To the Electors:

The official Nomination is in Durham on Monday, July 14th at 2 o'clock. The rink is ready if needed.

I broadcast over CFRB Tuesday, July 22nd, from 8.30 to 9 o'clock, Standard Time. If I do not see you in Durham I will say "Hello" from Toronto.

Sincerely,
AGNES C. MACPHAIL.

Health Service
- of the -
CANADIAN MED. ASSOC.

BRAIN FOOD

There is a popular belief that certain foods, notably fish, are brain foods, and it is thought that the free use of such foods will, in some way, improve the brain tissue and so increase the mental ability.

There is no evidence that any particular food, such as fish, or that the use of foods containing any special constituent, such as phosphorus, affects, in any way, the mental development of the human body.

It must be remembered that all parts of the body are interdependent The proper nutrition of one part implies nutrition of all other parts.

If the diet is deficient in one or another essential, the whole body suffers, although some part or tissue may show the ill effects sooner than others.

It is important that the brain be properly nourished. This cannot happen if the blood supply is interfered with. If the heart is not pumping properly, if the blood cells are abnormal, if the blood is not getting rid of the waste material it picks up from the tissues—if one or more abnormal conditions occur, the brain tissue suffers, together with all the other tissues which go to make up the body.

In order to have the tissues of the body healthy, we must live a hygienic life. We must rest and play, and live what is described as a hygienic life. A hygienic life is a well-rounded existence wherein sufficient attention is given to all the needs of the body. In such an existence, the individual does not over-do one thing and neglect another, but balances all the needs, giving to each a reasonable amount of attention.

We are not all born equal in a sense that we all have the same physical and mental capacities. We vary a gret deal, and what we should strive for is to develop, to the full, the capacities with which we are born. If we are in a condition of health, then we have achieved our aim.

In seeking to secure this development, we find that the hygienic life plays a considerable part. We cannot increase our brain capacity by eating any particular food, but we can help our brain tissue to be in a condition of health by paying attention to the general health needs of the body.

Improving The Herd

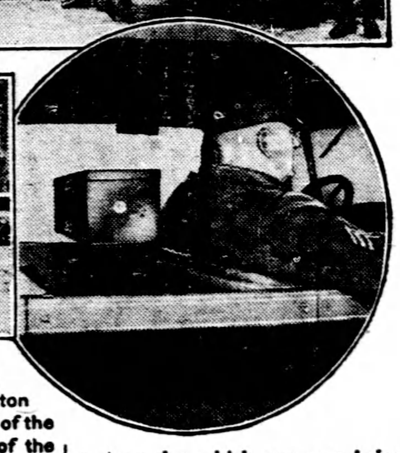
In a recent address, W. R. Reek, Superintendent of the Ridgetown Experimental Station urged the need for cow-testing and declared that breeders have not made sufficient progress along this line. "Why work with low producers?" he asked. "It is the low producers and poor crops that are injuring our mar kets and it would be impossible to secure a market that would be profitable for the poor crops or inefficient cows. Don't expect someone else to clean up your difficulties for you. Tackle them yourself. The objert of every dairyman should be a high producing herd, as too much time is now wasted on poor cowe and inefficient methods."

GRADING WOOL HAS HELPED

Canadian wools are now recognized both at home and in outside importing countries as possessing highly desirable qualities. Since wool grading became a general policy several years ago, buyers have learned to look with confidence to Canada for supplies. In the last fiscal year little less than 3,500,000 pounds were graded, slightly more than in the preceding year. Wool grading has had a very good effect on improving the annual wool clip and its preparation for market The fleeces now received at the storages are well-rolled and dyed and show a very small percentage of rejects or low grade wools.

SUBSCRIBE TO THE ADVANCE

Police of Canada and States Enlist Auto and Radio for Crime Detection



Upper picture shows Provincial Police of New Brunswick taking delivery of Ford sedans for service with outposts of the Moncton district. Below are six additional cars which increase the fleet of the Customs Excise Preventive Police to 73. In the circle is one of the fleet of radio-equipped Fords used by the Detroit police force.

CANADIAN police are included among those officials who believe that the mental effect of quick capture is a powerful deterrent to crime. With the advent of the telephone, the morale of law offenders began to weaken and the arm of the authorities was strengthened.

Now comes the automobile as an accessory in crime-chasing and detection. And to it, in various cities of the States, is being added the advantage of radio communication with central headquarters.

The Provincial Police of New Brunswick are using a fleet of Ford sedans for service with outposts of the Moncton district with Police Sergeant Nicholson supervising their operation.

The total fleet of the same type of car in use throughout the Dominion by the Customs-Excise Preventive Service has been increased recently to 73. These cars are used for border patrol work along the Canadian-United States boundary. They are operated over all kinds of roads and in all kinds of weather and temperatures. Records of performance have caused the service to standardize on this one type of Canadian-built car. It is the experience of police officials in all parts of the North American continent that the sedan type of car proves the most dependable and adaptable for police needs.

"Shock" Service in Toronto

"Shock troop" service is the use that Toronto police make of 25 Fords. A car is allocated to each district station and is in readiness at all times for cases that demand quick action.

Chief of Police C. H. Newton, of Winnipeg, is among those who find added service in the availability of police cars.

"The new fast, light car is admirably adapted to police work," he writes, adding: "I believe that before long they will supercede the motorcycles which are now being used for the purpose of regulating persons who drive recklessly."

