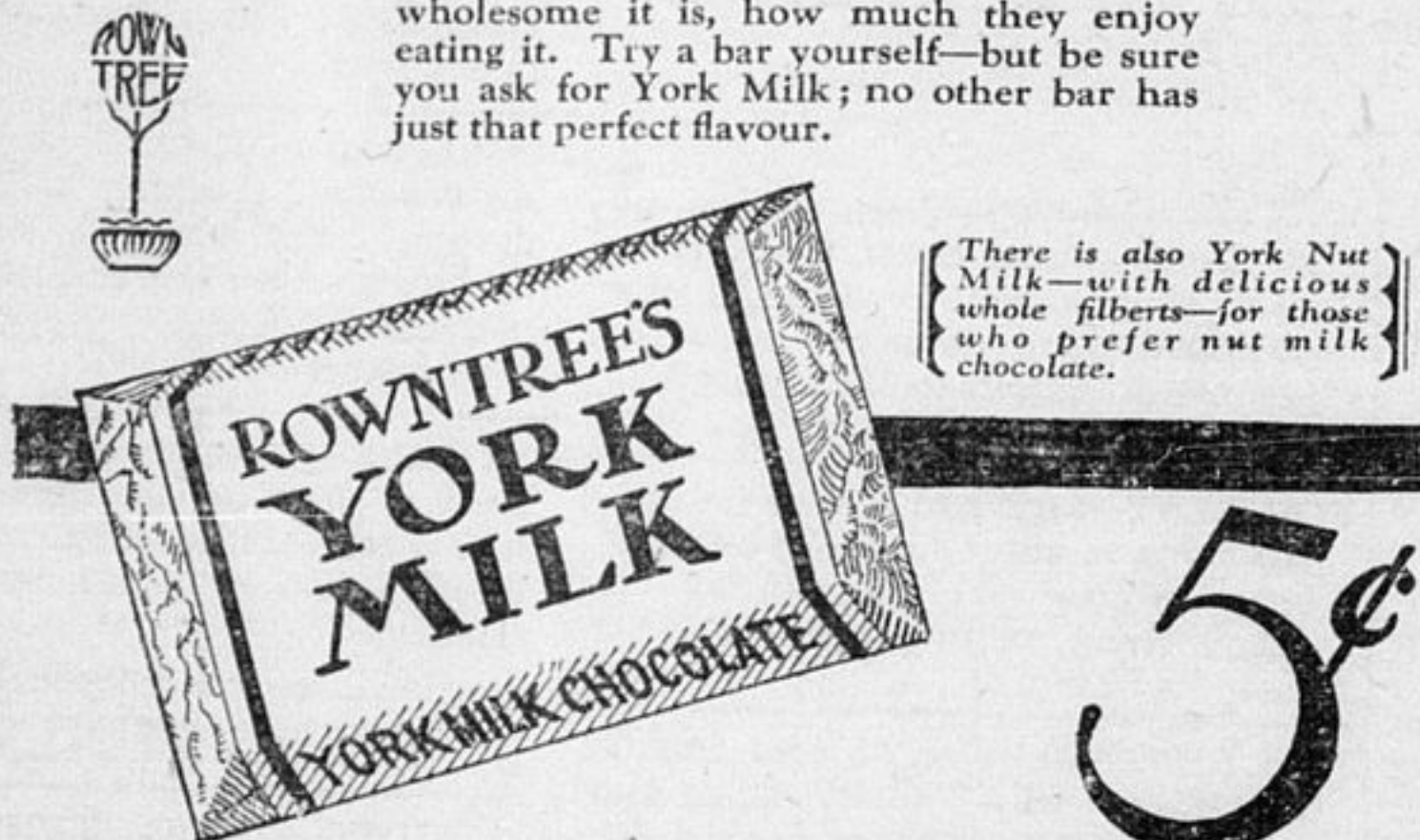


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The Canadian Legion in the Porcupine

By the Secretary-Treasurer.

