Weight Reducing Drugs Lamps for Doctors-Speed of Sap in Trees

A few morths ago an over-weight San Francisco physician to k an over-lose of dinitrophenol and literally coked himself to death with the viatention attracted to a drug which rakes excessive fat disappear witnpakes excessive that disappear out the necessity of dieting.

Five times more powerful is dimi-

C. Dodds and J. D. Robertson who have been experimenting with it in England and who publish their conclusions in The Lancet. Both drugs accelerate metabolism—the process whereby food is converted into energy. Such is the speeding up that the body fat must be drawn upon to meet phy siological requirements. Hence the rapid reduction in weight.

The result is much the same as

when theyroid extract is administered. There is, however, this difference. When the thyroid gland is sluggish, fat accentuates in what is called myxedema, the tarry name for a swelling due to infiltration of gela-tinous fluid into the tissues. Like thyreid, either of the dinitro drugs stim late the burning up of food-fuel and fat, but the drugs do not relieve othe symptoms of obesity. Is the metabolism influences by the drugs different from that which occurs naturally

The answer is yet to be given.

Neither of the dinitry weigh to ducers shorle be taken without mout ral guidance, and as ye' ver; threicians knew about then. Light tor Colly.

U.tra-Violet rays kill germs. Be rame of this fact it has long been Le practice to treat tuberculosis of his sain and other external germ ileases by means of ultra-violet 14tiation. When it came to infections of the ear, nose, larynx, lung. the hauger, kidneys and sinuses the phy sician was helpless so far as radiation was concerned. The lamps were too pig to be pushed through passage which were cometimes less than one parter of an inch in diameter. There was nothing for it but to treat inter-ial infections with preparations, which, when irradiated by ultra-vic-

et lamps, acquire remarkable healing properties. The difficulty presented by size of amp has been solved. It is now possible to introduce a little quartz tub in eighth of an inch in diameter and to longer than three-eights of an inci nto the ear, there to let the rays do heir work of killing bacteria; or to rradiate tupercular lesions in the tidney, bladder, lung and larynx. To each the sinuses a small puncture is made through which the miniature amp is pushed.

Like a Miniature San.

The little iamp is not unlike the tubes which glow on every Main Street and which advertise anything from a restaurant to a tooth-paste in red, blue or yellow. In the advertis ing tube a minute quantity of ga (neon, for example, for red light) is conized. By ionization the physicist means the partial wrecking of ar atom. Deprived of an electrom, the atom. Deprived of an electron, the ("ion" means wanderer) until it fin la an electron to take the place of the one it has lest. Almost as fast as i finds one it is stripped again. Ima gine countless billions of gas atom thus wandering about as ions and glowing because they have lost electrons and we see what happens both in a glowing advertising sign and in this little lamp. According to the now fashionable theories of the astro physicists, the sun and countless mil lions of stars shine because they, too are composed of atoms which are stripped and therefore glowing.

What we have, then, is a miniature ultra-violet lamp, is a miniature sun which can be introduced within the body. And the sun, as everybody knows, is the richest of all sources o ultra-violet rays, the most effective c all natural healers.

How this little sun is made to glo nside of the ear or next to a kidney is much too technical a story to be told here. It is enough to say that something like a miniature radio transmission station excites the cury atoms of the tube. What en gineers call a short-wave generato causes a current to swing back and forth 7,500,600 times a second within the tube. It is at this rate that the mercury atoms are made to vibrate and to emit rays, and this withou burning tissues.

Speed of Sap.

Heat will make sap rise in a tree Here, reasoned Professor Bruno Hu-ber of the Darmstadt Technical High School, is a method of measuring the rate of sap flow. He wrapped a wire around the trunk of a tree and heated it for several seconds. A little higher up he inserted an electric thermometer between the bark and the wood As it rose the heated sap caused the thermometer to rise. Thus a measure of the rate of flow was provided.

With this simple equipment Hube found that the flow is more rapid a the day waxes. Between 6 and 7 in the morning the san in a vine move on thirty inches in an hour; by 1 the speed is twenty-eight feet an hour; but at night thirty inches an hour is

It is clear that if sap loses heat too rapidly during its motion the methoof measurement fails. The critical velocity is half an inch a minute. In conifers the rate of flow is so slow that Huber cannot measure it. But in leafy trees he finds speeds as high as 150 feet an hour.

