Sparks from the Press

CANADA

Wise Ruling

School means football. And football, unfortunately, always seems to bring with it a tragic little list of injuries. It is a hard, bruising game, and every year we read about a dozen or more boys going to the hospital for their participation in it.

Luckily, there are certain things which can be done to reduce risks —and a good many of them can be done on the high school fields. School officials of one large city, for instance, recently agreed that, in their high school games hereafter, referees will compel all players to wear their headguards.

To snatch off one's headguard and hurl it toward the sidelines is a fine, romantic gesture—but it can be a costly one, especially for the player who isn't as well schooled in the business of avoiding injury as are older players.

If high schools everywhere would adopt this one simple rule, it is probable that at least a few names could be kept off the casualty lists.—Guelph Mercury.

Means Much to Canada

Utilization of Canadian iron ore in the Canadian iron and steel industry was one of the interesting topics at the meeting addressed by Hon. Earl Rowe, Ontario Conservative leader, and Mr. Rowe promised to interest himself in endeavoring to secure an increase in the bounty in order to develop iron mining in Canada.

This is a subject in which Algoma is very much interested, for in this district there are billions of tons of iron ore waiting to be mined. The Helen Mine with its 100,000,000 tons of ore proved up is only one of many deposits in this district and in other parts of Northern Ontario.

Should this industry be set in motion it would mean work for thousands of Canadians, a new market for the produce of the farmer and the output of our manufacturing plants, new business for Canadian railways. It would mean the retention in this country of large sums of money now sent elsewhere.

The mining of iron presents a big opportunity for industrial development and any movement from any source to assist in setting it on its feet will be sure of support in this part of the country.—Sault Daily Star.

Wireless on Lake Boats

Possibly this tragedy (the loss of the Sand Merchant) will open up again the question of wireless equipment on lake boats as a safety safeguard. If it is too costly, as will be readily admitted, for many lake boats to have a wireless operator, surely in these days of radio advances some sort of substitute for emergency purposes could be provided.—Kingston Whig-Standard.

A Big Revenue Producer

The entertainment of delegates to conventions in the larger cities of Canada has become one of the biggest revenue producers in the country, according to C. K. Howard, manager of the tourist and convention bureau of the Canadian National Railways. He cites the record of 689 conventions, in nine of Canada's principal cities during the last year, where the revenue was estimated at $21,000,000.—Sarnia Canadian-Observer.

Monoxide Poisoning

If the invention which two local men are preparing to put on the market is as successful as they hope, a minor revolution in automotive science will be accomplished. The invention is a device to eliminate the deadly carbon monoxide from car exhaust fumes, by so changing the chemical content of the exhaust that its chief constituents is harmless carbon dioxide.

Every Winter, when closed garages are extensively used, there are a number of deaths from the insidious carbon monoxide gas. It attacks its victims with its invisible ,almost odorless fumes and suffocates them. To render such a sly form of danger innocuous would be a boon to the motoring world.

Fuel is Needed

Mothers who are puzzled to know how to make up lunches for their children to take to school will be interested in some instructions along this line issued by the Health League of Canada. They are reminded that the materials that make children grow and keep up their resistance against disease come chiefly from fresh milk, butter, eggs, meat and fish, vegetables and fresh fruit Cereals that are lightly milled also help. Bread, potatoes and sugar are not as useful for growth, but they are great sources of energy. They are fuel for the body.

The contents of a child's lunch-box, we are told, should depend upon what has been eaten for breakfast and what will be eaten for supper. If the breakfast is hurried and small, with no fruit and perhaps highly milled cereals and tea or coffee instead of cocoa and milk, the other meals must provide the "fuel" growth and protective foods. Milk and fresh fruits should be the chief ingredients.

The secret of all dieting is in variety, and this particularly essential in the feeding of children. Backwardness at school is often due to malnutrition — lack of the right kind of "fuel" to keep the child mind bright and intelligent. — Stratford Beacon-Herald.

Newpapers Kept Going

It is no secret among newspapermen that the depression has hit the newspapers hard. Services were maintained at the same standard while revenues were falling and, too often reserves built up during presperous years had to be seriously depleted to meet expenditures. Probably in no other business were wages interfered with as little. In many instances, too, it has been investments outside the newspaper business which have helped to keep newspapers going.