"Many can help one where one cannot help many!" These words show up on the report of the Western Ontario Service Bureau for December, 1929. The Western Ontario Service Bureau is controlled by the Ontario Provincial Command of the Canadian Legion. The past month has been most strenuous with an increased number of very complicated claims to pension being referred to the bureau. It appears incredible that the true value of the work done should not be realized by every member of the Legion in this district but certain influences have been very busy minimizing our accomplishments. It has not been our policy to advertise our success and it is very difficult to adequately describe the character of the service rendered to service men, their dependents, widows and orphans. The majority of claims had failed of recognition through the official channels and by other agencies when submitted to this bureau. When it is considered that since the W. O. S. B. was placed in operation in Nov. 1926, 565 pension claims have been won involving the payment of \$681,789.00 in retroactive pensions, while during the next few years, these pensioners will receive approximately \$2,200,000.00, some idea of the substantial character of our achievements will be understood. Every type of disability is represented amongst those successful claimants. Pensions have been rescinded for claimants who have been trying for years to secure same, while many widowed mothers, widows and orphans have had the dread burden of poverty removed from them. The adjustment officers have had to work practically night and day to give the service which it can be fairly claimed is not surpassed anywhere in the Dominion. It must be remembered too, that claims which are not established often take up more time than the others, because no effort is spared to obtain recognition. A large number of entitlement claims in this category are subsequently established before the Federal Appeal Board, though this bureau receives no credit for same. It is requested that all branch secretaries make these facts known to their members. It is felt by the adjustment officers that every member of the Legion is entitled to know that expert advice is available in pension treatment and insurance matters, while the record of the W. O. S. B. should also be made known. Any branch officials or Legion members visiting London are invited to visit the bureau, where the magnitude of the task confronting the adjustment officers will be apparent to any onemaking even a hurried inspection. The services of this bureau are available to all whether members of the Legion or not. The constitution of the Legion provides that our organization shall defend the "statutory and acquired rights of those who served and their dependents," and this bureau is endeavouring to do this to the utmost limit. The best of relations are maintained with the Board of Pension Commissioners, Department of Pensions and National Health, Federal Appeal Board and the British Ministry of Pensions. The officials of these bodies have without exception courteously received the adjustment officers and given generously of their time to discuss claims. The foregoing is only given in order that the members of the Legion will realize the real value of the W. O. S. B. and the adjustment officers will welcome any enquiries relative to the work of the bureau. The lessons learned in adjusting pension claims are very valuable, and are made the basis of recommendations to the Dominion Command of the Legion, so that beneficial changes can be effected in the existing pension laws. The successful establishment of twenty pension claims during the month of December has brought happiness and security to sick and disabled comrades and their dependents. Many of these claims have been the subject of representations over a long period of time. It is hoped when finances permit to arrange visits by the adjustment officers to the branches, in order that further details of the work of the bureau may be made known. Statistics for December—Letters written 846; documents copied 164; relief arranged, 24, pay adjustments, 17; clinical examinations arranged, 19; interviews, 186.

The proceeds to go again to Comrade Danielson. The generosity of Comrade Grenfell is worthy of note. So come again on the 27th prepared to bid heavy and often.

I have also great pleasure in stating that Comrades Hogan, Farrer and Grenfell made a donation towards the expenses of the smoker. This generosity is worthy of note, and we all should be proud that we have such good-hearted men in the Legion, who come forward with donations. The entertainment committee and the comrades who contributed towards the success of the smoker is worthy of note.

I hope shortly to have some applications from lady comrades who saw service. We have two in the Post already, and we will be proud to have any lady who has seen service with us.

President Neame said on his visit to Toronto the Provincial Command complimented very highly on the way the Timmins Post was being handled and the many new members we had secured. It's very nice, I'm sure to have the Provincial Command think well of this Post.

I have letters that have been returned for Comrades J. J. Cullen, T. W. Huxson, and A. E. Johnson. Will these comrades kindly advise me of their whereabouts?

Between now and the 27th January I would like to hear from as many comrades as possible who are going to stay with the Legion that have had statements sent. I have a return to get out by the end of January of members in good standing, members in arrears and members suspended. Arrears may be paid in instalments. So hurry up, boys, and let's have as few as possible under the suspended heading.

President Neame is at present in Pittsburgh on Rescue station work and will not be at the next meeting, but we have two more presiding officers left in the 1st and 2nd Vice-presidents. While in Toronto President Neame went to see Comrade Yates, who is getting along fine, and I'm sure the whole Post will join me in wishing for a speedy recovery for Comrade Yates.

In conclusion don't forget the general meeting on Monday, Jan. 27. Everyone that can, "come," and there will be the usual social hour after the meeting with the usual brand of refreshments.

—The Secretary-Treasurer

Mail and Empire:—We have often heard and read of remedies for fatness but scarcely expected to see the subject discussed in a trade and engineering supplement of the Times. Those who dread what the future may appear to have in store for them should be comforted by the words of that paper's medical correspondent. It is normal, he says, for a large proportion of the population to get fat at 40 and to get fatter when 50 has come and gone. Corporations are normal; even a little shortness of breath is not out of the way. All these accompanying robust health, exuberant energy, generous enthusiasm. The fattest men and women are often the youngest; they are always the gayest. Compare these wholesome folk with the shrunken victims of diets, those queer, reduced people who always give the impression of having been dried. This medical authority goes on to say that the only form of "reduction" which is worth practising is exercise and let this be taken in moderation. Indeed one ought not to exercise in order to get fit. It does not matter the proverbial "two hoots" whether one gets thin or not. In short, man in his physical form does well to accept what nature has decreed for him without so much as a murmur.



REFUSES GOVERNMENT'S OFFER

Semedick the Eagle, the only Indian who would not give permission to the Canadian Government to turn Pole Preservation party to work upon his totems in "The Westminster Abbey" of the Gitksans, at Kitwanga, B.C. Other Indian Chiefs were very pleased with the result of the preservation work of the Government.

