Voice of the Press

Canada, The Empire and The World at Large

CANADA.

The Christmas Spirit.

How often have we heard "it is better to give than to receive." This saying has passed down through the ages unchanged and to-day carries a significance greater than ever before.

Christmas in all Christian countries has always been a time when great effort is put forth to make the children and those who are unfortunate and in need, happy. This is truly a wonderful spirit, and any organization that helps to carry out this idea of good-will deserves support.—Wingham Advance-Times.

Sales and Ads.

Modern life is much different today from what it was a decade ago. Today, a great deal of buying is done over the telephone.

This, in turn, means that opportunities for purchases advantageous to the buyers are now almost completely centred in newspaper advertising.

The modern housewife knows what she wants, knows by brand name, and orders in that manner—because advertising has taught her how she should do it, and why it is profitable for her to do so.

Imagine ordering from an unknown grocer: "Some breakfast food," "some bacon," "some coffee," "some bread," and so on, as in the olden days before national advertising became the powerful force it is today.—St. Catharines Standard.

Canadian Turkeys for Britain.

Determination of Old Country consumers to "buy British," the advantages established by the imperial preferences, and the favorable publicity obtained by these poultry shipments, have opened up a new field of opportunity for Western farmers. Now that it has been satisfactorily demonstrated that an adequate export market is accessible, even with the disadvantages of the present disparity between sterling and the Canadian dollar, it may be taken for granted that the growth in poultry production will continue unchecked. —Winnipeg Tribune.

Pay As You Ring.

People who are bothered with too many salesmen at their doors might be inclined to consider an invention now being used in Holland. It is one of those pay-as-your-ring affairs attached to the door bell. A coin must be inserted before the bell will ring. The more callers there are in the course of the day, the greater the revenue from the door bell.—Stratford Beacon-Herald.

Intra-Empire Trade Working.

Proofs continue to pile up that British opinion is solidly behind the policies enunciated at the recent Imperial Conference, and that the British Government intends to do all in its power to give practical effect to them in every possible direction. The Government yesterday announced in the House of Commons that the office of Public Works will use only Canadian or other Empire lumber after May 23 next—when present contracts expire—and the announcement was cheered by the House.—Montreal Daily Star.

Starting Point.

When money is tight on the farm, it is tight every place else. Goods refuse to move off the shelves of city stores, and this turn causes a slackening in the pace of the wheels of industry. And then the city wage-earner becomes worse off than his rural cousin—he has no money, nor has he any pigs chickens or turkeys. There was no truer work spoken than that farming is the basic industry of this country. Put money into the pocket of the farmer and he will start the mill wheel turning.—Stratford Beacon-Herald.

Stupendous Figures.

Census figures just made public by the Chinese Government reveal the fact that that sprawling, distressful country has today more than 470,000,000 inhabitants. That figure, startling enough from its sheer size, becomes deeply significant when you stop to think about it a little. It stands for possibly the largest single homogenous group of people on earth. No other nation enrolls such numbers; no other has such tremendous, overwhelming man power.—Halifax Herald.

Grey hair, according to a British scientist, is caused by an unusually acute and active germ. That is a new name for the monthly budget.—Ottawa Journal.

EMPIRE.

Radio in Canada.

Canada is making full use of her unrivalled wireless facilities. In addition to adapting them to the normal needs of entertainment and commercial expediency, she is applying them more extensively than any other country to educational uses.—Sir Clement Kinloch-Cooke in The Empire Review (London).

International Debts.

The European nations have been led by the hard teaching of facts and events to the conclusion that the transfer of vast sums from nation to nation is an impossibility and that the attempt to effect it is as damaging to creditor as to debtor. The United States is a long way yet from this conclusion, and nothing but patient argument and careful exposition of the facts will bring it nearer.—J. A. Spender in The London News-Chronicle (Lib.).

Ottawa and the Producer.

The agreement does not make care and economy in production less necessary than before; it is just as important as ever to see that our goods are of the best possible quality and are produced as economically as possible. All that the agreement has done is to give us an opportunity of competing on more nearly even terms.—Brisbane Queenslander.

The Causes of War.

Not for a moment in any practicable scheme of disarmament can we separate the air-weapons. Incomparably sinister as they are, from the other fell instruments of scientific war. If the nations mean peace there must be sacrifice all around. Mammoth battleships must be given up if submarines are to be suppressed. Tanks must go as well as the heavier guns, both military and naval. Yet all this by itself is like proposing to mow down the tops of weeds without digging up the roots. Armaments are symptoms, not causes. The vital task is to begin to remove the active reasons for armaments and the potential causes of ultimate war. This is as plain as a pikestaff. But to that end not a finger has been lifted by responsible statesmanship in Europe since the end of the World War at "the eleventh hour of the eleventh day of the eleventh month" fourteen years ago.—J. L. Garvin in The London Observer (Ind.).

