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AT LARGE

Voice of the Press

CANADA

STYLE CHANGE

The girl who used to spend a lot of time in front of the glass making sure her hat was on straight now spends the same amount of time making sure it isn't. — St. Thomas Times-Journal.

MENTALLY ILL.

There is decided merit in the proposal of the Hon. Dr. J. A. Faulkner, the provincial Minister of Health, that the word "insane" shall be deleted from Ontario's statutes wherever it may occur and be replaced by the phrase "mentally ill and defective." We have made much progress from that dim period in which individuals suffering from mental illness were considered to be in such a hopeless state that they were confined in virtual prisons and set apart from the world for the remainder of their days.—Brockville Recorder.

ISLAND STEPPING STONES

Soon every little island in the ocean is going to find itself important and it is certain that, with aviation developing as it is, places which in the past have not even been spots on the map will become centres of interest. Here, for instance, is the case of the Wake Islands, away out in the Pacific Ocean. These are three small islets, with a total area of not more than 2,600 acres, yet they are to be a point of call on the proposed U.S.-China air route, plans for which are now well under way with Pan-American Airways and the United States Government co-operating. —Sault Star.

BRITAIN'S PROGRESS

The soundness of the basis on which British recovery has been built is shown more clearly than ever in Neville Chamberlain's budget for the coming year. The average Briton's standard of living has steadily improved. The cost of living last year was substantially below the level of 1934, when the National Government came into power. Industrial production rose 12 per cent. last year; exports increased $145,000,000.—Winnipeg Tribune.

"THE STAGGERING TOTAL"

Any attempt to establish the absolute total of direct and indirect victims of the war in the whole world, Professor Hersch of the University of Geneva sums up, "is doomed to failure," in the first place "because we lack reliable data for the backward countries." But, he adds, "even with these gaps we arrive at the following approximate estimates" of deaths directly and indirectly attributable to the world War:

	Military	Civil
Europe	12,637,000	12,219,000
America	170,000	1,500,000
Asia	69,000	13,700,000
Africa	99,000	900,000
Oceania	76,000	60,000
	13,055,000	28,379,000

Which gives the staggering total of "early 42 million people destroyed" —a number actually greater than the population of France, England and Wales, and four times as great as the total population of the Dominion of Canada.—Halifax Herald.

A SPECULATION.

The population of the United States in 1800 was 5,308,000, less than half the population of Canada today. Even in 1820 it did not exceed 9,636,000, or 1,500,000 less than the number of people who live in this Dominion now. The rate of increase, however, was consistently greater than that of Canada, owing to the heavy immigration which continued until drastic restricive regulations were imposed fifteen or twenty years ago. When economic conditions have improved it may be predicted that Canada's population will increase at a greater rate than at any other time in her history and may reach 20,000,000 within the next two decades. —Victoria Times.

ORGANIZED CHILDHOOD

The school child of twenty years ago knew little or nothing of airplanes or radio or automobiles, but today these are a part of his life. Child life is also organized today as never before with Boy Scouts, Girl Guides, camps, clubs, choirs and athletic teams. The process of relating education to this more socialised existence is in itself a problem of importance.—London Free Press.

PARADOX ON THE FARM.

Although the Washington Government has taken unprecedented steps in the last two years to reduce farm production, an odd turn of events has resulted in a substantial increase in the number of farmers. Census bureau officials estimate that at least half a million new farms have sprung up in the United States during the depression. For the most part, it is believed that this is due to the return to rural areas of city folk whose jobs vanished when factories shut down. Over a period of many years the American farm population steadily declined. It is surprising enough to find this trend reversed, over a five-year stretch; but to try to understand just how this reversal fits in with reducing farm production is quite a task.—Quebec Chronicle-Telegraph.

EXPENSIVE AND SLOW

It has been estimated that it costs $25,000 to kill one man in modern war. Worse than that, the grandson foots the bill for the man his grandfather killed.—Toronto Mail and Empire.

SECRET OF LONG LIFE.

Mrs. William Russell of Mitchell, celebrated her 101st birthday on March 25. So unusual is such an event that it comes under the heading of remarkable.

Like a good many others to whom length of years has been measured in increasing degree, Mrs. Russell had something to say about the secret of a long life. It had nothing to do with diet, but it was merely that getting up early in the morning was the place wherein the secret rested.

And Mrs. Russell means four o'clock in the morning when she says "early."—Stratford Beacon-Herald.

FIXING THE BLAME

A medical man recently opined that heredity is a factor in headaches.

