WHAT EVERYBODY SHOULD KNOW ABOUT CANCER

This Article is Not Printed to Scare You, But to Help You —It is Not An Advertisement.

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INTRODUCTION.

Doctor Broeman is not an alarmist; that is, he is not the kind of an alarmist that tries to frighten people with imaginary or foolish terrors. What he does in this article is simply to explain to us certain danger signals. He also tells us that there are times when we won't be able to distinguish between danger signals and others that do not indicate trouble ahead. So he tells us to play safe, and go to the only person who can tell us what the signs mean. That person is a competent physician.

This article is not printed to make you afraid you have a cancer—but to help you to avoid having one; or, at least, to avoid having serious trouble with one.

If you go to the doctor to ask him whether there is any danger in some little lump, or sore, or other condition, and he laughs at you—let him laugh! He is the fool, not you. Better be laughed at a hundred times than to wait, and, perhaps, in time, have him say, "Why didn't you come to me sooner?"

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During our participation in the Great War, from April, 1917, to November, 1918—a period of twenty months—about 80,000 of our soldiers lost their lives from wounds received in battle or from disease. The thought of such a toll of useful young lives snuffed out, even for so great a cause as that in which they died, makes us shudder. Yet we seldom stop to shudder at a far more dangerous and determined enemy, which is always at work among us and which carried off during the time our boys were fighting overseas no fewer than 130,000 men and women here at home.

This enemy, cancer, knows no truce nor armistice. For centuries we endured its aggression without declaring war against it. And even now that war has been declared, recruiting is still slow and unenthusiastic.

The reason for this indifference and lack of enthusiasm is ignorance. Not until we know the truth shall the truth set us free. Because of ignorance, the number of deaths from cancer has steadily increased in the United States and in all other countries whose statistics were open to us during the past twenty years. This has been true in spite of the fact that physicians and laboratory workers have learned more about cancer during that time than in all the ages that preceded it.

During the same period the number of deaths from tuberculosis has grown steadily less, so that to-day only two people are dying from consumption where three died in 1900. And the reason for this difference is that people generally, the people of the towns and shops and factories and offices, have learned so much about tuberculosis—what causes it, how to avoid getting it, and how one may be cured if he does get it—that they are on guard against it and anxious to drive it out of existence.

When the general public learns to be on the watch against cancer in the same way that they now arm themselves against tuberculosis, then only may we hope to wage a winning fight against it.

There are, of course, many reasons why we cannot fight cancer as we are able to fight tuberculosis. We do not know nearly as much about it. Nevertheless, if all that has been learned about cancer could be made common knowledge, we should be very well equipped to battle against it.

In the first place, a good many misconceptions must be unlearned:

Cancer is not a contagious or infectious disease. That is, it is not caused by a germ or parasite which may be communicated by contact, like measles, or carried in food or by flies, like typhoid fever. The family physician of a cancer patient runs no risk by coming near or touching him in any way. This is important; for in the past many sufferers have been shunned because of fear of infection.

Cancer does not result from a blow or a wound. This mistaken idea has arisen because cancers often make their appearance in an injured spot. But if the conditions which produced cancer had not been present before the injury was received, no cancer would have appeared there.

Cancer does not "run in families." The belief that it can be inherited, or that one can "catch" it from a relative, is wholly without foundation. When you consider that out of ten people who reach the age of forty-five one will die of cancer, you will understand readily how likely it is that two or more cases may occur in the same family, especially if it happens to be a "long-lived" one. Cancer is almost entirely a disease of the middle-aged, the greatest number being attacked by it between forty-five and fifty-five years of age. Life-insurance statistics show that some families have a much greater average length of life than others; and as the members of such families are able to reach the age most subject to cancer there is, of course, a greater likelihood of their falling victims to it.

