

The Ottawa Spotlight

By Wilfrid Eggleston

Ottawa, August 4.—These are holiday days at the capital, and only a handful of ministers are left to carry on the affairs of state.

The portfolios of these ministers now overseas are spread among those still here; has to be assumed by one of the five or six still remaining in Ottawa. Thus we have Hon. Mr. Elliott, the Postmaster-General, acting as Minister of Agriculture; we have Hon. Mr. Ilsley, who is Minister of National Revenue, subbing for Hon. W. D. Euler (on his way to Russia from Holland) as chairman of the sub-committee on wheat. Then when Mr. Ilsley goes down to the Maritimes for a few days the chairmanship of the wheat committee passes along to Mr. Howe. What happens, if at this juncture, Mr. Howe also has to leave the capital for a few days is a bit difficult to calculate. Of course with so many ministers away, affairs don't move very fast, and the most vital and important decisions are put over if possible.

Vital Matters to Settle

But there are two or three things which must be settled at once, including the fodder problem in Western Canada, and the minimum price of wheat which is to prevail for the next few weeks. The government has been giving close attention to these matters. The registration of the unemployed and the launching of schemes to relieve the jobless are also matters which cannot wait. Some progress is being made in that field also.

There are now said to be 700,000 cattle in Alberta and a large additional number in Saskatchewan for which some help will be necessary unless rains come immediately and assist the feed situation. After a complete canvass of the situation there are four alternatives:

- (a) Destroy a large number, as is done in the United States, taking the culs out, of course, and the government compensating the farmers;
- (b) Have the canners and other inferior animals taken out and processed for sale with the assistance of the packing houses;
- (c) Move feed from areas where it is plentiful to where it is scarce, and
- (d) Move the cattle from the drought areas to eastern Canada or some other region where its feed is more plentiful. The first alternative has been ruled out with some finality by the government; but it is almost certain that almost all of the other three will be employed to some extent. There is some difficulty in finding adequate food supplies close at hand. The usual surplus of hay in Northern Alberta is said not to be available this year. The packing companies have offered to assist in processing up to 100,000 head of the thinner cattle, if guaranteed against loss in the transactions. While this would be a big proposition it would only touch the fringe. There is still hope of disposing of some cattle to Russia in exchange for oil and other products. Farmers in Ontario have in many areas some surpluses of feed, but they cannot carry many cattle over the winter, their shelter in most areas being only sufficient for their own needs.

Copious rains in the drought belt any time up to the 10th or 15th of August would materially alter the whole feed complexion; but if they do not come the least that can be said is that a very serious state will prevail and all resources of province, dominion, railways and private industry will be needed to avert a costly loss of livestock.

That Minimum Price

The federal government is not disposed to do anything final about the minimum price of wheat for the forthcoming year until at least they have reports from their ministers now overseas. A statement is being made from Winnipeg concerning what will be done between the beginning of the new crop year (August 1st) and such time as a decision can be made. With current prices soaring above last year's minimum, it is quite possible that the government will feel that its duty will be done if it repeats last year's price. There is, however, pressure being brought to bear by some western organizations to raise the minimum. Some schools of thought, on the other hand, are disposed to advocate that the