An Educational Force.

A series of Readers prepared in accordance with a definite plan in a well-organized school system can largely remake the people of a country within a generation or two. The character of the nation will be the character of its Readers, and the character of the Readers will depend upon the character of the men who prepare them. Who the makers of our Readers are becomes, therefore, a matter of great national importance.—W. Sherwood Fox in the Queen's Quarterly.

AMERICAN.

Safety on the Roads.

If we are ever to progress in our use of the automobile beyond the point of manual dexterity in its operation, there must be developed a mutual tolerance between the pedestrian and the motorist and an habitual observance of the fundamental rules of safety by both.—Providence Journal.

Following Canada.

Canadian towns are noted for their beauty, and tourists passing through Toronto have noticed especially the neat streets and perfect rows of trees that border them. And this is true in many other Ontario towns.

They have now made another great forward step in the way of beautification in the removal of billboards, which are being taken down throughout the province at the rate of 75 to 100 a week.

The Ontario law provides that no sign of any kind may be erected or hung over the highway, barns within view of the road can not be painted with advertising, and automatic signs are not allowed along the highway, except with special permission, because they divert the driver's attention, and thus constitute a traffic menace.

Signs are forbidden at turns in the road for the same reason, rusty and neglected signs already in place must be cleaned or removed, and even signs erected by a person on his own property must be below a certain size, and are subject to a fee. The roads are constantly patrolled by four inspectors to enforce the act, and offenders are brought into court.

The Ontario regulations are being adopted by other Canadian provinces and might well be considered by communities in the United States.—Portsmouth (N. H.) Herald.

Prizes For Wheat Given By Mussolini

Rome.—Signor Benito Mussolini, the Premier, who has undertaken to make Italy grow its own bread, gave about $100,000 in prizes and many words of high praise last week to those whom he has led for seven years in his "battle for wheat."

Farmers from every province assembled in the Decennial Agricultural Exposition Hall to get their reward for the increased production, which this year came within 8 per cent. of the country's normal consumption of 300,000,000 bushels.

This was the tenth annual contest initiated with the Duce's support, and unofficially backed by his newspaper, Il Popolo d'Italia. It was in 1925 that Mussolini took over the job himself and announced formally in the Chamber that he would lead in the fight.

The intense instinct of love, rightly disciplined, maintains all the sanctities of life.—Ruskin.

Mrs. Ely Culbertson and Oswald Jacoby, noted contract bridge players, are shown as they participated in the Shepard Barclay contest at New York. Judging from the smile, Mrs. Culbertson must have the makings of a grand slam or something.

Canada's Mines Yield $5,231,152 In Gold

Ottawa.—Canadian gold production in October amounted to 252,057 ounces valued at $5,231,152, as compared with 260,538 ounces at $5,385,798 in September and 239,691 ounces worth $4,954,852 in October, 1931. During the first ten months of 1932 the Canadian output totalled 2,534,889 ounces with a value of $52,194,293; in the corresponding period of the previous year 2,213,805 ounces worth $45,765,270 were produced, according to the Dominion Bureau of Statistics.

Ontario's output increased 1.1 per cent. in October to 191,869 ounces from the September total of 189,721 ounces. Quebec produced 29,929 ounces, at 14.4 per cent. decline from the September output of 34,205 ounces, but a 4.5 per cent. increase over the August total of 28,600 ounces. In British Columbia, 17,182 ounces were extracted during the month as compared with 16,622 ounces in September.

Manitoba's output recorded a 22.2 per cent. falling off to 9,819 ounces from the preceding month's total of 12,617 ounces. Flin Flon, Central Manitoba and San Antonio were the October shippers. Placer gold production in the Yukon was reported at 4,834 ounces as against 7,554 ounces in September. Nova Scotia shipments to the Royal Canadian Mint amounted to 34 ounces; in the previous month 418 ounces were shipped.

The world production of gold is estimated at 2,603,000 ounces in October and the total for the ten months ending October, 1932 at 19,503,000 ounces. Transvaal's output rose to 974,965 ounces in October from the previous month's total of 961,501 ounces. During the first ten months of 1932 the Transvaal produced 9,594,230 ounces, or 6.0 per cent. advance over the output of 9,050,282 ounces during the corresponding period of 1931. The United States production (including the Philippines) in October amounted to 255,000 ounces as compared with 246,000 ounces in September. This advance, according to the American Bureau of Metal Statistics was due largely to increased shipments of bullion from Alaska.