There is today among newspapermen however, as there is among other business men a feeling of optimism. Canada is once again on the upgrade, and during the next twelve months there undoubtedly will be a decided improvement in business. This will be reflected in many directions, and the hope will be that it will result in a decided increase in employment. — Kingston Whig Standard.

A Course in Marriage

Should a modern university give a course on marriage? This question was raised in Syracuse some time ago; and when 613 students signed a petition asking for it the university decided to provide the course, and last year it met with reasonable success. Five different departments of the university were concerned in it: psychology, biology, sociology, home economics and religion, and they all contributed their quotas.

But the question is can this subject be taught in such a way as to be of real benefit? The professor may be a successful married man himself, but can he tell others just what has made his marriage a success?

In some cases, the true answer would be that the wife was the chief author of such success as had been attained. She had learned how to make the best of what was perhaps most unpromising material—and the husband may never have discovered the fact. — New Outlook.

New Names Appear

Once upon a time great golfers bore distinctively Scottish names and outstanding boxers were of Irish extraction. Now that is changed Strange foeign names appear when golf champions meet, and in the squared circle are fellows named Ceferino Garcia, Izzy Jannazzo and Filo Echeverrie. — Toronto Globe.

THE EMPIRE

What Use Is Gold?

The Bank of England has bought £40,000,000 of gold this year, and there it lies filling a hole in the vaults. Gold has some use in filling holes in teeth. Otherwise it is useful for us in the Empire to dig it out of the earth and sell it to foreigners who are foolish enough to pay for it. But it is useless for us to dig it out of one hole, sell it to ourselves and then bury it in another hole. To refuse to sell it is a piece of stupidity. Gold brought us near disaster in 1931. It will hurt us again if the gold policy is persisted in. — London Daily Express.

Eat Correctly For Health and Beauty

Modern Science Shows That Many of Our "Combinations" Are Erroneous . .

Many of our pet superstitions about foods, cooking methods and digestibility are being shattered by scientific investigations and research

There are, of course, some persons with whom certain foods do not agree. When this is discovered one should by all means avoid those foods. But sometimes the idiosyncrasy is not real but fancied .

Persons who are in normal health and do not over-indulge may enjoy almost any palatable combination with no misgivings.

All authorities now agree that fish and milk "are in perfect harmony, like all simple, wholesome foods." I quote from an article on this subject by a famous physician and dietitian.

Taste Is Poor Guide

The taste of food is no guide to its final reaction in the body for it is only after the system has made use of its fuel that the nature of the ash can be determined. Some foods after being digested and utilized by the body have an acid reaction in the blood and others are alkaline. But you can't tell by the taste. Thus although lemons are sour because of the organic acids they contain, their effect is alkaline. Apples, muskmelons, oranges and potatoes have been found experimentally to be very efficient in reducing body acidity.

The practice of eating acid foods in the same meal with milk or of sing milk or cream on fruits has been condemned. However, the acid is actually a help rather than a hindrance to milk in digestion. It is a common practice to beat orange or lemon juice or tomato juice into milk or to sour milk artificially for persons with weak digestion.

Pancakes, waffles, muffins and hot breads of all varieties are not in themselves unwholesome food, but they have a bad reputation with many people. In the first place they usually are eaten without proper mastication on account of their softness. Then they often are served with much butter and syrup and the tendency is to eat largely to the exclusion of more essential foods Finally, they are so inviting that they cause most of us to overeat. Eaten in no larger amounts than plain cold bread, with no greater amounts of fat and sweet, and chewed thoroughly, they should be as easy to digest as cold bread.

Veal Fed To Invalids

Veal is no more indigestible than fish, chicken or beef. In France it is given to invalids as we give chicken in this country, yet for years it has had the reputation of being a very difficult meat to digest

Of course, the art of cooking enters into this question of digestibility. Improper cooking methods can ruin the digestibility as well as the palatableness of foods. Undercooked starches and overheated fats certainly are not easy for the digestice apparatus to take care of and in many cases it has been the cooking of the food rather than the food itself that has caused trouble.