"Dry ice" (solid carbon dioxide) can be made from gases in chimney smoke at a cost of 1 1-2 cents a pound according to a recort received by the American Chemical Society. This refrigerant, although made from smoke is snowy white and odorless.

Latest Findings Apple Seed Content 3 MONTHS ON In Science World Unrelated to Weight BISCUITS AND MILK

In discussing the relation of seed content to weight in apples, in an article in the Caradian Journal of Hesearch, Professor W. H. Brittain of Macdonald College, and C. C. Eidt. Dominion Experimental Station, Kentwille, N.S., says: "As already indicated, many workers have stated that a corelation exists between weight and seed content in the apple. The fact that one-sided apples show some of the carpels empty on the correct of the carpels empty on the carpels empty on the carpels empty of the carpels e of the carpels empty on the corre observation. Samples picked at ran-dom offer little evidence of this conpollination. On the other hand, trees with a very low set, due to an unfruitful cross, produce few apples, and those that do set may grow abnor-mally large, owing to favourable nutritional conditions. For that the fulces of the body. Soon after you samples selected should be produced

"In 1931 two varieties, Gravenstein, s representative of a tripioid variety you persevere with the "little daily rith very low seed content and North dose," you will see that the relief as representative of a triploid variety with very low seed content and Northern Spy, representative of a diploi variety with an exceptionally high seed content were selected. A tented tree of each variety which has been provided with hive of bees and an effective pollinizer. Wagener in the case of Gravenstein. Ben Davis in the cas of Spy was used. All the apples on apples likely to result from imperfect fertilization, which undoubtedly affected the results, but gave a value for the effect of seed content."

The data thus obtained showed that there is no definite corelation between the weight and the number of seeds per apple in the Gravenstein, King, Wagener and Baldwin varieties under the conditions tested. In the Spy va-riety a correlation just statistically significant was obtained, but even thi cannot be considered at all marked.

Dog "Hired for Life

At \$14 Yearly Salary Brandon, Man. — "Red," a collie dog, has been added to the Brandon city staff. It was granted a salary of \$4 a year to buy him a license ar give him official standing.
"Red," who makes his home at the

city waterworks, was unlicensed, and the poundmaker began to make inquiries, but the waterworks staff said that he protected the coal piles, chased petty thieres, and was on duty 24 hours a day, seven days a week.
So the City Council approved "Red's" employment, and assigned him the waterworks job for life.

"THE PARENTS" PERSONAL SERVICE"

A Unique Service Rendered by the Hospital for Sick Children,

Three years ago, the Hospital for Sick Children. Toronto the ploneer hospital in Canada for children only -tentatively started a service to be known as 'The Parents' Personal Service."

known as "The Parents' Personal Service."

This means that the Hospital set aside a graduate nurse, with her stenographer, for the exclusive use of the parents, in order that they might have a direct and intimate source of information re their children, not only as to the aliment for which they were admitted: but the little individual conditions it is comforting to talk with, or write to, someone who has time to see and chat with ther little one, and who can tell them how he looks, and answer such questions as: Is he able to be up, or sit up in bed? Does he miss us and fret? Does he play with the other children? and so on, dozens of anxious inquiries, and meaning much to the home folk. If they live the title they hour.

To-day, the Hospital's officials re-

in the City they may see and talk to her any hour.

To-day, the Hospital's officials regard this Service with pride, as it reveals the spirit of the Institution, supplying, as it does, the human touch that sets it apart from a mere repair factory and shows it as a house, not only of healing, but of sympathy and understanding towards the parents.

As the Hospital takes in children

As the Hospital takes in children from every corner of Ontario, not-withstanding that some of the inrec-cities now have a hospital of their own, this has increased the Hospital's

own, this has increased the Hospital's correspondence immensely.

A look at the file for this Service, however, shows how worth-waile the experiment has proved. There are thousands of letters, intensely human documents, from parents. A playwight would consider it a rich field. It contains ready-made blocks of assorted emotions for the making of drams—love, pity, longing, anxiety, fear, faith, hope, exaltation and gratitude—all crammed between its covers.

iear, inita, nope, exhition and granttude—all crammed between its
covers.