This is also the explanation of the "cancer houses" and "cancer towns," of which we have all heard. A house will get the reputation of being "infected with cancer," because a number of cases of the disease have occurred in it; or a certain town will be pointed out as having a "cancerous climate," because a number of its inhabitants have developed cancers. But when you investigate a little further you will always find that it chanced that the particular house in question had been inhabited by people advanced in life. If any children or young adults had lived in it, they were not the victims of the disease. And practically every "cancer town" has turned out to be of those, not uncommon in the rural districts, from which most of the young people have gone away to make their living in the large business centres. Naturally, the citizens left there were of the age which is most subject to cancer. An orphan asylum on one block would never have a case of cancer, while the home for aged women in the next block might lose ten per cent. of its inmates from that cause.

All the organs of the body are made up of cells, different organs being composed of different kinds of cells. Although no one has as yet discovered the exact cause of cancer, we have learned that it begins by certain normal cells growing beyond their natural limit, so that they invade the tissues about them, and eventually bring about cancer.

One of the chief reasons why the disease is so hard to control and to cure, is that it almost always "gets a good start" before the person affected realizes that anything is wrong. This is because the cells where it starts are so nearly like the ones immediately about them that the body does not give evidence of its presence, as would be the case if some foreign material were in the same place.

If the minutest fragment of wood or metal is thrust into the flesh, even though we may not feel it enter, the invaded tissue soon gives notice by pain and swelling and the gathering of pus. But when the cancerous cells begin to grow and increase, there is no pain for a very long time, no discharge, and often but very little swelling. The patient looks and feels well, and is therefore apt to disregard the first symptoms. For this reason it is of especial importance that the knowledge of what these first symptoms are, and of how vitally important they are, should be spread as widely as possible. For early recognition and prompt treatment are the best assurances of cure that we possess.

We do not know just what starts the abnormal growth of the cells which results in cancer; but we do know a good many conditions which appear to favor such growth.

Chronic irritations ,such as those caused in the mouth by ill-fitting artificial teeth, or the sharp point of a broken or decayed tooth, or those caused by metal parts of the clothing, corset steels or garter clasps, should be carefully avoided. Any ulceration which does not heal promptly, and cracks or sores or warts, should receive attention. Moles or birthmarks which change in size or appearance should be removed at once. If these apparently trifling things always received intelligent treatment from a competent physician, very few cancers would ever have a chance to develop. Cancer often develops in the scar of an old burn. But none of these things is a cause of cancer; their presence merely offers a better chance for the disease to develop.

Even the most skillful doctor has difficulty in making an early diagnosis of internal cancer. Ulcer of the stomach may prove a starting point for the disease; and chronic inflammation of the lower bowel may come before a cancer in that region. Anyone who believes himself to have a chronic dysentery, or ulceration of the bowel, who continually passes blood when the bowels move, or has what are commonly known as "bleeding piles," should go at once to a competent physician, and have a thorough examination made.

A lump in the breast, however small, should never be allowed to go unexamined. Such an indication often means nothing, but again it may be an omen of very serious and dangerous conditions. Do not take chances! If the trouble proves to be cancer, the person who has gone promptly to a good doctor has every chance of complete cure. Taken in time, the complete removal of such a growth is very simple. The fear of a sugical operation very often keeps people, especially women, from showing a suspected lump or sore to their physician. They seem to have an idea that if the matter is kept secret it will not get any worse.

This attitude is even more foolish now that radium has taken the place of surgery in the treatment of many cancerous growths. Mothers of families, the very ones who can least be spared, are often taken away from those who need them most, because they feared to tell the doctor about a little lump on the breast, or some trifling but suspicious bleeding. If such a woman is willing to run the risk for herself, she has no right to take it, because of those whose need of her is so great.

Looking over the figures which have been gathered by physicians who specialize in the treatment of cancer, and by hospitals where such patients are received, it is very noticeable how long most people will wait after they have seen the first evidences of cancer before going to a doctor. One reason for this is the old idea that cancer is a "blood disease," that once started it will be spread all over the body by the circulation; and that any efforts to check it are useless.

