# What Science Is Doing

**SECRETS OF SLEEP**

Ten thousand nights of scientific experiment by physiologists of the University of Chicago have upset many popular ideas about the technique of sleeping. They now declare that slumber is largely what one makes it, the physiologists found.

The sleep of normal adults is not produced by fatigue substances but as a habit acquired to prevent eventual serious fatigue.

**DRIED AIR AIDS HEARTS**

The use of air conditioning as a new treatment for rheumatism was reported last week by Albert G. Young, M.D., of Brookline, Mass., who said that in two years, use at the hospital of air conditioning had prevented heart trouble in rheumatic fever.

About the only treatment, Dr. Young said, has been rest in bed and warm, dry climate. Air conditioning produces this climate artificially in the hospital.

**TO STUDY "BRAIN WAVES"**

Electrical "brain waves" that point the way to the sources of certain types of epilepsy will be studied at a new laboratory opened last week in McGill University Neurological Institute.

lc process, jots down the brain's electrical impulses on a chart like an ordinary graph.

By studying the ups and downs of the graphs, physicians will be able to detect the regions of the brain which give rise to certain cases of epileptic attacks.

**SEEK INSULIN SUBSTITUTE**

Two University of Manchester, (England) research workers have obtained encouraging results in experiments designed to find a substitute for insulin in diabetes treatment which would eliminate danger of "insulin shock" and could be given by mouth instead of injection.

In a series of experiments they used extracts of cabbage to control the blood-sugar concentration of animals.

# The BOOK SHELF

By ELIZABETH EEDY

**THREE CHRISTMAS BOOKS**

A vitally strong character with an insatiable hunger for knowledge is presented by Mazo de la Roche in "Growth of a Man" (McClelland & Stewart, Toronto, $2.50). Canada is the setting.

Far-off Iceland is brought into the realm of common experience for those who read Gunnar Gunnarsson's "The Night and the Dream" (McClelland & Stewart, Toronto, $2.50). This is a sequel to the author's magnificent autobiographical novel "Ships in the Sky."

The essence of thirty-nine years of research, study and writing is represented in Hall Caine's "Life of Christ" (Doubleday, Doran, Toronto, $3.50). The author's purpose has been to "make every incident illustrate and develop Jesus' character, to heighten and deepen the impression of His personality."

# Swing Style's Out Sweet Music's In

### Fading of Ultra-Hot Bands Is Predicted for Near Future

Swing music is dead! Long live sweet swing!

Fugitives from boiler-factory dance bands can take the cotton out of their ears.

That instrumental cacophony you have been hearing these recent few months was the death rattle of the swingsters—dealt a lethal blow by their own desire to be hotter than hot.

**More Like Plain Jazz**

The evidence is seen ot only in the fading of ultra-hot bands but in the words of authorities in three separate musical fields: Monsieur Hughes Panassie, French author of "Le Jazz Hot"—the swingster's bible; Andre Kostelanetz, symphony orchestra leader and music director of Columbia Broadcasting System; and the "King of Swing" himself—Benny Goodman!

Goodman says the public is drifting away from the noisy, unmelodic type of music that most people call swing.

Kostelanetz, whose business it is to keep his fingers on the mercurial pulse of the public, points out—with echoes from Panassie and Goodman—that the new "sweet" swing is little different from jazz.

Mrs. Charles Stokes who celebrated her 100th birthday in Ramsgate, England, still does her own housework, shopping and cooking, and finds time for much reading.

# Brand Livestock Farmers Advised

### In Order to Combat the Activities of Rustlers In Three Counties of Ontario

Cattle rustling and sheep thieving are rife in Grey, Bruce and Huron Counties, over twenty night raids on farmers' stock having been made in the last three months, was revealed at Goderich last week when Provincial Constable P. E. McCoy appealed to farmers to brand their live stock with some identification mark other than the slitting or punching a hole in the ears.

"A gang of rustlers is going about the country at night, loading animals from pasture fields onto trucks and disposing of them at stockyards or packing plants," Constable McCoy said. So far the rustlers have confined their activities in Huron County to sheep. Five such raids have been reported.

