EVERY DAY LIVING

A WEEKLY TONIC
by Dr. M. M. Lappin

THE FEAR OF BEING ALONE

Fear is one of the most disintegrating forces in the universe. It is also one of the most common. There are many kinds of fear. Some folks are afraid of the future, others fear the dark, others fear that they might become the victims of disease, others fear the company of their fellows, while there are still others who fear themselves. The last mentioned are generally afraid of being alone. They like to have someone beside them all the time and they only feel safe when there are other people around.

Mrs. George B. is such a person. When she is in the company of others she is perfectly all right, but whenever she is left alone for a time she begins to imagine that something is going to happen and her nerve gives away. This is a common complaint. A great many letters come to my desk, particularly from women who are in or around the forties, which voice the same complaint.

Of course it is easy to say "Don't be afraid" or "There is nothing of which you need to be afraid." That, however, does not help the sufferer. Usually the trouble lies deeper and it is necessary to get at the cause of the fear and remove that before we can hope to effect a cure. To do that it is often necessary to probe deeply into the past life. Indeed, very often one finds that the cause of fear lies away back in some early experience of childhood. In the absence of detail it is almost impossible to say just exactly what the cause is. I would like to ask my correspondent to go back over her life as well as she can and try to recall any experiences that might possibly have created in her the fear of being alone. When she discovers any such experience she will probably find if she tries to examine it in the light of cold reason that, while at the time it seemed a dreadful thing, it now seems trifling and foolish and that really, after all, there is nothing to fear.

The only way to control the mind is to practice controlling it. Determine that you are not going to let your mind dwell on anything that is likely to be mentally disturbing. Lift your thoughts above yourself and, when you are alone, busy yourself with some kind of work in which you are deeply interested. Read a book—not one of the modern thrillers, but a book that is mentally stimulating and that will command your attention. You might even have one or two of the many fascinating puzzles that are going the rounds nowadays and give yourself to the solving of one of these to while away your lonely hours. If you have much spare time on your hands, why not interest yourself in some kind of philanthropic or charitable work? There is nothing like doing something for others to take your mind off yourself. Try it, for it is true that we only "find" life by "losing" it in service for others.

Such head noises and irregular heart beats as you complain of are very probably purely imaginary and due entirely to your own self consciousness. Why should you feel "blue"? You are really very fortunate — comfortably situated with a good home and a considerate husband in a good position. Supposing you think from now on of your favored position—of the things you have rather than of the things that might happen and most likely never will happen. You will then see that you have much for which to be thankful. Think! How many of the things you have feared in the past have actually happened? Probably none! Then should not that be enough to show you how silly it is to go on in that state? After all, it is so foolish for, if you give yourself to fear and worry you are only sapping your energy and, if anything should come, then you will be without reserve with which to meet it. I am sure if you will only try to look at it like that, you will come to the conclusion that your present attitude toward life is foolish and change it for a better. I hope you will and I shall be interested to know how you are getting along.

CASH FOR YOUR SPARE TIME

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HAVE YOU HEARD

"A centipede was happy quite, until a frog in fun
Said: 'Pray, which leg comes after which?
This raised her mind to such a pitch,
She lay distracted in the ditch considering how to run."

* * *

Girl — Ah, let me drink my fill of the exquisite beauties of this starry night!

Boy Friend — O.K. There's both the Big Dipper and Little Dipper.

* * *

Never do men look quite so helpless and harmless as when they appear in a flashlight of a banquet.

* * *

Friend — My mother-in-law has visited my house only once since I got married.

Friend — Man, you're lucky.

Friend — Lucky? She's never left.

Three men were arguing over whose was the oldest profession!

Said the Surgeon — The Bible says that Eve was made by carving a rib out of Adam. I guess that makes mine the oldest profession.

Said the Engineer — Not at all. An engineering job came before that. In six days the Earth was created out of chaos.

Said the Banker — Who created chaos?

* * *

The only women who make good wives are those who get angry enough to seek a divorce, but who are too proud to take alimony.

* * *

Man — Does he know her very well?

Friend — He must. I overheard him tell her she is getting real fat.

* * *

CONCLUSION

This is to remind you, one and all,
That summer's riding for a fall.

* * *

Ethel — Nancy says that she likes the tone of Jefferson's voice.

Mary — Yes, she thinks there's a ring in it.

Mrs. Long Married — Never ask your husband for money, dear.

Bride — I don't have to. George sleeps like a baby at night.

* * *

All men are born free and equal
But when they grow up, get married and pay taxes.