Germs Killed During Operation

Death Ray Successfully Combats Bacteria In Surgical Wounds

DURHAM, N.C. — A death ray which shoots down floating germs went into action for the 200th time recently at Duke University Hospital operating room.

Shooting out from a cluster of intricate electrical tubes, the death rays bombarded and killed bacteria as surgeons performed an air-conditioned operation knowing there would be no complications from infections.

Developed by Dr. John Doryl Hart, a Duke surgeon and former instructor at Johns Hopkins Medical school, the death ray, scientists believe, is a long advance in increasing safety of surgical operations.

Since the air is full of floating bacteria, one of the greatest dangers of operations in past was from infections of surgical wounds from this source.

The new death ray for germs kills them instantly in the vicinity of wounds and is from 80 to 90 per cent effective within 13 feet of the electrical tubes from which it shoots.

Discover Spoons 1,000 Years Old

WASHINGTON. — Digging into the history of eating, scientists came up with the assertion civilization's first fork users were called sissies.

"Italians," explained the National Geographic Society, "were the first to use forks for eating and were ridiculed as ultra-fastidious or even effeminate."

The table manners research was launched after a joint expedition of National Geographic and Smithsonian Institution scientists uncovered some 1,000-year-old spoons in Alaska.

"These ancient utensils," the scientists reported, "give a vivid picture of the life 10 centuries ago but they are also reminders that although table manners have changed, eating implements of today are essentially the same as in pre-historic times."

They hastened to add that the Eskimo still clings to the age-old use of his knife. This consists of stuffing his mouth with meat and then whacking off the remainder with a swift stroke that barely misses his nose.

Weilders of the fork, introduced in the late 16th century, didn't batter down the barriers of convention until the 17th century. Up until then the best table etiquette called for the time-honored method of picking up food with the thumb and the first two fingers.

"Use of more fingers," explained the scientists, "was considered bad table manners."

SPORT IDOLS

Ken. Edwards

Going back to the "grunt and groaners", we see little Jack Forbes still in the ring as third man, and doing a good job at that. In his heyday Forbes was lightweight champ. country in the world.

In 1933 Jim Londos ,the Golden Greek, wrestled in Athens before a paid crowd of 65,000 people and 100,000 on the surrounding hills. Jeem, as he is called, holds the attendance record for Canada.

It is said that this Greek idol who is an ardent lover of good books is worth from $1,500,000 to $2,000,000.

Here are just a few of the holds a wrestler should know: Double-leg nelson, front arm counter, flying mare, inside grapevine, hammerlock and leg hold, arm scissors, standing head lock, hips lock, half nelson and hammerlock, headlock, the crab hold, the back drop, wrist lock, etc. etc. They say there are over 1,000 holds. — So long.

More Swine Being Raised

OTTAWA. — Recently small reductions were reported in the number of horses, cattle and sheep on Canadian farms, by the Dominion Bureau of Statistics as of June 1 last compared with the same date a year ago. The number of hogs, however, increased by 23 per cent.

This increase in the number of hogs was sufficient to more than offset the reduction in other classes and the total number of animals on Canadian farms rose from 18,700,000 to 19,267,000.

The number of horses at June 1st was 2,918,900 as compared with 2,931,300; cattle, 8,819,100 as against 8,820,600; hogs, 4,159,700 compared with 3,379,700 and sheep 3,370,000 as against 3,568,600.

In comparing the 1935 and the 1936 totals for the Dominion, allowance must be made for the fact that the estimates for the Prairie Provinces for 1936 are based upon the census returns, while the 1935 figures were estimated from the card survey.

The census return for the three Prairie Provinces showed a comparison with the last census five years ago. In all three provinces the number of cattle increased in the five years while the number of horses, hogs and poultry decreased. The number of sheep increased in Saskatchewan but decreased in Manitoba and Alberta.

Adam Was the First Henpecked Husband

Litchfield, Ill. — "Henpecked husbands" of the Rev. L. A. Crown's congregation squirmed in reserve seats recently while he traced their unhappy history back to Adam.

"Adam was the first henpecked husband," said Mr. Crown, pastor of the Union Avenue Christian Church here, "and Eve was the original foolish wife."