A warning was issued to farmers to be on watch at night for trucks, to obtain marker numbers, and as full a description as possible, and to place some private identification mark on animals.

One raid in Sydenham township, Grey County, netted the rustlers eight head, and another in the same municipality, on Nov. 23, netted thirteen head.

# Modern Etiquette

BY ROBERTA LEE

1. Is it correct to say: 'Pleased to meet you," when being introduced?

2. When you are a dinner guest, is it necessary to say "thank you" each time a servant passes you a dish?

3. Should an invitation to any kind of meal, dinner, supper, luncheon, be answered?

4. What is the proper amount that a bridegroom should give the minister as a fee?

5. Is it all right to say, when you are leaving after a visit, "I am afraid I have stayed too long," or "I must have bored you talking so much?"

6. Who pays the fare if a hostess takes her guests to a theatre or some other entertainment in a taxi?

**Answers**

1. No; this is a crude phrase. Merely say, "How do you do?" A person sometimes adds, "I have heard my husband (or my brother) speak of you quite often," or some such remark.

2. No; it is not necessary nor is it expected. However, it is far better to say "thank you" when it is not necessary than to omit it when one should express thanks.

3. Yes, always.

4. There is no stipulated amount. It may be $5, $10, $20 and often $100 o more, when the bridegroom $100 or more. It all depends upon one's finances.

5. No; such expressions are stupid and self-conscious.

6. The hostess.

# Evidence Studied By Commission

### Having Concluded Hearings, the Royal Commission on Dominion-Provincial Relations Will Review 10,000 Pages of Data

The Royal Commission on Dominion-Provincial Relations prepared this week to settle down to the most difficult part of its vital task—drafting a report which might lead to more complete national unity and a sounder system of public finance in Canada.

The commission has completed its long and painstaking collection of data on which it would base a report. Its public sittings concluded when the Manitoba government wound up its supplementary sittings.

**Towards Canadian Unity**

The task now will be to finish a review of the 10,000-odd pages of evidence taken during the 85 days of sittings, to absorb the best of a score of studies done by some of the country's leading economic, legal and statistical experts, draft a skeleton report and then go to work on the actual writing.

It is expected the report will be ready about the middle of the parliamentary session which opens Jan. 12, and may consist of a summary of the factual evidence received by the commission and some recommendations based on that evidence.

# How Can I?

BY ANNE ASHLEY

Q. How should buttons be fastened on lace?

A. Tie buttons on lace instead of sewing them on, using a needle with doubled thread. The ends should be tied under the buttons and on the wrong sie. If tied carefully the buttons are easily removed when the lace is to be freshened.

Q. How can I keep clothes from freezing to the clothesline?

A. The clothesline can be cleaned, and the clothes will not freeze to it during cold weather, if the line is rubbed with a mixture of equal parts of baking soda and salt, sprinkled on a damp cloth. Or, boil the line occasionally in strong salt water.

Q. How can I remedy a tight shoe that binds at the toe?

A. Wring a cloth out of hot water, fold it and lay it across the toe, while the shoe is on the foot. This will cause the leather to expand and conform to the shape of the foot.

Q. How can I keep a partly used bottle of olives fresh?

A. By pouring about a half inch of olive oil over the top and then keeping the bottle securely corked.

Q. How can I satisfactorily clean a felt hat?

A. Add enough gasoline to a teacup of flour to make a paste. Rub this paste on the hat with a brush, and allow to dry. Then brush off with a stiff brush. Remember that gasoline is inflammable.

### Next Postmaster-General?

Reports emanating from Ottawa indicate that Col. William P. Mulock, member for North York, may shortly be sworn into the King cabinet as postmaster-general to succeed Hon. J. C. Elliot who has been absent from his office for many months due to illness.

# Will Build Naval And Air Defenses

### Substantial Appropriation Likely to Be Set Aside at Coming Session of Canada's Parliament

The highlight of the defense estimates to be submitted to the approaching session of Parliament will be a substantial appropriation dedicated to the purpose of raising Canada's so-called "tinpot" navy to the status of a thoroughly effective fighting unit.