The nurse in charge of this Service
is naturally immensely popular with
the children. They look to her for
news from home. To the parents,
also, she is a very real person, though
they may never have seen her, and
some write to her after their children
are home. Neither do the children
forget her, as the concluding scanence,
in a letter from a child, home many
months, shows: "I have just finished my homework, and I am very
tired and I just wrote this letter to
see what you are doing. Goodnight
and God bless you." This last, no
doubt, was prompted by a grateful
mother.

Then there is the letter of the little

mother.

Then there is the letter of the little boy, successfully treated for Infanthe Peralysis, who thought longingly of home while in the Hospital, and of his Hospital friends when discharged. Just a line to let you know how I am. My leg is all better now. I can walk quite well now. I am glad to be home, but I am still lonesome for the Hospital. I will soon be able to walk good. How is Herby now? Is he gone to Thistletown yet? This is the first time I have written a letter with a pen and int. Well, I guess I'll close now.

An institution that is not content to heal only, but feels for the distressed parents to the extent of setting aside a graduate nurse and her stenographer solely for the purpose of lightening their anxiety, must awaken in the hearts of all a desire to help support that Institution.

Last year showed a great increase in the number of patients treated. The revenues fell far short of the actual cost. Public benevolence must make up the difference. Contributions of any amount are received with gratitude, and every donation is acknowledged by mail and published in The Evening Felegram Send care of the Secretary-Treasurer. Hospital for Sick Children. §7 College streek Toronto 2 Then there is the letter of the little

three months. Well, a friend advised sponding side is a matter of general me to take Kruschen, and now I am observation. Samples picked at ran pleased to say my troubles are ended. size and weight of fruit, and a disturbing factor is introduced in the utilization of fruits contains from mixed. same to take Kruschen." — (Mrs.) zation of fruits resulting from mixed would advise anyone suffering the

The immediate effect of the six salts in Kruschen is to promot a natural flow of the digestive and other vital start on Kruschen you will find that ou are able to enjoy your food withou which Kruschen brings's lasting reilef.

The Weekly Newspaper

"Turning from the city newspapers to the small town press exchanges that come to the editor's desk is like stepping from the slums, full of vice, of Spy was used. An the appears of spepting from the state, 100 of each tree were taken, 500 in the case of Gravenstein and 1,596 in the case with lavender and thyme and the orditions for pollination we naturally reduced the production of abnormal pages of the tig dailies are full of pages of the tig dailies are full of murder, thievery, immorality and selfishness that the better news is obscured by these glaring shatterings of the Decalogue. One puts the pa-pers aside with a feeling of depression and heartache tiat the world is so full of terrible and unhappy things.

"Then picking up the papers that ecord the happenings of the little towns around us, one gains renewed laith in life. Here are set forth only that which uplifts a community-tne activities of the business men, the church items, the happy social gatherings of the people, the marriages births and death, farmers' items, and all the thousand and one daily occurrences that make up the simple an nals of the great common people, who are really the foundation of this oroad country of ours.

"Scandais are rarely published in the country newspapers, but if it so happens that decency demands it, the uglier details are omitted, or given a kindly touch that is widely different from the unfeeling publicity of the city press. The offenders may be our neighbors or people we have rubbed elbows with all our lives. They are real human beings to their town peo-ple, while to the great city dailies they are merely grains of a sort that are ground out hourly in their news

"Sometimes people speak lightly of the country newspaper, but it is one of the most potent and uplifting factors in our national existence."

Great Britain's Penalty For Reckless Drivers

"The reckless driver in Great Britain especially if he is what is known as a 'repeater," gets little sympathy from the courts," observes the Owen Sound Sun-Times. "The authorities n that country are making a ceternined effort to keep irresponsion drivers off the reads and it is said heir campaign is succeeding admir. ably.

"An instance of how seriously the courts regard this matter is given in the case of a motorist who had been convicted of reckless driving some months previously and as a result had his sicense cancelled for a year. He was feelish enough to think he could ignore this warning, so, armed with a license issued to his brother he once fore sallied out on the road and had collision with a motorcycle.