So foolish an idea would be amusing if its results were not so tragic. It has long ago been proved positively that cancer is first confined to the place where it starts, and is not disseminated by the blood stream. And it has repeatedly been demonstrated that those cases which receive early and vigorous treatment from competent physicians usually recover.

It is, more than all, the absence of pain which causes so much delay. When a little crack in the skin beside a nail can cause so much suffering, it is hard to convince the ordinary person that a most fatal disease can make great progress in his body without giving him the slightest pain.

Fear often leads persons, who have reason to believe they may have cancer, to attempt to treat themselves, or to go to an advertising "specialist," instead of to a reputable physician. It cannot be too strongly emphasized that advertised "cancer cures" are not only useless but as a rule highly dangerous. Even if they do no harm, they waste precious time by delaying resort to a competent doctor. There is no medicine which can cure cancer, and the pastes and washes which are offered for this purpose often contain strong chemicals, which may eat off the top of the growth but leave the bottom to spread all the more rapidly and fatally.

Bear in mind, also, that human beings are often subject to "benign" or harmless growths, so that the "cures" claimed by these "cancer specialists" are explained by the fact that they probably were cures merely of conditions which were not cancer at all. A quack will call any lump a cancer; and if it disappears he will say he has cured a cancer. Cancer attacks women much more often than men, the proportion being almost two to one. Very old people seldom have cancer, except occasionally a mild cancer of the skin. Surgery is not the best treatment for this form; radium, or the X-ray, giving better results.

The most frequent site of cancer in men is the stomach; next to that, the intestines and other organs of digestion. Less frequently it occurs in the throat, on the tongue or lip, and occasionally on the skin. Women seldom have cancer of the lip or tongue. It most frequently occurs in inveterate smokers who are in the habit of holding a hot pipe stem in one position on the lip, or directing hot smoke against some particular spot on the tongue or inside of the mouth.

In women, the greatest number of cancers occur in the generative organs, although the breast is almost as likely to be attacked. The former class of case is much more common in married women, while unmarried women are more subject to the latter.

Some cancers are of very slow growth. This is especially true of those on the skin, which have been known to remain for as long as twenty years without spreading or forming metastases, or secondary lumps. Others grow very fast, and may be fatal within a few months. But the majority grow slowly for six months or more before they begin to spread; and if they can be discovered and removed before spreading begins, the patient may have every hope of a permanent cure.

Nearly eight thousand women die in the United States every year from cancer of the breast; and it is no exaggeration to say that seven-eighths of them could have been cured, had they sought competent treatment just as soon as they noticed that there was something wrong. Early removal gives the only safe and permanent cure. Early operations are usually quite safe, and offer a most hopeful outlook. But delay is fatal.

It is easy to understand that a stomach which has been subjected to hard usage will not be so well able to withstand the attacks of any disease as one that is in good condition. The excessive use of alcohol, tobacco, and highly seasoned food, or the crowding into the stomach of masses of half-masticated food, injuries the lining membranes and encourages the cancer cells in their activity. The symptoms of cancer and of stomach ulcer are very much alike. There is discomfort after eating, and sometimes acute pain; certain kinds of food, most often meat, suddenly become extremely distasteful, and a little later there will be belching of gas, nausea, and vomiting. The patient loses weight rapidly, the skin becomes sallow, and the general health rapidly declines.

As no lump is visible from the outside until all hope of cure is past, the diagnosis of stomach cancer is difficult for a skilled physician, and wholly impossible for a man who has had no medical training. Therefore, the only safe course for every person over forty—especially men who have subjected their stomachs to hard usage—is to consult a competent doctor just as soon as he experiences "stomach trouble" of any kind. Stomach ulcers are only less serious than cancer itself and are often followed by it.

