TOO WEAK TO DO HER HOUSEWORK

She Was the Victim of Constipation

For many years this woman's system was completely out of order, due to constipation. Nothing seemed to do her any good. Then she found a way to rid herself of the constipation, and her health quickly improved. In the following letter she explains how this came about:—

"For many years I had stubborn constipation which apparently no remedy could improve. I was unable to sleep, and was so weak that I could not even attend to my housework. Then I began to take Kruschen Salts. In a short while, I noticed a vast improvement in my general condition. Now I sleep better at nights — I am no longer constipated — and my work seems easier. I have Kruschen to thank for all these benefits." — (Mrs.) B.

Kruschen Salts is a balanced formula for maintaining a condition of internal cleaniness. Kruschen stimulates your internal organs to smooth regular action. Your inside is thus kept clear of those impurities which, allowed to accumulate, lower the whole tone of the system.

Why Bees Swarm

Bees are marked with identity discs at the Rothamsted agricultural research station, Harpenden, England. These discs, or birth certificates, dotted in enamel blobs on the insects' backs, conform to a code of colours, each indicating a specific date. So when the scientist-apiarist "pulls in" a bee, he can check up at once on its age and early life. Usually specimens for marking are selected within an hour or so of their emergence in the brood comb.

Swarming, it would appear, is determined by the preponderance of nurse bees over the infant bees to be fed. By the time the maximum hatching-out period is reached, the number of nurses also nears its maximum, as at this age the early-born bees posses. special qualifications for nursing duties. Thereafter, while the array of infants dwindles, the nurses still increase. It is then that Nature, taking pity on their overworked food glands, inspires them to seek respite by rearing a new queen.

This theory supports the discovery that swarms consist mainly of middle-aged bees. Later it is hoped to explain the most abstruse changes in hive affairs.

Extending Our World Trade

The announcement is sent out from Ottawa that the Federal Government in its effort to extend Canada's foreign trade is sending the Hon. William D. Euler, Minister of Trade and Commerce, to negotiate with Germany and Russia, notes the Brantford Expositor. This may couse some commotion in circles that formerly were strongly opposed to any trade with the Soviet because of its interference with the internal affairs of other countries. That certainly was very objectionable to the people of Canada, a few years ago. when there was proof on every hand that Soviet emissaries were endeavouring to propagate their doctrines in the Dominion.

However, times appear to have changed and the Soviet has enough to occupy its attention in domestic affairs in Russia and in safeguarding its interests in the Far East. If there is no longer any danger from propaganda why should not Canada seek to extend her trade with both Russia and Germany? The fact that their political systems are so different from ours, and that their treatment of the Christian church is not in accordance with the views of Canadians, is no reason why the latter should not carry on legitimate trade with them provided it can be established on an equitable basis. It is better to follow the British plan of trading with all countries that will do business, regardless of what their own domestic beliefs and practices are. British trade knows no race creed or caste, and there is no reason why Canada should not follow the same principle.

Canada needs markets abroad not only for her surplus agricultural products, but also for her manufactured goods, the whole of which cannot be consumed in Canada. By all means commission the Minister of Trade and Commerce to open up trade with every country where it can be profitably carried on. If the Canadian people trade with Russia and Germany it does not mean that they approve either their political systems or their religious intolerance. Since the war a great many absurd prejudices have arisen which. however should not be allowed to interfere with commerce.

Man (at baseball game)—Oh, look, we have a man on every base!

Wife—Well, what of it? So has the other side.

Cancer Diagnosis In Early Stages Depends on X-ray

In 50 Percent. of Cases Disease Has Gone Too Far For Operation, Says Dr. Verne C. Junt.

VICTORIA — Early diagnosis of cancer is possible only through competent X-ray, and only through surgical removal of the gastric lesion may the patient be afforded prospect of a cure, Dr. Verne C. Junt, Los Angeles, said in an address to the Canadian Medical Association here recently.

Approximately 20 per cent. of patients with cancer of the stomach may be cured by operative means he said. Under favorable conditions, cancer of the stomach was curable in many intances. The results of partial removal of the stomach for strictly operable cancer without its spreading to glands had been most gratifying.

