

## Canada from Coast to Coast

St. John's, Nfld.—March the 7th marked the opening of the Newfoundland seal fishing season. The sealing fleet has now been reduced to eight vessels. Seven of these operate on the Grand Banks and one in the Gulf of St. Lawrence. An airplane used by the Antarctic steamer "Quest" is employed in connection with the Grand Banks contingent of vessels.

Halifax, N.S.—Since the beginning of the 1922-23 season to date apple shipments from this port have amounted to 865,986 barrels, 6,551 half-barrels, and 8,914 boxes, as compared with 995,331 barrels, 3,776 half-barrels, and 6,741 boxes in the corresponding period a year ago, a decrease of approximately 10,000 barrels.

Fredericton, N.B.—New interests which have connections with allied industries will soon have control of the antimony mines, and operation of the mines on a large scale will be less than one of the results of the change, according to Dr. W. H. Irvine, president of the North America Antimony and Smelting Co.

Quebec, Que.—An entire village with its pretty parish church, its school, public and private buildings, stores and residences, will be either demolished or removed to another location in the grand project resulting from the construction of the dam on the Chicoutimi and Saguenay Rivers at Kenogami. The cost of moving the village and compensating the residents for their losses will amount to between \$500,000 and \$700,000.

Toronto, Ont.—The first migration of young Hebrides farmers to Ontario under the immigration scheme of this province will begin on April 20, when

the "Metagama" will take on at the Hebrides 400 men and women between the ages of 18 and 23. A representative of the Ontario Government in the Hebrides states that he could treble the number of emigrants if it were deemed advisable to do so.

Winnipeg, Man.—A large butter export trade was carried on by the provincial creameries in 1922. A total of 115 cars, representing 2,556,120 pounds of butter, value \$494,642, were shipped from the province. Shipments were made to Great Britain, Pacific Coast, Montreal, Toronto, New York, Chicago and Philadelphia.

Regina, Sask.—Saskatchewan's contribution to the war against tuberculosis in the province will be the construction by the Government of two more sanatoria, one to be built in 1923 and the other in 1924, it was announced by Hon. J. M. Uthrich, Minister of Public Health. While the Government will own the buildings, they will be administered by the Saskatchewan Anti-Tuberculosis League.

Edmonton, Alta.—Rene Cellier, mining engineer of Paris, France, is visiting Alberta and investigating natural resources in behalf of French capital, which seeks opportunities for development in this province.

Vancouver, B.C.—A despatch from London, Eng., states that the first shipment of British Columbia apples had been recently received in Hull. The fruit was in first class condition, and attracted a big gathering of buyers when it was put up for sale. As Hull is a large distributing centre for fruit, it is anticipated that a permanent trade in apples will be built up between Hull and British Columbia.

## LIFTING OF EMBARGO BIG TRADE INCREASE

### Britain's Live Stock Dealers Expecting Million Head of Cattle from Canada.

A despatch from Ottawa says:—Testifying before the committee that is inquiring into agricultural conditions, Deputy Minister of Agriculture Grisdale said that many in the livestock trade in Great Britain evidently believed that a big trade would result from Canada, following the lifting of the cattle embargo. Indeed, some seemed to think as many as a million head might be got from this country.

An important point brought out was that cattle shipped from Ireland would enter Britain under much easier conditions than those from Canada, though, after their arrival the conditions are the same in both cases.

Thomas Sales drew information respecting the cost of shipping cattle from the West to Liverpool, Dr. Grisdale venturing the opinion that the cost from Winnipeg for an eleven hundred pound beast would be from \$45 to \$50. Mr. Sales thought that about \$40 would be a fair figure to add charges from a mid-Saskatchewan point, and concluded that, from present prospects, there would not be much in it for the Western farmer. He thought that a beast sold at \$40 some years ago brought more profit than one at \$60 today.