"In court ne was charged with driv ing dangerously, with driving when disqualified, with using a river's incense issued to his brother with intent to deceive and with using a car without an insurance policy. Here is the punishment that fellowed his conviction on these charges: A sentence of six months' imprisonment a fine o 30 and 30 guineas costs; cicqualified from driving for 10 years.

"The third penalty was, of course the most severe as well as the mos effective: he is banished from the oads for ten years and in view of that happened when he ignored the first cancellation it is safe to say that for the next decade he will keep nis ands off the wheel of a car."

Clean Press Advocated

Hong Kong.-When the South bina Pressmen Association recent. held its second annual meeting in Canton, members of the Canton Government dwelt at length on the im-portance and responsibility of purnalists to enlighten the mass of the Chinese people, to constructive v direct public opinion, and to coperate with the Government in the enforcement of its three-year plan Mr. Cheung Yuen-fung, director of the funicipal Bureau of Social Affairs advised the newspaper men not to sensational items that ap eal to the baser instincts

Sharp Rise in Tea Prices Faced with ruin due to appalling osses over the past three years, teaumatra have cut down their exports 15% this year as compared with the peak years of '29 and '30. This restriction has had the desired effect,

cheapest drink next to v.a. itself.

...SMILES



troduced to one of his host's guests, stood staring blankly at him for some

Big Man (after awhile) - You know sir, you look like a man I've seen somewhere before. Your face seems very familiar; you must have a doubl Strangely enough, I distinctly remem-ber I formed a strong dislike for the man who looked like you. but I don't

remember having met him socially."

The Guest—"Yes, I think I'm the man you mean. I passed round the collection plate for two years at the church you attended."

A Scotsman paid a visit to a friend in New York, but stayed far longer than was expected. Time dragged on, and still the visitor made no attempt to leave. At length the friend droppe

a gentle hint:
Friend—"Don't you think that your
wife and children would like to see you again?"
Scotsman—Thanks very much. It is most awfully kind of "o". Ull send

for them at once." A friend of this colyum endeavors o describe the difference between

clerks and managers as follows:
"A clerk is a man who knows great deal about a very little, and who goes on knowing more and more about less and less, until finally he knows everything about practically

"A manager is a man who know very little about a great deal and who goes on knowing less and less about more and more until finally he nothing about practically everything.

There are more men than women in

e world. But at that, the women make twice as much noise. Sandy McNab had found lodgings with a landlady of a very mean disosition. For one thing she never verfed her boarders. At the dinner

table McNab was banded a very small helping indeed. Eyeing it ruefully, the Scotsman said: Scotsman-"You've made a mistake aven't vou. Mrs. Brown?"

Mrs. Brown-"Not that I know of. Why?" Scotsman-"Because my name is Sandy, not Gandhi."

A man evidently from the country was in town recently and saw an ar-ticle in a music store, but could not nderstand the purpose for which it

Country Man (indicating article in uestion)—"What is that thing for?"
Clerk—"That, sir, is a chin rest. It used quite a lot by lady violinists. Country Man (giving a cry of joy)— Give me one of them! (Then, after 1 pause): "No, I'll take two. We got he missus' mother staying with us as

An expert says that not one Canadian woman in 10 can pass a beauty test, and, apparently, as a result of that situation, not one in 10 can pass beauty parlor. *

Tourist-"I don't suppose you keep anything so civilized as dog biscuits n this dun-down jay town, do you?" Brushville Merchant - "Oh, yes, stranger. Quite a few folks like you ome through Brushville from the Big City, and we aim to have everything called for. Do you want them in a bag or do you want to eat them here?'

"I'm sorry to have to do this," said Junior, as he spread the jam on the visiting baby's face, "but I can't have uspicion pointing it's finger at me."

Mabel-"Do you see Helen often?" Janet-"Ouite frequently." Mabel—"Is she happily married?"

Janet—"Is she? I should say so Why, that girl is so happily married that she has to go to the moving pic-

ture theatre for a good cry." "Life wouldn't be so bad if it were not for interest and taxes," say the farmers. The same goes for us, too.

Aunt Mirandy Tatters says matri mony is the only state that allows women to work twenty-four hours a day.