It seems our ancestors are blamed for a lot of things these days. We had believed that many modern headaches resulted from irregular hours, and sometimes excessive eating or drinking. There must still be a variety of causes to produce the effect, depending upon the individual factor, of course; but what a final excuse a man may offer hereafter—that an ancestor is responsible for his "morning after" feeling. —Border Cities Star.

LURE OF THE UNKNOWN.

This is a time of year when a spirit of restlessness takes hold of many of us. We feel a desire and an urge to break away from our accustomed tasks and occupations, to go wandering in search of change, and sights that are new or different.

It is, perhaps, the modern symptom of the wanderlust to which mankind in past ages was able to give rein in the mass. Wanderlust is wonderlust; longing for the unknown things to be seen at the end of strange waters. Individuals of all ages and all generations have known it—have felt it dragging them from the beaten tracks to trails that lead into uncharted regions. Some never return. Some return in rags, weary and broken, with scars to prove their adventures. A few return in fine raiment, enriched, with stirring tales of good things found and evidence that bears them out. Wanderlust takes many forms.

Sometimes it gets into the feet and pulls its victims along strange paths towards wondrous places, new lands, unexplored wastes. Sometimes it gets into the mind and leads towards strange theories and after strange objectives, some of them real, some chimerical, some good, some bad. Sometimes the lure of the unknown draws toward strange political, moral, social, economic or metaphysical "isms"—some of which prove sound and safe, but some unsound and deadly dangerous. Many wanderers perish on their journeys along strange mental lines.. Others return, sadder and wiser.

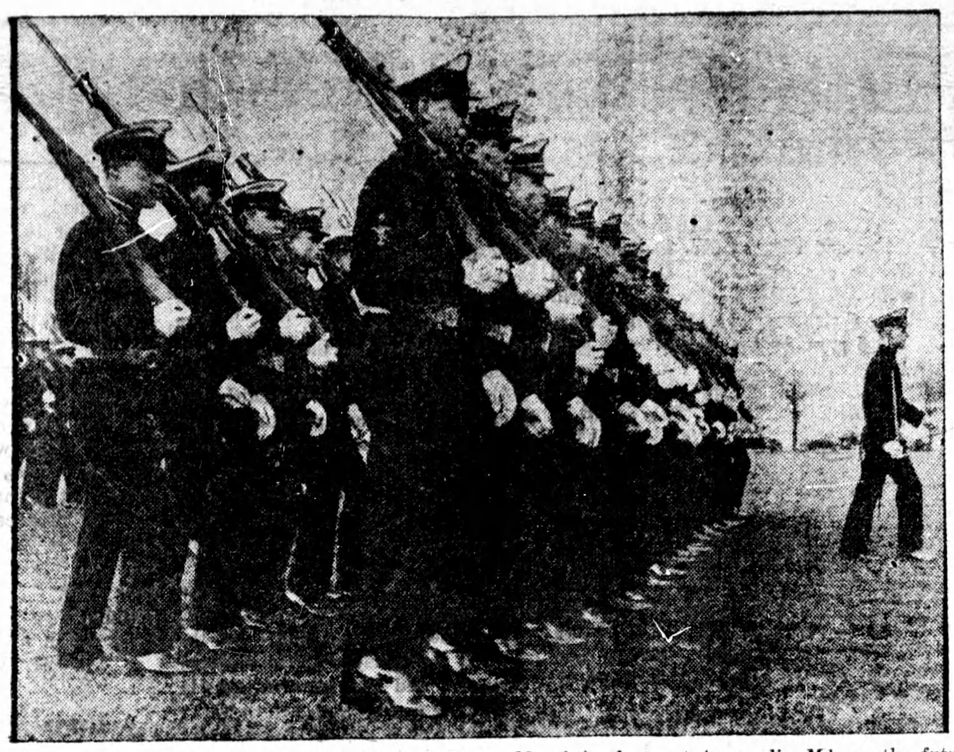
Whatever directions the wanderlust takes individuals, it would be a dull world without it. — Kingston Whig-Standard.

THE EMPIRE

AGES OF MAN

The age in which he does not know anything and doesn't know he doesn't know anything. The age in which he doesn't know anything but thinks he knows it all. The age in which he is convinced that his father is a dumbell. The age in which he comes to find out he doesn't know it all. The age in which he discovers that his father is possessed of normal good sense. The age in which he discovers that he really knows very little. The age in which he discovers his father was possessed of more sense than he has. The age in which he has a son who thinks he is a dumbbell.—London Opinion.

Midshipmen Hold Parade



Scene on parade grounds at the United States Naval Academy at Annapolis, Md., as the future officers of the U.S. Navy go through their paces in first dress parade of the year.

THE POPULAR BRITISH POST OFFICE.