There are various methods of diagnosis—including X-ray examination—which can determine the presence of an ulcer or cancerous growth very soon after it begins: but of course they can be used only on those who submit themselves for an examination. The hope for those who have cancer of the stomach lies in complete removal of the growth. This is a serious operation; but when performed early enough there is a good chance of recovery.

Constipation is usually the first symptom of cancer of the intestine, and there is a great likelihood that it will be over-looked. Many elderly people are possessed with a mistaken idea that this tendency to constipation is a natural consequence of advancing age. Such people are likely to make use of cathartics; but when the constipation is caused by a growing cancer they will usually notice that the bowel actions always cause pain at a certain spot, which does not vary on different occasions.

No one who is more than forty years old should neglect to consult a competent doctor if he is obstinately constipated. He should not be satisfied by purchasing laxatives at the nearest drug store. In the early stages surgical treatment is often successful in coping with these cancers, but the outlook for advanced or delayed cases is very grave. Some cures with radium have been reported.

Cancer of the lip begins as a crack or scaly patch, which forms a crust in the same way as the familiar "cold sore." This scab will soon fall off; but instead of leaving a healed spot behind it, the raw place still remains, forming a second crust, which falls off in its turn, still leaving the unhealed surface beneath. It does not bleed at first, but if left untreated will become gradually larger until it reaches down below the lip margin, and a secondary growth may appear as a small lump in the neck. No lip sore which does not heal completely in a very short time should be permitted to go untreated. It may not be a cancer; but if it is, the only hope of cure lies in prompt recognition and treatment. This form of cancer is very successfully removed by using radium. The infested glands are first treated by radium or X-ray and then cut out.

Cancer of the tongue begins in much the same way, and if allowed to progress untreated will soon extend to the neck, and then become a highly malignant and fatal form of the disease.

Cancer of the throat (that is, in the larynx or tonsil) is a very malignant form. Fortunately, it is more rare than the forms previously mentioned. If recognized very early, when confined to a small space inside the larynx, successful removal is possible. If the growth is in the tonsil, the outcome is more favorable, and cures have been effected with surgery or radium. In some cases a combination of the two have brought about a cure.

The earliest symptoms are change of voice and discomfort in the throat, which usually leads to a slight cough. Later, the neck glands will swell, there will be difficulty in swallowing, and raising of fetid material. Prompt recognition and treatment by an expert offer the only hope.

Cancer of the skin, or epithelioma, is much more common in men than in women, and in most cases is located somewhere in the face. It is entirely painless until well advanced; but as its presence is soon visible, and its appearance often unsightly, it is more likely to be brought early to the physician's attention. It is surprising, however, how long many men will let a "sore" upon the face remain untreated. Starting as a little round or flat-topped spot, it gradually increases in size. After a long time, it forms a small crust. If this is accidentally knocked off, it will form again. The removal of the crust will eventually cause a sore which does not heal completely and always grows larger as time passes. If allowed to spread to the eyelids, or the nose, great injury and deformity will result, even though the surgeon may be able to preserve life.

Treatment of skin cancer is undertaken in a variety of ways. When begun early enough, cure is practically certain in skillful hands, but the consequence disfigurement is often very distressing. In no form of cancer has radium been able to offer more hope to the sufferer than in cancer of the face. If taken early enough, cure with radium is practically certain; and it often leaves no scars at all, or if some evidences remain they are trifling compared with those resulting from even the most skillful surgery. Because of the disfigurement which is sure to follow the use of X-ray or surgery about the angles of the mouth and nose, or upon the eyelids, radium is always the best treatment for growths located in those regions.

It is to be hoped that the wider application of radium in the treatment of many forms of cancer may do much to encourage the victims of this disease to present themselves for treatment early enough to offer a good chance of cure. The dread of a surgical operation, and the expense and inconvenience of a long hospital stay, has often held back many people, even after they realized the gravity of their conditions. The knowledge that the medical profession now has a means of treatment, one application of which is often all that is needed to put everything right, requiring no terrifying operation, nor tedious confinement in the hospital or at home, should greatly diminish the fear which the very suggestion of cancer now causes in the minds of so many people. The X-rays have also been used to advantage in many conditions which used to be turned over to a surgeon; but in order to be sure of good results, the operators must be highly skilled. So often are the operators incompetent or their apparatus deficient that people should be extremely careful about depending too much on this form of treatment.