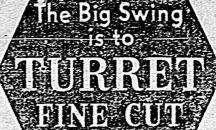
If those windowless buildings be me more general, life will be simplifled for the small boys playing base-

Stream Flow Conditions

In Quebec The Dominion

Ottawa, Canada. Water Power and Hydrometric Bur-eau of the Department of the Interior reports that the natural run-off of th rivers of Quebec was below average during September due to the fact that the rainfall which had been low for ly below normal during the month Natural run-off from the area tributary to the St. Lawrence from the north, based upon the records of the St. Maurice River, was about 64 per regulated flow of that river was about dustry and art. It is within the me the St. Lawrence run-off in the Sher brooke area was about 30 per cent. of normal, judging from the records for the St. Francis River, although th and prices have risen sharply.

Packers of fine teas in Canada have 60 per cent. of the average, Furthe flow of that river, due to storage, was een forced to increase prices, but as east the records of the Madawaska the average pound of good tea will River indicate a run-off 18 per cent. were it not for the hand loom there make 250 cups or more, it is still the below average, though, here again, might have been no power loom. storage raised the flow to 10 per cent. over the September average. In seems to thrive are the fruits of Britain's oldest Baptist Church is northern Quebec the records of the generations. One generation but o be demolished. It was built at Dud. Harricanaw River at Amos Indicate on another's labors, carrying them on by in 1672. | a run-off only 40 per cent. of normal. still further. The automobile body



are smoking Turret Fine Cut these days. First of all, they want the best cigarettes they can roll. Next, they want to get "more tobacco for libeir neese." And lasdly, they want Poker Hands to exchange for valuable free Gifts—so they smoke Turrer Fine Cut because it's the one cigarette tobacco that gives them all three advantages. Try a package of Turrat Fine Cut today—you'll like its mild, cool fragrance.

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A Forward Look Into the Past

(By Walter W. Cunningham, in The Christian Science Monitor.) Poets and authors have sung of The Past. Generally in a mood of remi-niescence. Not always with a spirk of innreciation Yet without appreciation for what has been done in the past what basis is there for hope in the tor what has been done in the past, what basis is there for hope in the farious discoveries the sole credit for future? Samuel Smiles once said: "All his amazing success. Edison ever all many generations of men." The vast empire of Britain, upon which the sun never sets, grew out of the many generations of men." The vast bickens who said:

"It is a poor hear of the men and the many generations of men." The vast bickens who said: eles of a thousand years. The Ameri can nation, as someone has truly re marked, sprang from the sons of ma tyrs. The wheat fields, tossed by the winds of the prairies, would never have vielded their bountiful crops ha

not the early settlers, unsparing of themselves, cleared the land and pre pared the soil. There is a time when the world may pause advantageously and look back, not merely to survey the scen n retrospect, but to render thanks for the great inheritance. That is the portunity of an anniversary. It is the time when a debt to the past may be paid in gratitude. For no matter how recent and rapid the advance in any

field of endeavor, it could not have been accomplished without the untiring labors of past generations.

Honor to the Pioneers. The combine, performing the work of dozens of men in the fields, would never have been possible if the mech anical genius of an earlier day had not, in the sweat of furnaces, develped new types of descendant of the stick that scratched the earth. It is well, then, not to look with contempt upon the rude implements of an age cone by. Thomas Gray, in a momen of inspiration, crystallized this thought in his beautiful "Elegy Written in a Country Churchyard." hrough a line too little known even by his most ardent admirers: "Let not ambition mock their

useful toil."
To the "rude forefathers" may be attributed the foundation of the gran aries of Europe, of Australia, of the western hemisphere. The bulging warehouses of grain are no mere triumph of the people of today. The multimotored steamships, in which the harvest yields find their way across the seven seas, are not alone the products of the yards of the present time. Their construction actually

Where would radio have been without the pioneers in wireless telegraphy? Had there been no Marconi. Had there been no Lindsay, pursuing his investigations into the use of ele tricity as he carried on his inquiries n philosophical research, there migh have been no need for the tiny shack on the bleak coast of Newfoundland where were "caught" the faint sound of the first message transmitted by air ight of an attic room so that future generations might converse with ease over a distance of 3,000 miles.

Order Rests on Past.