He pointed to Samson as a classic victim of family browbeating and noted Samson "made the mistake of choosing a heathen wife."

Last week the Litchfield preacher acted pledges from a score of his followers to kiss their wives twice a day. Two weeks ago his "what is the world's most horrible sin?" contest brought a flood of answers.

Next week's sermon will be: "How to be happy though married." Mr. Crown is married and has two sons in college.

Raps Publicity in Movie Romance

June Lang Labels Film Capital a Handicap

HOLLYWOOD— A new slant on Hollywood as a "land of romance" was offered players recently by one of the film city's latest stars.

The views, labeling Hollywood as the "bunk" insofar as romance and glamor are concerned, came rather unexpectedly from pretty June Lang.

Miss Lang, far from being a wallflower, is easily one of the screen colony's most eligible young ladies.

Nevertheless, she thinks the gloss has been taken off Hollywood romances by publicity and the 'engagement' fans who persistently hound young screen couples.

"How can an honest love affair grow in a place that robs a genuine courtship of privacy and the right to develop normally?" asks the actress. "If a feminine player goes out with a young man she can expect the worst for herself and escort, at least under the present setup.

Embarrassing Moments

"As they go into a cafe, however remote, they are pressed for autographs. Inside, they are snapped by photographers who wait until your fork is halfway up to your open mouth before making an exposure. This is called candid photography.

"The next day the two diners are reported engaged."

Miss Lang explains she is not complaining against this system, which she says must be carried along to perpetuate Hollywood's reputation for romance.

"What I am trying to convey is that this practice kills all romance for the individuals concerned.

"And Hollywood really is such a fine setting for romances. The clear moonlit nights, the hills, the seaside and a balmy climate all provide an excellent setting for courtships.

'I believe all of us who might have serious intentions along such a line would like to enjoy the setting. But as Hollywood stands now, this is impossible. Two young persons of the opposite sex can't even walk ten feet together without being coupled in a romance that may prove highly embarrassing for both."

Scientist Has Plan To Grow Vegetables

In Chemical Vats — Tests Show Yield Much Greater Than When Soil Used

LOS ANGELES, — A world of tomorrow in which families will raise their own vegetables from chemical tanks instead of gardens, getting a year's supply at the present monthly cost, was visualized recently by Arthur C. Pillsbury, scientist.

Pillsbury, also a naturalist, inventor explorer, author and lecturer, said the soil-less tank experiments had indicated a tenfold increase in vegetable production.

"Although the idea is not new, recent experiments have led scientists to believe that vegetables can be now grown commercially in shallow tanks, partly filled with water, in which all the necessary soil elements have been mixed," Pillsbury added.

"In one instance shallow-tank-grown potatoes produced between two and three thousand bushels to the acre as compared with a United States average of 104 bushels.

"The sizes of flowers grown under this process were doubled and furthermore produced at any time of the year, as were the vegetables.

Winter Tomatoes

"In an effort to raise winter tomatoes, we planted them in the tanks in December and harvested them in March.

"Nasturtiums grew in the tanks so fast that they fell down, unable to bear their own weight, while almost all other flowers and vegetables had to be artificially supported. Tomato plants grew 25 feet high and 40 feet wide," he said.

Pillsbury is noted for his pictures of growing plants taken with a "lapsed time" camera which operates like a motion picture camera but takes the pictures at set intervals.

Pictures that required more than three months to take can be shown in about three seconds on the screen, he said.

Women of Oxford Group Do Dishes

Allow Hotel Staff to Attend Meeting After Dinner

BRANTFORD, — Women, who in their own homes are accustomed to giving their maids directions, rolled up their sleeves and got right into the routine of dishwashing and clearly tables at the Kerby House recently, leaving the staff free to attend an Oxford Group meeting in the dining-room, following luncheon at noon.

The volunteer staff, including a professor's wife, an educationist, a teacher, a pianist and a mother who has two maids in her own home, wielded a neat dish mop and tea towel in the large hotel kitchen and had the job done by the time the meeting was over. This was no small undertaking as there are close to 100 Oxford Group visitors coming into the hotel daily for meals during the campaign started here this week.

