



VACATIONS

and

HEALTH

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PLANNING YOUR VACATION

Vacations and holidays are magic words that conjure up in our minds all the pleasures of travel and change all the excitements of new places and strange faces, and all the rest and relaxation that come from temporary release from the drudgery and cares that are lot of all of us in one way or another.

But they should also be planned with an eye towards the fact that they are intended to build us up for the next year's work. Too often people work so hard having a good time that they come home all played out, needing the rest they should have had on their vacation.

Even worse is the idea that we must forget everything but fun and pleasure. Of course banishing business worries, and spending your vacation in the proper mental attitude are among the first essentials to getting the most out of your holidays. But it is also wise to use a little forethought to prevent the accidents and illness that can so easily spoil a vacation and turn a good time into a tragedy.

Change And Moderation

In planning your vacation, remember that in many respects "a change is as good as a rest". Don't spend your holidays like the sailor who went boating, or the mail-carrier who took a long walk. If possible, do just the opposite from your usual round of activities.

For example, if your occupation is a sedentary one demanding great expenditure of mental energy, plain a vacation of mild physical activity free from all strain. Golf, tennis, swimming, baseball, hiking, and similar physical pursuits moderation are suggested. Don't begin too vigorously. Exercise should leave a feeling of pleasant fatigue, rather than exhaustion, which is dangerous to health.

Or, if you do physical work the year round, then seek a holiday of relaxation, and perhaps study and read a bit to exercise the mental processes. Some men enjoy the quiet solitude that comes from fishing. Travel for those who can afford it provides an excellent means of obtaining cultural and educational advantages.

Get away, from home if you can. If you can't, remember that many people can get more good from spending their vacations at home loafing than those who tire themselves out going away.

Whatever your vacation program may be, don't make it too fatiguing

or strenuous. You should plan to build up a reserve of mental and physical energy that may be called upon during the ensuing year. Keep in mind that change and moderation are the two essentials of a profitable vacation.

This is the first of a series of 12 articles on Vacations and Health. The Second, on Children in Summer Months, will answer the questions:

(1) How should the child's vacation be planned? (2) What precautions should be taken by children in cities? (3) What should be done before children go to summer camps?

SPIRITUALISTS OFFER UNIQUE SUGGESTION

New York, June 28—The General Assembly of Spiritualists opened here today, prepared to furnish proof that the government of this distraught country should be turned over completely to statesmen who have "passed over," such as Wilson, Lincoln, Washington and Jefferson.

Arthur Ford, recognized as the foremost spiritualist in the United States, explained yesterday just why the spirit world should be entrusted with dictatorial powers in setting affairs in order.

"Take my own case," said Ford. "One of my guides is John Reilly, a New York Lawyer who passed over four years ago. I commune with Reilly frequently. His messages are not for me, but to other lawyers—prominent members of the Bar who knew him on earth. You would be surprised at the number of important cases Reilly has figured in since he died. He has spoken, through me, on procedure to be followed in criminal as well as civil cases, and in each case, his lawyer friends have followed the advice they received from beyond, and the advice has been infallibly right."

"Thus the statesmen who have died and who now inhabit a higher plane, progress in their mental development much more rapidly than they did on earth. Woodrow Wilson, for example, is a much more intelligent man now than he was before he passed over. We should let Wilson, and Lincoln, and Jefferson and Washington pull us out of the hole we are in."

Nursing a grouch makes it grow.

HARPELL APPEAL AGAINST SENTENCE IS REJECTED

Montreal, June 30—John J. Harpell's appeal against a verdict of a jury in the Court of King's Bench finding him guilty of defamatory libel against T. B. Macaulay and a sentence of three months in prison pronounced by Chief Justice Greenhields following that verdict, was this morning rejected by five justices of the Appeal Court, and the sentence confirmed.

Unanimous Judgment

The judgment was unanimous. Mr. Justice Dorion delivered the decision on behalf of the court. It took up in succession the four reasons alleged by counsel for Harpell as reasons why the verdict should be set aside and a new trial ordered, and found in each case, that the reason was not sufficient, that the accused had not suffered prejudice, and that the reasons did not justify quashing the trial. There is no appeal from this finding.

His Lordship first read the charge as originally laid against Harpell, and then proceeded to deal with the reasons in appeal. The first grievance alleged by the appellant was, that the special plea of justification entered by the appellant had been amended under a demurrer by the respondents, and a large part of it had been struck out.

