The courage that refuses to be

The courage that cures its own de

The courage that doesn't eventual

ens, "keeps on keeping on."

There are times in every man's life

when the hand of fate seems to be

woman begins to whine in his hear

if not aloud. His mouth droops at

the corners and his shoulders sag

But it is then that the strong man

thing goes dead wrong."

against him.

ly give out but no matter what hap-

pression by cheering up someon

grievous the disappointments.



for a slice of n "love" it. MONTREAL

Pleating

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***** Ceilings

Colborne Stree *****

JRE

permanent cure ment. No drugs, ch is the latest in y, massotherapy, ns of the human paralysis and dis-

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ie and Alfred. Examination Free.

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Lowe Bros. Paints EATERS, CARPET S, RAKES.

Its Waterproof -FLOOR VARNISH

Impressions Gathered Aboard a Hospital Ship

Virtues of Cheerfulness and Patience Stand Forth: Ves sels a Striking Contrast to Sombre Merchantmen and Cruel Looking War Craft

are traversed by all kinds of my- fitted with the same judgment. sterious craft, and any distinctive mines, and the respectable merchantmen suddenly uncover a form- lowing of the necessary segregation idable battery-there is one class of ships which display their identity penly to the watchers of all seas-

The Hospital Ships.
Painted pure white, relieved only by a broad band of green and great of rapid removal to deck in case of crimson crosses—that daring splash emergency. Specially devised lifts of color which shows up so well on a dull horizon—they form a striking contract to sombre merchant men and cruel looking war craft.

At night, when a girdle of emer-ald light shines around them and ruby crosses blaze out above, they become fairly like visions of the sea. and ensures their safety. The creation of a great fleet of hospital ships is the necessary re-

sult of the far-flung battle line and our world scattered empire. Sail in All Seas They exceed in number the total of our transports in the South African war, and are to be met in all

Dedicated solely to humanity's common cause, protected by the covenant of all nations, our hospital ships may carry none but sick and wounded and those who minister to

No other persons may travel in them on any pretext or urgencyil their company in addition to sea-

Although by terms of the Geneva Convention, Hospital Ships have that no person, not actually on the staff, and no article not destined for use on board, may be conveyed. This stringent regulation is suf ficient commentary on the German canard, alleging that our Red Cross ships carry combatants and muni-

Devoid of Mystery No mystery surrounds these ships, neutrals from every land have inspected them at all times—journal-ists, philanthropists, men of action, men of letters, the interested, the curious even the inquisitive have pitals. been freely given entree. All over the neutral world are witnesses who know what our ships are like, whom they carry, and how they are man-aged. Curiously enough these facts cheerfulness and patience of the are more familiar to foreigners than wounded. Whatever his other quali-

by international treaty, and should realize our strict observance of the corresponding obligations imposed.

The fleet comprises ships of varying sizes from the greatest ocean line with deck above deck of wards and yet more wards, bewildering in number and providing more accommodation than the largest London to the wounded—with a simplicity, a directness and a regular treatment of the weather and 'bound for Blighty.'

Just as it may be said that no perfect physical life. But unforty that nobody can question. I know of no syst to the seventy-second year of his perfect physical life. But unforty that nobody can question. I know of no syst tenders are others who, not knowing him at all, think of him as a sort of retired bruiser, will do this other than one versal military training, and of no authority in this coun cannot be defied successful but fruitful after years of the man who still takes seriously that old military training in the school notion about a sound mind in a military training in the school not will do this other than one versal military training, and of no authority in this coun cannot be defied successful but fruitful after years of the man who still takes seriously that old military training in the school not knowing him at all, think of him as a sort of retired bruiser, seriously that nobody can question. I know of no syst there are others who, not knowing him at all, think of him as a sort of retired bruiser, seriously that old this other than one versal military training, and of no authority in this coun cannot be defied successful but fruitful after years of the man who still takes seriously that old military training in the school of the will do this other than one versal military training, and of no authority in this coun cannot be defied successful but fruitful after years of the man who still takes seriously that old not have an administration is better leaf the providing more accommendation than the largest London with an analysis of the perfect physical life. But unforty that nobject the

hospitals, to the tiny converted genius of a directing mind. channel ferry resembling a tender rather than a sister ship. All alike are adapted to the spec-

ial work they have to perform and to the ports they have to enter.

