

His Majesty King George Visits Fusilier Recruits



King George looks on as a recruit does maintenance work on a Bren gun carrier. The King inspected the camp of the Royal Fusiliers, situated near the London area, recently. The men attached to this division have had only a few weeks training, but are ready for any eventuality.

HEALTH TOPICS

Take It Easy; Save Your Nerves

We want to be energetic and peppy all of the time, and never feel lazy or tired. We have a notion that healthy and happy people never become fatigued. The truth is that they do get tired periodically, but know how to rest and recuperate. They experience normal, not chronic fatigue.

Normal fatigue is good. It is part of normal, healthy living. It may be recognized by a general tiredness of the body, which is not unpleasant and which may be dispelled by rest and sleep, and by increased nourishment. Every one who has known the joy of hard work has known the joy of normal fatigue.

If men and women would only accept normal fatigue as an accompaniment of work or effort, and would get the necessary recuperation through rest, sleep, and proper food, they would never develop chronic fatigue. Life would then be balanced.

BREAKS IN ACTIVITY

Plan for at least two breaks in activity during the day. During each break, just stop doing everything for five minutes. Don't talk. Don't think. Just sit back and let your mind drop off toward your knees. Or, better yet, lie on the floor with your feet propped up on a chair.

Identity Game

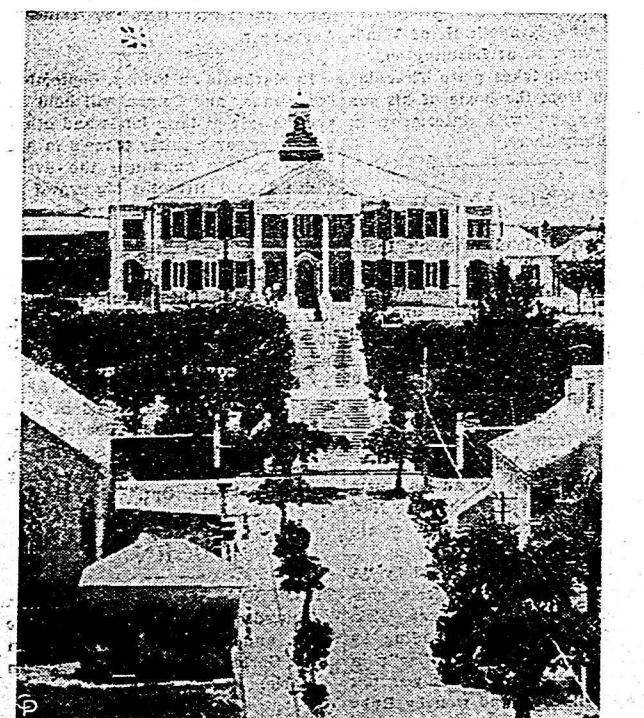
Here is an amusing game. Before the time of playing arrives, make a slip of paper for each guest. Write on each slip the name of a famous person, an historical figure, a movie star, or a present-day hero.

Without letting the guest see the name, pin the slip on his back, telling him to discover who he is by asking anyone in the room any question he likes which he thinks will help him to identify himself.

"Am I alive?" "Am I a man?" "Am I a woman?" "Do I live in Europe?" "Am I a singer, actor, politician, soldier?"

Polonium, which costs about \$2,000,000 an ounce, is mined in Northern Canada, and about 1,500 miles from the North Pole.

Government House, Bahamas, Ready For The Windsors



A view of beautiful government house, official residence of the governor of the Bahamas, in Nassau. The Duke and Duchess of Windsor, new "first family" of the Bahamas, are expected to take up residence here during the next few weeks. Government House is located on Mount Fitzwilliam and commands a good view of Nassau, part of Providence Island and the harbor.

What Science Is Doing

COMBATS HIGH BLOOD PRESSURE

A possible antidote for high blood pressure in animals has been found at the University of Illinois School of Medicine.

It is an antiserum, that is, made of antibodies, a substance formed in living tissues which neutralizes the poisonous products of germs.

This discovery is a new approach to the mystery of human high blood pressure. The animals were dogs with forms of high blood pressure closely resembling the widespread and highly fatal human malady.

SUNSET ON VENUS

Four young scientists have returned from a mountain-top camp with 1,500 photographs of sunsets on the planet Venus.

They said probably not more than a dozen astronomers had observed the phenomenon during the last 200 years. They described the photographs as the first successful series of pictures of sunsets ever made.

They say Venus is a thin silver crescent, the horns of which bend toward each other until the planet was visible as a delicate ring of light. Astronomers picture Venus as a gigantic "dust bowl."

FINDS SHIP POSITIONS

A combination sound and radio buoy which will enable ships to determine their location accurately with respect to the buoy, has been developed by the United States Coast and Geodetic Survey for use in ocean surveys.

In operation, a ship explodes a small TNT bomb. The current that explodes it makes a mark on a rapidly moving tape. The sound of the explosion is picked up by the distant buoy, which immediately sends out a signal. This is received by the ship and causes a second mark to be made on the moving tape. From the distance between the two marks, the distance of ship to buoy can be calculated.

