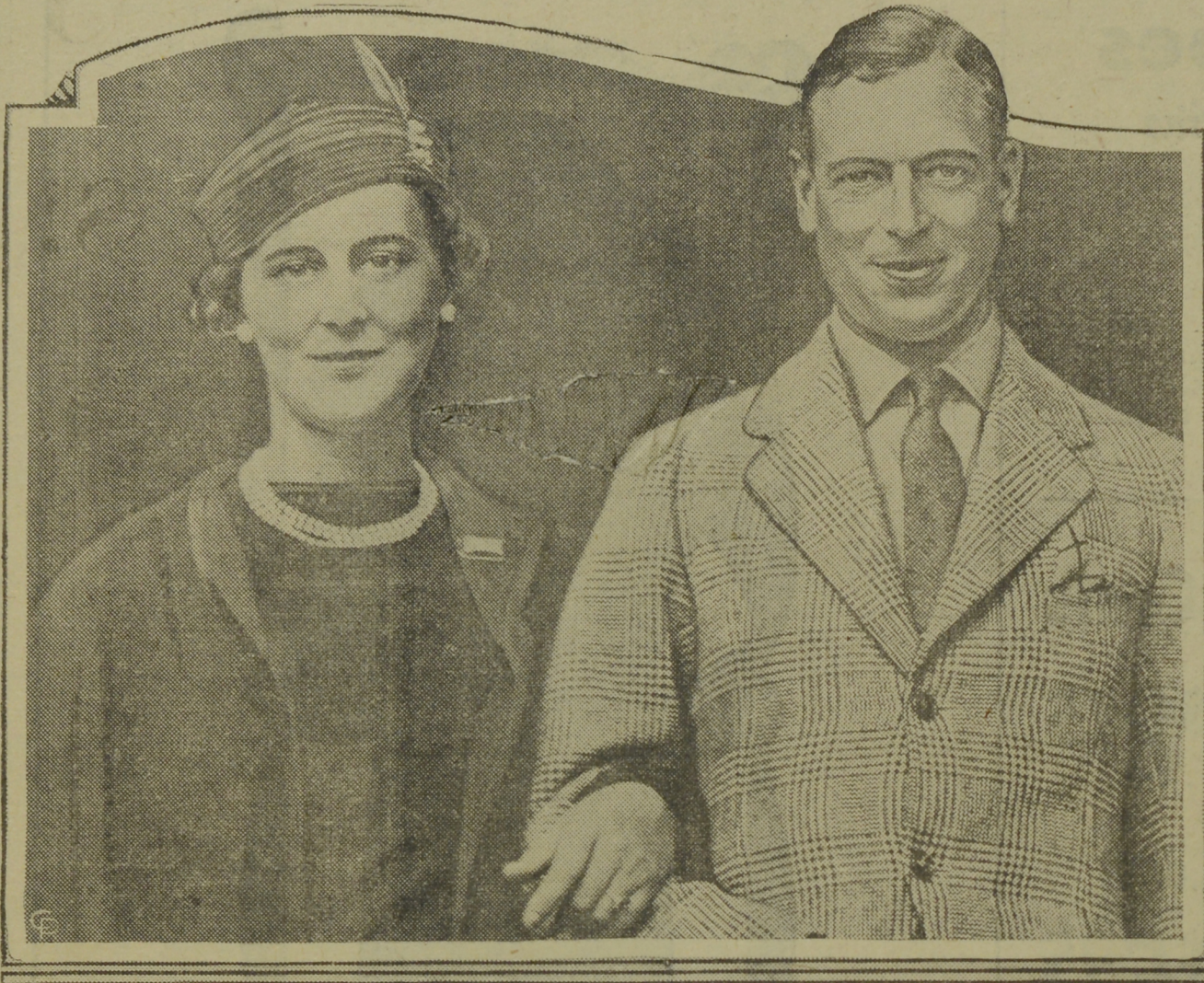


HAPPY ROYAL COUPLE PREPARING FOR WEDDING



Here is the most recent photo of PRINCE GEORGE, now the Duke of Kent, and his bride-to-be, PRINCESS MARINA of Greece. The royal couple will be married in Westminster Abbey on November 29. They make a happy-looking couple.