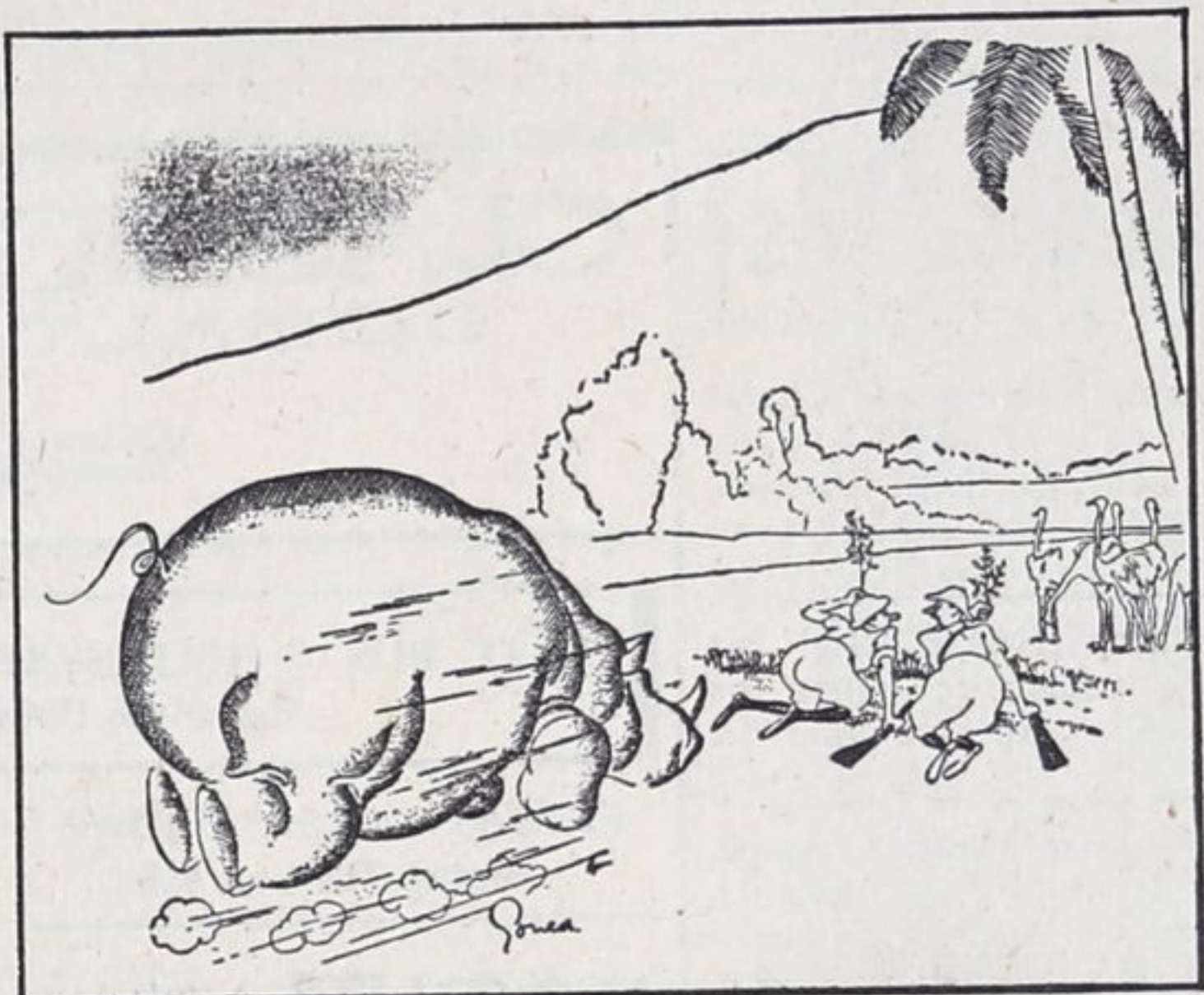
minimum price should be dropped altogether. The act which created the board does not give them any option in this matter, however. They must set a minimum price; but this price in turn must be approved by the ministry at Ottawa.

The National Employment Commission is holding meetings, working on a census of the unemployed, and studying a large number of plans put forward by individuals, societies, firms and organizations calculated to provide work.

