

CANADA's net debt at the end of June ras \$539,000,000. The war is adding about sixteen millions a month to the debt. There is need for the most rigid economy in carrying on all public ser-vices.-Toronto Globe.

LIKE that British victory which look ed like a loss at first, the more the report of the Meredith-Duff commission is studied the more it looks as though Mr. Kyte had a pretty fair idea of what he was talking about.-Ottawa Citizen

THE talk of a nickel company being able to account for every pound of ore or metal which leaves its hands does not amount to much. Where is the nickel the Americans are exporting to Germany coming from ? Can the Canadian sleuths answer this question ?-Kingston Whig.

CANADIAN RED CROSS GIFTS."

The Canadian Red Cross is a ver The Canadian Red Cross is a very potent factor in bringing Canada into the sphere of international relations. Our Canadian Red Cross representatives are our ambassadors abroad, envoys charged with a peaceful and healing charged with a peaceful and healing mission. An interesting development along this line is the close cooperation which has been arracged between our Canadian Society and the French mili-tary hospitals. Col. Hodgetta, the com-missioner in England, in April made a preliminary offer of 10,000 cases of Red Cross supplies, and the gift was heartily welcomed by the French Govt. which without official delays, made immediate arrangements for the receipt of this Canadian donation. Already 5460 cases have been delivered to the French Govt., from the Canadian Red Cross warehouse in Löndon and its auxiliary depots in France. Of these 5,460 cases, 2,000 France. Of these 5,460 cases, 2,000 contained bandages and dressings. There were 1,000 cases of sheets, 500 of There were 1,000 cases of sheets, 500 of socks, 300 of pyjamas. In fact there was a well arranged selection of all the articles required for the relief of the wounded in the hospitals. This is only the beginning of Red Cross reciprocity between Canada and France, and it should be a matter of mide to every should be a matter of pride to every Canadian that our country is so effici-ently discharging its moral Red Cross obligation to our allies.

The last records of shipments of Red Cross supplies from Dominion Heador use supplies from London and the second s month's shipments were 17,716 pairs of socks, and 63 cases of tobacco. The shipments came from all over Canada.

DO SOME DEEP THINKING.

Help Your Mind by Going Into "Brown Study" Once In Awhile.

'brown study' were more "If the often cultivated many people would be happier and more clear thinking would be done," says the London Lancet. "It is in such a state that truths dawn sud-donly and clear denly and clearly upon the unclouded intelligence. It is in such a state that mighty actions are conceived, poems born at a stroke and mankind enlight-ened through the enlightenment of the individual.

"In this state of mind there is such a concentration of mental energy that the body is ignored. The mind, on the other hand, is so working upon the subject which concerns it, is so intent upon its own affairs, that the external

vorid discomfort that may have been pre-ex-

isting is now negligible and unnoticed." The Lancet says the relationship be-tween mental activity and the bodily state is not realized with sufficient fre quency or with sufficient thoroughness by the European of today. "The aver age man is too engrossed with his bod-ily pabulum, and in caring for the needs of the body he neglects the needs of the mind."

Churches In Colonial Days. The New England churches in c nial days were all unheated. In Miss Earle's book on "Home Life In Colo-nial Days" we find that few of these places of worship had stoves until the middle of the last century. The chill of the damp places, never heated from autumn to spring and closed and dark throughout the week, was hard for every one to bear. In some of the log built meeting houses fur bags made of wolf skins were nailed to the seats, and in the winter church attendants thrust their feet in them. Dogs, too, were permitted to enter the meeting house and lie on their master's feet. Dog whippers or dog pelters were had to control or expel them when they became unruly or unbearable.

How a Bird Dresses. As bird fashions do not change, two uits a year are quite enough for most birds, but they need to take great care of them. Each separate feather must be cleaned and looked over and the be cleaned and looked over and the useless ones pulled out. These feath-ers are not packed close together, you know, but lie loose and have places between filled with air. When a bird wants to get warmer he lifts his feath-ers so that these air spaces may be larger. But if his feathers are tan-gled or wet and dirty he could not raise them, and soon he could not keep the head in his little body and would, of course, die. would, of course, die.

solution

The Meredith-Duff report on the fuse inquiry has been handed to the Federal Government.

The Masonic Grand Lodge elected

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OTTAWA, July 24 .--- Canada has OTTAWA, July 24.—Canada has sent six shiploads of foodstuffs for the relief, of suffering Belgians. Shortly before leaving London for Ottawa, Sir George Perley, Acting High Commissioner, received the thanks of the Belgian Minister for the sixth of these cargoes, which had just reached England in the steamer Cochiland. The foodstuffs in this The Masonic Grand Lodge elected officers at the conclusing session of the meeting at London. Hamilton bonored two returned soldiers who have received the Dis-tinguished Conduct Medals. Premier Asquith said there would be a public inquiry into the death of Skefington, the noted Irish editor. Two women collapsed in Toronto

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