Novel Airport is Planned in Britain

A novel airport is to be provided for London if plans go through as anticipated. The proposal contemplates an elevated table over the yards at Kings Cross and St. Pancras stations, and a bill to obtain the necessary Parliamentary permission is expected to be introduced shortly.

The Wheat King at Home

When Herman Trelle, wheat king, of Wembley, Alberta, was asked what he thought of the rule preventing him from further competition at Chicago's show, his reply was confidential. Here we see Trelle "up to his ears" in prize wheat.

"We Believe in Canada"

(Editorial From "Liberty")

Is it possible for anyone not to believe in Canada?

During these recent hectic years Canada has been spotlighted in many major roles upon the international stage. In each instance she has earned the respect of the world.

Fourteen years ago a myriad bugles sounded the glad anthem of peace over Flanders' bloody arena. It marked the end of war. But it also marked the beginning of Canada's new greatness.

The Canadian Expeditionary Force had left in its wake a deathless trail of glory.

The eras of reconstruction and depression which spelled fear and chaos for other nations of a less rugged morale, merely emphasized the vale of Canada's great heritage.

Canada is no longer a geographically vast territory isolated from the rest of the world. The substantial total of 14,620,736 persons crossed the border between Canada and the United States in 1930, according to the Dominion Bureau of Statistics.

Canada no longer ranks as a minor manufacturing unit in world markets. In 1930 she became second in importance as a manufacturing country in the British Empire. During the past twenty years the gross value of her manufactured products has increased by the amazing total of $2,062,000,000. There are 24,020 plants in Canada employing 644,429 persons and representing a capital investment of $5,303,316,760.

The sophisticated Canadian shopper need no longer gratify buying whims in Paris, London, or New York. Canadian department stores are ranked among the world's greatest. In Toronto, a city of 621,000 population, the annual retail-store volume reaches the astonishing total of $400,000,000.

Canada no longer confines her exports to a few commodities to illustrate markets. At the end of 1931 she held fifth position, among 'n countries, in volume of exports. Her products reach practically every country on the face of the globe.

Canada has become the source of envy and admiration. In her finest forthright methods of law enforcement. Her non-political judiciary metes out justice swiftly and surely. And in her hall of fame are the glorious annals of the Royal Canadian Mounted Police—the finest mounted peace-serving any law-enforcement agency in the world.

The foreign investor believes in Canada—believes in her to the extent of over six billion dollars invested capital. The United States investor in particular, believes in Canada to the extent of $3,726,745,000—almost two-thirds of the foreign investment of the Dominion.

Canada's accolade of complete acceptance as a ranking world power was bestowed at the Imperial Economic Conference in Ottawa. Evidence of world-wide interest in the parley was indicated in the fact that over three million words in press dispatches were telegraphed and cabled to all parts of the world.

Liberty, believing in Canada's present and future greatness, has become more closely identified with its people. For six months Liberty has been printed and distributed in Canada by Canadians. Yes, we believe in Canada.

U. S. News Dealers Total $104,055,733 In Year

New York.—The chain newsstands of the country did $104,055,733 in business during 1929. There were 125 chain organizations and they operated 3,207 units, census reports disclose.

Newsdealer chains numbered sixty-one, with 882 units having sales of $24,270,266. Newsdealer-restaurant chains numbered seven, having 1,802 units with sales of $36,433,958. The thirty bookstore chains operated 249 stores, with sales of $35,482,077. Five stationery chains had twenty-nine units and $3,750,616 in sales. Art and gift shop chains, of which there were thirteen, ran 106 stores and had sales of $3,270,270. Novelty store chains, seven in number, accounted for $811,537 in sales in their thirty-nine stores.

Of the sixty-one newsdealer chains fifty are local and eleven sectional or national. The local chains operate 1,562 locations, with sales of $11,727,900. The other chains operate in 320 locations with sales of $12,579,363. Eight chains in 572 localities do more than two-thirds of the total business of all newsdealer chains.

Newsdealer restaurant chains operate eighty-seven units in section chains and no units in local chains. Expenses of these chains run about a third of sales. Expenses of bookstore chains amount to $40.56 a $100 or sales and those of stationery chains are $35.48 a $100 of sales, while expenses of novelty store chains averaged $40.09 a $100.