The other main feature of the estimates will be a substantial appropriation for air defenses.

It may be forecast that approximately $50,000,000 will be voted in the estimates scheduled to come before the session which opens in January.

In the realm of naval defenses, the intention of the government is, briefly, to provide a total of 18 destroyers for the patrol and defense of the Atlantic and Pacific coasts.

This plan contemplates a flotilla for the east and west coasts respectively of eight destroyers and a leader, the latter being slightly larger than the ordinary destroyer and carrying the staff officers.

The broad intention of the government with respect to air defenses is even more ambitions. The plan is to have ultimately 23 air force units, which means a total of more than 520 planes, including those for training purposes.


**GOING TO TOWN?**

Remember to get your copy of this week's Toronto Star Weekly.


Issue No. 52—'38

# Castor Oil Known In Pharaoh's Time

### Many Modern Drugs Were Used by the Ancients — the Pharmacist and Physician Were One 40 Centuries Ago

Castor oil has been in common use for almost 40 centuries and prescriptions which employed medicines recognized today for their therapeutic value were known to the ancients, according to discoveries described by Charles La Wall, historian-pharmacist, in a lengthy volume recording the scientific advance of pharmacy. Prescriptions compounded by pharmacists and physicians date back to the earliest records, La Wall reveals in "4,000 Years of Pharmacy." One prescription, the date of which is fixed at 1552 B.C., afforded the necessary clues for deciphering the written language of the ancient Egyptians and constituted the key to all subsequent research in Egyptology. This ancient remedy, recorded when Moses was tending his father-in-law's sheep on the plains at the foot of Mount Horeb, prescribes remedial substances in common use in drug stores today.

Besides castor oil, many other medicinal materials were listed, such as yeast, various oils, turpentine, figs, wormwood, squill, aloes, opium, peppermint, anise, saffron, linseed, juniper berries, poppy, date blossoms, and even onions.

In those days pharmacist and physician were one, the practice of medicine being entirely experimental. As time went on, La Wall records, these fields of practice separated: "It is the function of the physician to diagnose disease and recommend treatment. If medicine is required, the wise physician writes a prescription to be filled by a competent pharmacist, for this is the pharmacist's particular province and specialty for which he has been specially trained."

# 164 Rural Maidens Attend Course in Home Economics

### Women's Institute Branch of Ontario Department of Agriculture Holding Three Months' Course in Five Counties— Develops Intelligent Judgment in Problems of Home-Maker

Attendance figures for the first couple of weeks of the three month course in Home Economics being conducted by the Women's Institute Branch of the Ontario Department of Agriculture in five counties show a total of 164 rural young women attending lectures. The courses are being held in the counties of Bruce, Halton, Hastings, Peterboro and Wentworth, under the direct supervision of experts from the Women's Institute Branch.

The course is divided under five headings:

Food and Cookery: This course includes a study of food and its relationship to health, food habits and nutritional needs; the composition, selection, purchase, preparation and service of food; analysis of recipes and standard products.

Household Management: This course directs attention to: organization of house work, consideration of working conditions in the home and labour-saving equipment; care of the house, selection, care and use of materials (metals, wood and glass), cleaning equipment; the home kitchen, sanitation, water supply, sewage disposal and control of insects; general principles of laundering.

Health Education and Home care of the sick, Clothing, Home Furnishing.

London: A week's fun amid the fogs: Emile Aymoz, a French chef, praised "that succulent and nutritive dish, the American hamburger"; Church of England clergymen made it known that they preferred the "Lambeth Walk to the "sensuous slinking" of recent ballroom favorites, and a movie house displayed a sign reading "Chamberlain the Peacemaker — for one week only."

