Carbon Monoxide Is Dangerous

It's A Deadly Menace to Hu man Life - Hard to Detect Because It Has No Smell

Carbon Monoxide is the gas that Fills you when you run your motor car in an enclosed garage with the doors closed. The public should be educated on all phases of the haz-Canada, Persons likely to come in close contact with high concentrations of carbon monoxide such as policemen and firemen need es-recially to be informed of the haz-

rd. The gas does not appear in nature; it results almost entirely from incomplete oxidation or the burning of material containing carbon. It is present during electrical storms, when buildings burn up and after explosions and fires in mines It is also produced in lime, brick and charcoal kilns; in the laboratory it is produced by heating formic acid and oxalic acid with culphuric acid. It is found in smoke and in rooms which have been painted and sealed. It has even been reported formed from burn-ing cigarettes.

REMEDY FOR ASPHYXIATION

Carbon monoxide is particularly dangerous because it has no smell. It is colourless and should not be confounded with carbon dloxide gas, the one that is excreted from

the langs in breathing.

The asphyxiated person is comatose, the temperature usually normal; the skin is pale, but the hips are nearly always scarlet red and there is a scarlet blush on the cheeks and sometimes over the whole body. The early symptoms are entirely due to the fact that the fact that the haer roglobin (the red colouring matter of the blood), has a much greater affinity for earbon monoxide than for oxygen.

The remedy for the asphyxiation of carbon monoxide is artificial respiration done by the Schaefer method and kept up for at least one and a half hours. The patient should be kept warm and no ex-

Visiting Fireman



Proving photogenic ork's little mayor, Proving photogenic as New York's little mayor, tall Lord Halifax, the British ambassador, does a La Guardia with fireman's station with British fire fighters. helmet while visiting Washington

Canada Nears Gas Rationing

Consumption Must Be Curtailed, Oil Controller States

G. R. Cottrelle, oil controller in the Department of Munitions and Supply, said in a statement in Toronto the end of May that it is "necessary to control" prices of gasoline and that "we are faced with a curtailment in consumption whether we like rationing or not." Mr. Cottrelle said he could not

would come into effect. OIL TANKERS TOO BUSY

"Oil tankers ordinarily in use to supply the United States and Canwillian markets from Gulf ports, the Dutch West Indies and South Amcrican countries are being drawn on for the transationtic service. said Mr. Cottrelle. "There is no doubt that we are faced with a cretailment in consumption wheth-er we like rationing or not.

The loss in volume to the Canall an oil industry and the necessity of spreading overhead over a lessor volume together with the increased tanker rates and the increase in world petroleum prices point to the necessity of two things -centrol to lessen distribution costs by the industry and control

Ordinarily gasoline prices go up with each increase in the price of grude. As a result of oil control this has not been permitted.

"The oil industry is an impor tant factor in our war effort. Without it Canada cannot make the contribution to the war effort expected of her. It is necessary therefore a face the facts and necessary to control prices. Orders 901, 90A, 902 and 903 (orders pub-Hished by the oil controller in the Capaca Gazette) were made to prepare the way for these things we are now facing."

Saving Ontario's **Natural** Resources

Ontario Federation of Anglers and Hunters (No. 44)

THE WATER TABLE One of the most important con-siderations before conservationists day is the question of the depth the water table in our agricultural districts. The height of this water table determines whether or not springs go dry in summer, how much the stream flow is decreased in August, and the centa to which wells must be drilled for a year round supply of water.

Most of us think of the water in the ground as occurring in streams, or flows, but this is not The underground water is like a lake whose surface follows the contours of the land. It is usually found at a certain depth all over a district rising up over the hills and dipping down into the valleys. We tap this under-ground lake when we drill a well, the springs are surface outcrops all our streams are dependent on this underground lake, the water table, for their flow. Only Source of Water

There is only one source of water, the precipitation from the atmosphere either as rain or snow. This rain or snow can get away in two ways. It can flow over the surface of the land, as streams, or it can sink into the ground to reappear later. 'In a countryside where most of the precipitation flows away at the surface there will be floods in the spring and water shortage at other times for, and this is important, most of our rain and snow comes down in the fall, winter and spring months. So it can be readily seen that the underground water is a surplus to car-

ry through the dry season. Vegetation helps to hold the surface water until it can sink into the ground. Grass, brush and trees, in that order, are the sponges that prevent too rapid a runoff in wet seasons, with consequent floods, and allow the water to sink into the ground. Since this is so we must have trees, the best water delayers, over a certain per-centage of the land and this I will discuss next week.