Geology in the past quarter century has made amazing progress. It pro-mises still more astounding results from the expedition to the South Polof Commander Byrd. But is there no credit due to the early geologists for their studies of the glacial period. To the indefatigable toilers who shed light on the earth's strata? To Hugh Miller, the author of the "Old Red Sandstone"? To Robert Dick, the a considerable period was substantial at the end of a day's work to obtain specimens of stones and flowers and

to correct imperfections in existing Perhaps if it had not been for the pioneers the world would still be fac cent. of the average, although the ing chaos rather than order in inper cent. above average. South of ory of many reading this article that men trudged to the hand loom at dawn and never left it till dark. dreary task, ill paid. Even long after the industrial revolution swept the machine into power the weaver could he found bent over his loom. But the

The comforts upon which humanit seems to thrive are the fruits of many found its design and appointments first in the now discarded four-wheeled carriage. The 400-mile-an-hour ai plane had its origin in the 40-mile-a hour flying machine. The steamship crossing the ocean in four days, no so long ago proudly recorded the fact that it crossed in 14. Does the credit entirely rest with the designer of the

new floating palace?

Not even the greatest inventor of all times would claim for his multi-

And therefore we pay tribute to the puilders of the past, the true nobility of civilization.

London Papers Follow "Old Thunderer's" Lead London.—The example set a year ago by the London Times of redesigning the types for its headlines and text has been followed by many morn-ning, evening and weekly publications

here.
The Times appeared on Oct. 3, 1932 in its new Roman types dress designed in the interest of legibility and ease of xeading under present-day condi tions. Since then a new trade type of modern design has been substituted for textual use in the columns of The News-Chronicle, The Star, The Eve ning News, The Daily Mail and The

Daily Express. The weekly press has also partici pated in the move for improved typo graphy. The New Statesman has re cently chosen a Plantin type and Th Weekend Review a Baskerville. The popular Sunday newspapers, led by The News of the World, The Sunday Dispatch and The Sunday Express have also been redressed.

Seaside "Sand Pies" Gain New Varieties

Bolton, Eng.-That juvenile seaside delicacy—the sand pie—will be taking on a variety of new shapes and sizes next season, due to the observation of the wife of a local engineer, during a visit to the seaside.

As she sat on the sands watching the children lining up rows of these pies, she wondered why the buckets should not be made in the form of molds, which, when filled with sand, would produce attractive models of cathedrals, churches, forts and castles She mentioned the idea to her hus hand who immediately saw the nov so long ago as to be hidden by the provisional patents have now been enable scale models of buildings to be easily constructed on the sands by children.

In the R.O.P.

A group of three registered Holstein cows have just been qualified in the Record of Performance by William A. Hart, Woodstock. One of these cow Toots Colantha Merton, eight years of the first message transmitted by the course the Atlantic. All hall to the old and bred by E. J. Gleason, Lake man of yesteryear tolling in the dim side, gave in 365 days, 12,521 lbs. milk old and bred by E. J. Gleason, Lakeshowing an average test of 3.69 per cent. fat. The other two, made their records in the 305 days division. The ave-year-old, Woodview Queen Ormsby, bred by Jos. Dickout Estate, Salford, in her lactation period of 305 days, gave a yield of 11,149 lbs. milk showing an average test of 3.56 per cent, fat, while the four-year-old, Sylvia Snow Canary, bred by Arthur Thomas, Salford, produced in 276 days 10 720 lbs. milk, her average test. 3.54 per cent. fat. All three cows were milked twice daily throughout the



In Great Britain

Problem Is Met Through Co operation in Birmingham

Birmingham, Eng.-Measures tak en in advance to give employment to poys and girls leaving schoo, have enabled Birmingham to dea, effective ly with its juvenile jobless problem For several years the Birmingham Education Department has known and has prepared for the fact that there will be more juveniles than usual seeking work this year an next owing to the large number eaving school who were born just after the war. Birmingham's ar rangements are proving highly efficient, with the result that juvenile unemployment is practically negligible. Of 62,000 children between 1and 18 not more than 1000 are out

of work. Because the education of the city and the unemployment bureau are under one authority, co-ordination between school and work has been comparatively easy. Before the children leave school there are confer-ences between parents, officials of the department whose work it is to find employment, and school-teachers The general capacity of the child, its physical condition and temperament are known before he or she is offer ed for employment.