Radium Worth $35,000 Bought By Dept. of Health

Toronto.—A half gram of radium, worth about $35,000, to be used in the curative and emanation cancer clinics in the province, has been purchased through the Ontario Department of Health, Hon. Dr. J. M. Robb announces. The radium was produced in the Belgian Congo, and purchased through a New York exchange, mostly capitalized with British money.

Radium manufactured in Canada is also to be received by the cancer clinics, Dr. Robb declared, in speaking to the Local Council of Women. It is now in process of manufacture at the Port Hope plant of the Eldorado Gold Mines, Ltd., from ore obtained in the Great Bear Lake mineral field. The Government expects to take delivery of radium from the company as fast as it can be produced.

Polite Wayfarer.—"I am sorry to trouble you, sir, but do you happen to have seen a policeman in this neighborhood?" Hiker—"No, I can't say I have." "Then hand over your watch and wallet."

Fatalities in Ontario Down in Ten Months

Toronto.—Sixty-six fewer people were killed in Ontario motor accidents in the first ten months of 1932 than were fatally injured in the same period of 1931. The percentage of decrease is 14 and if continued for the rest of the year will mean a saving of over 80 lives.

Motor accident statistics of the Ontario Department of Highways also show a drop in the number of people injured in the ten-month period of from 6,988 to 6,875, with a seven per cent. decrease in property damage.

October and August were the greatest accident-producing months of this year. During October, however, the downward tendency noted throughout most of the year was maintained and the total number of accidents reported dropped over 6 per cent. from 1,026 to 963, while the number of fatalities was reduced from 59 to 54.

Almost one-quarter (24 per cent.) of October's accidents happened on Saturday. About one-third (33 per cent.) occurred between 5 and 8 p.m. "Driving too fast for road and traffic conditions," "driving on wrong side of road" and "failure to give right-of-way" comprised 75 per cent. of the violations of the motorists involved during October.

London's Theatres Feature Children's Plays

London.—This Christmas some of London's biggest and most famous theatres will be given over to the entertainment of children. The Lyceum, the scene of Sir Henry Irving's great historic triumphs, will house a pantomime on the story of "The Sleeping Beauty."

Daly's Theatre, celebrated at the beginning of the century for its musical comedies, will have another pantomime, "Mother Goose." At the Hippodrome in Leicester Square, there will be "Dick Whittington," and at the Little Theatre a compound version of "Alice in Wonderland" and "Alice Through the Looking-Glass".

Ancient Village Found in Mexico

Pre-Aztec House Uncovered Found to Contain Bathroom

Mexico City.—The ancient people who inhabited Mexico immediately before the Aztecs, had bath rooms in their dwelling houses, it appears from a discovery made in Calixtlahuaca, north of Taluca, in the State of Mexico.

Ancient peoples rarely used durable materials for building their homes and for that reason the finding of a residence in the ancient city is unusual, but it is one of the largest. It has the only known round Aztec "pyramid" on the Mexican mainland. This pyramid was the superstructure of a temple to the Wind God.

Excavations at Calixtlahuaca are being sponsored by the State of Mexico. At the foot of the ancient city lies the modern Indian village of the same name. This village is unique in being the only Aztec settlement in a region where all the villages are Otomi or Mazahua.

Ancient Calixtlahuaca is superficially Aztec in structure, but pottery and other remains indicate that several entirely distinct and probably non-Aztec cultures underlie it. Archaeologists hope to identify the predecessors of the Aztecs.

Canadians Talk Less Over Phone During '32

Ottawa.—Telephone conversations to the number of 2,565,641,000 were carried on in Canada during 1932 but despite their vast number the conversations were fewer than they were in 1930, according to the Dominion Bureau of Statistics. For the first time on record the year showed a decrease as compared with the previous year.

The total number of telephones in Canada in 1931 was 1,364,200 or 36,661 fewer than in 1930. Despite the decrease, however, Canada still retained its place as the second most assiduous telephonists in the world with 13.15 instruments on the average for every 100 of the population. United States is the only country in the world with a greater density of instruments. In Germany, Great Britain and France the figures are 5.6 per cent., 4.3 and 2.8, respectively.

The Prairie Provinces were responsible for most of the drop in the figures, Saskatchewan having fallen 12 per cent., Alberta 10 and Manitoba six.

Albania's Harbor Completed

Durazzo, Albania.—The first stage of Albania's chief harbor is finished. This means that big liners may now land directly at the wharf here. Heretofore steamers have had to unload onto little boats, and in bad weather the waves sometimes have been so high the liners could not stop at all. Now the end of a bay has been inclosed with solid masonry and the port is protected from storms.