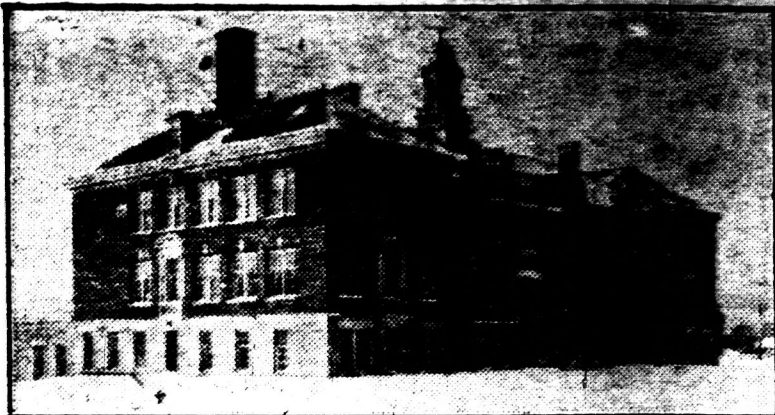
Mr. Arkell gave the overhead charges on an eleven hundred pound steer to Liverpool as follows: From Toronto, \$35; from Winnipeg, \$44; from Calgary, \$47. The burden of evidence was to show that the business of shipping store cattle would be profitable for the eastern farmer.

Mr. Sales wanted to know if it would not be possible to secure a through rate on cattle shipped from the West and fed in the East for export, so that the farmer might, in this respect, be placed on the same level with the millers who had a milling in transit rate.



Fifty Years a Weatherman.

Sir Frederick Stupart, who is also called "Old Probs," is the director of the Canadian meteorological service at Ottawa, the service which he entered more than fifty years ago. He is a native-born Canadian, whose birthplace was near Toronto. He is a son of a captain of the Royal Navy. He has been president of the Royal Astronomical Society, among other high offices. His home is in Toronto.



## NEW HOME OF ONTARIO VETERINARY COLLEGE

The Veterinary College at Guelph was recently opened after its removal from Toronto. It is at present situated in the grounds of the Ontario Agricultural College, where the staff and students are in close touch with the live stock holdings of the O.A.C. It is an institution which makes an important contribution to the farming population of the province.

## Safeguarding the Health of Our Children.

BY W. M. MORRIS.

The proposal to have medical and dental inspection of the children, in the schools of Ontario, was carried by a slight majority of the trustees. One of the three trustees of a certain school section was very much opposed to the scheme, saying, "The parents of this section of the country have enough affection for their children and take enough interest in their welfare to provide medical and dental inspection for them when they need it. We have skillful physicians for our family doctors and most of the parents take their children to the family physician when they need any attention. There is no need for any representatives of the Department of Education coming here to tell us how we should attend to the medical needs of our children." In spite of the protests of this trustee, however, a survey was made, by doctors and nurses, of the children in many school sections, including the one of which he was a trustee.

When the nurse came to this particular school section, the teacher pointed out a little girl of ten years of age, whom she hesitated to describe as dull and yet regretted that she did not seem to be able to keep up with the rest of the class. The nurse immediately took the little girl in hand and tested her eyesight, concluding that she was partially blind. The usual card was filled in and sent to the child's parents, with the recommendation that they consult the family physician with reference to the child's sight.

### A Startling Revelation.

It just happened that this little girl was the daughter of the trustee who protested against medical and dental inspection in the schools and although he resented the interference of Government officials, he complied with the suggestion and took the little girl to the family doctor. After a slight examination of the child, the doctor said, "I am sorry to tell you that your child is blind in one eye and the other eye is affected. It must have been very difficult for her to read the writing on the blackboard at school and to keep up with the rest of her class. The sight of one eye is beyond recovery but I will do my best to preserve that of the other eye. If you had brought her to me two years ago, I think I could have saved the sight of both eyes."

One can easily imagine the feelings of the father, who professed to have so marked affection for his children, when he learned that his little girl was growing up in blindness under his care. There would be no limit to the sacrifice if the sight of the blind eye could be recovered. He should have had greater appreciation of the school regulation that provides for medical and dental inspection of the children. There are, no doubt, many children all over the Province of Ontario, suffering from blindness, deafness and other handicaps because parents and trustees are remiss in their responsibility for the trust committed to them.

Good health is fundamental to individual and national prosperity. We are making a great effort to improve the courses of study in our schools and provide better buildings and equipment, but this will be of little avail in producing intelligent citizens if we do not take care of the health of the children. A remarkable thing about health is that any community can have as much of it as the people are willing to pay for.

### Forty-Seven Per Cent. Unit.

The medical examination of recruits for the great war discovered many physical defects in our young men. The report stated that 47 per cent were physically unfit for the strenuous duties of military service. We all hope that there will never be another such war, for there is plenty of scope for the investment of the highest degree of physical fitness in the ordinary vocations of life. The discovery of these physical weaknesses should be a challenge to parents, school boards and ratepayers to commence a program of health education in all our schools.

