HAD LUMBAGO FOR SIX YEARS

Spent a Lot of Money Seeking Relief

For six years this man suffered with lumbago. After spending a great deal of money on various treatments he tried Kruschen Salts. Within three weeks he got welcome relief. He expresses his gratitude in the following letter:—

"For six years I have suffered from lumbago and rheumatism. I have spent a great deal of money on treatments, without avail. I was advised several times to try Kruschen Salts, but only recently did so. Now, after three weeks' treatment, I feel a new man, and walk with pleasure instead of pain. I sleep as I haven't slept for years, and am filled with a deep sense of gratitude to the chemists who have evolved Kruschen Salts.—R.T.

Lumbago, like gout and rheumatism, is frequently caused by an excess of uric acid in the blood. If you could see how Kruschen dulls those uric acid deposits, then dissolves them away altogether, you would agree that the Kruschen treatment must bring relief in many cases of lumbago.

The Genius

"The latest writer about Shakespeare the man confesses, in effect, that there is little hope of learning more about him than already has been made known," observes the Ottawa Journal. "This is a good thing. It is not the man but the genius whom the world acclaims. Those who think they explain the creator of Lear and Juliet, Touchstone and Falstaff, by citing facts, real or supposed, about the man who was known to others as William Shakespeare are utterly mistaken.

"To understand Shakespeare, the creative genius, we must understand the England that made him, even to understand the world that made England. It is no wonder that the prying inquisitiveness about men of genius has provoked to their worst in our times those who engage in the ghoulish activity of "debunking." When admirers try to make a god of the man who was possessed by genius their errors are so many and so absurd that even a half-wit can lead the crowd in ridicule against them.

The man of genius, living or dead, has rights which all others are bound in decency to respect. The genius is openly displayed in the works produced whether those works be buildings, poems, laws or systems of thought. It is the right of anyone to examine those works, to appraise them, to explain them; but the life behind the work is no more on display than any other. To inquire too deeply into it is not a work of acclaim or admiration but of morbid curiosity. It defeats its own ends. For the more the biographer deals with the life the farther he wanders from consideration of the genius which alone makes the life worthy of his attention. A biography so planned and produced may be a monument of devoted labor of ripe scholarship, of great literary skill, but it obscures rather than reveals that in which the world is interested, the workman whose creative power has enriched and glorified mankind. It is an error of pharisaism such as that which insisted upon regarding the gift upon the altar as greater than the altar itself."

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Bank of Canada Plans Building

Site Now Is Being Sought For Own Quarters At Ottawa

OTTAWA—Negotiations are being carried on by the Bank of Canada for purchase of a property on Wellington street on which it is proposed to erect a building which would serve the needs of the bank for many years to come. Graham Ford Towers, governor of the bank, questioned on the report that a property had been bought, said nothing had been settled.

The site for which negotiations are under way would place the bank premises in close proximity to the Confederation Building and the new Justice Building, which is now nearing completion. The new bank would be almost directly opposite the latter structure, which will house the department of Justice and offices of the Royal Canadian Mounted Police.

At the present time the Bank of Canada occupies rented quarters on Wellington street and will probably remain there at least until the present two-year lease expires. The proposal is to erect a modest building sufficiently roomy to provide for expansion.

Before Parliament prorogues it will be asked to consider a resolution which calls for the acquisition of sufficient shares for the Bank of Canada to give the government ownership of the controlling interest. Under the existing set-up it is largely under control of the government, but the intention is to obtain ownership as well as control.

The Skunk as a Pet

Writes the Stratford Beacon-Herald.: "A news item the other day stated that some people in Ohio were due for a surprise on opening a box stolen from a parked car as the contents were—a pet skunk.

As a matter of fact skunks can be made very delightful pets. It is necessary, of course, to extract the sac containing the fluid which he uses for defence, but when that is done the result is very pleasing, for besides being a very pretty animal, the skunk is a gentle and playful companion and can be trained to do things just like a dog. People who have deodorized skunks report they are affectionate and amusing and quite harmless playmates for children.