girls are thus found for various posts. shipments outside the province or use

There is little disproportionate demand among young peop e for is contrary to the provisions of the
"black-coated" posts. In fact, both Maple Sugar Industry Act and stegul
parents and children prefer the lations. workshops, especially in those trades

Child's Posture While Doing School Work

Yesterday I saw a schoolgirl of 15 years old, writes a doctor, brought to me by her mother because she stooped so badly and had round shoulders. She was wearing spec-

When I asked her if she tool plenty of exercise and played plenty of games, the mother told me that she did not enjoy playing with the other girls, but that she was very clever, was top of her form, and spent most of her spare time reading and working. "When she comes home in the evening she likes to sit, the distance of the standard of the st at the dining room table and read."

I said I would like to look round in the evening and see how she worked because, anyhow, I had to go out and would be passing near their house.

So after dinner ! took a look in on them, and there was the girl sit-ting up at her lessons at the dining room table, the table was a low one and the chair much too high-all right for eating, but all wrong for work. The result was her neck and back were all bent forward. The posture which children have

to adopt at work is very important. Too many lessons bending over desk or table is bad for a growing child anyhow, but when it makes them double themselves up it does to be able to sit nearly upright at the table one writes at—at least while one is still growing.

Mrs. Hal P. Sims Says Bridge Shouldn't Be Taken Seriously

Cincinnati.-Whether bridge should be taken seriously was a topic among women contestants between games of the United States bridge eague championship here. Eve good friends couldn't agree. Mrs Hal P. Sims said "no" with em phasis, but Mrs. R. B. Fuller of New York, a current champion, admitted playing, talking, and thinking bridge so much that "I don't have much time for anything else but sleep." Genial and informal Mrs Sims vaved her cigarette expressively. "As soon as you stop playing bridge as a sport there is nothing to t," she aid. "It's a game and should

e played as such." Bridge, she thinks, is good train ing for the mind, and psychic bidding great for the circulation." But it's game and nothing more.

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Apply Early for Sugar Bush License

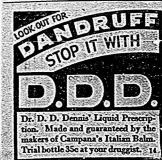
Experience of the past three years' administration of the Maple Sugar Incodustry Act and Regulation shown that there is a tendency on the part of farmers and other owners of ugar bushes to delay to the very last moment in applying for license or renewal of the license to permit maple sugar products being exported or ship ped to another province. The final date for renewal of license is Dec. 31 Co-operation of business firms is after which date licenses not renewed then sought, and right boys and are liable to cancellation and turtues

the lations.
ades There is not the slightest advantage in which technical skill is required gained by delay. The time to apoly and which provide reasonable pros- for license or renewal is now. So are pects of promotion or business suc- times it has happened that a sugar bush owner, seizing an opportunity for trade, has suddenly decided to self his syrup and sugar outside the prov ince, has been forced either to violate the Maple Sugar Industry Act of delay shipment, or to pass up the uear, fu inv farmer who may have the oppor unity of selling his mapie products to another province the Fauit Commis sioner. Desartment of Agricultuse. Gb awa, will be pleased to give tult us tails and instructions on how to outain

license. The law is quite clear; Every st 11 bush or sugar orchard maple products are exported or ship-ped to another province must be the censed and the owner, lesses or opersion, township and county in watch the sugar bush is located, together with the total number of maple trees in the stand and the number or tress tapped.

Cans or bottles containing maple syrup for retail trade must be clear. parked or tagged to show the conmon name of the product, the new weight, the name and address of the manufacturer or packer or of the ugar orchard and when licensing is required, the license number. Furthe labels, tags, caps, stickers, etc. howing the required marks must be submitted to the Fruit Commissioner in dunlicate for approval in writing before being used. Failure to do 50 constitutes a violation of the Maple ugar Industry Act. Manufacturing or packing plants shipping maple pro ducts from one province to another are also required to operate under license issued by the Minister of Agriculture.

Markets for Canadian wheat flour have been developed this year it France, Esthonia, Brazil, Ecuador, British East Africa, Siam, Gibraltar and the Canary Islands.



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