Quite in the Mode

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished With Every Pattern

3312

Here's a darling brown woolen jumper dress with a modish novelty green woolen guimpe, just as mother might have this season.

An added feature, so practical, is the detachable cape. It buttons snugly to the dress at the front.

Wool jersey in navy blue with vivid red can also be chosen.

And as well, there are rayons, velveteens and tweed-like cottons.

Style No. 3312 is designed for sizes 8, 10, 12 and 14 years.

Size 8 requires 1⅞ yards 35 or 39-inch, with 1⅜ yards 35-inch for blouse.

HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 15c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

A Theory Exploded

There is a popular impression that musicians are unpractical dreamers. They are supposed to live in a world where the ordinary standards of social and commercial competence are unknown. Like the artist of romantic fiction, they are held to be the absolute negation of business ability. Nothing could well be farther from the truth, in the sphere of stage musicianship at least. A busy writer and producer of operas performs a task beside which most of the problems of commerce and administration are child's-play. Every possible difficulty, alike personal, material, and financial, is his daily lot. He has to organize and focus a combination of efforts which touch every conceivable side of artistic life. He has to coordinate all these activities at a precise place and at a precise moment. One weak link in the chain may destroy him. Months of hard and thankless labor may result in an hour's glory or a year's ruin. This is one of the fascinations of the stage. It is the supreme artistic gamble. Patrons, composers and performers alike feel that of all artistic ventures opera is both the most exciting and the most exacting. It is also the most comprehensive. Poets, painters, and musicians, architects and engineers, dancers and masters of ceremony, conjurers and mechanics, all have a hand in it. It includes every known form of musical material. An opera-house is a small kingdom, comprising and controlling many artistic provinces, and there have been few men who, given the chance, have not coveted its resources. It exists by favor of those who are ready to stake their wealth and reputation on it. It is emphatically not the place for the unpractical idealist.—George Dyson, in "The Progress of Music."

Life as an Adventure

By LORADO TAFT,
American Sculptor

Life is the most romantic and joyous of all adventures and the biggest thrill a man can get out of it is the realization that he is a benefactor and incentive to people. Personally, I do not want to labor with nature minds, but if I can only get the children interested, if I can only waken in them the great love of beauty and the incentive to a high artistic ideal, I shall be the happiest of men. We must have these things (an artistic consciousness and a going back to handicraft and a national interest in the cultural and spiritual) so that when great art comes along it will be recognized and fostered as it should be.

"Patience, persistence and power to do, are only acquired by work."—J. G. Holland.

Prompt Treatment Of Minor Injuries

If every minor injury became infected, and every infection progressed to a severe form, we would soon develop a wholesome respect for these minor cuts, and would see that they got prompt attention, says Dr. Warren Lincoln Johnson, in an address before the Massachusetts Safety Council, printed in Safety Engineering (New York).

The indifference of the average worker to these minor injuries, he asserts, is responsible for a surprisingly large number of tragic results. Indifference is due principally to mistaken ideas about infection and a lack of sufficient teaching. He goes on:

"A large proportion of workmen with infections around the foot or ankle attribute their poisoning to the dye in their stockings. Infection is not caused by any colored dyes, but from the invasion of body tissues by bacteria.

"Once a minor wound becomes contaminated with these bacteria, the infection may easily spread, and it is difficult to say where it will stop. There are three classes of possible results:

1. Our body-defense mechanism overcomes the invading bacteria, and after an attack of chills and fever we find the patient entirely well again.

2. The bacteria breed so fast that they overcome the defense mechanism of our body and kill the patient.

3. Instead of our bodies overcoming the bacteria, or the bacteria killing off our bodies, we find various stages of compromise. A few examples of these are:

"(a) Damage to the lining of our various joints.

"(b) Damage to our kidneys.

"(c) Damage to our heart muscles.

"(d) Damage to our heart valves.

"(e) Numerous acute conditions, such as rheumatic fever, pneumonia, meningitis, pleurisy, and osteomyelitis.

"(f) Last not not least, partial destruction of the extremities—amputated arms, amputated hands, amputated fingers; destruction of motion in the joints, such as those of the wrist and the fingers."

What determines the ultimate outcome in any given case? If a workman ignores minor cuts twelve successive times, what determines whether or not he will get away with it the thirteenth time? In other words, once we receive a contaminated wound, what are the factors which govern the course of the subsequent infection? There are nine of these governing factors. Dr. Johnson thus enumerates them:

"1. The site. By this I mean the particular tissues which are contaminated; certain tissues have better fighting power than others. Skin, for example, is a good fighting tissue. Bone, cartillage, and tendon are notorious for their poor fighting ability. Those tissues which have an abundant blood supply generally fight well.