**COLDS RELIEVED OVERNIGHT**

Every second counts in the treatment of a cold. Get after it right away . . . before it becomes more serious. Fight it at its source. A little Mentholatum inserted well up the nostrils will not only save you future discomfort and expense but will bring you quick, lasting relief. The antiseptic vapours of Mentholatum quickly penetrate to the farthest nasal passages . . . fight the lurking germs . . . clear the nose and promote sound, healthful breathing. Get a 30 cent tube or jar today. Use it tonight. Get relief in the morning. *Quick relief guaranteed or money refunded.* A3


# HAVE YOU HEARD

"What's the use of it all?" said the old rooster, leaning his head sadly against the barn door. "Eggs yesterday, chickens to-day, feather dusters to-morrow."

oOo

**UNHAYY F8**

Weep to the tale of Willie T8.
Who meet a girl whose name was K8.
He courted her at a fearful R8.
And begged her soon to become his M8.
"I would if I could," said lovely K8.
"I pity your lonely, unhappy st8.
"But alas, you've come too L8.
"I'm married already. The mother of 8."

oOo

"I'm sorry I haven't a dime," the lady said as she handed the conductor a ten dollar bill.

"Don't worry, madam," he replied politely. "You're going to have 99 of them in a couple of minutes."

oOo

**Changeable women are more endurable than monotonous ones, however unpleasant some of their changes may be; they are sometimes murdered but seldom deserted.**

**— George Bernard Shaw**

oOo

Farmer's Wife: "If you can't sleep, count sheep."

Farmer: "I did that last night. I counted ten thousand sheep and put them in cars and shipped 'em to market. By the time I'd figured up my losses it was time to get up and milk!"

— Parade, London

oOo

**A cannibal chief is reported to have eaten his mother-in-law because she opposed him on some matter of tribal policy. It would be only poetic justice if she continued to disagree with him.**

# Germany Buying Canadian Apples

LONDON, Ont. — Middlesex-grown apples will enjoy a more prominent place on Nazi Germany dinner tables this year than ever before in history if German crop reports can be taken as an authority.

With a subnormal domestic apple harvest, Germany will have no difficulty in absorbing the full quotas for both fresh and dried apples.

One district apple producer said apples from this area would be purchased with a "goodly share" of the $600,000 set aside this year by the German Government for purchase of fresh apples in Canada.

# Gold From Abroad Comes To Canada

A heavy influx of earmarked gold into Canada was disclosed last week in a Dominion Bureau of Statistics report.

Net increase of earmarked gold —that is gold from abroad held in Canada for safekeeping—amounted to $71,400,000 in the past 13 months. The increase for last October was $32,400,000. It is believed most of this gold came from Great Britain and France.

**To Purchase Armaments**

The British Government was reported strengthening its North American gold reserves by shipping large quantities of the metal for storage in the vaults of the Bank of Canada.

The step was said to have been taken to provide for the purchase of war materials in Canada and the United States in the event of a European war, when shipment of gold across the Atlantic would be dangerous.

# Car Owners Are Blamed In Theft

Following the disclosure that ignition keys had been left in a car that was stolen last week and then used in the armed robbery of a London (Ont.). grocer, officials of the Forest City have issued a warning to all motorists not to leave keys in parked cars.

Magistrate D. B. Menzies said that in nearly every court case in which youths were charged with car theft, the offence could be traced to the fact that the motorists had left the keys in the car.

# Classified Advertising


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**POTATO BAGS**

POTATO BAGS FOR SALE 2½c each. We also pay highest prices for junk. Consolidated Iron and Metal, 58 Niagara Street, Toronto.


An ex-farmer in England reported that he could have put up with farming, but the filling of government forms drove him out of the business.


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**85** Chesterfield Suites, (3 pieces) in a large variety of styles and covers, all guaranteed thoroughly clean. Priced from $9.50 up.

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Odd Chesterfields, $4.95; Chesterfield Chairs, $3.95; Day Beds, $3.95; Dressers, $4.95; Chiffoniers, $6.50; Kitchen Cabinets, $9.95; Gas Stoves, $4.50; Sewing Machines, $8.95; Breakfast Suites, $7.95; Beds, $2.50; 50 good Used Rugs, all sizes; 100 brand new Mattresses, any size, well-tufted, heavy roll edge. Special $3.95.

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