Welcome First Train



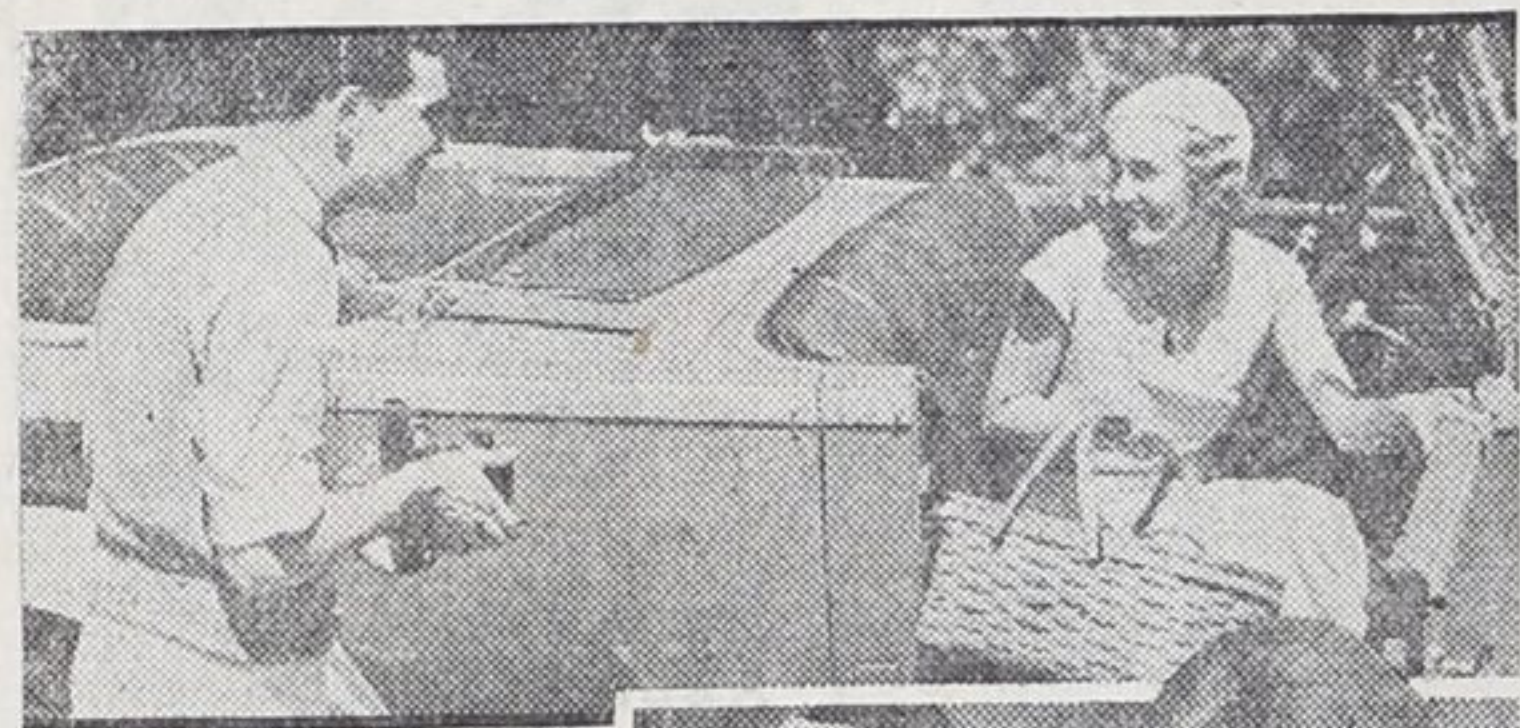
The cowcatcher of old Engine 371 makes a fitting platform for these costumes of the 80's adorning belles of 1886 who took part in the pageant at Port Moody, July 3, celebrating the fiftieth anniversary of the first C. P. R. train from Montreal to the Pacific. The old engine, driven by the original engineer, hauled into Port Moody a string of six old-style wooden cars handled by the original conductor of the first train in a colorful re-enactment of the event. More than 6000 visitors, including scores of rail veterans in service in '86, flocked to Port Moody for the celebration.



"WHEN I COUNT THREE, FIRE!"
—The Sydney Bulletin, N.S.W.

The SNAPSHOT GUILD

Make the Camera Your Traveling Companion



Let your camera be your favorite traveling companion. Your vacation and travel snapshots will serve admirably in illustrating letters you write later to relatives and friends.

A MEMBER of the Snapshot Guild returned recently from a rather long journey after visiting relatives in many cities. "I had a lovely time visiting and enjoyed the traveling," she wrote, "but one thing took a lot of joy out of my trip. I did not take along my camera. No, I didn't forget it. I simply didn't take it and thought no more about it until I reached my sister's home. Then I discovered something. I have been reading the Snapshot Guild, have taken quite a number of good pictures by following instructions, but didn't realize that I had unconsciously developed an eye for pictures," she continued. "When I arrived at my sister's home—my first stop—I saw unlimited possibilities for interesting, story-telling pictures. I hadn't seen my little niece Jean since she was a month old and here she was toddling around and getting into all kinds of mischief. I could easily have taken six or eight snapshots of this cute youngster doing all kinds of interesting things."

With the coming of warmer weather and more sunshine we are reaching that time of year when nature is discarding her drab, winter clothes for the bright colors of spring and summer. It is a glorious time of the year.

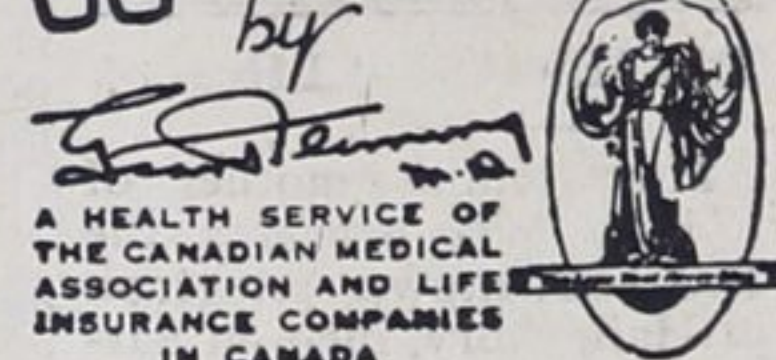
As the sun becomes brighter and the skies clearer, remember that

more and better light will be entering the lens of your camera and reaching your film. Your exposures should be somewhat shorter than in the winter.