"2. The type of bacteria introduced. Some are more warlike than others and certain types might be considered relatively harmless.

"3. The number of bacteria introduced. Bacteria may be compared to invading bandits. A small number could be overcome easily, whereas a great number might give us considerably more trouble.

"4. The virulence of the bacteria. The fighting power of bacteria varies. The very micro-organism which so often causes pneumonia known as the pneumococcus, is often found in an inactive state in the throats of perfectly well people. The term used to designate the fighting ability of the bacteria at any one level is 'virulence.'

"5. The amount of bruising which accompanies the original wound. Bacteria grow with greater facility in dead tissue. A wound produced by the teeth of a saw is much more liable to favor bacterial growth than a wound produced by a sharp razor blade.

"6. Our previous experience. Following an infection by any one strain of bacteria one's body develops and maintains a specific defense for some time. The course of an infection, therefore, would be favorably modified if the invading organism in any new infect on turns out to be a bacterium with which the patient has formerly been acquainted.

"7. The type of first aid rendered. As a general rule, the person administering first aid oversteps the bounds into the realm of treatment.

"8. The time elapsing between the injury and skilled surgical care. Prompt surgical treatment is naturally of great advantage in combating the invasion of bacteria.

"9. Our own general physical condition. A dissipated person who lacks rest and food is naturally less able to cope with an infection than a person in good general physical condition.

"It will be seen on studying these nine factors that we have no influence whatsoever over the first six. The last three we are able to control."

Goldfish Swim Round the Globe

It has been established by scientific observation that herrings travel from the American side of the Atlantic to the coastal water of Europe.

COLD FEET

Among the articles of necessity which are scarce in Russia are boots, which according to the latest news were the equivalent of $60 a pair.

Motorcycles average 90 miles to the gallon of gasoline.

What's Wrong Puzzle

There are from fifteen to twenty mistakes in each of the cartoons which will appear weekly on this page. See if you can find them and then compare with list which will be published next week.

Only one child is being served.
Curtains do not match.
There are two kinds of leaves on same limb.
One tree trunk in picture does not touch ground.
Numbers are on the clock backwards.
Woman has one head missing.
One of woman's eyebrows is too small.
Perfume bottle should not be on table.
Whole potatoes should not be on table.
Bats do not fly in daytime.
Clock has only one hand.
Sides of vase do not match.
There would not be eggs lying on table.
Woman has only four fingers on one hand.
Edges on woman's collar not alike.

Food For Intellectuals

All who are cerebrally fatigued, intellectually overworked, mentally used up; all who are suffering from toxic effects or from autointoxication, can aided by vegetable stews—carrots, potatoes, peas, cooked salads. Such person might even try boiled milk, two small drinks a day.

This is the opinion of a French authority, Doctor Plon, writing in Democratic pacifique (Paris).

His theory is that the liver, the intestines, and the kidneys of the intellectually strained will thus be "washed." In two or three days, he says, a vegetarian regimen quickly improves the condition of such cases. Inadequacies of the will, of the memory, and of the other mental faculties diminish in a few weeks—provided, that is, the malady be recent.

He writes:

"When one has attained the age of forty, it becomes essential to diminish decidedly the intake of albuminoids, to proportion them to the muscular labor performed, to various contingencies, to body-build, to climate, to seasons, to the state of the several organs.

"Intellectuals who have passed the age of forty should follow in general a dietary suitable to nerve patients whose sufferings come from inherited conditions, neuroarthritics, and sufferers from inflamed joints, to say nothing of victims of 'depressions' of the sort which discourage the most intense workers and diminish their greatest ambitions, causing them to feel less and less delight in their supreme satisfaction—work and more work.

"Prof. Armand Gautier suggests a ration for an 'intellectual' of moderate weight and average physique who exercises little with his muscles, and who wishes to avoid inadequate nutrition, neurasthenia, obesity, gout, liver complaint, eczema, arteriosclerosis, and the like. Here it is—

"Albuminoids: about 328 calories daily.

"Fats: 460 calories daily.

"Carbohydrates: 1,450 calories daily.

"Total: 2,238 calories.

"To this may be added fruits as well as herbaceous vegetables, until the total of 2,400 calories is reached.

"This will suffice generally for the man who takes no physical exercises, who lives in a warmed room, who is losing no flesh, and who lives all summer in temperate climes."