* * *

A girl never tells you how ticklish she is unless she's anxious to get acquainted.

BURLEY TOBACCO MARKETING SCHEME

The Burley Tobacco Marketing Scheme has been officially approved upon the recommedation of the Dominion Marketing Board. The scheme relates to the marketing of burley tobacco grown in the Province of Ontario, and is, in most respects, similar to the Flue-Cured Tobacco Marketing Scheme.

There has been a lack of coordinated action in marketing which has led to most unsatisfactory returns to the producer, according to the Dominion Marketing Board, and it is believed that improved conditions will result from the operation of the scheme. By a system of crop appraisal and the providing for negotiations between producers and buyers it is contemplated that price stabilization will be achieved.

The local board will consist of fifteen members representing Burley Associations, packers and manufacturers. There is a Provisional Board named to hold office until the Local Board is elected in October. The Head Office of the local Board will be in Chatham, Ont.

5,966 Novels

Library At Wallaceburg Presents Report For Two Months

Wallaceburg — During July and August Wallaceburg book readers took out a total of 5.966 novels from the public library, Miss Della Gibb, librarian, reported at a recent meeting of the library board.

The two months saw 4,987 fiction editions removed. Fifty-four books on general arts were taken; 23 on philosophy; 14 on religion; 268 on sociology; 234 on natural science; 45 on useful arts; three on fine arts; 69 on literature or philology; 36 on history 71 on travel; 16 on biography, and 146 books of reference.

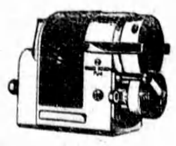
The total receipts for the two months amounted to $22.61. Twenty-eight new applications were granted; 76 applications renewed, and 102 cards cancelled. During July there were 1276 borrowers, and during August 2,179. The books kept in circulation through repair totaled 314, and the books added to the library, 13.

Canada's Prairie Provinces

Ottawa, Canada—Great progress in agricultural development has been witnessed in the Prairie Provinces of Canada during the last 35 years. During the years 1901 to 1931 the area of occupied farm land in the prairie region increased from 15 million acres to 110 million acres, or more than sevenfold. In 1901 the Prairie Provinces contained 24.3 per cent of the total occupied farm acreage in the Dominion and by 1931 this acreage had increased to 67.3 per cent. of the total. In the same period the improved farm acreage increased from 18.5 per cent. to 69.8 per cent. and the field crop acreage from 18.2 per cent. to 69.1 per cent. The decade 1901 to 1911 witnessed the greatest expansion, due to the rush of homesteaders into Saskatchewan and Alberta. Occupied farm land increased from 15 million acres to over 57 million acres. Of the improved land in the Prairie Provinces in 1931, 67 per cent. was in field crops.

Farming in the Prairie Provinces comprises four more-or-less distinct types—wheat growing, mixed farming, dairying (usually associated with mixed farming), and ranching. Wheat growing predominates in southwestern and central Alberta, throughout the whole of Saskatchewan except the northern and eastern fringe and the dry belt, and in southern Manitoba, although in the latter area, the proportion of other cereals and forage crops is growing rapidly. Mixed farming is found in northern and western Alberta and in the northern and eastern parts of both Saskatchewan and Manitoba—in other words over practically the whole of the park belt. Mixed farming is also the dominant type in the irrigated districts. The greatest development in dairying has occurred in eastern Manitoba, northeastern Saskatchewan and northwestern Alberta. Ranching is practically confined to the dry area in southwestern Saskatchewan and southeastern Alberta and to a strip of land extending from the international boundary northward along the foothills to beyond Calgary.

MAGNETOS



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Issue No. 39 — '35

Another View On Abyssinia

With correspondents writing daily their impressions of Abyssinia, the reader has collected a more or less jumbled picture. Therefore, it is with a distinct sense of relief that one reads the first-hand testimony of one who is, so far as can be judged, a truth-seeking witness. Mr. Dadiclac Farago, a young Hungarian journalist, was asked by his chief if he could be ready to leave at ten days notice to act as war correspondent in the obviosly imminent war.

He arrived at the capital settling in a hotel where the bathroom contained every possible requisite for a bath except water.

He writes of his first visit to the law courts:

"Executioners entered and held a glowing iron on the thief's forehead. the swindler was bound hand and foot and laid on the ground. Then the real work began. Brandishing hippopotamus whips, a metre long, they came down once, twice—twenty-five times, until full justice had been done. The liar's ankles were tied loosely together with a chain, and so he had to stay until the end of his sentence. Hundreds of these offenders are to be seen in the streets, hopping along.