Radium, also, must be administered by someone who has had extensive training and experience in its use. It is also very important that he have enough of the element to produce the desired results. Radium, as most people know, is very expensive and hard to get. So it often happens that an attempt will be made to treat a growth requiring a large amount of radium, when the operator has only a small amount available. The results, of course, are disappointing, and both physician and patient lose faith in the efficacy of the treatment.—American Magazine.

WHY THE SEED GREW

In the first place, the seed grew because in it was the germ of life. It was a good seed. A dead seed simply will not produce a plant under any circumstances whatsoever.

Then it was placed in the right surroundings. The seed will not grow if planted on a cake of ice, or a hot stove, or in a dry room. The gardener knows these things and he works faithfully to get the seed in close contact with the soil so it will have moisture, air and the right temperature. He provides these ends by first preparing a fine seed-bed and then by taking precautions to have the seed come in the very closest contact with the soil. Watch him and you will see him tramp the earth firmly over the row after the seed has been drilled in. This he does to get the right contact between the seed and the earth.

A good many folks are not growing because they have lost contact with the world. Rural folks being separated from their fellow-beings to a greater extent than urban people, are more likely to suffer in this respect. The farmer should set about to keep himself in contact with those persons and agencies who will contribute to his growth. He should keep in touch with his neighbors, his banker, and other business men, with his county representative, his agricultural college and experiment station. And this contact with the world in general will furnish conditions for the development of the various talents with which he may be possessed.

Sound Vibrations.

It is reported that certain experiments have shown that a vibration of sound having an amplitude of less than one-twelve-millionth of a centimeter could still affect the sense of hearing. Such a vibration would be so short that it would have to be enlarged one hundred times before the most powerful microscope could render it visible, supposing that it were capable of being seen at all. Old persons, it is said, do not hear high tones which are audible to young persons, and there is reason to believe that babies hear notes that are inaudible to their elders.

Funeral Taxation.

Among the new taxes with which England is burdened is one on funerals.

This is however, merely the revival of a tax that existed as early as in 1695. At that time every burial involved a fee to the state of $2.

In 1750 this law was modified and the tax was based on the profession of the deceased.

To bury a workingman $1 had to be paid. The tariff exacted $5 for a "gentleman" or his wife, $25 for a doctor of law, $150 for a duke and $250 for a bishop.

Deliverance.

I never knew a night so black,
Light failed to follow on its track,
I never knew a storm so gray
It failed to have its clearing day,
I never knew such bleak despair,
That there was not a rift, somewhere.
I never knew an hour so drear,
Love could not fill it full of cheer!
—John Kendrick Bangs.

BRITISH CAPITAL RETURNS TO CANADA

DEPRESSING PERIOD OF GREAT WAR.

Every Indication of Huge Placements of Old Country Funds in Near Future.

There are many signs at the present time whose significance, taken together would justify Canada in confidently anticipating a speedy return of the times when a large portion of the surplus capital of the British Isles found an investment outlet in Canada. Many conditions are contributing to bring about this desirable state of things, by no means the least of which is the vigorous jump sterling has taken in an attempt to regain a position somewhere near its normal value. Should this suffer no serious relapse, there is every indication that a dominant interest and faith in the Dominion will bring about a considerable expansion of British investment in Canada, for interest is being evinced by investors in methods of investment and manners of development which previously did not seem to appeal to them.

The situation for some time has been that, strictly, there has been no such thing as surplus British capital, whilst conditions have seriously militated against such crossing the Atlantic in the event of its being available. The situation, as it is developing at the present time, is merely the resumption of an interest, from necessity, long dormant, an awakening to the new dawning of opportunity.

