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THE RICHER FLAVOUR OF

LIPTON'S

HEALTH TOPICS

PERIODIC EXAMINATION

A certain group to whom periodic examination is made available as a matter of routine, have been found to experience a mortality only about one-half that of the general population in corresponding age classes. In 1914 a well-known insurance company decided to institute periodic medical examinations of all its employees. Treatment is given only in emergency. The plan followed is to help form a correct diagnosis and then to place the information at the disposal of the family physician where occasion arises. The employee receives a reminder once a year.

The members of the group number some 18,000, all clerical, and of the total two-thirds are females and of a younger average age than the men.

Death Rate Much Lower

The practice of routine periodic examination not only lowers the deathrate very materially but it furnishes invaluable sources of medical information not otherwise obtainable. Persons going to a medical man are more or less seriously ill; the majority going up for periodic examination are not ill at all. But among the lot some will be found to have illnesses more or less defined. Often the routine examination will discover illness at a stage when it can be nipped in the bud.

The deaths among the 18,000 in 1938 numbered 68 and of these 28 occurred at ages of 65 or over. This is equivalent to a crude deathrate of 6.1 deaths per 1000 for males and 2.3 for females or a combined rate of approximately 4 per 1000. The average for the past 10 years has been 4.3 per 1000. (Canada's rate for 1938 was 9.5 per 1000).

New Low Fares To Eastern U. S.

Montreal — With the opening of the tourist season, which is expected to reach new heights this year, new low coach class fares have now been placed in effect by the C. N. Railways for travel from Canada to points in the Eastern part of the United States, according to C. W. Johnston, General Passenger Traffic Manager of the Company. These fares to destinations across the international border, cover a radius extending from Chicago and St. Louis in the middle west, eastward as far as the Atlantic seaboard, north from Washington, D.C.

"With a large volume of travel developing between points in Canada and those in the United States, these coach fares are offered to the public at a time when many people will be visiting the attractive centres to which these fares apply," stated Mr. Johnston. "In some of which Canadian funds are accepted at par for hotel and other expenses."

What Science Is Doing

SILVER vs. GERMS

Ability of scientists to kill germs through the harnessing of solid silver atoms is revealed at California Institute of Technology.

Research by physicists and bacteriologists indicated that swimming pools in the future will be sterilized with small amounts of silver instead of with chlorine.

Further application of the revolutionary form of germ killing may provide a substitute, they said, for pasteurization of milk.

—o—

Leading biologists, botanists and agriculturists of the U. S. call the discovery epoch-making that gas instead of sprays is effective in combatting plant diseases. They say it is the most important step in plant doctoring since Millardet nearly 100 years ago discovered Bordeau mixture, grandfather of sprays.

Even more significant, they say, is the fact that gas treatment cures. Never before have plants been cured. Sprays and other crop control methods are preventives. The gas is both preventive and cure.

(Called paradichlorobenzene, the gas is of the stuff that makes mothballs).

—o—

Surgeons are beginning to use cotton thread bought at the ten-cent store to stitch wounds and surgical operations.

They are not using it because of its cheapness but because it is superior to other surgical suture material in holding wound edges together after injuries and operations.

It is preferable to catgut, one surgeon declared, because it is not absorbed rapidly in the body.

Modern Etiquette

BY ROBERTA LEE

1. If a bride receives several duplicate gifts and asks these donors for permission to exchange them, should they resent it?

2. When you are not sure whether a man and a girl have been introduced, is it all right to say, "Mr. Gibson, have you met Miss Carter"?

3. Should a girl at a dance expect her escort to keep her evening bag, compact, and a cigarette case in his pocket?

4. When two persons start a violent argument, and you are present, what should you do?

5. When one has been staying at a hotel for several days and has used the telephone frequently, should he tip the telephone operator, and how much?