Youth of New Brunswick Must Prepare to Carry On

(Continued from Page 3)

ganized in all parts of the province. These clubs are not mere political party organizations. They go much further than that, for they are designed to band together young men who will work for the good of the province and submerge all selfish interests for the public welfare.

These clubs are the forums where young men may meet and discuss the problems of the province with the idea of finding solutions. Also it is the hope that the young men will, by their contacts with one another and with those who have had to do with public affairs, get an insight into matters pertaining to the public weal so that they may become qualified to take over the conduct of the public business, properly equipped for the undertaking.

Clubs have been organized in different parts of the province and young men of the several political party leanings have become members. Already there has been shown a desire to learn about the province and how it is governed. The spirit shown at meetings of the clubs evidences interest on the part of the young men in the real meaning of good government. The aims and objects of political parties are discussed and every effort is made to have members of the clubs become familiar with all phases of party politics, with the object of creating a condition which will bring New Brunswick into that position where it will function in

all its phases for the good of the people.

Another ideal of the clubs is that all the people must benefit by good government and it is only through good government that the rights of the people can be safeguarded. Thus the clubs are working outside the realm of party politics but within the realm of good government, with the sole idea of having the people of the province enjoy all the benefits and privileges to which they are justly entitled.

The need of such organizations as the Tilley Clubs is great at this time because young men are seeking means of expression and if their talents can be utilized for the good of mankind the future of the race will never be in doubt.

Immediately after the Great War there was a season of prosperity and there appeared no real reason why the youth of the country should not enjoy themselves to the full and indulge in frivolities which would wipe out the horrible memories of the war time. As a result of this the more serious affairs of life were allowed to drift. The world depression has put the brakes on the frivolous and now the youth of the land are turning their attention to the more serious affairs and a type of real patriotism has been engendered in the majority.

This patriotic spirit is in evidence in New Brunswick and members of the Tilley Clubs are getting an insight into public affairs which was impossible for

young men a few years ago. They are getting down to the fundamental reasons for governments and why they should be of the people and for the people. It is movements such as the Tilley Clubs that are necessary for the spread of information that will be necessary for those who soon will be called upon to carry out the plan of civilization in New Brunswick.



SHORT OF BREATH

Under certain circumstances, it is quite natural and normal to be short of breath. When you have spent your money, you are short of cash until you can earn more; having spent your breath in some unusual physical activity, you are short of breath until you have had time to take in more air.

Normally, we breathe at a rate of about eighteen or twenty times a minute. Ordinarily, we are not conscious of breathing, as we continue to inspire and exhale in an automatic way. It is only when we think about it, or when we become breathless, that we are aware of the rising and falling of the chest as the air is taken in or passed out.

Carbon dioxide, a waste product of the body, is got rid of through the lungs. Any increase of carbon dioxide in the blood, such as would result from physi-

cal activity, augments the rate and depth of breathing in the effort to eliminate it. It follows that when we are asleep, with body activities at their lowest, then it is that breathing is most quiet.

We may say that there are two types of shortness of breath. One physiological or normal, which follows upon some active work or play; the other pathological or abnormal, which ordinarily would not cause dyspnoea or shortness of breath.

The important question to be answered in each case is: Why has this condition developed? What is the cause? Now, we know that disease of the heart may be responsible; we also know that overweight, kidney disease, or disease of the arteries may be mentioned as some of the possible causes.

It is not to be thought that every persons who finds himself or herself breathless has something definitely wrong. On the other hand, if it is found that ordinary walking causes some increase in the rate of breathing, or that walking up a flight of stairs means a gasp or two, that is certainly not normal.

If you are, by chance, short of breath, do not try and diagnose your own case and give needless worry to yourself and your friends. Perhaps there is nothing wrong except that you are overweight, and the fat in and around your heart is interfering with its work. The one sensible thing to

do is to find out if there is anything wrong, and if there is, to set about correcting it through proper care and treatment.

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