She—"When we are married, we must have no secrets from each other. You must tell me everything."

"But—er—really, I don't know everything."

Sprayed and Unsprayed

We have some samples of the Spy apples which were sprayed according to approved methods, as reported last week, and some of the same variety of apples grown on the same soil with the same cultivation which received no spraying. Both samples are the average of the trees. The sprayed apples are 11 inches in circumference both ways the others are much smaller. The sprayed apples are free from scabs and worm holes. The others are spotted and quite wormy.

Wormy apples do not add much to the relish of the cider made from them.—Port Rowan News.

New Novel By Irene Moody

Review by John W. Garvin

Noted Canadian man of letters, Toronto, from the October issue of the Canadian Bookman.

"Delphine of the Eighties," by Irene H. Moody. London, John Balo Danielson Ltd. Book Craft Co. Ltd., Toronto, Canada. Sold by all booksellers in Vancouver. 252 pages.

"Irene Moody, who lives in Vancouver, B.C., was born in Ontario and educated at the Collegiate in St. Thomas, and the scenes of this book are laid in her native province with London as a centre.

Mrs. Moody was chairman of the Board of School Trustees in Vancouver and has been president of the B. C. School Association. So far as I know, this is her first book and it is the initial volume of a proposed trilogy.

"Delphine of the Eighties" ..... is the most important novel of its kind since the publication in 1908 of 'Anne of Green Gables.'

"The heroine is a girl, the only child of Mr. and Mrs. James Avery, the husband an Englishman and the wife of French descent, but both immigrants from the Isle of Guernsey.

"Two faults, if faults they be, may be found in the story, it stirs one's feelings too frequently, and certain of the characters appear too perfect. But it is well to have ideal characters placed before us occasionally in fiction, lest we forget in this life of struggle and misfortune..... to strive to attain the ideal.

"Delphine of the Eighties' should be read and re-read by parents, guardians and teachers—as the character of such a child in the hands of the thoughtless and selfish could so easily have been blighted and ruined. Delphine grips the heart of the reader so tightly that the next volume of the trilogy will be looked for eagerly."

Colic Pains

"I found that BABY'S OWN TABLETS relieve colic pains almost at once", writes Mrs. Mildred Noddin, Long Creek, N.B. Many other Mothers report equally happy benefits from giving their children these Tablets.

BABY'S OWN TABLETS are recommended by Mothers for teething troubles, upset stomach, indigestion, colic, simple fevers, constipation.

There is no need for YOUR child to suffer. BABY'S OWN TABLETS can be given with *absolute safety*—see analyst's certificate in each 25c package.

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Sole Remaining Feudal State

By Sybil Hathaway, in Strand Magazine, London

Within a few hours' journey from London lies the miniature island of Sark, which is the last purely feudal State remaining in the world.

This fourth largest of the Channel Islands is only three and a half miles long and one and a half miles wide, but because of its numerous bays and coves, it has thirty-five miles of coast. The cliffs, rising on all sides, are covered with innumerable varieties of rock plants and flowers, and in the spring the whole island is covered with a blaze of gold and blue. Semi-precious stones, such as amethysts, cat's-eyes and moonstones, are found on the beaches, and its mines, which were worked at one time, yielded copper, silver, antimony and galena.

The only means of access from the harbor, which is one of the smallest in the world, is by a road passing through a tunnel pierced in the cliff, thence by a highway to where the island is divided into two parts. These are joined by a huge natural causeway of rock, bordered with sheer cliffs on one side.

Sark has quite an interesting history. There is ample evidence of its having been occupied in the Stone Age, while the written records begin in 565 A.D. Around that time the island was occupied by an order of monks from Brittany who built a monastery there, the ruins of which still exist. After that it fell into the hands of Scotch pirates, later of the French, from whom it was wrested by the English by ruse. In 1565 Queen Elizabeth granted the island conditionally to Sir Helier De Carteret of Saint-Ouen, in Jersey. He and his successors received almost unlimited power over the island on condition that he colonize it with forty families. Each man was to be provided with a musket for the defence and to this day a man with a musket is kept on every farm.

In 1832 Sark passed out of the hands of the De Carteret family and eventually came to my great-grandmother in 1852. My grandfather was the last colonel of the artillery militia of one hundred men which was maintained on the island for many years. But now all that remains of it are a few old cannon.

My house or "Seigneurie" lies in a sheltered part of the island. Its main part dating from 1565 stands on the site of an old monastery, and the fireplace in the hall bears the date 1675. The gardens are opened to the public once a week free of charge.