Results Depend on Location

Best results were obtainable when the cancer was located near the lower end of the stomach although it was easier to remove involved glands when the cancer was in the body of the stomach rather than at either end. Cancer at the upper end of the stomach was seldom operable.

Partial removal of the stomach was seldom justified in the presence of secondary growths in the liver or elsewhere in the abdomen beyond the local lymph glands.

For improvement in the present outlook in cancer of the stomach, the patient was not dependent so much upon surgeons as upon the physician from whom he first seeks counsel, Dr. Hunt said.

One great handicap was that in approximately 50 per cent. of cases, the disease was inoperable when diagnosis was established.

Failure to recognize the fact there was nothing distinctive about clinical manifestations of early gastric cancer delayed a proper appreciation of the condition, Dr. Hunt added.

As seen by the radiologist it was necessary to distinguish between cancer, syphillis, begin tumor and ulcer. The prospect for improvement in diagnosis depended upon a more widespread suspicion of its possible existence even though symptoms were entirely bizarre.

Urges Prompt Examination

Promptness in making careful examinations would reveal early operable cancer more frequently than heretofore and would materially enhance the possibility of cure.

Encouragement of a vigorous campaign to have cancer patients present themselves early and profit by modern methods of treatment was provided by recorded results of many surgeons, Dr. Hunt said.

Protomine insulin, the latest development in the treatment of diabetes, was described in an interview today by Dr. C. H. Best who worked with Sir Frederick Banting in the original discovery of insulin.

British Columbia salmon play a part in it.

The new form of insulin, said Dr. Best, dissolved more slowly in the human system, and therefore its effects were more lasting and treatment need not be so frequent.

The linking of protomine with insulin was the outcome of the work of Dr. Haggerdorn of Copenhagen, Denmark. Through the work of two Canadian scientists, Dr. D. A. Scott and Dr. Albert Fisher, both of Toronto, the solubility of protomine insulin had been slowed down further by the inclusion of metals in the compound.

The substance is an organic chemical and the supply in Canada comes from the sperm of British Columbia salmon, being obtained from fisheries Biological Station at Nanaimo.

"There had been much more support for research workers in Canada since the discovery of insulin," Dr. Best said. The hardships of the research worker had been very real in the past and still were in some countries.

Deaths by Violence 6,885 Last Year

OTTAWA — Automobile and other accidents, suicides and homicides brought death to 6,885 persons in Canada last year, the Dominion Bureau of Statistics reported recently. Almost all forms of violent death except suicide showed increases over 1934 and crept up towards record high levels registered around 1930 and 1931.

Automobile mishaps took 1,224 lives or 11.2 per 100,000 of population compared with 1,115 in 1934. This was the largest toll since 1931 when 1,316 fatalities occurred.

In all 6,885 persons or 62.9 per 100,00 met death from external violence in 1935. This, too, was the highest total since 1931 and compared with 6,469 in 1934.

Suicides accounted for 902 deaths, compared to 927 in 1934 and homicides for 153 compared with 142 in 1934.

All provinces with the exception of Prince Edward Island, New Brunswick and Alberta showed a larger number of motor vehicle fatalities in 1935 than in the preceding year. Prince Edward Island, however, had two deaths, as compared with five, New Brunswick 40 against 52, and Alberta 45 against 61.

Prince Edward Island had the lowest rate, 2.2 per 100,000, and Saskatchewan stood next with a rate of 4.1.

Montreal had 109 deaths from motor vehicle accidents in 1935 as compared with 101 in the preceding year. Toronto had 74 as compared with 88, Vancouver 43 against 25, Winnipeg 24 against 19, Hamilton 16 against 27, Quebec City 17 against 14 and Ottawa 25 against 19.

Drownings in 1935, exclusive of those occurring in land or air transportation, number 877 or 15 per cent. of the total of fatal accidents. Land transportation accounted for 1,647 deaths or 28 per cent. of the total. Of these, deaths in automobile accidents numbered 1,224 or 21 per cent. of all accidental deaths.