Previous to the outbreak of the Great War, capital invested in Canadian enterprise and development was largely British. Next in order came that of the United States. Conditions of the war and immediate post-war eras worked to the exclusion of British capital and the advantage of that from the United States. At the beginning of 1920 the total American investment in Canada was variously estimated at from 1,250,000,000 of dollars to 1,600,000,0000, and British capital about double this. The tendency had been to increase American investments in Canada and for British investments to decrease by reason of home demands and the costliness of remitting British funds to Canada under the prevailing exchange rates.

British and U.S. Investment.

Speaking in the Federal Legislature towards the middle of the present year, Sir Lomer Gouin stated that England had invested in Canada two and a half billions of dollars and the United States nearly two billions. Thus is evidenced the activity in the movement of capital from across the international line which has prevailed of recent years and which, since the war, has probably been the most pronounced and outstanding feature in the financial and development phases of Canadian existence.

Resumed interest in the Canadian field for investment became evident during the past winter, when promoters of the Northern Manitoba mineral belt and other of Canada's mineral areas met with astonishing success in their endeavors in the British Isles to secure funds for the exploitation and development of these fields. As a result there is much British capital engaged in Canadian mining work this summer, especially in Northern Manitoba, which field was absorbing capital almost exclusively American and Canadian. Since the opening of spring, English capital has financed a pioneering prospecting venture into Ungava which is to proceed until the fall of the year. A party of British mining experts has formed a basis in the Lake Chibougamau country, operating under the guidance of a Canadian engineer, and will thoroughly explore that country with a view to active development.

Since the beginning of the year the Dominion has been visited by many representatives of British manufacturing and financial interests at the pinnacle of which came the tour of the party of the Federation of British Industries, anxious to improve trade relations between the Motherland and Canada and more effectively meet United States competition in this country. The wholesale seizure of British trade by American interests in the war years and the subsequent period of trade upheaval in England has opened the eyes of British business men to the opportunities they are letting slip and the serious inroads on trade, at one time purely British, other countries are making.

British Plants to Locate in Canada.

England has hitherto failed to adequately meet this competition largely because it did not possess a sufficiently clear comprehension of American and Canadian business methods and did not have the same weapons to engage in the trade war. For instance, the United States method of attack has been through locating branch factories of the parent American plants on Canadian soil, thus securing all the advantages of a Canadian incorporation. The unqualified success of the first of the concerns to undertake this expansion has resulted in a surprising multiplication. In 1920 there were more than seven hundred branches of United States industries in Canada and many have been added since then, several, in fact, in the present year.

It is apparent that hitherto British manufacturers have not had a deep enough sense of the advisability, indeed necessity, of thus branching out if they are efficiently and effectively going to meet competition. The Department of Trade and Commerce recently undertook an educational campaign with the direct object of forcing British manufacturers to recognize the urgent necessity of locating branch on their activities in Canada if they were to retain their hold on the overseas market, and issued a very handsome, comprehensive, illustrated booklet, "Canada as a Field for British Branch Industries." The campaign would seem to be having the desired effect, for, almost immediately, four British industrial concerns gave definite intimation that they intended location in Canada, whilst many others are reported to be considering it and in correspondence with the Department.

Following this came the announcement that an English motor car concern is to pioneer the movement of British car manufacturing in Canada by establishing a branch in Canada to compete with the American cars now made and sold here. The firm, which manufactures one of the best known English small cars, will build an assembling plant at first, and should this prove successful engage in the complete manufacture. This is a particularly gratifying move, for, though the automobile industry in Canada is one which has of late years exhibited unusual activity and exceptional development, United States firms have been entirely responsible for the energy shown, and this will be the first British rival to compete with them in manufacture.

U.S. Industrial Interest in Canada.

There is little doubt but that with the first establishments located successfully the number of plants will swell, as did those from the United States, as British manufacturers come to realize the enormous benefits of manufacturing in Canada and achieve a more even balance between British and American houses prosecuting their activities in the Dominion.