DRIVER AND ONE HORSE NOT HURT AT CROSSING SMASH

Edward Lemire, a young man from Guigues, Quebec, had a narrow escape on Thursday afternoon at the famous or infamous, Lang street railway crossing at Cobalt. Lemire and one of the horses that he was driving escaped unhurt but the other horse of the team was so badly injured that it had to be shot by Sergt. Geo. Delves, of the provincial police. Lemire was returning north and so had no view of the track on the side from which a train was approaching. The horses had reached the rails when Train No. 17 came along. The trainmen made desperate effort to stop the train. One horse was struck by the locomotive, but the other horse and the whole outfit were pitched into the creek. Lemire was able to crawl out of the wreckage unhurt. Another horse was killed by a train on the T. & N. O. line last week at New Liskeard. The latter horse was owned by a North Temiskaming man, who used his other horse to haul the dead one to the dump after which he went out and purchased another horse so that he could return home with a team as he had driven in to town.

RADIO GIVES NEWS OF DEATH OF HAILEYBURY YOUNG MAN

The Haileybury last week says:—"Radio listeners in Haileybury who tuned in on The Toronto Globe's 'New-cast' last night were shocked to learn that Earl Mayhew, formerly of this town, was struck by a train in Toronto had both legs severed and died from loss of blood while being rushed to St. Michael's Hospital. He was about twenty years of age and was the son of Mr. and Mrs. L. G. Mayhew, who for several years lived on Rorke avenue north here. It will be recalled that Earl became deaf following an attack of meningitis and it was on this account, in order that he might attend a school for the deaf, that his parents moved to the city about a year ago. It is supposed that his affliction partly accounted for the fatality. Friends had hoped that it might be someone of a similar name, but a check-up on the address given in the broadcast showed that this was the same as that at which Mr. and Mrs. Mayhew have been living since going to that city."

POULTRY THIEVES BEING SEVERELY PUNISHED NOW

The Renfrew Mercury last week says:—"In police court in the town of Cornwall a few days ago two men received a shock when a sentence of two years each was handed out to them for the theft of chickens. They had been raiding poultry houses. In imposing sentence the police magistrate stated that in future he would show no mercy to purloiners of poultry. The fate of those two offenders, together with the note of warning sounded from the bench, will probably give more of a feeling of security to poultry-owners in the Cornwall district. The Cornwall's magistrate's course might well be followed by magistrates and judges over all the Province. Since the advent of the motor truck, thefts of poultry have become all too common. Sometimes whole flocks of poultry are carried off. Sometimes the premises of widows or aged couples are raided and one of their mainstays stolen. Now with a license necessary for transporting poultry over highways, and with magistrates handing out stiff sentences to poultry thieves, there may be a materially fewer number of these raids, a consummation devoutly to be wished."

CONSIDER THAT TIMMINS JUNIORS LOOK FORMIDABLE

"Observer," writing in his column of "Sportology" in The North Bay Nugget, last week says:—

"A Timmins' critic is of the opinion that the Timmins 'Kids' of the Northern junior group will make any of the junior aspirants of this year step lively for N. O. H. A. championship honours. This authority, and this title he earns on account of his proven ability as a player and official, goes as far as to predict that even Sault Ste. Marie and Chapleau will not be an obstacle to the 'Gold Diggers.' That is big and loud talk and likely to provoke argument from all corners of the Northern jurisdiction. We are inclined to the opinion that there is more fact than fiction in the Timmins' opinion. This team has been in the making for two or three seasons and in that time suffered many rebuffs at the hands of the perennial Northern junior champions, the Iroquois Falls Baby Eskimos, before reaching their present state of near perfection. The team mentors discarded imported material three years ago and started in building a team from juvenile ranks. In the first and second years they were easy marks for their group mates. This year they blossomed into a highly capable outfit and in the group tilts to date have shown that they are fit and ready for the big push. The honour that Iroquois Falls and Kirkland Lake have shared in the past seasons seems destined to settle in Timmins this season unless a serious challenger arises from the Central Group. Haileybury and Cobalt youngsters are showing smart form and both are confident that one or the other will meet the Southern junior finalists for Association honours. Timmins' strength is said to be in its front line."

Toronto Mail and Empire:—Bogus \$10 bills are said to be in circulation. A good many people are not familiar enough with the genuine to detect the spurious, but they should beware of a \$10 bill that can be had for \$5 down and monthly installments, making a total of \$9.90.



Don't lie awake tonight—sleep!

WHAT a depressing state is sleeplessness! Minutes seem hours—hours seem endless. Back of it usually are nerves—strained, raw and fagged out. Nerves that are starved for nourishment to replace exhaustion caused by over-work, worry, or social effort.

If you are bothered with sleeplessness, feed your nerves with Ovaltine. You will find that they will calm down, digestive unrest will stop and you will sleep soundly and naturally.

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