GREASE SHIELDS SKIN

As a further means of protecting the skin pilots of open aircraft are advised not to shave or wash the face in soap and water, practices which reduce the skin's natural oil film.

Shields the skin against ultraviolet rays which are particularly potent at high altitudes.

Tumbling and other aerobics are the best training for parachute landings while every flight plan should include a vision of the use of glasses is advised to do so.

Colf Gives Him Exercise

John Carroll picks the same golf as a hobby because it gives him the needed exercise. Here we find him spending a day on the golf links.

Only about 25,000 of the farm orchards in Ontario are sprayed regularly, leaving about 170,000 which are neglected. P. W. Hodgetts of the Fruit Branch, Toronto, declares that these neglected orchards are harbors of disease.

Bamboo Useful Tropical Tree

Makes House-building Simple—People of the East Eat It, Too.

The bamboo tree is one of the most useful trees in the tropics. It grows as much as sixteen inches in twenty-four hours, and attains a height of more than one hundred feet.

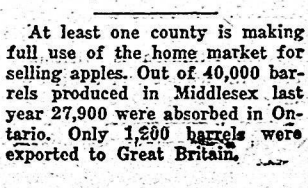
The tree is hollow, but at each of the many joints the cavity is closed. Saw of one complete section, the thick stem and you have a perfect pot, or cooking vessel. Small sections form ready-made bottles.

Bamboo makes house-building simple. The stems are used as wall folding, walls and roofs can be all made from it, and split sections form the floors. Mats for ships and rods for fishermen are other uses.

CULTIVATED IN CHINA—People of the East have known the value of bamboo since the earliest times. The Chinese as a food delicacy, while the Hindus mix them with rice and dry, and air thoroughly. Ordinarily a thorough cleansing once a week should be sufficient, but during summer months more frequent washing may be necessary.

Your Breadbox In The Hot Weather

Hot, sticky weather induces rapid growth of mold, so keep bread and cake boxes spotless. Immediately dispose of any cake or bread that shows the slightest bit of mold, then seal and wash the box with hot, soapy water, rinse, and dry, and air thoroughly. Ordinarily a thorough cleansing once a week should be sufficient, but during summer months more frequent washing may be necessary.



Chanioleer CIGARETTE PAPERS. NO FINE MADE. DOUBLE AUTOMATIC. ROCKET.

"Pilot's Bible"

Fliers of R.C.A.F. are advised by U. of T. Aviation Psychologist to Wear Spectacles and Abstain From Having

Thanks to the initiative of Professor A. B. B. in charge of aviation psychology at the University of Toronto, the flying personnel of the R. C. A. F. are making use of a complete medical guide officially prepared for the Nazi Air Force.

Based on scientific studies of the tremendous strains imposed on respiratory digestive and blood circulatory systems in dive bombing and aerial fighting the booklet tells pilots just what they can stand and how their capacities to "take it" may be increased through the right diet, exercise and hygiene.

HOW TO TAKE IT

Among the great dangers in modern aerial warfare the booklet says are high altitude flying, centrifugal force, and the strain of long hours in the air. Flyers are warned against eating beans and other voluminous foods before take-off flights, they tend to produce stomach gases which may become dangerous.

20,000 feet or on long flights they are advised to carry unsweetened chocolate and tea which stimulate the brain by creating a blood supply. They are also urged to keep plenty of vitamin C which prevents the in-cubation of the virus that results in losing teeth during power dives.

PERFECT MUST THE BLOOD AND CIRCULATORY SYSTEM

to withstand the sudden directional changes that often make the pilot heavier than iron that even marked reddeness of the skin resulting from exposure to the sun should be avoided. Red skin is a sign that the cells have been damaged and that substances are being carried into the blood stream to diminish the resistance to altitude and to the strain of the flight. A croch is considered the best position to resist centrifugal force while fighting.

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WHAT CHEW HAS THE MOST FLAVOUR?

THAT'S EASY -BIG BEN!

THE PERFECT CHEWING TOBACCO.



How Can I?

BY ANNE ASHLEY

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Members of Second Canadian Division Arrive In England

Pointers to Follow When Buying For Travelling

Buy costumes which are interchangeable. Take a coat — even though the thermometer registers 90 the day you park. For evening wear, choose a dinner gown, rather than a strictly formal party dress. These are just a few of the practical wardrobe rules which summer vacationists, laid down by a fashion consultant and eminent authority on travel clothes.

"The Biggest mistake the vacationist can make," she says, "is to start collecting miscellaneous items of clothing without first making a list of everything needed."

It's odd but true that many a woman who wouldn't dream of buying a spring or fall dress for her wardrobe, has become a devotee of her color scheme for that season will be, will go right out and get a brown sweater just because it is on sale. Then she'll wonder, what to do with it because her linen skirts are black or her say are her pants. They won't wrinkle when packed, and they lend themselves to a variety of scarfs and belts.