Rejection Justified

Referring to appellant's argument that the demurrer proceedings were not proper in such case, the court held according to authorities quoted, that this was the only way in which a plaintiff could proceed where he objected to the contents of such a plea. He considered each of the separate items, and found that their rejection was justified, insofar as even if they had been proved they would not have proved the truth of the libel, nor furnished justification for publishing it.

The second complaint of appellant was that the court had not allowed

the admission of certain evidence which he claimed would have helped to support his case and prove his justification. He cited the attempt to introduce the contents of a report of a Royal Commission into evidence. That could not be done. The court had to get its evidence from the people who had the information, and have them in the box and sworn. They could not take a report made by certain people to some other authority.

Grievance No. 3 was that the judge had not adequately instructed the jury on certain points, and on this score also he found that there was no reasonable ground for complaint.

Amended Plea

On the 7th of July, the complaint that the jury had been given a copy of the original plea of justification instead of a copy amended according to the court's order, he considered that the judgment of the court requiring this amendment had been read to the jury; the lawyers in the case had referred to the amendments to the plea in their addresses and the judge, in summing up had also made reference to it; therefore, in his opinion, the jury had been abundantly warned of the fact that the plea had been amended and was not the same as it appeared on the document handed to them; if the discrepancy needed further clearing up they were aware that they could have any explanations they wanted by applying to the judge.

He therefore could not see that the jury could have been influenced to the disadvantage of the appellant by this circumstance, so that this reason for appeal also fell.

The court therefore concluded that neither of the four reasons was valid and, that the appeal must be dismissed.

The court consisted of Mr. Chief Justice Teller and Justices Dorion, Rivard, Letourneau and Bond.

CHANGES IN THE WEATHER ARE SEVERE IN BIRD LIFE

(Philadelphia Bulletin)

If there were a newspaper called, say, The Daily Chirp, published exclusively for the edification of birds, it would on at least two recent occasions have carried eight-column streamer heads worded something like this: "Storm King deals wholesale Death and Destruction," with sub-heads: "Hundreds of Thousands Killed in Sleep as Homes Are Razed by Wind's Fury—Infants Dashed to Ground to Perish—Cats Prowl Amid Ruins, Ghoulishly Feasting on Helpless Survivors—Nest-Owners Hover Aimlessly over Scenes of Frightful De-

vastation."

These freakish atmospheric disturbances have indeed been serious to the feathered folk. To large numbers of them the storms have brought sorrow and despair. Much of the thoughtful labor of spring has been wiped out with the crashing of the trees in which the birds have been rearing their young. But the Winged Red Cross is on the job, marshaling succor and sustenance. Ask George Schafer, who lives at Upper Black Eddy, on the Delaware, midway between New Hope and Easton.

During last Saturday's early morning storm Mr. Schafer heard the violent fall of two fine weeping willows on his property. At daybreak, examining the wreckage, he found that in an oriole's nest that had depended from a branch of one of them were six living fledgelings, unharmed. That the parents might continue to care for their young he tied this nest to the branch of a walnut that grew nearby.

Perhaps he omitted to suspend it from two points, in accordance with the original design. For this reason or some other, the adult birds, though they were fluttering around and giving voice to their distress, refused to go near it. It looked as though the six children were going to perish.

At this juncture the Red Cross took charge of the situation through the agency of a pair of wrens domiciled in a bird house erected by Mr. Schafer. These wrens, with children of their own to feed, heroically undertook to pinch-hit for the parent orioles. Though a wren is hardly larger than the upper joint of a good-sized thumb, and the infant orioles were almost big enough to leave the nest, the wrens were up to last accounts discharging their mission of charity with assiduity and success. Their labors in gathering food were complicated by the difficulty of delivering it, because an oriole's nest is at the bottom of a deep bag, and the wrens had to resort to surprising gymnastics to reach the upturned bills of their hungry adopted children.

It is up to the naturalists to say whether there is any other instance on record of a pair of wrens adopt-

ing the offspring of larger birds. And while they are considering this subject, it might be well for them to inquire what orioles think of the substitution of motors for horsepower. For formerly orioles wove their remarkable nests almost exclusively of horse-hair, which is no longer obtainable in suitable quantities. Is there anything about an automobile or its upholstery suitable for the purpose? Did the orioles call a national convention to discuss a forced revolution in methods of home-building? And isn't it a little rough on such beautiful and ingenious birds to deprive them of their favorite fabric merely for the service of human convenience?