Meantime, while the kitchen was resounding with the sound of dishes being stacked, sudded, polished and put away, the staff heard from a Toronto society leader how she and her maids now have a new understanding and fellowship and there is mutual advice on both sides.

Dirty Dishes Called "Disease Chain"

U.S. Scientists Declare Many "Washed" Ones Carry Germs; Method Important

NEW ORLEANS. — A cleanly washed drinking glass, when inverted on an unwashed tray, picks up on its rim 40,000 to 50,000 bacteria. Most likely in its new dwellers are pneumonia, tuberculosis and influenza organisms.

Link In Disease Chain

This glass is a link in the "disease chain of dirty dishes" which the American Public Health Association was informed today never has been broken. It is a chain perpetuating personal infections.

The germ-picking glasses were found by scientific tests in Washington ,D.C., and reported today by James G. Cumming, M.D., and N. E Young of the District of Columbia department of health

Want of knowledge of how to wash dishes in public eating places, they said, by overlooking little bets like inverting a glass properly, is putting back into circulation many of the 99 per cent. of disease germs which medical men thought they had banned by purifying water supplies and milk.

The water purification, they said, saved 100,000 lives annually from typhoid alone. Milk purification saved 200,000 babies annually.

Many Carriers Healthy

Contributors of bacteria to the still unbroken "link", the eating utensils, they enumerated as 30 per cent. of the people who are healthy pneumonia carriers, and one per cent. who distribute tuberculosis.

How the flu germs hop the dish chain is unknown, but Dr. Cumming said their presence en masse is known "since there appears to be adequate proof that the disinfection of eating utensils affords about 80 per cent. protection against influenza distribution."

Safe dishwashing, declared both cheap and feasible, has been worked out in the Washington laboratories. Take the dishes from the wash water, Dr. Cummings said, and put them in a rinsing dish, which may contain either 170 degree fahrenheit water; or water containing a solution of hypochlorite. After that it is safe to rinse them, even in cold water.

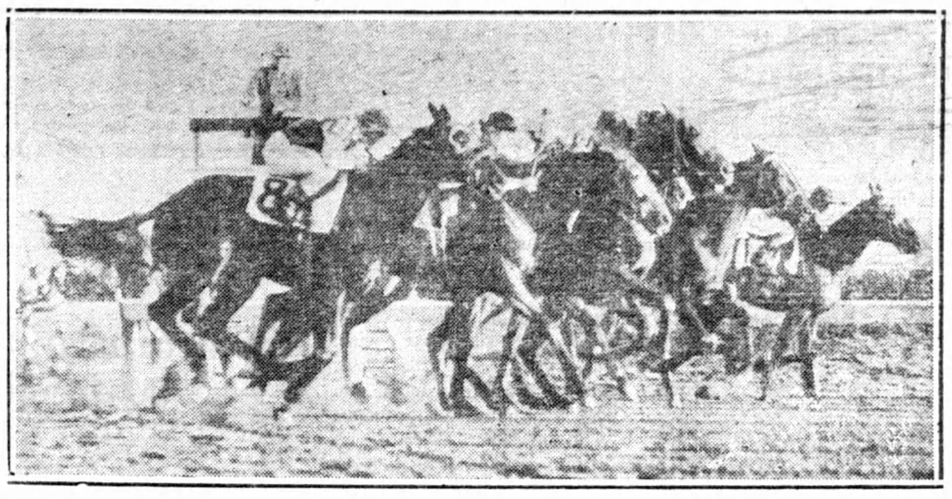
The result, he noted, is a 99 per cent. reduction in the bacteria.

"That," he concluded, "is equal to that obtained by the sanitation of our public water and milk supplies."

"Good thoughts are blessed guests and should be heartily welcomed, well fed, and much sought after."
—Spurgeon.

"Spiritual force is stronger than material; thoughts rule the world."
—Emerson.

A $36,000 Harvest



Reaping Reward (8), two-year-old from Milky Way Farm, pictured nearest the camera as the field got away in first running of the rich New England Futurity at Narragansett, R.I., track. Reward, a 12-1 shot ridden by Charlie Stevenson, came from behind to beat the favorite, Pompoon.