them

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By C. N. LURIE.

"AT LENGTH" AND "AT LAST."

Between the meaning of the phrase "at length" and that of the phrase "at last" there is a distinction that is often ignored by writers and speakers. Of course, in this case, as in so many others, failure to make the distinction is not a capital offense; but those who desire to speak and write correctly should endeavor to train themselves in the making of fine distinctions.

Both "at length" and "at last" are used in reference to something that occurs after long waiting; but the former is used to denote an action or a state that continues, or is yet to come, while the latter indicates something that has happened. Thus, we say, "I have long desired to visit the national capital, and at length I am going there next month"; and "I have long desired to visit the national capital, and at last I did myself in Wash-

ington."

Just Folks by Edgar A. Guest

NOBILITY.

Rise high to glory if you can,
But never cease to play the friend.
Be everywhere the gentleman,
And you shall conquer in the end.
Boast not nor think too much of skill,
Be patient in each trying hour,
Be humble here and kindly still,
Even though you should rise to power.

Nor pomp nor pride nor splendid fame,
Excuse a man for sin and shame.
Who stoops to folly and conceit,
Dim the fair lustre of his fame.
For better far than words of praise
Which follow brilliance and its deeds,
Are ways to cheer, and gentle ways,
And these the old world sorely needs.

Rann-Dom Reels

THE EARLY COLD.

The Early Cold is a soul-satisfying imitation of the mid-winter influenza which takes hold with enthusiasm and lets go with regret.

Year after year, in our northern climate, a long, hot summer is almost always succeeded by something else. Just when people get accustomed to wearing fewer clothes than a Greek dancer, the weather will change overnight and cause every red corpuscle to freeze in its tracks. This makes a bright opening for the Early Cold, which settles in the nose of its victim and wrings shrill, agonized sneezes from the same.

The Early Cold is caused by lack of foresight and heavy underclothes. One of the worst habits anybody can fall into is to pack up his winter underwear just as soon as summer opens up and lay it away in the bottom of an attic trunk after spraying it with moth balls. When fall comes, with its bracing atmosphere and hard coal nightmare, no-



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THE THRONE AT LAST

By WILLIAM T. ELLIS.
The International Sunday School Lesson for July 25 is, "David Succeeds Saul as King."—11. Samuel 21:7; 5: 1-5.

"The mills of God grind slowly—but they never cease to grind. Be everywhere the gentleman, and you shall conquer in the end." Boast not nor think too much of skill, Be patient in each trying hour, Be humble here and kindly still, Even though you should rise to power.

Just as David found it a long weary way to the throne of Judah, and a longer way to the throne of united Israel, so it is with most persons in pursuit of life's goals. David had traveled by the diversified route of battle and courtship, and royal favor and exile and persecution and the caves and the mountains and the wilderness. He had run the gamut of normal experience, in his eventful journey between a sheepfold and a palace.

The Belgian Artist's Feat.

A great goal is worth a long journey. For a day's provisions one may feast on the former store; but for the feasting of the spirit upon the riches of the Old World one must take a long and costly trip. Little things are easily gained; great ends are secured at the cost of time and effort and skill. A Belgian young woman has spent thirteen years, and undergone great privations and toils, in order to make a tapestry rivaling those of the old masters. Now that she has succeeded, she has been honored by king and by court, by her native city and by the masters of art, and the tapestry is to be sold at a fabulous price. She could have painted a thousand "pot-boilers" during this time, as most of us would have done in her place, but she would not have given the world a treasure. Her road to a throne, like David's, was long and hard, but it was worth travelling.

All that David underwent was essential to his arrival. Not an experience could have been foregone, else there would have been missing a necessary span of the bridge. All was required for his training and equipment. Well could the harried and distressed hero repeat to himself his own Shepherd's Psalm: "He leadeth me." No person has ever greatly served his world who has not learned to see that the experiences which he must endure and fretted were necessary for his preparation. God does not put His children through needless discipline.