PRISONERS COULD DO IT

The farmer has come in recent years the telephone, the motor car, the radio, hydro-electric energy, and a host of other conveniences to make his life less lonely and to remove many of his disadvantages. In the country, among many of the advantages that have not yet come his way except in a few cases, is a protection against fire. And we wish to point out that there is no reason why this should be long delayed.

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St. Peter's Grave Is Being Sought

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Cites Four Rules For Safe Driving

Industrial Accident Prevention Association Formulates Them

Four rules for safe driving have been formulated by the Industrial Accident Prevention Association, and are being distributed to Ottawa Journal.

Maintain an area of safety in front, behind and on both sides of your car.

Forget about who has the legal right of way. It is the common sense thing by keeping out of the way of the other fellow.

Adjust your driving to the conditions of the road, general traffic and visibility.

The driver who knows little about traffic laws and that the pedestrian may be deaf or blind is a danger to himself and others.

PAY IN LONGER LIFE

The driver who follows these rules sometimes will have a longer life. He will give way to arrogant, ruthless fellows who know too little about traffic laws and that the pedestrian may be deaf or blind is a danger to himself and others.

Work of 90,000,000 Feeds The World

Their Labor Produces Enough Food To Supply Population of 2,000,000,000 or More on the Globe

An average grown person requires yearly 120 lbs. of meat and fish, 275 lbs. of wheat or grain, 380 lbs. of potatoes and vegetables, 20 lbs. of butter and cheese, besides sugar, spices, and other smaller matters.

Of the world, but reckon it. We do not know exactly how many people are fed by the labor of the fisherman. All of about 90,000,000 men, women, and children, with the aid of modern machinery, produce over 4,000,000 tons of fish each year. The value of this fish averages \$10 per ton, so each fisherman produces \$10 worth of fish a year.

Study Of A Princess

Princess Margaret Rose, who celebrates her tenth birthday on Aug. 21, is fond of painting and enjoys the suggestions of her mother, Queen Elizabeth, for her work. Britain's rulers have declined to send their children to safety of Canada.

REG'AR FELLERS—Mom's Lucky Day

Light-colored clothing is more comfortable in hot weather because it tends to reflect the heat which dark objects absorb.

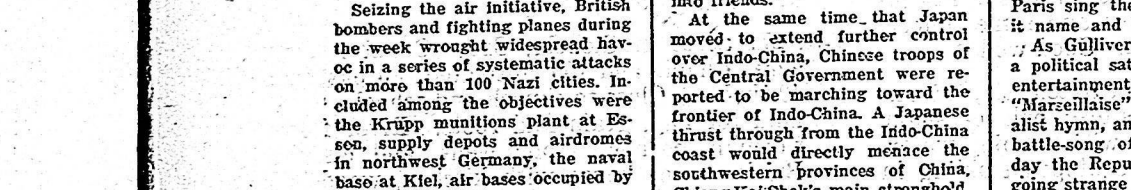
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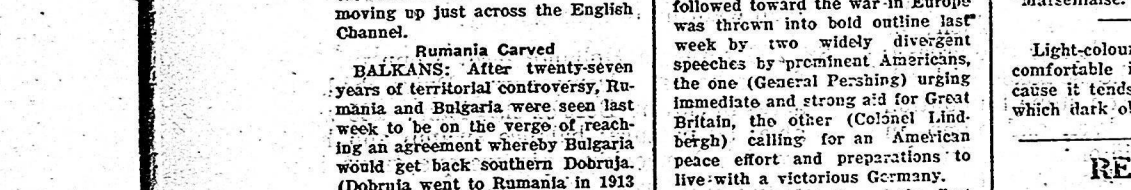
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By Fred Neher



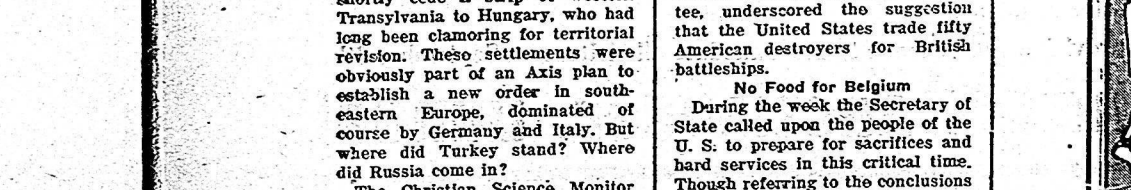
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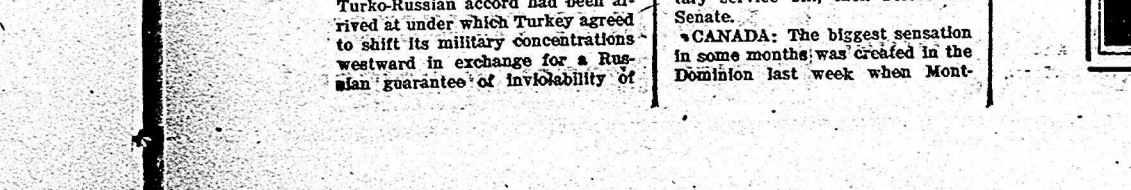
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The Late Vacation Wardrobe

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