6. Should one place the serving silver on a dish of food when asked to pass it?

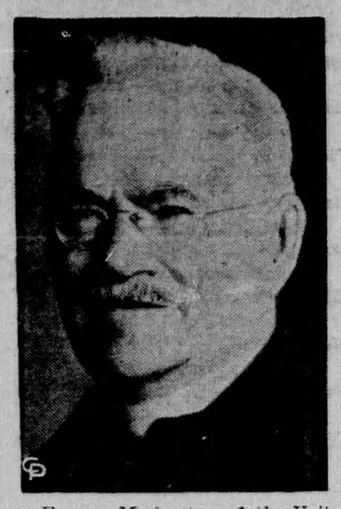
Answers:

1. Not in the least. It would be a very sensitive person who would take offense at such a request. 2. Yes; this gives the honor to the girl, and is better than asking Miss Carter if she has met Mr. Gibson. 3. No. 4. Remain neutral. Do not take sides with either. Of course if you are tactful enough to divert their attention to some other subject, it is all right to do so. 5. This is customary. Probably fifty cents would be the minimum tip. 6. Yes, always.

Canadian National Railways Revenues

The gross revenues of the all-inclusive Canadian National Railways for the ten-day period ending March 31, 1940 were $5,872,336
as compared with 4,975,735
for the corresponding period of 1939, an increase of 896,601
or 18%.

Well-Known Cleric Passes



Former Moderator of the United Church of Canada, Very Rev. Dr. T. A. Moore, died at his home near Toronto. Dr. Moore was 79 at the time of his death and was one of the best known ministers of the Dominion.

- HAVE - YOU HEARD?

A lady of curious countenance had married a Scotsman, and after the ceremony he approached the parson with some trepidation. "How much do I owe for this?" he asked.

The parson, also a Scotsman, knew his business. "How much is it worth to you?" he countered.

The bridegroom blushed, gave a sidelong glance at the parson, and pressed a shilling into his palm. The parson looked at the shilling, then at the bride, and gave him eightpence change.

—o—

"Did you hear about the fellow who invented a device for looking through walls?"

"No, I didn't. What does he call it?"

"A window."

—o—

A negro who had achieved some success in the handling of mules was asked how he managed the balky creatures.

"Well, when I'se plowin' an' the mules stops, Ah jest picks up some soil an' puts it in his mouth to taste. Den he goes right along."

"What makes you think that affects him?" continued the questioner.

"I suah don't know," was the reply, "but I expect it makes him forget what he was thinkin' about."

—o—

Drummer: "I don't feel a bit like playing today. I ate a dozen oysters last night."

First Sax: "Weren't they fresh?"

Drummer: "I guess so."

First Sax: "Well, what did they look like when you opened them?"

Drummer: "Do you have to open them?"

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If You Were A Packer What Would YOU Do?

R. C. Howe, former manager of Armour and Co., Omaha, Neb., now engaged in feeding thousands of head of livestock, writes to the Omaha World-Herald:

"When I was in the packing business, I bought livestock in the country because it was cheap, and that is the only reason any packer will buy direct from the country — because it is cheaper than it is on the central markets. I have never sold a head of livestock in the country direct to packers, but have shipped them all to public markets."

"I cannot understand why any farmer will sell his livestock direct to packers, when doing so takes that much competitive bidding off the public markets."

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How Can I?

BY ANNE ASHLEY

Q. How can I prevent the boiling over of the contents of a kettle, or saucepan?

A. Grease the inner sides to the depth of an inch from the top.

Q. How can I secure more juice from lemons?

A. Heat the lemons thoroughly before squeezing by dropping them into hot water for several minutes, and they will yield almost double the quantity of juice that they will if not heated.

Q. How can I impart extra height and width to a small window?

A. Fix the curtain rods beyond the casing at the top and the sides, and use a kind of material through which the casement cannot be seen.

Q. How can I whiten and soften my hands?

A. Try using bran as a cleanser, instead of soap.

Q. How can I launder velveteen?

A. Wash the velveteen in lukewarm, soapy water. Do not twist to wring out, but remove the water by pressure. Rinse in water of the same temperature and shake the garment well. When dry, place on a thick blanket and iron on the wrong side.

Q. How can I put out a chimney fire?

A. Throw a handful of sulphur in the fire, closing the bottom draft. The fumes will ascend the chimney and extinguish the fire almost immediately.

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