Smaller Ships The smaller ships making only short passages and not requiring elaborate provision for continued treatment, are yet supplied with every requisite which experience

To-day when the world's seaways could suggest, and are planned, and In the internal arrangements of marks they show are frequently de- the ship's good use has been made signed to hide a sinister purpose, of the space, and while preserving when the 'harmless necessary' the main divisions of the vessel as tramp may be busily depositing they existed, the wards are not unmangeably large, their number al-

> are devoted to surgical and and other helpless patients, both in order to minimize discomfort, and to allow of rapid removal to deck in case of even in the small ships, contribute

to the same objects. Swing cots are provided for the more serious cases, and all beds are most comfortable type. Excellent food, and careful attendance and nursing are ruling principles.

It is interesting to watch the load Always unmistakable, the red ing of a hospital ship—the train ar Always diministration of the state of the st ized nation, proclaims their mission ing and the work begins immediate Handling the Patients

With the skill that only long prac tice can bring, the patients are lifted on to stretchers, carefully covered and carried on board, each bearing a label with name, regimental number disease or injury and briefly the treatment. Received at the head of the gangway by the Commanding of pire's remotest confines those who ficer, they are, by his direction, car pire's remotest confines those who ried to the ward most suitable to

On the skill, method and quickness of all concerned in this process

ceived by the Medical Officers in charge and Sisters, and directions as patients, doctors, nurses, comprise to diet and treatment are at once re During the voyage lists are pre-

pared of all cases for special treat ment, in order, on arrival, to facilifull liberty to carry personnel and tate the despatch of cases to instituequipment for medical units in the field, the War Office has ordained appropriate treatment. Other lists classify the patients in ome localities, so that they may b

> as far as possible, sent to hospitals ccessible to their friends.
>
> The medical staffs of hospital ships are composed almost exclusively o civilian practitioners, over age for service in the field, who have joined the R.A.M.C. Among them are some better known in another sphere than

to say that the standard among them

Of all the lessons to be learned or a hospital ship, the most insistent to our own people, with the excep- ties, there can be no question of Tomtion of dwellers at home ports, and my's shining example as a patientit is well that they should know wonderful in the field and fight, he is something of hospital ships, and the never so wonderful as when under

number and providing more accomsimplicity, a directness and a regundation than the largest London larity reflecting the personality and largest London larity reflecting the personality and sound body, who teaches that notion largest london largest large

PORK CAKE

One pound fat pork chopped fine; pour over it 1 pint boiling coffee (or to the ports they have to enter.

The larger ships, destined for voyages to eastern or Colonial ports are fitted with all the special facilities for treatment and scientific work afforded by the best equipped institutions at home—are indeed great floating hospitals with a staff for all requirements and admirable. floating hospitals with a staff for ron cut fine and 5 cups flour. This all requirements and admirable dismakes 2 large loaves and is improved with age. Bake about 1 hour in

> Children Cry FOR FLETCHER'S CASTORIA

Our Daily: Pattern Rervice

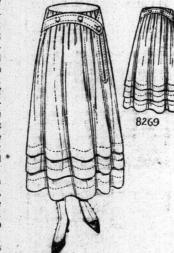
Valuable Suggestions for the Handy Homemaker_Order any Pattern Through The Courier. Be sure to State Size

LADIES' ONE-PIECE GATHERED SKIRT.

By Anabel Worthington.

Appearances are very deceiving in the case of this very smart looking skirt, because it is wonderfully easy to make. In the first place, it is no troube at all to cut, as it is a straight length of material with one seam. The breef tucks add much to the style of the carr, besides helping to hold it out from the figure. However, the tucks will be left on? if deep flouncing is to be used in the making. The keynote of "up to dateness" is pockets, so here they are on this skirt also, though not so conspicuous as some of the outstanding effects. The fancy belts are separated and may be omitted *

altogether if preferred. The one-piece gathered skirt pattern No. 8,269 is cut in five sizes-24, 26, 28, 30 and 32 inches waist measure. The width at the lower edge is 21/2 yards. The 24 inch size requires 5% yards 30 inch or 4½ yards 44 inch material. To obtain this pattern send ten cents to the office of this publication.





COURAGE COMRADE,

It matters not how strait the gate How charged with punishment the made sour and bitter, no matter how scroll am the master of my fate,

I am the captain of my soul.' Everyone loves courage.

Especially physical courage. There no quality in the world that more quickly starts the quivers of admiration. "Greater love hath no man than

for the supreme sacrifice sets the chords of all our hearts a-thrilling. Moral courage, the courage that braves the danger of ridicule and and he makes acrid comments scorn instead of physical danger also his neighbor's prosperity. has its meed of admiration—not so Are You the Captain of Your Soul? universal but none the less precious

because rarer. The Courage That Won't Be Dis-Couraged.

But the courage that to my mind serves the greatest admiration of lutely nothing by whining. He doesall (and I fear gets the least) is the n't escape any hardships or disapcourage that faces adverse circum- pointments. He simply robs himself stances and disappointments and of the one good thing his trouble be daunted or downhearted. The courage that sets its teeth after each new difficulty, and then

and optimism. The courage that consumes

own smoke.

