

## s Others See Us

nd as we see Ourselves.

(By OBSERVATOR.)

our public affairs we want more patriotism and self-reliance and less hide trade, which, with the bone fer-fault-finding and indelence. The tilizer trade, now threatens the entire to the fact that there is come of our peculiar political system, of reforming naughty sending them to the Anyway, that adequate for children practically fle offenders, was the pendence and physical energy so es- annually in advertising. Furs are nake Hardy the other sential to success in all communities worn in mid-summer purely for ornaconference of the circumstanced as we are. It is need-ment and personal adornment, or to mal conterence of the distinstance as we are. It is need ment and personal adornment, or to make a display of wealth and luxury."

Held various centres courts had been practicular the colony than all other ecause of generous adverse elements combined. The lit is "civilized" man, adds the nd others who dealt again for the transaction of public

sonality for the time bemonality for the t r in reducing juv- eries, inexhaustible mineral wealth, peopled with dumb animals, when wency. No educational and other great resources, we ought, but quite the significance Scout, in the building of makip. This reference to south reminds me that Sir will their founder—who is little mormal conditions of prosperity and contentment. We need a get back to normal conditions of prosperity and contentment. We need a good healthy public sentiment and the process will content the process when the process will content the process will content the process will content the process when the process when the process when the process will content the process when the proce

ake in" Newfoundland— THE WIT AND WISDOM OF THE LOWER CHAMBER.

enied the charges that the des tosters militarism. He sembly, in the foregoing paragraph, ed a fox hunt as "the uneatable pur-ame of educational work past" when we used to have both wit since Dean Swift's, could quite do rather than incid- and wisdom in the elective branch of justice to the army of women, tenderaspects incorporat our local Legislature. I still recall consists in face of current stories told, and laughable jokes "per-Communistic propagan petrated," by the late Messrs. J. H. to directed against the Boone and D. J. Greene, the two most stories told. the ground that the organthe ground that the organinstering militar sm. Noththe farther from the truth,
the farther from the truth,
the same series of a series of articles to the sayings and
this can best be done
that august body during their day and
the farther from the truth,
the same series of articles to the sayings and
this can best be done
that august body during their day and
generation. Later on I shall devote
a series of articles to the sayings and
this can best be done
that august body during their day and
generation. Later on I shall devote
a series of articles to the sayings and
the mount of the more brilliant
representatives of the people in the
Lower Chamber. At present I have
barely time and space to mention the
following incident: In the Speaker's
Room, one night, while a certain
soldiers, but citizens,
soldiers,

liscouraged, he finished his speech and was about to depart when one of he leading men of the place came up to him and thanked him warmly for his interesting address, and remark-ed that "some of the things you said were to funny that it was all we could do not to laugh."

"MAN AS THE SCOURGE OF NAT-URE."

as distinguished from the spiritual man-become, with the advancer of what is called civilization, the mos savage, the most remorseless, the most bloodthirsty of living creatures? The question might well have been put in the red years 1914-1918, when, pliances that natural science could invent, man seemed bent on effacing himself from the world. But it is given new emphasis to-day by the re-port of a distinguished natural scientist who heads the American Museum of Natural History. The early extinction of all the wild animals of the vertebrate kingdom is predicted by which cannot fail to touch the hear of any lover of the lower creature paralleled the ravages of the fur and coner this fact is generally known vertebrate kingdom. The legitimate for all concerned. As a natural out- weather has long since passed. Furs

Monitor, who thus menaces the very Canada, and who, I unis a homemade product for which we time as long as the women must mor and Lady Al- all hold a share of responsibility! wear sables in August, or men think mor and Lady Al- all hold a share of responsibility! It a noble achievement to be photographed standing by a dead stag or elephant fallen before their rifle My reference to the House of As- shots. An English wit once describ-

elimination. A time there was when when we are deep in woe! Yet friends even the saling vessels brought in as a season's catch from 500,000 to plague us so! They have intentions 600,000 seals. Now, with all our up-For the preservation of the seal a





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to-date appliances, we think we are doing well when we secure 150,000. glance, is all we can endure.

They planned the King's death, a day before the coronation ceremonies. They induced him to leave the palace; they drugged his wine with a powerful potion. Their chagrin was great when I lost my cow, my heart was much cast down, and with a bleak and furrowed brow I journeyed brow I journeyed throughthe etown. I walked

red blood cell appears to be from 30 to 40 days. As the normal number in a small drop of blood is 4,500,000 or 5,000,000, this means that

course, we cannot measure it directly, it is determined either by the color given to a sample of blood after the injection of a known amount of a exercise— What is exercise good for? For harmless dye into a vein, or by the mals whi our muscles fit." But recent work done at the Rockefeller Institute in-

dicates exercise has a good effect on Fresh Vegetables The red corpuscles, the oxygen carriers of the blood, are not very ong lived. By various methods of nvestigation, the average life of the Fresh Fruit & Cake, etc.

Ex. S. S. Rosalind

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cells. This loss was not made up by nd that vigorous the bone marrow at once. Following in the case of ani- the number of young corpuscles by een leading a se- means of a special stain which disinguishes them from the mature cells, a marked increase appears for a week or so, and then drops back to rormal, the formation having again caught up with the destruction But the interesting point is this this increase in young cells did not occur during the exercise, when it was needed, but during the following week of rest. These animals had been lying around doing practically nothing but eating and sleeping for several weeks. Their rate of blood destruction had been very low, the bone marrow had very little trouble in keeping up the normal number of red cells, and it got used to loafing. When a cell came in for red corpuscles the marrow was not ready, and it took a week or so before it got

on the job again. on the job again.

Just as a muscle gets flabby when not used, so the bone marrow slacks up in its work and cannot turn out a rush order. When an animal is at rest for some time, the blood destruction is much less than normal, and the marrow just loafs along, making only the relatively small number of corpusales needed. Consequently it is not in condition to get down to business in emergencies.

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