From all indications it is beyond conjecture that voluminous placements of British capital in various phases of Canadian development will take place in the near future, and that the movement will expand with the progress of time and the brightening of conditions. The rise of sterling, the prospect of closer economic times, the realization of the necessity of meeting competition on the ground of the opponent, are all combining to centre in Canada an interest which wavered merely from force of circumstances.

There is no reason to suppose that United States interest in Canada will ever decline—the tendency would certainly seem to be for this to increase—so that with capital coming, in addition, in substantial amounts from the British Isles and vieing with that from across the border, Canada should prosper exceedingly from the business rivalry and experience a period of development surpassing anything she has hitherto known.

WANDERING ORGANS

Almost all of the organs within the abdominal cavity are normally more or less movable and at best have rather weak supports; for them to become displaced therefore is not rare, though it is much less common than a person who knows how lightly they are supported would suppose.

If we went on all fours the abdominal wall would support our internal organs; or at least, if they did fall, they could not fall far. But, since we stand or sit most of the time, the only things which usually hold the contents of the abdomen in place are the abdominal muscles, which are always more or less tense, and the folds of membrane that stretch between the viscera and the back wall of the abdomen. Those membrane folds are strong but, if always pulled, are bound to yield sometime. It is the weakening of those supports that results in the organs' falling. The intestines are the most movable of the internal organs.

The symptoms of fallen or of displaced abdominal organs are not always pronounced; usually signs of indigestion are present—a feeling of heaviness after eating, pain in the upper part of the abdomen and in the back, nausea and sometimes vomiting and flatulence. Persons who have fallen organs are usually thin and nervous and sallow; they are inclined to have headaches and are easily fatigued. The abdomen is flat above and projects over the pelvic bone. The back is curved; the body is bent forward and the head is bent back.

The organs that are most commonly displaced are the large intestine, the stomach, the right kidney and often the liver; the left kidney and the spleen are better supported.

To prevent organs from falling is easier than to cure them when they have fallen. Children who are delicate should be watched with care, especially when they are developing; they should have plenty of nutritious and fattening food and should be given proper exercises to strengthen the abdominal and other muscles; they should live as much as possible in the open air. A tendency to be constipated should be corrected.

Any person whose internal organs are wholly unsupported should wear a properly fitted abdominal support and should lie down as much as possible. The bowels must be regulated, and the food, though it should be fattening, should not be too bulky. The abdominal muscles must be strengthened by massage and also by postural exercises. If that treatment is faithfully followed it will often bring relief and may even cure.

Lamb in Canada.

Lamb consumption is probably growing but it is noticeable that our average per capita consumption of 10¼ lbs. for both mutton and lamb in Canada is only about one-sixth that of the pork consumption and about one-thirteenth our consumption of all meats. The growth of city life, already a potent factor in changing our bacon demand from the heavy-fat to the lean-tender types, is active in our domestic lamb consumption. Sedentary, indoor life is increasing the consumptive demand for light, delicate meat and the tendency to smaller families is together with improved means of retail marketing, creating every year a growing trade demand for small cuts which can be served fresh.

Investments, like charity, should begin at home.

We tried it. Advised by some wise person, we hung a wet sheet in the bedroom for the purpose of cooling the atmosphere during the reign of a recent "solar wave." The mercury went down the eight of one degree; that was all. Nothing in it.

The World's Quecrest Railways

The smallest public railway in the world is the Ravenglass and Eskdale line in Cumberland, says an English paper. The gauge is fifteen inches, and the length of line seven miles. There are five engines—the largest of which is eighteen feet in length and three feet ten inches in height—and two motor-scooters; while the rolling-stock consists of twenty-seven passenger coaches. In addition there are twenty-three goods wagons that hold three-quarters of a ton each.