William Muldoon, Philoso-

pher and Ex-Wrestler,

Speaks Out

SAYS U.S. LAWS WRONG

cally Trained and De-

veloped

(From the New York Times)

or indirectly.

United States.

So just a line to offset, the mis-

cannot do in his own gymnasium or

his hill farm. He does ride, as a matter of fact, and rides hard every

day. He looks as you imagine a Un-

ited States Senator or Cabinet offi-

cer ought to look after you have

een gazing at a collection of portraits of American statesmen about

partly due to a tremendous

in the making of which port winch had nothing to do also suggests the

old portrait of 1850 or thereabouts

and a heavy black silk cord for the

eyeglasses, such as nobody but a poet or a wrestler-philosopher could

doubt belongs. So does the wonder-

the evil that has come to this coun-

and our children. Indulgence is the

rule, and the body has become al-

because he has gone further than

William Muldoon, once a cham-

its grit your teeth and keep on keeping sons of the poor who waste their opportunities and add to the country's

show your mettle. You are the one

whine. Don't lose your grip.

"The immigrants themselves are

Young Ought to be Physients in that respect. pion wrestler in the ring, but now

Westchester, about the country's "Now, this evil which I have just need of compulsory universal milifor more than an hour without once using the word defense, without reusing the word defense. the discipline and the obedience. back to a state of purity. It has got

as the philosophy of life and the thing which is now absolutely es-sential to the national life of the rigid enough to meet the situation. The state militia is a farce, at least in this connection. There is no discipline and can be no discipline such as this nation must teach itseif outside of the United States army. And every man in the country should have his turn of duty and training in an institution where neither his wealth and his social position, nor anything else can save him from the necessity of doing the thing that he is told to do and of do-

ing it right without asking why. "I know there are those who denounce unquestioning obedience as a relic of barbarism, and they find in it the cause of all the evils of militarism. But we have gone too he middle of the last century. That mount of dignity, partly to the far the other way. The idea of in-now-white hair brushed forward dividualism, which in most cases is the polite name for selfishness and on the sides. A reddish complexion disloyalty and various other ills has carried us off our feet. It is thriving in the schools because it is the easy, lazy thing for the teacher to let the pupils do as they like. It is thriving in the homes because making children behave is the hardest task ever set for parents.

afford to wear in these days, no "I recently had occasion to visit the home of a very well-to-do family fully fine voice and the quality of for twenty-four hours. There were several young children there, I saw "It isn't that we want to fight omebody," said Muldoon, "but omething, and that something is good deal of them, but never once did I hear one of those children addressed by his or her name. It was try because of its prosperity. For the sake of having a beginning. I would take the day of Mark Hanna Dovey this and Dovey that, and Own Pet and Mother's Little Love, and Papa's Precious, from morning till night. And those children were reas the starting of the trouble in its present proportions. He showed the country the way to gain vast for-tunes. We have gained little else and have lost much. We have lost discipline and control of ourselves single case of obedience it escaped

my attention. "There was a case of a respectable well-to-do household from which all trace of parental authority had been eliminated. There are many thou-sand of homes just like it. Can you "Harry Thaw is not typical of the American youth of to-day, simply imagine anything worse for the children in such thousands of homes and can you imagine anything worse the average does go. He has killed a man and has been a national spectacular disgrace. But hundreds than the nation which is depending thousands of the young men of cn such recruits for its citizenship? the country are on the Thaw road There is nothing worse. It will be a because discipline of the youth of fatal thing if allowed to go on indefinitely unless the country intervenes somewhere in the course of each man's life to show that man the nation has been put into the discard, and these hundreds of thousands are just as useless to themselves and their communities as a what authority really is.

Thaw. I do not refer merely to the dissolute sons of foolish millionaires who waste their fortunes and themselves, but also to the undisciplined two divisions, the sound and normal

THE DESCRIPTION OF THE PROPERTY OF THE PROPERT

shows forth in all his strength as the body, and kept so as to give us deman who "can smile when everyendable citizens and decent fathers. The man who whines gains abso-And the culls must be set aside and got rid of as rapidly as possible generation after generation. "And this thing must be done publicly. The culls and defectives must stances and disappointments and of the one good thing. The culls and detectives into anxieties and absolutely refuses to should have brought him—the proof be labelled and known. Then they be daunted or downhearted.

in one group, and the culls and defectives in the other. And those who

are fit must be trained and discip-

lined, and made more fit in mind and

Courage, comrade, if things are going wrong. This is your chance to will be gradually reduced. Mothers will know what syphilitic sneaks to The courage that turns its face show your mettle. You are the one keep their daughters away from esolutely toward the sun of hope for whom this was written. Don't The nervous, pimply, pasty-faced Just cigarette-sucking young lose caste. He would blow away with the first puff of a wholesome public opinion trained into favoring the fit and manly. We must put the premium on service and health and dis-cipline, and the penalty on the opever-growing total of inefficiency.