Someone will object that the defects discovered by such medical examination are found more among the children

in congested urban centres than among those children that live out in the rural parts where they have room for physical exercise and plenty of fresh air. The fact is that children today are healthier than their cousins in the country. Most city schools have doctors and nurses who look after the health of the children. The boys and girls of foreign parents in some city schools are getting a better chance for healthy living than the children of some of our good Canadian stock in rural parts.

### Various Physical Defects.

It is estimated that out of every twenty-five children in school, four have defective eyesight, four have adenoids and four have trouble with tonsils. The parents may not be aware of these conditions, and when informed are invariably very grateful to those who have made the examination. Besides these conditions many children have dental trouble which results in malnutrition. There is little to be gained by eating if we are not in a condition to utilize the food we consume. The first step to be taken in the correcting is to determine whether the person to be fed is able to benefit by the quantity of nutrient supplied.

Thousands of people to-day are suffering from malnutrition. They get sufficient food, but their systems cannot utilize the nourishment furnished them. Some boys and girls have been regarded as dull and stupid by their teachers and parents, but their inability to keep up with their class in the school was due to some physical defect. It may be that they could not see the blackboard or hear the teacher's voice. Sometimes rural children have so many chores to do in the morning and evening and so far to walk to school that they are too fatigued to make the progress they should.

### Three Objects in View.

The Department of Education is not exercising any compulsion in health education, but is actuated by the desire to enable each child to function in the highest degree possible for him in whatever sphere of life his talents may be. Three distinct objects are kept in view:—  
First—The attainment of the spread of communicable disease in the community. Great benefit would be derived if parents, trustees and teachers were well enough informed to detect the first symptoms of contagious diseases. If this knowledge were more general and people knew what steps to take, a great deal could be done to preserve life, prevent epidemics and economize in the treatment of diseases.

Second—The correction of existing defects. Prevention in the child is more important than the cure in the adult. The means of developing good health is more important than the remedy to cure bad health.

Third—The education of parents and children in the need of better health habits. There is room for a great campaign in this particular alone. Children should be taught how to take care of their teeth, the value of fresh air in their living and sleeping apartments, the cleanliness of the body, and the necessity of physical exercises.

The plan of procedure suggested by the department is the union of a sufficient number of school sections in rural and urban communities to form a unit, which should compose about thirty to thirty-five classrooms. This area would be large enough to employ the services of a well qualified, well trained nurse. The township or county council should be approached for a grant, which, with assistance from the government and contributions from the school boards, would meet the expenses of a permanent nurse to look after the health of the children.

## Meets Great-Grandson on His Hundredth Birthday

A despatch from Montreal says:—Celebration of the 100th birthday of Francois Robidoux and also of the birth of his great-grandchild took place on Wednesday in the Hospice St. Antoine. Present were his daughter, Mrs. Angeline Coderre, and his daughter, Mrs. Ferdinand Viau, of Ottawa; Mrs. J. A. Robillard, Montreal, daughter of Mrs. Viau, and Marcel Robillard, aged three weeks, son of Mrs. Robillard—five generations.

## The Quiet Mind.

Strength of character is seldom demonstrated by a noisy and blustering assertion. Still waters run deep, and Matthew Arnold in his fine sonnet on "Nature" teaches that "till unsevered from tranquillity" accomplishes results beyond the ken of those who think that a large output must be accompanied by a loud sound.

The air of having time enough and room enough, which some men of commanding power disclose, is in striking contrast with the fussiness, the perturbation, the febrile restlessness and nervousness of other and lesser men. Those who command and receive the confidence of others are not those who flare impetuously in a spasm of excitement, when the crisis arrives. They do not "fly off at the handle" or "go off at half-cock," as the proverbial wisdom of the street expresses it. In fact, they are so calm that they frequently exasperate those who think that it is their duty to get excited.

Dr. Osler used to lay stress on the importance of the quiet mind, the disciplined tranquillity of the physician at the bedside, who is the soldier of civilization on the firing line of science. It certainly harms and does not aid the patient if the healer betrays irresolution and agitation. Whatever qualms and incertitudes beset the doctor's mind, he should not show them. The appearance of confidence breeds confidence. We trust those who seem to know what they are doing. Such dissembling on the part of one who undertakes to cure the ills to which flesh is heir is not a mean duplicity, an evil hypocrisy. It is a righteous and lawful way to give the sick the comfort and the encouragement that have so much to do with progress toward recovery.