Common Foods For Vitamins

Keep This List Before You If You Have A Vitamin Deficiency

Our grandparents, says Betty Barclay, ate plenty of rough foods. They plucked fruit from the trees. berries from the field, nuts from the bushes and drank large quantities of milk. Perhaps they ob tained all the vitamins they needed without thinking or knowing about such a thing as a vitamin. Apparently most of them did. Anyway, y had no vitamin pills to buy. SOURCES OF A, B, C. G

Have you been told that you need more vitamin A, B, C or G? If so, here are a few common foods that will be glad to aid you without worry and at very little cost. If you have a vitamin deficiency, keep this list before you.

Vitamin A: Butter, broccoli (excellent), carrots, cheese, whole milk, cream, eggs, liver, spingch, squash, water cress and sweet po-

Vitamin B: Bread, string beans, cabbage, celery, corn, cream, dates, ice cream, lettuce, milk, lemon juice, oranges, peanut butter, green peas, pork, potatoes, rice, walnuts,

Vitamin C: Green cabbage, cantaloupe, cress, grapefruit, lemon juice, oranges, parsley, green peas, raspherries, tomatoes, water cress, watermelon and turnips.

Vitamin G: Broccoli, buttermilk, cream, eggs, heart, kidney, liver, miln and beet leaves.

> VOICE OF THE PRESS

PICNIC PESTS
"Even the picnics of the season are often ruined by insects," says writer. Especially those pests who leave the corkscrew and tinopener behind

-Montreal Star.

ONTARIO'S "H" MEN
Names of four men figuring in
cebinet and departmental changes
this week, all began with H—Hipel. Heenan, 'Horton and Hepburn, -St. Thomas Times-Journal.

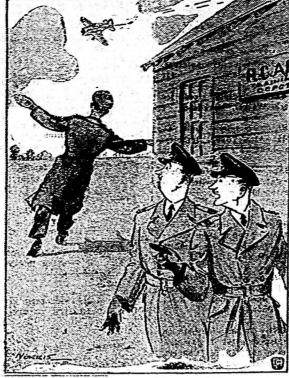
1,300 TO DIE THIS YEAR Thirteen hundred healthy; happy

Canadians will die in traffic acci dents in Canada within the next twelve months. Traffic mishaps take a toll in Canada equal to the wiping out of an entire town every

year, figures reveal.
—Quebec Chronicle-Telegraph.

CHILDISH PRACTICE
Judge Wearing, of London, Ont., calls noisy, horn-tooting wedding parades through city streets an cutrageous racket" and has instructed the police of that city to suppress them. If similar instrucwould do much to eliminate an annoying and exceedingly childish

In Lighter Vein: "Enough Is Enough"



"Say-do you think we are getting the boys OVER trained?"

Conterence on Wheat Planned

U.S. Calls World Meeting to Discuss Surplus Problem

An international wheat confer-ence is being called by the United States within the next few weeks, it was announced by the state department at Washington.

Representatives of the four big exporting nations, Canada, Australia, Argentina and the United States, are expected to attend, as well as representatives of Britain, the chief and almost the only free importing nation left in the world.

It was not immediately clear but it was assumed that the conference would be a meeting of the Wheat Advisory Committee which was formed at the London Economic Conference and has func-tined ever since, holding at least two general meetings in London FOUR BIG EXPORTERS

It was suggested that the main purpose of the Washington conference would be to attempt to achieve agreement among the big four exporting nations to limit produc

At the present time, because of war conditions and the German occupation of practically all of Europe, the exporting nations are choked with wheat that cannot be sold. Canada, for instance, held 560,000,000 bushels on May 1 and this same surplus position was true to a greater or less extent, in Australia, Argentina and the United

Keep Potatoes Well Sprayed

Failure To Spray Consistently Last Year Cost Ont. Farmers \$1,200,000, States J. T. Cassin

Failure to spray potatoes consistently through the growing season last year cost Ontario farmers approximately \$1,200,000, states J. T. Cassin, in charge of potato work for the Ont. Dept. of Agriculture, Toronto, Mr. Cassin points out that average production for the 147,-000 acres potatoes grown in Ontario last year was but 77 bushels as compared with the average of 98 bushels over the past ten years "Many growers who kept potato liage covered with the proper sprays last year harvested good crops yielding from 150 to 200 bushBordeaux will protect the plants from insect pests and late blight caused by continuous wet weath TIME TO BEGIN The time to commence spraying

els per acre," said Mr. Cassin. "The timely use of arsenates and

for fleabeetles is when the plants are from four to six inches high, says Mr. Cassin. Arsenate and Bor-deaux should be applied regularly to repel attacks from potato bugs leaf hoppers and late blight. Arronate is required only for protection from fleabeetles and potato bugs. Bordeaux mixture repels leaf hoppers and gives protection from

Every farmer growing potatoes in commercial quantities will be in-terested in obtaining Bulletin No. 390 of the Ont. Dept. of Agricul-Successful Potato Production in Ontario." It may be obtained from the Agricultural Representative in your county.