"This trouble is not a class affair at all. It is general to the entire country. Lack of discipline is as pernicious in an east side ment as in a household on Fifth is fit to associate with.

"As I have said, compulsory mili-The tary service is the only way. Athletics good stock for us to have. The tary service is the only way. Athletics country could not do its work with will not do it. There are too many out them. They are disciplined, fans and rooters and too few partici-obedient, industrious workers, givobedient, industrious workers, giv-ing an honest return for all they get. the lack of that indispensable thing But the one thing they cannot seem authority to compel obédience. Furto do is to discipline and control thermore there is no democracy in their own children born in this athletics as we run them in this country. The American conditions country. Can you imagine anything are too much for the foreign parents in that respect.

Out of 11 boys in a school and using
"I know of a decent, hard-workthe other hundreds or thousands in ing foreign parent who boxed the that same school merely as mere worears of a daughter in order to get shippers with no capacity developed her home from a notorious resort, in them for being anything else? The where she was going straight to the most helpful and most wholesome devil. But the daughter knew the thing that is being done in the counpion wrestier in the ring, but how a philosopher on a hilltop, where he shows men how to wrestle with their weaknesses and win, talked the otward with the ways of America better than the father. She had him arrested for assault. He lost his job and went to jail, and that was the end of the state of the

weaknesses and win, talked the original salvation. her day on that same hillton up in her day on that same hillton up in restraint.

"Entirely aside from fighting and loodshed there is something about. tary training. He talked about it hinted at is something that even the military discipline and experience more than the physical benefit. It is "I do not pretend to know what Of course thousands of men know to do it by work and discipline unthe details of the system should be. Of course thousands of men know Muldoon for just what he is to-day in the seventy-second year of his in the seventy-second year of his authority that nobody can defy or country's experts. I should say that will do this other than one of uni-versal military training, and I know school vacation to get their first lesof no authority in this country that sons in discipline and physical traincannot be defied successfully exing, and then their subsequent ser-cept the federal authority of the vice could be arranged with reference to what they intended to do. "It is a waste of time to talk of But we should have a standing army

> population should always be in the trained reserve. "One objection to military service is that it is non-productive, that a soldier represents an economic loss because of the fact that he does not make anything that we can use and also because he has to be fed and clothed and housed by the rest of us while he is in this period of so-called economic idleness. That is untrue. As to the cost of his keep, it is not too much to ask 95 per cent of us to support the 5 per cent,, and it certainly is a mistake to say the army proluces nothing. It produces the greatest asset the country can have, and that is discipline, to re-

peat myself for the hundreth time. "Over on that hill yonder a friend of mine is undertaking an investment of many thousands of dollars in improvements. He has an army of aborers and many skilled workers on the job. But he is losing every day and every hour because of the lack of discipline and lovalty of those men. They have no interest in what they are doing, they have no friendliness for the man they are doing it for. He is away and does not know I ride by there almost daily, and know that the time and material wasted because of the ways of the workers, is criminal. And you must multiply that single operation by all the industry of the country to learn what shiftliness is costing us.

night. And those children were repeatedly pleaded with not to do this or to do that, and if there was a ronto in 1837, is dead in Collingwood, where he lived since 1860. Harold Mawson, aged sixteen, and Harry Smith, thirty-five, of Hamilton, were drowned in Burlington Bay owing to the capsizing of their sail-boat Saturday evening.

During the past 12 months hunreds of carloads of beans have been imported into Canada to meet the eeds of Canadian packing houses to fill contracts for army supplies. Ice trouble at Sault Ste. Marie was as bad yesterday as any time since navigation opened, and a field extends seventy-five miles out into Lake Superior from Parisian Island.

Ohildren Gry FOR FLETCHER'S CASTORIA



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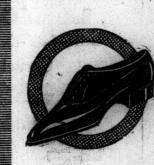
Dalhousie

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Through Tourist Sleeping Cars to Winnipeg on above dates, leaving Toronto 10.45 p.m., no change of cars, via Transcontinental Route. Return Limit, Two Months, exclusive of date of sale. Berth reservations and full particulars at all Grand Trunk ticket offices, or write C. E. Horning, District Passenger Agent, Toronto, Oat. Coronto, Ont