People are too much down on the skunk. He is really one of the best friends a farmer has. He destroys more beetles, grasshoppers and small insect pests than all other animals put together. True, he eats eggs and sometimes kills a chicken, but the balance is heavily in his favor.

Quite a respectable family man is the skunk. If you are fortunate you may sometimes see him stepping along sedately at the head of his wife and children — about ten of them—in single file, searching for food. He does not seek to annoy anybody, but if you come upon him suddenly and startle him, look out. When he turns his back toward you it is time to run."

No Extra Charge For Flying Post

Air Mail Fees Between London and North Sea Countries Abolished

LONDON—No extra "air mail" fee is now necessary for postal air transport from the United Kingdom to Denmark, Finland, Norway and Sweden.

Letters and postcards addressed to places in those countries will be conveyed by air at the ordinary international postage rates whenever use of the air method will expedite delivery. Once again, Great Britain has taken, this time with the co-operation of four countries, a big step forward in the development of air mail services.

Air mail leaving London one morning is delivered by first post in Copenhagen the next.

"Italian Fascism is less concerned with the happiness of living Italians than with the gallant effort to make ancient Romans of them all."
—Dorothy Thompson.

"The Contester"

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Giff Baker, 39 Lee Avenue, Toronto, Canada

Farm Problems

Conducted by
PROFESSOR HENRY G. BELL
with the co-operation of the various departments of Ontario Agricultural College.

The business of farming is yearly becoming more and more dependent upon facts that have been gathered regarding livestock and livestock management, crop production, soil management, disease and insect control and business organization of the farming industry. Individual problems involving one or more of these, and many other phases of agriculture, engage the attention of Ontario farmers from day to day.

Through this column farmers may secure the latest information pertaining to their difficulties. To introduce this service Professor Bell has prepared the following typical problems to indicate the information which should be given in order that a satisfactory answer can be made.

If answer is desired by letter enclose stamped and addressed envelope for reply. Address all inquiries to Professor Henry G. Bell, Room 421, 73 Adelaide St. W., Toronto, Ont.

N. V., Algoma Co. (a):—We wish to top dress our hay fields this spring with commercial fertilizer. The soil is clay, not acid in reaction. The hay is Timothy and Alsike. Which of the three should be used. Nitrate of Soda, Sulphate of Ammonia or Nitro Chalk? How much per acre, the sand being poor?

ANSWER: — Of the materials you mentioned, I believe you would be safest in top dressing your hay fields with Sulphate of Ammonia. This material applies 20 lbs. of pure Nitrogen to the 100 lbs. of salt. Its only objection is that it produces a slightly acid reaction. If you scatter it evenly on top of the dry grass at the rate of 150 lbs. per acre your grass should not suffer from burning. If it is applied when the grass is damp, there is a danger of the particles sticking to the leaves and having a burning effect on the grass. If you continue to top dress your soil with Sulphate of Ammonia, it will be necessary for you to lime your soils once in three or four years to counteract the acidity, otherwise, legumes, such as clovers, will die out. Nitrate of Soda is a neutral salt which carries 15 lbs of nitrogen to the 100 lbs. It is very soluble and readily taken up by the grass and legumes. Its only defect for your land is that it has a puddling effect on clay.

QUESTION II (b):—Is it good practice t ospread Wood Ashes over the manure piles and covered up again, then mixing it. Would it save the chemicals of the ashes or would it harm the manure? This is done for lack of space, to retain ashes under cover till spring.

ANSWER:—It is not good practice tice to spread Wood Ashes over ure pile. Ashes carry about 6% actual potash which, of course, would be a good addition to the manure. However, manure carries over 30% of active lime (CaO). This would have the effect of letting loose the Ammonia from the manure whereby you would lose nitrogen from the manure. I would advise storing the ashes, protected from rainfall and scattering it on the ground in the spring when you are getting the seed bed ready. This will give you full advantageous from the ashes.