The tiny engines perform remarkable work. The journey of seven miles is accomplished in fifty minutes, the gradient in some places being as steep as one in thirty-four.

The largest of the engines can draw a load of fourteen coaches holding eight people each—about four and a half times its own weight. When running "light" it can attain a speed of thirty-five miles an hour. The driver sits on top of the coal in the tender, with his head and shoulders above the top of the cab!

In the busy season the staff numbers nine, and since it was opened in 1916 the little line has carried over a hundred thousand passengers and twenty-one thousand tons of goods. Altogether there are six stations, and the total cost of the line and equipment was $55,000.

There has never been an accident on the line, although occasionally trains run off the metals. When this occurs, the driver has to get out and life the engines and coaches back again!

Another queer railway is in Listowel and Ballybunion system in the West of Ireland. The line consists of a single rail, raised about three feet from the ground. On this the train balances itself. The track runs down the centre, and the engine and carriages, which are double, hang over on either side. The locomotives have an extraordinary appearance with their two boilers and two smoke stacks.

To add to the humor of travelling on this amazing line, passengers are frequently asked to change sides in order to maintain the balance!

Not unlike this Irish line is one built in the River Congo, in Africa. The river is not navigable to ordinary boats owing to the rapids which occur at frequent intervals. Special vessels have to be used. They consist of two boats, joined together by girders which support toothed wheels. In calm stretches of water the vessels proceed by the ordinary means. Over the rapids there are single rails, which rise out of the water and are held up by steel arms. The boats steam up to these, and then the wheels engage, lift them out of the water, and carry them on until the rapids are passed, when the boats take to the water again.

Then there is the famous suspended railroad at Elberfeld, in Germany. It is like an ordinary tramway, except that the rails are above instead of underneath the cars. The trains run high over the streets on huge steel supports, so that the ordinary traffic is not affected.

There is a similar line in California, but in this case the cars are driven by a motor and an aeroplane propellor. Another instance of the use of a propeller as a means of locomotion is on the railway between Berlin and Hamburg. Ordinary lines and carriages are used, and the trains run at a speed of two hundred miles an hour.

Among the world's most curious lines are those which have to go up steep mountain slopes. The most usual type is known as the rack. Between the ordinary lines is a rail with teeth like the edge of a saw. Under the engine is a cog-wheel which grips the teeth and prevents the train from slipping backwards. The best known of these rack railways is that which ascends Snowdon, in Wales. The terminus is 3,500 feet above sea level, and although the distance is only four miles, the journey takes an hour.

Various Handshakes Used by Celebrities.

Is it possible to judge a man's character by his handshake? Dickens thought so when he described Uriah Heep's handshake—a limp, clammy taking of the hand indicative of the calculating suavity of that detestable young man. A world of difference between his handshake and the respectfully hearty grip of Peggotty, the Yarmouth fisherman!

How do the celebrities of our day shake hands—the King, for example, and the Prince of Wales.

The King just grips your hand firmly, giving it no shake whatever, while the Prince's hand is shot jerkily forward, pressing yours downward for the moment of gripping it.

Earl Haig shakes hands with a curious firmness. He grips your hand in real soldierly fashion, with his thumb locked over your fingers. Another famous soldier, Sir William Robertson, is content with squeezing your fingers, though none too gently.

St. Paul's, London, in Dangerous State.

It has now been ascertained that 23 of the 32 buttresses supporting the vast dome of St. Paul's Cathedral are cracked. As a consequence, the dome, which weighs more than 60,000 tons, is moving.

A committee is now considering what will be necessary to preserve the cathedral, which really is a national monument, from disintegration or collapse.

In the opinion of many there is a great risk in keeping the cathedral open at this time. Sir Thomas Jackson has warned the public it should be given over to workmen without delay.

While efforts are being made to cover the expenses of repair work by public contributions, it may be necessary for the Government to make a grant in order to thoroughly strengthen the edifice.

Being mediocre usually accomplishes more than a variable brilliancy.