Excluding those cases where an automobile was involved, there 215 deaths in railway accidents and 37 in street car accidents. Accidents in mines and quarries accounted for 141 deaths, although one of the drownings is duplicated here. There were 12 persons killed during the year in accidents of air transportation.

Pasteurization

Toronto—Two-thirds of the people of Ontario are exposed to the dangers of raw milk states Dr. Gordon Bates, general director of the Health League of Canada, urging compulsory pasteurization of all milk throughout Canada.

"Milk is perhaps the most valuable of all foods and yet, of the 3,500,000 men, women and children in Ontario, only 1,500,00 are now protected by proper pasteurization against ravages of typhoid and para-typhoid fever, scarlet fever, septic sore throat, undulant fever and diphtheria," Dr. Bates declares.

"Despite the known benefits of pasteurization there are still 11 cities and 128 towns in Ontario where the milk is only partially pasteurized or not pasteurized at all," he continues.

"Toronto has pasteurized its milk since 1914. Since that time there has not been a single case of bone tuberculosis of bovine origin, originating in Toronto, nor has there been a case of glandular tuberculosis or abdominal tuberculosis of this type. Moreover, Toronto has had no typhoid fever. Such cases as have turned up have all originated outside Toronto where milk is not pasteurized.

"The prevention of these conditions alone has saved many lives, many crippling conditions, and much money to the taxpayers," adds Dr. Bates.

"Many epidemics have been traced to milk," he continues. "The most notorious typhoid epidemic in the history of this country, that of Montreal, only a few years ago, with 5,000 cases and over 500 deaths, resulted from failure to institute proper pasteurization in that city.

"There were also the Chatham typhoid epidemic of 1927 with 109 cases the Kirkland Lake septic sore throat epidemic of 1930 with 457 cases, the St. Catherines epidemic of para-typhoid in 1931 with 457 cases, the typhoid epidemic of 1932 in the St. Maurice Valley, Quebec, with 527 cases and various others.

"In the face of this ghastly trail of disease and death resulting from impure milk, it is positively criminal that so many communities throughout Canada, should not insist on proper pasteurization of their milk supply," Dr. Bates concludes.

BIG BEN

The PERFECT *Chewing Tobacco*

Islanders Love Old Country Tie

Family Life in Newfoundland Quiet and Happy, Says Minister's Wife

LONDON, Ont. — In Newfoundland it is the family boat and not the family carriage, according to the native-born Mrs. Royle, wife of Rev. Harry Royle, who is leaving Thorndale parsonage shortly for Springfield.

In an interview in The Free Press she said Britain's oldest colony is inhabited chiefly by the English, Scottish and Irish race, descendants of several of Britain's most noble families coming to the island at a very early date. The islanders love British principles and British laws and have no desire to lose their independence and become a part of Canada. In fact, their interests are chiefly in Britain and from that land they obtain many of their products.

In Newfoundland no families are isolated as in Canada, stated Mrs. Royle. They either reside along the coast or in villages. In their home life the fishermen are happy, residing in comfortable frame dwellings, cultivating fine gardens of roots and potatoes, owning a cow, making their own bread and butter, and obtaining plenty of wild fruit in the marshes and on the small islands, including the cranberry, the yellow bake apple which grows on a shrub, the blueberry, the strawberry and the raspberry.

Plying up and down the bays and inlets, Mrs. Royle, when a small child watched with interest her brothers and sisters manipulating the sails and when very young was capable of piloting the boat and was familiar with the mysteries of the sea-faring life.

A former member of a Newfoundland teaching staff, Mrs. Royle sketched the educational system of some years ago, explaining that all schools in the island are connected with religious denominations, every child receiving a thorough religious training. Culture is also stressed in all educational institutions, the youngest child being instructed in proper methods of deportment.

At this date British text books were in use, examination tests being set in England and the papers returned to that country for examination. Newfoundland students are particularly well informed on all countries of the world, more attention being directed to the study of foreign lands than in the Ontario school, Mrs. Royle thought.