Suppose, for instance, that on a day in February you took several pictures of your child as she played in the front yard. If you had a folding camera and the day was of average brightness (with sunlight) for that date, you probably set the lens opening at f.8 and the shutter speed at 1/25 of a second, and got a properly exposed negative. Again, suppose you are taking such a picture today. Then what? If the sun is shining brightly and the sky is clear, instead of having the diaphragm set at f.8 and the shutter speed at 1/25 of a second as you did in February, you should do one of two things.

If you leave your lens opening at f.8, your shutter speed should be set at 1/50 of a second. Or, you might set the diaphragm at f.11 and probably get the proper exposure, under average sunlight conditions, with the shutter speed of 1/25 of a second. Personally I recommend the smaller aperture, or lens opening, and the slower shutter speed for the smaller the diaphragm opening the greater the depth of focus. Take advantage of the brighter days. At home and traveling have your camera ready for instant use.

HEALTH



THAT ACHING BACK

When one considers the complexity of joints and ligaments in the back and realizes the hours of strain to which it is daily subjected, one wonders why it does not ache more. Even sitting does not entirely relieve back strain, for it still has half the body weight to support—unless one makes a tripod with the elbows.

Backache may come from various causes. It may be due to fatigue, particularly if one is not used to physical work. Digging the garden, house cleaning, piling stones for a dock at the summer cottage or pumping up a tire would suffice.

It may be due to sudden strain. Any sudden or unusually heavy lift may tear muscle fibres or snap strands of one of the many back ligaments. The result is often an immediate spasm of all the back muscles, making movement almost impossible. This may follow an instinctive reaction to save oneself, as when slipping on ice or a waxed floor. Occasionally the sacro-iliac joint, the joint on either side where the spine joins the pelvic girdle, may be slightly twisted, giving prolonged pain.

Backache may be due to an inflammatory condition in the back muscles. This may be acute—the real lumbago—and may involve the actual fibres themselves, acute fibrositis. The spinal joints may be acutely infected—acute spondylitis. It may be a chronic inflammatory condition, and this chronic arthritis may result in deformity of the spinal vertebrae with "lipping" or with "erosion"; in either case considerable limitation of movement may result.

Sometimes other spinal conditions develop. If there is a cancerous growth somewhere else in the body, little clusters of cancer cells may settle in the spine, giving secondary growths there. Sometimes there is a lime or calcium deficiency in the body and

the softened bones may break or the vertebrae may collapse. Sometimes tuberculosis develops in the spine.

Often the pain is a "referred" one only. It is a common sign of pelvic disorders in the female. Prostatic trouble in the male may give similar symptoms. A few forms of kidney disease give one backache, but the common idea that one's kidneys are weak if there is a backache is seldom true. Gall-bladder disease sometimes gives pain under the right shoulder blade.

Many cases of aching back are undoubtedly due to faulty posture, either in standing or in sitting. High heels or improperly fitted shoes aggravate this condition.

Most of us have had backache from "flu" but few fortunately have had the terrific backache in the first stages of smallpox.

The diagnosis and treatment of backache will be considered in the next article.

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

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.

Advertising is the straight line between supply and demand. It saves time spent in haphazard shopping. It leads you directly to your goal. By reading the advertisements, we can determine in advance where the best values can be found. With the aid of advertising, shopping becomes a simple and pleasant business, and budget figures bring more smiles than frowns.

From the pages of this paper you can make up a shopping list that will save you money!

Advertisements Are a Guide to Value

★ Experts can roughly estimate the value of a product by looking at it. More accurately, by handling and examining it. Its appearance, its texture, the "feel" and the balance of it all mean something to their trained eyes and fingers.

★ But no one person can be an expert on steel, brass, wood, leather, foodstuffs, fabrics, and all of the materials that make up a list of personal purchases. And even experts are fooled, sometimes by concealed flaws and imperfections.

★ There is a surer index of value than the senses of sight and touch—knowledge of the maker's name and for what it stands. Here is the most certain method, except that of actual use, for judging the value of any manufactured goods. Here is the only guarantee against careless workmanship, or the use of shoddy materials.

★ This is one important reason why it pays to read the advertisements and to buy advertised goods. The product that is advertised is worthy of your confidence.

MERCHANDISE MUST BE GOOD OR IT COULDN'T BE CONSISTENTLY ADVERTISED

Buy Advertised Goods