

The Ottawa Spotlight

By Wilfrid Eggleston

Ottawa, July 21.—Of chief interest at the moment are the departure last Thursday of five ships carrying about 6,000 Canadian veterans of the great war to France to take part in the unveiling ceremony by His Majesty King Edward VIII of the Dominion's war memorial at Vimy Ridge on Sunday next; lifting of sanctions against Italy, in common with other countries of the League of Nations, on Wednesday last; and continued speculation on the possible size of year's wheat crop on the Prairies and the current prices for wheat and the sales of the Wheat Board.

The Canadian Legion Vimy pilgrimage constitutes the largest single exodus to Europe since the war, years ago. France is spending upwards of \$130,000 on an entertainment program for the representatives of her war time Allies, all of whom were invited to spend five days in France at the expense of the government of that country. The ceremony will be broadcast by radio in Canada and sound pictures will also be taken for showing later throughout the Dominion. From Ottawa, Prime Minister Mackenzie King, C.M.G., will radio a brief message as part of the Vimy ceremony, at which also President Lebrun of France will speak. Many other Canadians are travelling abroad this year, since passports to the number of 4,000 were issued in May and over 5,000 in June, the largest number incidentally in any month for the past five years.

The United States loss on wheat due to terrible drought conditions there has been estimated as high as a billion dollars. The American government has appropriated \$1,500,000 for immediate relief in 12 arid states and an additional \$3,000,000 for long term relief measures. Blistering heat in the West, and also in Ontario, has wrought great damage to the Canadian crops. It is still too early yet for any official estimate as to the size or quality of the crop to be harvested.

Directors of the Western Stock Growers' Association have asked the federal government to set up a \$5,000,000 stabilization fund to purchase all cattle forced to market from drought conditions at a fair price for quality offered. It is doubtful, however, how the request can be granted because the government has no money available for such a purpose and it divested itself voluntarily from the wide powers under "peace, order and good government" taken for itself by the Bennett government. Some assistance of some kind will have to be forthcoming, however.

Prime Minister King officiated at the corner-stone laying of the new \$400,000 legation and residence being erected by the French government in Ottawa. The British and United States governments already have fine residences and offices for their representatives so that Japan is the only country with a minister here without permanent accommodation for its representative. Mr. King, in a timely speech, seized the opportunity to comment of the significance of such a little bit of French soil in the heart of Canada and the little bit of Canadian soil at Vimy in France. "Thus Canada speaks to the world asking it to behold what world may become which buries deep the feuds of past generations and forgets forever its enemies of race," Mr. King observed.

Lifting of the sanctions against Italy apparently came in time to avoid a shortage of lemons in Canada, the use of them having risen sharply during the torrid heat wave across the Dominion in recent weeks. Ordinarily Canada's lemon supply comes partly from the States and partly from Italy. It will likely take some months for the normal trade between Canada and Italy to resume with the lifting of sanctions which were imposed last November because of Italy's invasion of Ethiopia.

The Canadian Government, as far as is known, has not become excited about the German airship Hindenburg flying over parts of eastern Canada as have sections of the British public and parliament over sections of England on her recent flights from Germany to New York. Meanwhile, Hon. C. D. Howe, minister of transport, has been inspecting sections of the proposed trans-Canada air

mail route from Ottawa as far west as Winnipeg. The objective is to have such service right across Canada in operation by 1938.

Rt. Hon. R. B. Bennett, Conservative leader, and honorary colonel of the Calgary Highlanders, has been awarded the Canadian efficiency decoration, according to a recent announcement of the National Defence Department. Mr. Bennett recently celebrated his 66th birthday in Vancouver.

Death of a guard in the Kingston penitentiary following an at-

tack by an inmate will likely be investigated by the royal commission on penitentiaries when it begins its inquiry in the fall.

Lord Tweedsmuir, Canada's governor-general, has been indisposed at Quebec lately. Whether his illness will prevent his scheduled trip to Western Canada early next month remains to be seen.

Canada's export of wheat in June amounted to 25,763,565 bushels valued at \$19,682,585, on an average export price of 76.4 cents per bushel.

GIANT HAS BOXERS UP IN ARMS



Some idea of the huge bulk of Leon Ketchell, Polish giant, who recently arrived in the United States to try to emulate Primo Carnera's heavyweight triumphs, is given by this picture showing him holding two boxers at the New York gymnasium where he is training. Ketchell stands 7 feet 3 inches and weighs 280 pounds.

HEALTH



THAT ENLARGED HEART

Many people have the wrong idea about an enlarged heart. Of course it must always be taken seriously, but sometimes it is interpreted the wrong way.

First of all the heart may be enlarged in either of two ways—it may actually be thickened, like a wrestler's arm, or it may just be overstretched without thickening the muscular wall. This latter is called "dilatation" and is often due to sudden overstrain.

The form with actual muscular thickening may be due to constant effort over a period of months, as for instance in a well-trained marathon runner, but it is more often due to some valvular leakage of the heart.

This may have resulted from old infection back in childhood. It may have been due to infection getting into the valve edges during an attack of rheumatic fever or perhaps from chronically infected tonsils. The actual infection in the valves and heart muscles may have long since healed, leaving only the scars on the valves.

Now the body requires that so much blood be pumped per minute. If there is an appreciable back leakage, obviously the heart must pump the required amount plus the amount leaking back. That means more work which will produce a thickened muscle in time.

This explains why the actual thickening of the heart wall may be a life saver. Without it we could not carry on an active life; with it many a person with damaged valves can live practically a normal life, except, of course, that the ordinary strains of life, lifting heavy objects, running for street cars, cranking the car, etc., must be avoided.

This explains, too, why the heart tends to enlarge with high blood pressure. There may be no leak, but a higher pressure may be required in the force pump to

overcome resistance somewhere in the blood circuit.

Of course, if the heart be dilated only, or if there be dilatation on top of thickening, and a careful examination by your physician can ascertain this—the utmost care must be taken until the dilatation be corrected.

Because of the efforts of the heart muscle to "compensate" for these extra demands there is a tendency to abuse this protection. Remember that the muscle is always overtaxed and have it checked from time to time. Fre-

quent short rest periods under your doctor's direction will often enable people with "hearts" to far outlive their more active associates.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

WELL BABY CLINIC

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THURSDAYS 2 to 4 p.m.

MAKING UP A SHOPPING LIST

The hall needs a new rug. More towels are needed for the bathroom, and the kitchen floor could certainly stand a coat of paint. The children need shoes. The car will soon need tires. Well, we buy a hundred new things every year.

Scattered throughout Canada are manufacturers who make the very things we need. Their products are on sale in certain stores within easy reach. Certain of these products, and certain of these stores, are especially fitted to take care of our special need. But which products and which stores? Which can we afford, and which do we think best? We must look to advertising for advice.

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—TO—

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LONDON, PETERBORO (via Toronto), WINDSOR,
and Intermediate Points

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Tickets to U.S. destinations sold subject to passengers meeting immigration requirements of U.S.A.
Bargain Excursion Tickets not good on Pool Trains Nos. 6 and 15, between Toronto and points east thereof.
Bargain Excursion Tickets to Peterboro good only on C.N.R. exclusive trains between Toronto and Peterboro

RETURNING

Leave destinations up to and including Monday, July 27th, except as follows: From Windsor up to 1.00 a.m. Tuesday, July 28th. From Jellicoe, Geraldton, Beardmore and Longlac up to Tuesday, July 28th.

Children 5 years of age and under 12, when accompanied by guardian —Half Fare.

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