The quiet mind, in any field of application, can afford to wait and be gentle and tolerant of contrary opinion, and generous and humorous. It has its own "durable satisfactions" that come "when few men heed." It finds a satisfaction in deliberate sessions with itself, sometimes in the nocturnal silences, sometimes in far, lonely places, but always with a consciousness that a Power, shaping a destiny, guiding a life, controlling the world, is near at hand. One who never feels reliance on that presence greater than self and beyond self can have no perfect rest in a world of mortal error and finite shortcomings. Peace comes when we understand that round about us, and in our lives, there is the love divine; a love serene and wise; a love as ample as the fullness of the sea.

## The Islanders.

In a recent issue of the Journal of the Royal Geographical Society appears Commander Frank Wilde's report of Sir Ernest Shackleton's last Antarctic expedition in the Quest. One of the outstanding features of the account is its description of that lone island in the middle of the South Atlantic known as Tristan d'Acunha. "This is one of the most isolated inhabited places in the world. The expedition paused there for a few hours and learned that a Japanese vessel which had called a month before was seen in a year and a half. In the way of material things, the Japanese ship had the islanders nothing except a package of picture postcards, all of them colored views of Fujiyama. But from the vessel there had been landed two missionaries, the Rev. and Mrs. Martin Rogers, and in the short time that had elapsed Mr. Rogers had already started a Boy Scout Troop. He had also created a school, and, observes Commander Wilde, "the boys and girls attending range in age from about four to forty years."

The people are moral, peaceful and long-lived. They have "no headman, no laws, no taxes, no goal and no police." They have neither alcohol nor tobacco. Their one crop is the potato, but they have cattle and poultry. Their twenty houses are infested with rats and fleas. Far out of the beaten track of vessels, they are always in want of all that the civilized world has to give them. But they are sturdy, self-reliant, and they have to be. "We are as near heaven by sea as by land," cried Sir Humphrey Gilbert on the night his vessel foundered in the North Atlantic. There are countless souls in the lonely places, the world over, who feel themselves forever in "their great Taskmaster's eye," though not within hail of fellow-men. Those who dwell amid the feshpots of civilization cannot understand the satisfaction a Grenfell or a Martin Rogers or a Yekon bishop finds in ministering to those who are said to be "so far from everything."

## Nova Scotia Adopts "Drive to the Right" Rule

A despatch from Halifax, N.S., says:—Premier E. H. Armstrong has introduced a bill in the local House of Assembly amending the Rule of the Road and the Motor Vehicle Act, conforming to the traffic rule prevailing in all other provinces of the Dominion, which have adopted the "drive to the right" policy. There was no discussion.