Installations of a 70-foot bar to serve the drinks of 66 nations at the Economic Conference looks as though the physicians assembled to treat the their inspiration through contact be- world's illness will draw some part of tween their feet and a brass rail.

When a people have ceased to be indignant they have ceased to advance.

AGAINST UMBRELLA LOSS

(New York Sun)

Time never was when umbrellas didn't have a faculty for getting lost—somewhere, somehow, someday. But one show is showing a scheme that puts a crimp in the style of this calamity. It's a sterling silver band marked with a facsimile signature and fitted permanently around the handle of the umbrella. Then when the errant rain protector strays the identity of its owner is plainly evident and odds on its recapture or return can skyrocket. The bands come in silver with signature showing in black, or in black enamel on silver with signatures showing in silver. Take your choice!

There is one good rule to follow in the presentation of wedding presents; get your in early while the bride-to-be is still all of a twitter every time the doorbell rings.

"I'll think it over" is about as noncommittal as "Come and see me, sometime."

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SAINT JOHN, N. B., July 3rd, 1933.

TO THE PROTESTANT PEOPLE OF NEW BRUNSWICK:
LADIES, GENTLEMEN, and CHILDREN—

During the interval of the three fiscal years between May 1, 1930, and May 1, 1933, the present \$27,000 Bank Overdraft for Maintenance accumulated.

During this same interval each County has had on an average therefrom the following number of children in residence in the Home every day: Saint John, 99; Westmorland, 28; Kings, 15; Queens, 13; Restigouche, 13; York, 13; Charlotte, 11; Carleton, 10; Northumberland, 10; Albert, 7; Madawaska, 6; Kent, 4; Sunbury, 4; Gloucester, 2; Victoria, 1; Total, 236.

Figuring on the basis of the benefits received by the children in residence from each county as above indicated; and of course giving credit for every cent contributed by each county in this interval; the result shows that the Protestant people of each of the following counties owe today to the Home, approximately the following amounts, respectively: Westmorland, \$7,132.05; Restigouche, \$4,706.04; Queens, \$3,871.11; Madawaska, \$2,430.56; Albert, \$2,121.33; York, \$1,738.30; Kent, \$1,601.00; Northumberland, \$1,430.34; Sunbury, \$1,188.4; Charlotte, \$411.20; Gloucester, \$270.02; Total, \$27,000.00.

Now some people criticize the above as the wrong basis on which to calculate; and say that the amount that should be forthcoming from each county should be figured on the basis of the Protestant population of each county.

Let us give you the Protestant population of each county in accordance with the 1931 census: Saint John, 42,791; Westmorland, 30,616; York, 28,762; Charlotte, 18,845; Carleton, 18,818; Kings, 17,883; Northumberland, 15,480; Queens, 10,010; Victoria, 8,683; Restigouche, 7,513; Albert, 7,145; Sunbury, 5,732; Kent, 3,833; Gloucester 3,113; Madawaska, 912; Total, 220,121.

Figuring on the basis of the Protestant population of each county,—and of course giving credit for every cent contributed by each county in this interval,—the result shows that the Protestant people of each of the following Counties owe today to the Home, approximately the following amounts, respectively: York, \$5,545.40; Westmorland, \$4,855.04; Charlotte, \$2,639.43; Carleton, \$2,569.13; Northumberland, \$2,446.02; Victoria, \$1,909.68; Queens, \$1,359.11; Albert, \$1,243.30; Sunbury, \$1,161.72; Restigouche, \$1,080.46; Kings, \$865.93; Kent, \$837.85; Gloucester, \$486.93; Total, \$27,000.00.

On one basis or the other, if not on both basis, the Protestant people of your County are in debt today to your Home. You agree with us that this is not as it should be. You can help wipe out this indebtedness against your own County by sending in at once your contribution for 1933 to:— The Treasurer, P. O. Box 796, Saint John, N. B. In deciding upon the amount you can and will send, please remember that as this is being written every one of the 252 beds in your Home is occupied.

Thanking you on behalf of every Little Child who will benefit by your contribution, believe us to remain on their behalf,

Yours very truly,

JAMES W. BRITAIN, President.
H. USHER MILLER, Secretary.