When bandits become particularly active in the provinces, a punitive expedition may be dispatched to the infested area to hang everyone it can catch, regardless of guilt or innacence.

Everywhere, with one immensely important exception, Mr. Farago found corruption, laziness, crafty stupidity, obstruction, ignorance and delay. The exception was the Emperor himself, Haile Selassie, King of Kings, Lion of Judah. He is cultured and enlightened, the personification of the modern Abyssinia that he is trying, against almost overwhelming odds, to create. He is unique. And he is desperately, and tragically, alone. Nothing can happen without the Emperor. Everything must be planned, organized, and carried out by him.

Amidst the thousands of screaming beggars, servants, parasites, soldiers, and lazy ministers, amidst decaying buildings and gorgeous gilded halls, the Emperor of Abyssinia leads a lonely life. He is the most hard-working citizen in the country, rising at 4 a.m. and receiving the first interviewers of the day an hour later.

And he has several powerful enemies. The first of these is the Force of Tradition which, in every country and in every century, is a deadweight of inertia. There are always diehards who believe that what was good enough for their fathers will be good enough for their children. There is a strong Conservative wing among the lesser Abyssinian chiefs who regard the Emperor, with his new-fangled ideas and his dangerous desire to abolish slavery, as a sort of home-grown Bolshevik.

Then there is the Church.

And as if that was not enough for any man to face, a new enemy is massing all the blessings of civilization—bombs, gases, tanks, chemicals, and shells—upon his frontiers.

Mr. Farago in sizing up the chances of the two armies has some very clear cut views:

Italy's capacity to defeat the Abyssinians is aided by the lack of rifles and ammunition at the disposal of the Negus and the appalling difficulties of transportation owing to the almost complete absence of roads. There are also a number of chieftains who will undoubtedly go over to Italy, leaders of tribes which are not, strictly speaking, Abyssinian at all. Again the Emperor has no medical equipment and no doctors. "We are all going out to die," said a cultured Abyssinian to Mr. Farago.

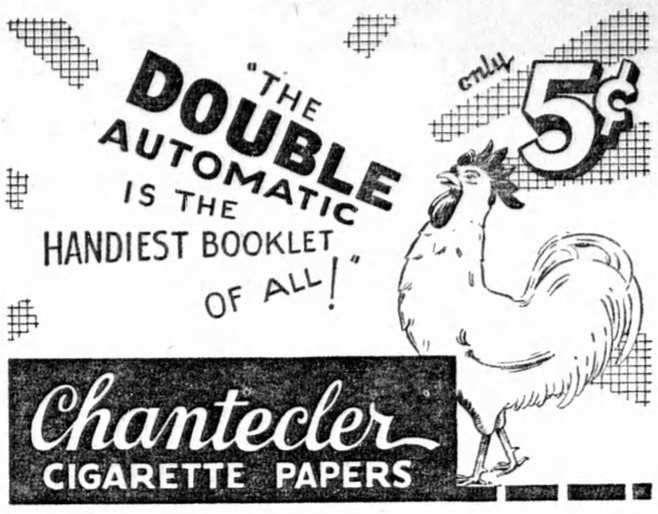
On the other side of the picture are some of the difficulties which the Italians will encounter. Grim, waterless places. Mr. Farago took a trip to see these two provinces for himself and here is his description:

"Ogaden looks as if it had already been rent by war. There are deep ruptures n the ground that look like natural trenches, but are only the result of the perpetual drought . . . sand desert follows on stony desert, bush on steppeland . . . in these pitiless surroundings live fierce men and wild beasts.

There is ample opportunity for ambush among the rocks and cactus and the whole province is ideal for guerrilla warfare of the savage and merciless type that the Spanish peasantry employed with such deadly effect against the French invaders in the Peninsular War. And if the Abyssinians can be persuaded by their shrewd military adviser, General Virgin, of the Swedish Army, to adopt this form of tactics, Italy's task will be impossible.

THE PSYCHOLOGY OF FELLOWSHIP

For those with grievous troubles, the friendly atmosphere opens the gates for relieving mental pressures. It gives men a chance to get problems "off their chests" and thereby obtain a new grasp on themselves. We have all seen this work out: we seldom, if ever, stop to realize how psychologically sound and how humanly important it is. —Dr. Amos O. Squire, former chief physician at Sing Sing prison.