## Weekly Market Report

**Toronto.**  
Manitoba wheat—No. 1 Northern, \$1.25.  
Manitoba oats—Nominal.  
Manitoba barley—Nominal.  
All the above track, Bay ports.  
American corn—No. 3 yellow, 90 1/2c; No. 4, 89c.  
Barley—Malting, 59 to 61c, according to freights outside.  
Buckwheat—No. 2, 73 to 80c.  
Rye—No. 2, 84 to 85c.  
Peas—No. 2, \$1.45 to \$1.50.  
Millfeed—Del., Montreal freights, bags included: Bran, per ton, \$20; shorts, per ton, \$23; middlings, \$28.50; good feed flour, \$2.  
Ontario wheat—No. 2 white, \$1.14 to \$1.16, according to freights outside.  
Ontario No. 2 white oats—48 to 50c.  
Ontario corn—Nominal.  
Ontario flax—Ninety per cent. pat, in jute bags, Montreal, prompt shipment, \$5.10 to \$5.20; Toronto basis, \$5.05 to \$5.15; bulk seaboard, \$4.95 to \$5.  
Manitoba flour—1st pat, in cotton sacks, \$7.10 per barrel; 2nd pat, \$6.60.  
Hay—Extra No. 2, per ton, track, Toronto, \$9.  
Straw—Car lots, per ton, track, Toronto, \$9.  
Butter—Finest pasteurized creamery, solids, 50 to 51c; prints, 51 to 52c; ordinary creamery, solids, 46 to 48c; prints, 48 to 49c; dairy, 23c; cooking, 15 to 18c.  
Eggs—Fresh gathered, 37 to 38c; held, 26 to 29c.  
Live poultry—Chickens, milk-fed, over 5 lbs., 25c; do, 4 to 5 lbs., 22c; do, over 3 lbs., 22c; do, 4 to 5 lbs., 18c; do, 3 to 4 lbs., 15c; 15 to 18c; roosters, 12 to 14c; ducks, over 5 lbs., 25 to 26c; do, 4 to 5 lbs., 22 to 25c; turkeys, young, 10 lbs. and up, 25c; do, old, 15c.  
Dressed poultry—Chickens, milk-fed, over 5 lbs., 20c; do, 4 to 5 lbs., 20c; do, over 3 lbs., 20c; hens, over 5 lbs., 20c; do, 4 to 5 lbs., 24c; do, 3 to 4 lbs., 22c; roosters, 22c; ducks, over 5 lbs., 28 to 30c; do, 4 to 5 lbs., 22 to 25c; turkeys, young, 10 lbs. and up, 25c; do, old, 20c.  
**Potatoes—On track, Toronto, 70c per 50-lb. bag.**  
Smoked meats—Hams, med., 27 to 29c; cooked ham, 40 to 42c; smoked rolls, 26 to 28c; cottage rolls, 32 to 35c; breakfast bacon, 30 to 33c; special brand breakfast bacon, 35 to 38c; backs, boneless, 34 to 40c.  
Cured meats—Long clear bacon, 50 to 70 lbs., \$20 to 20 lbs., \$19; 90 lbs. and up, \$18; lightweight rolls, in barrels, \$38; heavyweight rolls, \$35.  
Lard—Pure lard, 16 1/2c tubs, 17c; pails, 17 1/2c; prints, 18 1/2c. Shortening, tierces, 14 1/2 to 15c; tubs, 15 to 15 1/2c; pails, 15 1/2 to 16c; prints, 17 1/2 to 18c.  
Heavy steers, choice, \$7 to \$8; butcher steers, choice, \$6 to \$6 1/2; do, good, \$5.50 to \$6; do, med., \$5.25 to \$5.50; do, com., \$4.75 to \$5; butcher heifers, choice, \$4 to \$4 1/2; do, med., \$3.75 to \$4; do, com., \$3.50 to \$3.75; butcher cows, choice, \$4.50 to \$5; do, med., \$3 to \$4; canners and cutters, \$2 to \$2.50; butcher bulls, good, \$4 to \$5; do, com., \$3 to \$4; feeder steers, good, \$5.50 to \$6.50; do, fair, \$4 to \$5; stockers, good, \$4 to \$4 1/2; do, fair, \$2.50 to \$3; calves, choice, \$10.50; do, com., \$4.50 to \$7.50; milk cows, choice, \$20 to \$25; springers, choice, \$30 to \$35; lambs, choice, \$12 to \$14; sheep, choice, \$8 to \$9; do, culls, \$3 to \$4; hogs, fed and watered, \$10.50 to \$10.75; do, feds, \$9.75 to \$10; do, country points, \$9.50 to \$9.75.  
**Montreal.**  
Corn—American No. 2 yellow, 93 to 94c; do, extra No. 2, 95 to 96c; No. 3, 90 to 91c; extra No. 1, feed, 57 to 58c; No. 2 local white, 55 to 56c. Flour—Man. spring wheat pats, firsts, \$7.10; seconds, \$6.60; strong bakers', \$6.40; winter pats, choice, \$6.50. Rolled oats, bags, 30 lbs., \$3.15 to \$3.25; Bran, \$26 to \$30. Shorts, \$28 to \$32. Middlings, \$33 to \$35. Hay—No. 2, per ton, car lots, \$13 to \$14.  
Butter—Finest creamery, 51 1/2 to 52c. Eggs—Fresh, 37c. Potatoes—Per bag, car lots, \$1.05.  
Med. and fairly good veals, \$6 to \$7.50. Thick, fat, heavy western to \$9.99; good quality local, \$10 to \$10.50.

## Natural Resources Bulletin

The Natural Resources Intelligence Service of the Department of the Interior at Ottawa, says:

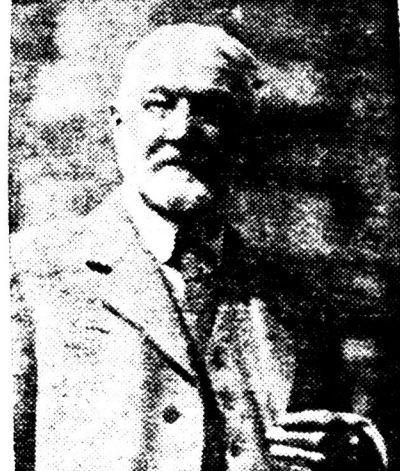
From east to west, Ontario covers over 1,000 miles, and from north to south 1,075 miles. Of the 230,000,000 acres of land within Ontario but 11,509,000 acres are under cultivation. There are 20,000,000 acres of the finest land yet available. This land is situated in the districts of Muskoka, Parry Sound, Nipissing, Sudbury, Algoma, Thunder Bay, Timiskaming, Kenora and Rainy River, and in the counties of Haliburton, Peterboro, Hastings, Lennox and Addington, Frontenac and Renfrew. In many of these places free grants of land are available to any Crown Reserve Agent who will be glad to give particulars. Ontario, which is three and one-half times as large as Great Britain and Ireland, has a population of but 2,349,067, whereas the British Isles have 47,413,382 of a population. There is, therefore, plenty of room for millions more in Ontario.