By an energetic campaign of advertising by the systematic study of the public needs, by the drastic cheapening of the services, the Post Office has been transformed, almost overnight, from a semi-obsolete bureaucratic machine into an enterprise charged full with vitality. Sir Kingsley Wood deserves the gratitude of the country for this far-sighted and courageous achievement. — London Morning Post.

BRIGHTER TRAINS.

Yesterday the chairman of the Southern Railway did a little electrifying himself. Waiting-rooms, he said, would be made into places where anyone could enjoy the waiting. Though here and there travel by rail has been much more cheerful lately, the general standard remains so low that to most train travellers these sentiments will seem revolutionary. And in truth nothing short of a revolution is wanted. The advantages of travel by train are in danger of being buried in a doleful wilderness of ugly dark termini, old-fashioned stations and Victorian carriages.—London Daily Herald.

PUBLIC HEALTH IN S.A.

The great obstacle to the general adoption of more hygenic measures everywhere appears to be the reluctance of the community, and also of Provincial and local authorities, to pay for them. The provision of pure water, and of adequate sanitary facilities, costs money, and many people do not yet seem to realize that it would be money well spent. Many local authorities, on the other hand, have not got the money to spend, and for that reason it has been suggested to the Provincial Finance Commission that the whole organization of the Public Health Services, as well as the financial provisions of the Public Health Act, need revision and readjustment. The position has been lucidly reviewed by the Secretary for Public Health, and the remedy has been evident for many years past. The present time provides an excellent opportunity for initiating the reforms that alone can make satisfactory provision for a healthy South Africa in the future.—Johannesburg Times.

DECLARE GLANDS SUPPLY 'DRIVE'

Piladelphia, April 30. — From 300 of the dead, medical science has its answer to-day to one of its major mysteries, whether human personality is just a matter of glands.

The answer is no — the glands do not make personality, but they are its powerhouse. They leave unexplained why one person is a genius, another a pauper, but for whatever talents man possesese they furnish the "drive."

Dr. Walter Freeman, of the Blackburn Laboratory, St. Elizabeth Hospital, and George Washington University, Washington, reported to the American College of Physicians that they explain the drive which makes a scientist spend 50 years studying a mouse, or the power of the orator who sways millons.

THE ENDOCRINE

This answer was found in measuring and weighing the endocrine, or internal secretion glands, of 300 persons who died at St. Elizabeth Hospital. They had been long time patients, their personalities in life carefully recorded.

It is true, Dr. Freeman said, that numerous personality tendencies were seen which appeared to be associated with whether one or another of these glands was extra large or extra small.

He added: "Two important functions, as far as the personality is concerned, may be safely granted to the endocrine system. These are emotional stability and energy and drive. The irritability and emotional instability seen in hyper thyroidism, in hyper insulinism, in hyper parathyroidism and in certain other endocrinopathies, are relieved by restoring the normal endocrine balance.

"The energy drive is augmented to a greater or less degree by correcting any deficiency of the pituitary, thyroid, adrenals or gonads.

"Nevertheless as far as determining whether an individual shall be proud, sensitive, suspicious paranoid individual; or a timid, shut-in, dreamy-schizoid person; a boisterous, jolly, hailfellow well-met cycloid; or a moody pedantic, egocentric epileptoid individual, the endocrine glands would seem to have little say in the matter."

HEAT FOR SINUS DISEASE

Warmth Is Supplied by Water Run Through Tubes in Nostrils

There probably never was a time when heat was not regarded as a means of alleviating pain. Just what occurs when a hot-water bag is applied to a lame back or an aching ear is still obscure; physicians talk of stimulating the circulation, of doing something to cells that is still the subject of speculation. The plain fact is that heat often aids nature in achieving her own ends.

Much of what constitutes modern physiotherapy depends on the application of heat by electrical apparatus. When a physician invokes diathermy he sends through afflicted tissues and organs a current which has the proper characteristics and which, as it encounters internal resistance; generates heat. More recently short-wave therapy has come to the fore—a treatment in which waves shorter than those used in radio penetrate the body without the use of anything that touches the skin. Extraordinary results have been achieved in killing the bacteria of some virulent diseases in this way. The hot-water bottle, the electric lamp and the radiator that emits infra-red rays have no such power.

Because there is so much guesswork about these heat treatments, Dr. William Bierman has actually sunk thermocouples in the flesh and thus measured the relative effect of powerful incade cent and infra-red lamps. Contrary to the prevailing view, he found that heat from the electric lamp penetrates more deeply than heat from the infra-red radiator. What happens when a diathermal current or short-waves penetrate tissue no one knows exactly. It is impossible to measure temperatures in electrically heated tissues because the measuring apparatus itself is affected.