I have watched the Japanese workmen make cloisonne, and the process, after it had proceeded to a certain extent, seems to be merely one of repeated burnings and polishings. Long after a visitor would suppose the vase to be finished, the maker subjects it to rubbing after rubbing; and, in the case of the finer grades, the last stage is a slow, careful rubbing by the human hand alone. Such pains does art take to complete its work. Shall the human soul therefore grumble because it takes time, and patient experience, to bring it to its true worth?

Mushrooms and Oaks.

Spurgeon once said something to the effect that when Nature wanted a mushroom it could be produced overnight; but when an oak tree was wanted, it needed decades and centuries. One of the problems of the newly rich, who seek to create greatness in a few months or years, is to secure old trees that shall be properly placed. Only partly has the skill of the nursermen in plant removal come to their aid, for trees can be grown only by time. Similarly, when God wanted a David for the throne of Israel, He would not pluck him from a manger, but He made the great and beautiful tree was employed, and the first element in that time. No wonder the Psalmist was continually exhorting his soul to wait patiently upon the Lord's will.

Discipline is but another word for disciplining—training for the task David was being prepared as the great king, whose glory in the sacred story was to be eclipsed only by that of his own Greater Son. David might have reassured himself, all along the way, that he was on the way to a throne, that he was being made fit to become a king. A lumberman once told me that the finest grades of timber are those which come from the tree that has been standing out in the open, where all the winds of heaven have buffeted it. The fiber is tougher and more closely wrought than in a forest-grown tree. Adversity has been the blessing of the tree, as it were; just as the life which has not been too highly sheltered is fittest to serve its time. Difficult experiences are almost a sure sign that God is doing something special with one's life.

Place or Fitness? There are more young persons who are looking for jobs today than are seeking work. From every quarter comes the cry that workers, of all kinds and degrees, are more interested in wages than in production. Quality has deteriorated in almost all lines of merchandise. This is because we court places rather than fitness. Now it is clear that God cares more for quality than for place, and for character than for reputation. Even more than He wanted David to be king of Israel, the Lord wanted him to be a kindly man. He was supremely interested in the soul of David. Unpopular as the truth may be today, it nevertheless is eternally true that it is better to be a big man in a small place than a small man in a big place. In other words, it is more worth while to be than to seem. I have known more than one great man of whom the big world never heard; and I have also known not a few tragic instances of little men occupying great positions, for which they were not fitted. This entire Lesson may be considered from the angle of the preparation of a spirit for a work. It represents the solicitude of heaven for quality first.

SEVEN SENTENCE SERMONS.

Clear writers, like clear fountains, do not seem so deep as they are; the turbid look the most profound.—Lardner.

If Christians like their Lord will be, All men will lose their doubts and see How real is Christianity. What do they see in you and me? —Marianne Farnham.

More men are injured by having things made easy for them than by having their paths beset with difficulties.—Charles H. H. Parkhurst, D. D.

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.—Eph. 4:31.

God marks how long this human life shall be. How grandly broad with reach of sympathy. How high toward heaven its growth,—he leaves to thee! —Aldis Dunbar.

Make yourselves nests of pleasant thoughts, bright fancies, satisfied memories, noble histories, faithful sayings, treasure houses of precious and restful thoughts, which care cannot disturb, nor pain make gloomy, nor poverty take away from us—houses built without hands, for our souls to live in.—John Ruskin.

Wanted: King Men.

In the remarkable "McAndrew's Hymn," by Kipling, the old engineer, after musing upon the wonders of invention and machinery, cries, "But word, what about the man?" That is the supreme question. All the kingdoms or realms of earth and heaven are crying aloud today for kingier men. Religion needs nothing, short of the divine Spirit, so much as it needs more of royal calibre. Politics is pestered with pygmies. Business keeps crying aloud for men worth ten or twenty or fifty thousand dollars a year. It is quality that is needed.

Reverently, we may say that God Himself is seeking men and women who can be trusted with great success in His service. Is it not remarkable how easily we become self-inflated over trifling achievements in Christian work? The average professional evangelist is as strutting and self-satisfied as a bantam; he gives an observer the impression that he feels the Lord should be very grateful for his favor. All this means nothing more or less than the pride of petty spirits as they occupy for a brief time minor places of responsibility. Only a few men of the Moody stamp are able to rise above the small.

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