"I cannot help getttng excited when I think of the possibilities in this country, and of the way those possibilities have been neglected." — Norman Thomas.

"It's not the doctor's job to eliminate hypocrisy from the mind. That is a job for the priest." — Lord Horder.

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FINANCIAL FLASHES

Officials of God's Lake Gold Mines anticipate that production for the second quarter of 1936 will approximate $170,000, compared with $160,782 in the first quarter. June output is expected to show in excess of $60,000, an all-time monthly high. Power and milling plants are giving complete satisfaction with the latter treating 150 tons daily.

Cyril W. Knight has been appointed geologist for Bilmac Gold Mines and has left for the property in the West Shining Tree Area, Ont. The crosscut on the 410-ft. level being driven to intersect the downward extension of the main or Saville vein has advanced about 100 ft. and has another 100 ft. to go before reaching its objective.

Shaft sinking at Lapa Cadillac Gold Mines is now down into the bedrock, and it is expected that cementing will be completed to 55 ft. shortly. With the shaft sinking crew making about 6 ft. a day progress, it is expected that crosscutting will reach the ore zones indicated by diamond drilling late this summer.

Directors of Howey Gold Mines have declared a dividend of 2 cents a share, payable August 8th to shareholders of record July 8th. The disbursement involves a total payment of $100,000 on the 5,000,000 shares authorized and issued. In 1935 Howey paid a total of 5 cents to shareholders.

Central Patricia Gold Mines for the 5 months ended May 31st reports net profit of $187,044 or 7.5 cents a share. For the period 21,460 tons of ore were treated, with gross production of $499,970, to which is added sundry earnings of $3,749, making total revenue $53,179. Development, operating general charges and administration amounted to $189,295, leaving operating profit of $264,424, from which is deducted reserve for taxes of $27,154 and depreciation of $50,225, leaving net as above.

Exploration work at the property of Oriole Mines is continuing and a new vein has been uncovered which shows a width of 7 ft. Grab samples taken from surface gave the following assays: $6.65, -7.95 and -13.65 per ton. Hugh Flanagon is in charge of operations.

Mining Corporation of Canada has taken over direction of operations on the property of Bidlamaque Gold Mines Ltd., according to official announcement, through an agreement by which a firm commitment is taken on a block of Bidlamaque shares, with options on further substantial blocks. No reorganization or increase in capital is contemplated. Bidlamaque holdings total 25 claims in Bourlamaque township, Quebec, with preliminary work carried out in 1934 and '35, exposing a well-defined vein system.

Annual meeting of Algold Mines, Ltd. held in Toronto recently was routine with reports adopted and J. M. Mitchell and Thomas F. Daigle added to the directorate of the company. R. F. Mitchell, M.E., mine manager of the Algold property in the Michipicoten - Goudreau district, reports that development work is progressing satisfactory and the 50-ton mill which went into operation on June 16th is being gradually stepped up.

McVittie-Graham Mines is reported to have undertaken prospecting and surface exploration on a group of claims adjoining Burwash Yellowknife Mines on the Northwest in the Yellowknife area, N.W.T. The latter is the scene of the most important discovery of the Yellowknife district on the north shore of Great Slave Lake.

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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.

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GOOD NEWS

If you are suffering from RHEUMATISM in any form, regardless how chronic, send for a bottle of MENDELSON'S RHEUMATIC REMEDY, a guaranteed and proven medicine. Sold with a money back agreement. Price $1 postpaid. **Sold only by THE NATURAL REMEDY CO.** Herb Specialists. **229 Yonge St., Toronto.** Ask for free diet chart.

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Farmers Attention — Harvest Time is nearly here. Consult your nearest Harness Shop about Staco Harness Supplies. We sell our goods only through your local Staco Leather Goods dealer. The goods are right, and so are our prices. We manufacture in our factories — Harness, Horse Collars, Sweat Pads, Horse Blankets, and Leather Travelling Goods. Insist on Staco Brand Trade Marked Goods, and get satisfaction. Made only by

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