All this is of moment in considering the work that Dr. I. Daniel Shorell of New York describes in American Medicine. He is a specialist in the treatment of diseases of the ear, nose and throat, and sinuses attract his attention. Like others in his field he recognizes the benefits of heat treatment. Also he sees that the heat radiated by lamps and sources of infra-red rays cannot penetrate far into the sinuses. After much experimenting, he has devised an improvement which deserves the consideration of physicians who specialize in the treatment of diseases of the ear, throat and nose. His modification makes it possible to apply heat not only to the region of the bones and tissues affected, but to control it automatically.

In the treatment of sinus disease, tubes of purest rubber are inserted into the nostril as far as the hard palate. Each tube is divided lengthwise by a partition, and each branches from a main tube leading to a compression and suction pump. The business of the pumps is to drive hot water through the system of tubes in a ceaseless flow. An electric heater keeps the water automatically at the right temperature. Valves control the pressure, which varies from one to three pounds. What we have is something like the hot-water circulatory system by which houses are sometimes heated. The rubber tubes are simply heat radiators controlled by a thermostat.

It is astonishing how much heat local tissues and bones can stand. At first the temperature is only 112 degrees F., but every ninety seconds it is raised one degree. Usually 128 degrees can be endured without discomfort. Patients lie on their backs and let the hot water circulate separated from the mucous membrane only by a thin wall of rubber. A treatment lasts from fifteen to twenty minutes. The sinuses, which lie near the mucous membrance of the nose, are benefited, as they usually are when subjected to heat treatment. In this case the benefit is especially marked. Undoubtedly some heat is conducted through the adjacent bone.

HEAT TREATMENT RECORDS

What actually happens is not clear in any method of heat treatment. But before-and-after X-ray pictures of 170 cases of sinus disease treated by this dry heat, hot water method show sometimes a complete disappearance of telltale shadow, sometimes partial clarification and only rarely no improvement at all.

In his article in American Medicine, Dr. Shorell refers to the improvement of hearing in cases of chronic catarrhal deafness that follows this treatment of the sinuses. The reason may possibly be given by Dr. M. M. Collum in a paper which he read before the American Medical Association and which is published in its Journal. Cullom presents statistical and pathological evidence of an association of sinus disease and infection of the middle ear. "I have the feeling that, owing to the position of the sinuses at the top of the respiratory tract, they are a menace to all lower-lying structures," he ventures. Drainage from infected sinuses contaminates everything it reaches.

The conclusion is drawn that ear infections, which may result in acute or chronic catarrhal deafness, may be treated by way of the sinuses with good results. Dr. Cullom is apparently in favor of operations of some sort. Dr. Shorell relies on his modified heat treatment and presents his case records to support his stand.

British Farmers In Tithe Protest

More than 100 farmers, protesting against the tithe collections, "Queen Anne's bounty," burned effigies of the Archbishop of Canterbury in clerical garb and Queen Anne, during a demonstration at Ashford, Kent, England. The protest was staged after lack of bidding had prevented the auction of nine dairy cows seized in an effort to collect more than $300 in tithe arrears for the Ecclestiastical Commissioners. The above photo shows the effigies being carried to the scene of the bon fire.

Your Non-Stop Endurance Test

No man has ever constructed such a marvelous, complicated piece of machinery as nature has put inside of his body. No watch is more delicately adjusted — each part dependent on the other.

Quite unknown to you, most of the time that amazing machine of yours is making its own repairs. Minor adjustments are automatically made. Sometimes, though, outside help is needed — help from a competent man or a surgeon.

Machines that have been run a long time without inspection, especially those more than forty years old, deserve to have a thorough inspection at least once a year. Give that machine of yours an opportunity to continue faithful service. Find out if it needs repairing or tuning up.

Beating Disease

Mule spinners' cancer which has for generations been the dread of Lancashire cotton spinners has at last been conquered. Its cause has been traced to the spinner's contact with certain lubricating oils as he leans over his machine, and an effective preventive consists of smearing over the exposed parts of the body with lanolin and olive oil before and after work. During the last few years thousands of experiments have been conducted by Dr. Twort, head of the Cancer Research Department at Manchester University, and his brother, Mr. J. M. Twort, of the Manchester Cancer Committee, with a view to discovering lubricating oils which may safely be used on the spinning machines, and the evidence to date points the finger of suspicion at the heavy-oil engines as the greatest offenders.

To be cussed seems to be the natural state of man. Even the rural mail carrier is more cussed for the single trip he misses on a stormy day than he is blessed for all the trips he makes right on time.