Fuel Supplies Running Out.

B. F. Hannel, of the Mines Department at Ottawa, and member of the Canada Fuel Board, warns Canadians that this country is soon to be faced by a permanent fuel shortage. The visible coal supply of anthracite coal will last only 80 to 100 years and America's visible oil supply will last only 25 years.

The remarkable growth of Canada as an exporting country is graphically illustrated by a chart which has just been issued by the Department of Trade and Commerce. Before the war Canada stood eighth in volume of exports; she is now fourth. Before the war she ranked eighth in exports per head. She is now a close second to Australia, and for a considerable time during and after the war, was first.



Sir Walter Caselle. A native-born Canadian who became an eminent jurist. Sir Walter Caselle died at his home in Ottawa on March 1, in his 75th year.

## CHRISTENING OF ROYAL BY MARCH 25

### Ceremony to Take Place in Parish Church at Princess Mary's Yorkshire Home.

A despatch from London says:—The date has been set for the christening of the infant son of Princess Mary and Viscount Lascelles. The ceremony is to take place in the parish church at Goldborough on March 25, this date being chosen so as not to clash with any other arrangements of the royal family. The Saturday preceding the King and Queen with their sons will be at Knowsley for the Grand National and after the race they will go straight to Goldborough Hall for the christening on Palm Sunday.  
The old church is dedicated to St. Mary and the grounds around it join those of Princess Mary's home, only a low wall dividing the churchyard from the hall. The parish church dates from the fourteenth century and contains a number of monuments connected with old English families. It once held the manor of Goldborough and Count Lascelles himself was christened there.

## FRENCH DISOLVE ALL POLICE IN RUHR ZONE

### The Invaders Continue March Through German Towns on the Rhine.

A despatch from Esset says:—The disarming and expulsion of the security police at Dortmund on Thursday completes the disarmament and dissolution of the police bodies throughout the Ruhr. Only certain towns now have civic police, who are virtually mere watchmen.  
A report from Mannheim says that the French have occupied Rheinau harbor on the Rhine in lower Alsace and are marching on Rehnau, which is a suburb of Mannheim.  
It is also reported that the French have occupied the railway station of Dornap, near Elberfeld.

Breslau, in Silesia, possesses a chimney 50 feet high made entirely of compressed paper. It is stated to be the first.

Wheat exports from Canada during January this year, amounted to 9,737,856 bushels, valued at \$11,608,737, as compared with 6,102,864 bushels, value \$7,169,270 in January, 1922. Of wheat flour, 1,028,357 barrels, valued at \$5,891,365, were exported in January this year, compared with 681,821 barrels, value \$3,577,050, in January of last year.

Canada has taken a leading place in the world in poultry matters by admitting the hen to registration, as no other country in the world had previously registered poultry under national records. The honor of having the first registered hen goes to Mr. Everett Howatt, of Tyngsboro, P.E.I., whose white leghorn pullet laid 215 eggs in 52 consecutive weeks in the laying contest at Charlottetown.

BEFORE MISS FLOPPY GETS HERE, I MUST TELL YOU WHAT I HEARD BOBBY SAY. HE SAID HE HEARD ABOUT HER THE OTHER DAY.



BOBBY SAID—"I HEARD MY MOTHER SAY THAT MISS FLOPPY WAS JUST THROWIN' HERSELF AT DOC WHITEY'S HEAD—WHATEVER THAT MEANS!"



AN' DICK SAID "WELL IF SHE'D EVER SEEN MISS FLOPPY TRYIN' TO PLAY BALL WITH US IN THE YARD, SHE'D KNOW THAT DOC WAS SAFE!"



OH, MISS FLOPPY, I WAS JUST SAYIN' HOW MUCH DICK ENJOYS HIS WORK WITH YOU!



Randall.