Ontario T.B. Law Stiffer

Sufferers May Be Committed to Sanitarium Under New Rule, Whether They Like It or Not

Dr. G. C. Brink, director of tuberculosis prevention in the Ontario Department of Health, told the Ontario Health Officers' Association conference meeting recently in To ronto that any person suffering from tuberculosis in an infectious state who is unwilling to take ade quate precautions for the protec-tion of others may be committed to a sanitarium by order of a magis-

BY ORDER OF MAGISTRATE Dr. Brink said an amendment to the Sanitaria for Consumptives Aci, which becomes effective June 9. gives authority to medical health officers to initiate the action with the approval of the provincial health department. The new legislation also provides for segregation of patients in a sanitarium on the order of a magistrate and for the recommittal of any patient leaving the sanitarium against the advice of the superintendent.

The new legislation Dr. Brink applies to a patient who te "unwilling or unable to conduct himself in such a manner expose other members of his family or other persons to danger of infection and refuses to be admitted to a sanitarium or hospital."

All Cheddar For Export

Ontario, Quebec Cheese is Earmarked For Export to United Kingdom

The entire cheddar cheese pro duction of Ontario and Quebec is being carmarked for export to the United Kingdom, the Dairy Pro-ducts Boards has ruled.

EARMARKED FOR EXPORT The board's order was as fol

'All cheddar cheese manufactured in the provinces of Ontario and Quebec on and after May 26, shall white and unwaxed, not less than 1414 inches in diameter and not less than 75 pounds in weight. and all such cheese shall be exported to the British Ministry of Food through the dairy products board by exporters licensed by the board."

Since 93 per cent of all cheese produced in Canada comes from Ontarlo and Quebec and the production in the other provinces does not meet domestic consumption in those provinces this means that until the order is rescinded, the bulk of domestic consumption in Canada will have to be provided from stocks already in storage.

112,600,000 POUNDS IN YEAR Canada has undertaken to pro vide Britain with at least 112,000, 000 pounds of cheese between April 1, 1941, and March 31, 1942, and officials said the board's order is being put into effect to ensure that Canada exports at least that am-

Health Visits **Again Curbed**

Only in Exceptional Cases Are Canadians Allowed to go to U. S. for Treatment

Drastic steps have been taken to carb the drain on U. S. dollars through health visits of Canadians United States. Following negotiations with the Canadian Medical Association, a new ruling has been made by the Foreign Exchange Control Board, says the Fin-

BEST IN CANADA Hereafter, only in exceptional cases will it be possible for citizens of the Dominion to go to the U. S. for medical treatment.

The F. E. C. B. has apparently accepted the claim of the Canadian Medical Association that almost without exception Canadian citizens are assured of the best possible medical care in Canada.
In regard to climate, however, no

special claims are made. It is un-derstood that, for some cases, the drier or warmer air of the southern states is admittedly more beneficial than anything that Canada can of-

Until recently the person desiring to go to the U. S. for reasons of health, made application through his own doctor, who then had the responsibility of authorizing the

NOW UP TO OTTAWA If this authorization were not given, doctors complained they might lose a patient; and that pationts might shop around until a more manageable doctor was found.

Under the new system the pa-tient applies directly through his bank to the F. E. C. B. In this application must be cited reason for wanting to leave Canada: also name and address of his own doc-tor. The applicant's bank then sends the doctor a form of medi-cal report which he will fill out after an examination of the pa-tient, and which the doctor will forward direct to the F. E. C. B at Ottawa. The patient need not see the report nor know what is being confidentially communicated by his tor to the Board.

Proper Breathing Helps Relaxation

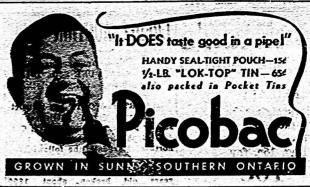
Physicians Also Favor Sooth Ing Sounds as Relief For Nerve Strain

Learn to breathe correctly if you want to relax, advise Dr. Jer-Weiss and H. J. Behrend.