Queen Victoria's Voice Survives in Message to King

Writes the Manchester Guardian: —"Some time in the eighties a Mr. Gouraut, agent of the Edison-Bell Company, introduced the first phonograph into England. Queen Victoria consented to allow her voice to be recorded, and chose for the subject of her speech a message of goodwill to the Emperor Menelik of Abyssinia. This was dispatched to Abyssinia by special courier, with the instruction that when the Emperor had heard it it was to be destroyed.

A few days ago a record of this message was discovered in the storerooms of the company in London. It was covered with fungus, and so far only the words "the goodwill of my people" can be heard. It is hoped, however, that by a careful system of cleaning and electrical amplification the whole message will be audible. If this is achieved the sound will then be transferred from its old-fashioned cylinder to a modern disc record.

An official of the Edison-Bell Company said last week: "Three cylinders of every speech were always made on the old phonographs, and we thought that all three of Queen Victoria's message had been destroyed. However, one has been found — presumably the one which Gouraut kept in his possession, since all traces of the one sent to Abyssinia and Queen Victoria's copy have been lost. We are waiting now to hear what the whole message reveals. We cannot say whether the record will be sold to the public, in view of the Queen's command that it should be destroyed when the Emperor had heard it."

There could not be a more appropriate moment than the present to hear an English Sovereign's message to Abyssinia.

In the same old record-box in which Queen Victoria's record lay records of the voices of Florence Nightingale, Disraeli, and Gladstone have also been found. Florence Nightingale is speaking on nursing and on cancer.

It is recorded in the official documents of the Edison-Bell Company that Mr. Gouraut introduced the phonograph at a dinner in London at which many celebrites were present. Among others, Gladstone and Disraeli were asked to record their voices. Disraeli spoke of "the possibilities of this marvellous speech-carrier," but Gladstone was so eloquent in his prefactory remarks that before he had begun his set speech for recording the cylinder on the phonograph was seen to be finished. Mr. Gouraut, however, was not put off by this, and called on him the next morning. He found him in bed, whence Gladstone recorded a message of thanks to Mr. Edison-Bell for enabling him to record "the relic of an organ the employment of which has been overstrained."

Records have also been discovered of the voices of General Booth and Lord Rosebery, although it is not yet known that these are in good enough condition for amplifying and recording.

The company hope that they may find other records made late last century, as there are still parts of their storerooms unexplored.

It is not fit the public trusts should be lodged in the hands of any till they are first proved and found fit for the business they are to be entrusted with. — Mathew Henry.

The contemplation of celestial things will make a man both speak and think more sublimely and magnificently when he descends to human affairs.—Cicero.

Canada's Fisheries Show Improvment

OTTAWA, Canada. — In common with others, Canada's extensive fishing industry suffered as a result of the recent world-wide trade recession, but statistics for 1934 indicate that the tide had turned and some betterment was under way. Persons employed in the fishing industry in 1934 numbered 83,396 compared with 79,548 in 1933 a gain of 5 per cent. Capital investment in plant, gear, and equipment in use in the industry rose from $40,914,057 to $43,377,531, an increase of 6 per cent. Marketed value of the production from inland fisheries showed an increase of about 18 per cent., amounting to $4,780,585 compared with $4,063,358 in 1933. Marketed value of the sea fisheries production was 26 per cent more than in 1933, amounting to $29,341,386 compared with $23,433,588.

The biggest single gain in marketed value in 1934 was $3,166,600, recorded by the salmon fishery. Most of this gain, or $2,998,000 was account-for by the increased output of canned salmon in British Columbia. The cod fishery, mainly an Atlantic coast fishery, contributed an additional $728,800 to the marketed value. Lobsters accounted for an extra $'45,-400 and the returns from British Columbia's pilchard industry were greater by nearly $472,500. Many other varieties in both sea and inland fisheries also made substantial gains in marketed values.

Veteran Tram Driver Says Women Are Bad Pedestrians

Halifax—After watching traffic from street car cabs for 42 years, grey-haired Thomas McLaughlin has come to the conclusion that women make worse pedestrians and automobile drivers than men.

"The men are better drivers," he says. "A woman gets all muddled up when anything goes wrong."

About women pedestrians:

"They will go across the street regardless. Men are more cautious. The women seem more independent. But, of course, children take the cake. You have to watch for them every minute."

The veteran tram driver should know. Since 1893 he has travelled 2,2500,000 miles to nowhere in particular, averaging around 150 miles a day. He does considerably less than that now on Route No. 2 here—82.72 miles a day.

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