Great privileges being always accompanied by great responsibilities, our home may be described as the clearing-house of all island controversy and is open at any time to any inhabitant who wishes to see me for an advice. Discussions take place on all kinds of subjects.

We have a Parliament that is called the Chief Pleas and sits three times a year, unless called by me in an emergency. Over this Parliament my husband, the Seigneur, and I preside, the members being the forty leaders of the farms allotted originally in 1565, plus twelve deputies elected among the rest of the inhabitants, who now number six hundred and seventy-five.

We make our own laws and regulations and are subject to no imperial taxation, and only to such special legislation as may be enacted by order of the King, who to us is our feudal Lord the Duke of Normandy. We are the smallest self-governing part of the British Empire and the only part that has no public debt, but on the contrary a substantial credit balance, although there is no income tax and only a very small tax on property. This, in conjunction with the landing tax of one shilling per passenger and the revenue from a small tax on alcoholic beverages and tobacco, is sufficient to balance our budget. We are self-supporting, we have no unemployment and no politicians.

The official language of the island is French, although everyone speaks English, both languages being taught in the schools. Among ourselves we speak our old 'patois,' which is a survival of the old Norman-French as spoken at the time of William the Conqueror.

Motor cars are forbidden on the island so that peace and quiet may be undisturbed. I also refuse to allow the importation of female dogs, the ownership of which is the exclusive privilege of the Seigneur. It is also the old right of the Seigneur alone to keep pigeons and that none but he may grind corn or build a mill. Although my old windmill built in 1571, is no longer used, I still grind all corn brought to the Seigneurie by the more modern methods of motor and machine and charge each farmer a small fee for it.

While the Chief Pleas is held, there is a court of justice presided by the seneschal, an officer appointed by me for the term of three years who has power to inflict fines and imprisonment. But although we have our own jail, it is hardly ever used. The secret of our immunity from crime is no doubt the impossibility of escape from the Island. Our constable, who is elected by the Chief Pleas, serves for one year and cannot refuse to do it, so that every able bodied man on the island will at some time take his turn as constable.

All cereals grown on the island are subject to seigneurial tithes. Each of the forty farmers pays a yearly tithe or ground rent or his property and the old chimney tax, or poulage, which is paid in live chickens. Every man above sixteen must give two days' labor towards the upkeep of the roads and every owner of a spring and any must send the same for two days' cartage.

The greatest and most important right of the Seigneur is that of succession, whereby he thus reverts the absolute possession of any property to which there is no heir within the fifth degree of affinity. No landowner may sell a part or parcel of his holding, that each of the original forty farms is maintained intact.

Although we have motor boats and motorless sets, the machine age has not really begun in Sark, and after five o'clock, when the little steamer has returned to Guernsey, absolute peace reigns on the island.

Seventeen out of our forty young men who serve in the world war lost their lives, but even so there are nearly as many men as women on the island. Many women help to work on the land and tend our wonderful cattle, every one of which is a pedigree animal.

Divorce does not exist on our island. The utmost the law can do for such marriages is to grant a legal deed of separation. On the sale of an estate, the wife is usually asked to waive her rights. In some cases she agrees to take a fixed sum in return for which she relinquishes her claim to her actual share of the property. Her husband cannot sell or dispose of her property without her consent, and even if the estate is actually his own, the wife can claim a dower on it in the event of his selling it.

Under our feudal law my husband own everything that I possessed before my marriage, this applying also to the lordship of the island, so that he becomes Seigneur of Sark. My husband, Robert Woodward Hathaway, was born in New Jersey, but he served in the British Royal Flying Corps during the war and subsequently became a naturalized British subject. This fact is of some importance, for Sark can be held only by a British subject.

All these laws and customs make Sark unique and we do all in our power to retain this originality, as well as the independence and traditions which even in 1932 make us a living and flourishing example of a feudal State of the sixteenth century. Our peaceful prosperity should prove to all advocates of modern methods of government that our ancient system has a great deal to recommend it.

"Brown must be a sinner."

"Why?"

"I heard his wife say he was no saint."

Doctor (at lunatic asylum) — "Mrs. Sharp was here to-day and wanted her husband sent home and placed under her care." Superintendent—"Did you let him go?" "No. He said he would rather stay here." "H'm! That man must be sane."

Well, now, there's nothing in nor out of the world
Good except truth.

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or ground rent or his property and the old chimney tax, or poulage, which is paid in live chickens. Every man above sixteen must give two days' labor towards the upkeep of the roads and every owner of a spring and any must send the same for two days' cartage.

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