A Plague of Mice

Over-running Southern Ontario—Short-Eared Owls Aid Farmers

Many parts of Southern Ontario are suffering from a plague of field mice. Young fruit trees and shrubs of many kinds have been girdled, corn left in stooks in the fields over winter has been robbed of all its grain and grassland is honeycombed with the runways and burrows of the mice. Mice have been more abundant than they have been for many years.

At the Royal Ontario Museum of Zoology, there has recently been placed on view an interesting exhibit illustrating another phase of the mouse plague. This includes a pile of owl pellets containing the skulls of hundreds of mice eaten by short-eared owls, which roosted during the winter on the grounds of the Bathurst Golf Course just north of Toronto. The bones and hair of mice eaten by owls are not digested but are cast up in the form of compact pellets. A half bushel of these pellets were gathered up beneath ornamental evergreen trees which had served as winter roosts for several owls. Examination of 350 of these pellets selected at random from the pile revealed the remains of 536 mice and 4 birds.

The mouse whose unusual abundance is attracting such wide attention is the meadow or field mouse, sometimes called vole. It is a stout mouse, covered with rather long brown hair. It is distinguished from the house mouse and the deer or white-footed mouse, the other two common species found in Ontario, by its short tail, small ears and tiny eyes. It is active by day while the other two are active at night.

Several causes have been suggested for the present abundance of field mice, including the scarcity of hawks and owls, many of which are known to feed extensively on mice. It is known that mice of several kinds vary in numbers from year to year in much the same way as the snow-shoe rabbit or varying hare does. Over a period of years, they gradually increase in numbers until unusual abundance is reached, when they begin to decline until they are again scarce. Such fluctuation recur with surprising regularity in the populations of many animals. In the case of the rabbit, it is nine or ten years between successive peaks. It is not known definitely what the mouse period is but it is probably four or five years. The present peak of numbers of the meadow mouse is an unusually high one.

Correspondents can assist the efforts being made to understand these fluctuations in animal numbers by communicating their observations on the present mouse plague to the Royal Ontario Museum of Zoology, Toronto.

Sure To See It

Sister—"Where can I put this so I won't forget it when I go out?"

Brother (like all brothers)—"Put it on the looking-glass."

Quack Grass Wheat

(Toronto Telegram)

Quack grass, hated in the United States as a noxious weed, has been hybridized with wheat by a Russian plant breeder, Dr. H. B. Tzitsin, the Tass Agency at Washington has been informed. The new grain grows perennially, like its quack grass parent. This, says Science Service, would presumably give it the double advantage of not having to be sown every year, and of covering and binding the soil against erosion with a continuous mat of roots.

Small-scale experiments with the hybrid grain indicate that it will yield more flour, bushel for bushel, than "straight" wheat. Bread baked from the hybrid grain flour is said to be of good quality and flavor.

Another of Dr. Tzitsin's hybrid wheats combines four wheat varieties in its pedigree, and is declared to be a phenomenally heavy yielder, one stalk producing as many as 400 grains. Still another hybrid wheat has been evolved for growing in the short-summered north; its grain can be matured in as little as 67 days.

Car Lights

Howard Vincent O'Brien in Chicago Daily News writes: "The automobile headlight, however, remains at the horse-and-buggy level. Not a particle of progress seems to have been made in the effort to provide a light which will not blind the other fellow. There are various devices on the market which are supposed to eliminate glare. I have seen no evidence that they do.

On this trip I have seen a half-dozen large trucks lying overturned in ditches—grewsome spectacles. I cannot say what caused these mishaps, but I would guess (1 headlight glare, (2) sleepy drivers. Truck drivers are sometimes required to work longer hours than the human frame can endure. And a sleepy driver is more dangerous than a drunken driver.

While on this theme I might mention that good driving seems to be on the increase. There is unquestionably less speed, and infrequent enough to be notable are instances of such follies as passing on hills and curves. Still at large, however, are numerous examples of the sort of imbecile who goes past parked cars at forty miles an hour and who sticks too close to the car in front of him."