These two New York City physicians, in a paper read before the State Medical Society, explained that an example of perfectly nat-ural breathing can be found in a baby. It is when children grow up tha they develop poor breathing

habits. Pity the young woman with the "debutante slouch," too. She sulfers from both tension and overrelaxation, but proper breathing will help her, the doctors said.
"SMOOTH, UNDULATING

BREATHING"
They asserted correct respiration



simple to learn. Lie on you back and exhale easily through parsed lips. Then rest quietly until you inhale deeply. The aim is to gain "smooth, undulating" breath ing, rather than "harsh, intermit tent" respiration, which is so com

INCREASED TENSION The importance of relaxation was stressed by the doctors.

"Many functional and organic disorders follow a cycle or chain of events. Almost without exception one link of this chain is a condition of increased tension in some

form," they said. There are other methods of producing muscular laxity besides breathing, such as rest, warm baths, radiant heat and massage, The doctors also mention soothing sounds, such as the murmur of a brook and soft music.

Canada's Fishing Is Unchallenged

Opportunities Here For Fishermen Are Immeasurable-Variety and Gaminess of Our

When it is realized that the Do minion's principal rivers alone have combined length of 47,000 miles. its principal lakes 78,000 square miles with an ocean on three of its four borders, the extent of its fishing opportunities is not hard to visualize. For the variety and gaminess of its fish Canoda remains unchallenged. And on top of all this the visitor can be sure of that same Canadian hospitality which prompts visitors to return again and again to its friendly bor

IN LAKES AND STREAMS Canada's game fish again chal-lenge the American sporting world.

And judging by preparations being across the line and all over the Dominion, the challenge has not fallen upon deaf ears.

Eggs For Britain 25 Cents, Grade 'A'

Agriculture Department officials recently said that selling prices for Britain's new order in Canada for 5,400,000 dozen eggs are com-parable with prices of 25 cents a dozen for grade "A" and 23.4 cents for grade "B" eggs shipped

this spring.

They said the eggs will be shipped to Britain prior to Oct. 31 next and in the meantime will be stored in Canada at Britain's ex-

The order raises to 510,000 cases the total sales of Canadian eggs to the British Food Ministry since Jan. 1. Sales to the Minis try in 1940 totalled 356,000 cases.

Roofing Needs Close Attention

Ignoring A Faulty Roof May Prove to Be Expensive

The roof of a house should be considered from the standpoints of appearance and durability. The ideal roof is one that is permanent, protective, attractive, and archi-tecturally in character with the

structure. Roofs in poor repair detract from the appearance of a house and constitute one of the most annoying and damaging sources of deter-ioration. A leaky roof is soon felt throughout the entire house in dampness of ceiling and walls, damage to wallpaper or paint, loos-ening or falling plaster, and often actual damage to home furnishings.

REPAIR SMALL LEAKS Of all home defects a faulty roof

deserves prompt attention. regular inspections are made of the home to determine where repairs should be made, the owner should begin with the roof. Metal roofs should be examined for spots that have rusted or where the paint has peeled away. A shingle roof should be examined for loose or worn shingles. These should be set back in place and secured, and worn shingles should be replaced.

Small roof leaks are likely to grow bigger unless immediately re-

Accidents Up In Ontario

2,000 Reported Every Weck In Industry as War Work On Increase

John Harold, chairman of the Workmen's Compensation Board of Ontario, said in a recent address to the Toronto-York Division of the Industrial Accident Prevention Association that "2,000 accidents a week are now being reported in Ontario" and "the way things are going at the present time there will be 100,000 accidents this year."

100,000 THIS YEAR

Harold said that despite the dustry and the increased pressure

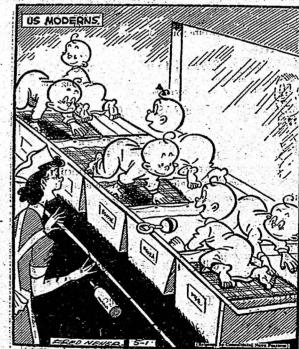
of work, more can be done to re-duce the accident toll. "We are engaged in two wars— One on the outside and one on the inside," he said, urging that industrial executives take every pos-sible step to avoid plant accidents and by so doing assist the country's war effort."

He said it is just as essential to

equip workers with protective de-vices as it is to provide the armed services with helmets, gas respirators and anti-gas clothing.

LIFE'S LIKE THAT

By Fred Neher



"It's moving day . . . isn't it? 1 !"

REG'LAR FELLERS-Happy Landings

Free Aeroplane Pictures

Corn Stare



CONTRACTOR OF THE PARTY OF THE