Close cost statistics were kept on two Ford sedans used by the Royal Canadian Mounted Police between June 2 and August 31, 1929. One was driven 3955 miles at a cost of $.0222 a mile and the other 3194 miles at a cost of $.0224 a mile. The first did 20.39 miles per gallon of gasoline and the second 19.48 miles. Repairs cost $14.65 for the first and $10.95 for the second.

In the United States, Detroit and other cities have gone a step further and equipped motor fleets with radio, so that information may be sent to them while they are in motion. Secrecy is maintained by the short wave lengths used by the police broadcasting stations. Since last April, more than 1000 important arrests have been accomplished in Detroit alone within three minutes from the time the warning was broadcast.

New York, Chicago, Philadelphia and other cities have large motor fleets of "bandit chasers."

Fighting The Weeds

Ontario is this year making a determined effort to eliminate the weed menace which in recent years has seriously reduced crop returns and land values. Under the Ontario Weed Control Act it is the duty of rural municipalities to see that all weeds growing upon highways under their jurisdiction are cut down at the proper time to prevent the ripening of their seed and to appoint such officers as may be necessary for that purpose. Railway companies are required to take similar action along their rights of way. If weeds are to be eliminated from Ontario everyone must do his share because one weedy farm can effectively infest a whole neighborhood. Destroy weeds and help prevent enormous annual loss.

LIGHTNING STRIKES BARN, KILLS 14 LAMBS

In Monday night's electrical storm a barn on the property of John R. Smith, near Kirkville, was struck by lightning. On investigating Mr. Smith found that, although the barn was not damaged very much fourteen lambs, that had taken shelter during the storm were lying on the floor dead. It is understood that the building and contents were fully insured. —Collingwood Enterprise.

STOP *means* STOP

The STOP signs on streets and highways are there for your protection. They protect you and all other drivers only to the extent that you obey them.

There's a STOP sign at every intersection of The King's Highway and at intersections of many other main highways and streets. Be sure you heed them. If you do not, and an accident results you are responsible.

You cannot depend on other drivers. While you may have complied with the law by coming to a full stop, you should still exercise care in entering the traffic stream of a main highway.

The Keystone of Safety on The King's Highway and all other roads and streets

CARE
COURTESY
COMMON
SENSE

Highway Safety Committee

The HON. GEO. S. HENRY, *Chairman*

1185

Your Vote and Influence Solicited for

L. G. Campbell

Liberal-Conservative Candidate
for South-East Grey

MISS MACPMHAIL AND DIVORCE

Miss Macphail, South-East Grey's representative in the last House of Commons at Ottawa, voted in favor of the granting to Ontario of the power to controol its own divorce courts. In face of the fact that our lady member has for so long stressed the point that she was the representative of the people, and not any political party, is it not fair at this time to ask: "Did she represent the people of South-East Grey when she voted for the establishment of divorce in Ontario?

Surely I need not take the time to state that the people of South-East Grey are not in favor of divorce courts. Neither are the people of Ontario. The people of Ontario did not ask that this Province be given this authority. Rather, there was but one agitation when this infamous Woodsworth bill was introduced, so far as the people of this Province were concerned, the agitation to leave things as they were, and to have nothing to do with a measure that was to invade the homes of this country and leave a trail of sorrow in its wake.

The people of Ontario almost rebelled against this attempt to foist on the people of the Province something they did not want, something which they regarded with abhorrence, and something which, if it gains a foothold in this Province, will assuredly seriously interfere with the sanctity of the marriage vow, make for looser morals, and in the end prove the most unfortunate piece of legislation ever passed through the House of Commons at Ottawa.

But Miss Macphail voted for it, and voted for it in direct opposition to the desires and feelings of the people of South-East Grey, who elected her as their representative.

Miss Macphail has declared times without number that the big fault to be found with the two old political parties was that they did not represent the people. For this, according to her reasoning, they should be voted out of authority and a government that would truly represent the people elected.

What defense can Miss Macphail offer for going against the wishes of the people of South-East Grey. According to her own statements and reasoning, she should be defeated at the polls on the 28th of this month for this breach of trust.

It is scarcely possible that the motherhood of this riding will condone Miss Macphail's breach of trust by marking their ballots in her favor on polling day.

DO FARMERS NEED PROTECTION

Do the farmers of the Dominion of Canada, and more especially Eastern Canada, need protection from the inroads on their business by the importation of foodstuffs from those countries where the cost of production is lower and where the standard of living is not to be compared with that enjoyed by the Canadian agriculturist? Can they successfully compete under these conditions, with the assurance they are receiving a fair return for the labor expended?

This is the main issue of the present federal election campaign as it effects the farmers of South-East Grey. It will be the farmers who will decide this suestion at the polls on the 28th of this month. To them it will appeal as a matter of business; idle sentiment should not and will not count. Farmers,, like other business men, are in business in order that they may make a living for themselves and their families during the productive years of their lives, and also to lay by a sufficient amount of this world's goods to assure them a decent existence in their declining years. This is about the best the average farmer and business man can hope for.

As the standard-bearer of the Liberal-Conservative party in the present campaign, I promise, if elected, to do everything in my power to improve the business conditions of this country as it affects the farming community as a whole. Behind me in this pledge, stands the political party I represent, whose platform appeared in this column last week.