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The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You get constipated. Harmful poisons go into the body, and you feel sour, sunk and the world looks punk.

A mere bowel movement doesn't always get at the cause. You need something that works on the liver as well. It takes those good, old Carter's Little Liver Pills to get these two pounds of bile flowing freely and make you feel "up and up". Harmless and gentle, they make the bile flow freely. They do the work of calomel but have no calomel or mercury in them. Ask for Carter's Little Liver Pills by name! Stubbornly refuse anything else. 25c.

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Hurry Cited As Accident Cause

Pedestrians, Cyclists and Motorists Would All Benefit by Making Haste Slowly.

Hurry is certainly one of the important causes of road accidents; hurry on the part of the motor-car driver, the pedestrian, the cyclist and other road users, writes Oliver Stewart in the London Morning Post. It is one of the hardest of all causes to deal with, which is perhaps why it is so rarely mentioned.

Most motorists have met fairly frequently the pedestrian who sees his omnibus starting on the other side of the road and who, in his hurry to catch it, darts across in front of oncoming traffic.

At such moments the pedestrian fails to note the speed of oncoming vehicles or whether the road is slippery or not. He fails to notice whether it is possible for him to be seen as he makes his sudden dive into the traffic. The only thing that carries him forward is the hurry to get on the step of that omnibus.

The cyclist in a hurry does various things. One of the commonest is to turn a left-hand corner while traffic is passing and, instead of awaiting an opening to get on the correct side of the road, to ride along close to the left-hand curb. This is a dangerous practice which is extraordinarily prevalent. One sympathises with those who ride delivery bicycles, who are often hard pressed to get through all their orders in the time allotted; but they should be persuaded, no matter how great the hurry, to resist the temptation to ride on the left-hand side of the road.

The motorist in a hurry manifests his condition by violent acceleration and braking and by frequent use of the horn. He makes stabs at every opening to try to get through and jumps away on the amber at the traffic lights. To be drunk in charge of a motor-car is regarded as a serious offence. To be in a desperate hurry in charge of a motor-car is more dangerous.

Bad Manners

I have known drunken drivers who drive in a slow, rather dignified, and essentially safe way; but I have never known a driver who is in a desperate hurry to drive other than in an exceedingly dangerous way. Hurry is one of the prime causes of bad road manners, bad driving, and bad accidents.

So far those who make it their business to invent regulations have not hit on any means of determining a state of hurry, so they have not made it an offence when in charge of a motor-car. Possibly they do not appreciate what a large part it plays in road accidents. But motor-drivers should recognize the risks which attend it, and should train themselves to resist it. It is difficult, when the traffic refuses to "run" and every clock shows that the chances of catching that train, or being punctual for that important appointment are receding, to refuse to hurry; but such refusal forms an essential part of the training of every safe driver.

In a run of 50 miles the amount of time that can be gained by hurrying, as compared with fast, but safe driving, is extraordinarily small. The driver should learn to recognize his fastest safe speed, and refuse, no matter what the incentive, to go beyond it. No matter how one concentrates, one cannot drive through traffic and populous districts faster than a certain average — which varies slightly with the car, but very little with the driver — and the important thing is to recognize that average.

"A thousand and one ways to make money," reads an advertisement. But the easiest way is still copyrighted by the government . . just minting it.

Issue No. 18 — '36

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DURING MOTHERHOOD

WOMEN who dread motherhood, who suffer from backache and nausea, can be helped by the use of Dr. Pierce's Favorite Prescription. Read what Mrs. Alberta Oram of 136 Ferguson St., Hamilton, Ont., has to say: "Before my first baby came I weighed only 95 pounds and was ailing all the time. When I ate anything I would become sick to my stomach. I was unable to sleep at night and just had to drag myself around during the day. I used Dr. Pierce's Favorite Prescription and fully regained my health. My baby was strong and healthy, too."

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