

### The Ottawa Spotlight

By Wilfrid Eggleston

Ottawa, Aug. 25. — The first thing the cabinet did when the ministers had returned from overseas was to deal with the drought and fodder situation in western Canada.

Final arrangements are still to be concluded and the problem will need continuous attention until next summer. But meantime the following assistance appears to be likely:

Free shipment of food from areas where there is a surplus, to the drought areas. The railways will reduce their rates one-third and the federal government pay the remainder.

Free movement of cattle from the drought areas to others where food is plentiful, within the province.

(The Provincial and federal government are likely to find it necessary to buy up all surplus hay, oats, barley and green-feed in Alberta and Saskatchewan, to prevent speculation and export to the United States of needed fodder.)

Reduced rates on cattle moving eastward. A bonus of five dollars per head to eastern farmers and ranchers for keeping western cattle at least two months.

Payment by the big packing houses of one dollar per hundred pounds (about double the market quotation) for cows and canners, for processing and export sales; with the provision that any loss on the transaction will be absorbed by the federal government, and any profit be distributed pro rata among the farmers and ranchers supplying these animals. It is hoped to take 100,000 head off the market in this way.

#### Give Work Where Possible

The problem of farm relief in the drought-stricken areas was also faced. Wherever it is possible it is proposed to give work to farmers in relief areas, but the openings for this sort of thing are confined to adjacent road-work and water conservation projects. Possibilities of the former have been fairly well exhausted in the recurrent dry areas, and the latter is a limited thing. Not more than \$200,000 at the most can be spent this fall on dams and dug-outs.

A great deal of the distress in the west this year is in a district which has had to be helped once or oftener in the past six years, and the machinery can readily be set up to deal with it. It will be necessary for Ottawa to increase substantially the monthly "grants in aid" of the two most seriously stricken provinces, Alberta and Saskatchewan.

During last winter, Saskatchewan was getting \$350,000 a month, and Alberta \$175,000. On the first of April these amounts were reduced 15 per cent, and later there was another small reduction. Now they will have to be stepped up again. Saskatchewan came down with an ambitious program calling for the total expenditure of \$12,000,000 and Alberta has similar ideas. Both will be looked after, but the grants will probably be a little shy of original requests. The federal government is getting revenues in a bit more freely than last year, but once again, nevertheless, we are heading into a heavy deficit. That "balanced budget" is still quite a way off.

#### Promising British Market

Hon. J. G. Gardiner, Minister of Agriculture, came back from the United Kingdom impressed with the possibilities of the market over there, if we go after it. He thinks the annual shipment of 100,000 live cattle should not be difficult. The British market deserves more study, and Canadian products deserve more advertising. He has a vote of \$300,000 which he can use toward this end, and a small staff will probably be set up over there soon, responsible to the Minister of Agriculture here, to push this affair.

The National Employment Commission is looking into the housing question; and is trying to solve the financial end, admitted to be the stumbling block to progress. The high cost of money and the consequent high rents have made it unsound for builders and owners to go ahead. If a housing scheme could be launched with money at little more than the quotation on gilt-edge gov-

#### WELL BABY CLINIC

Upstairs, Northwest Classroom Public School

THURSDAYS 2 to 4 p.m.

ernment bonds (say 3½ per cent) it would be commercially profitable, and the houses could be rented at prices within the reach of the average working man, it is believed. Anyway, the commission is going to take a crack at this end. Probably the govern-

ment will in the long run have to come to the rescue, but private enterprise is in the meantime going to be given a chance to work it out. A building finance corporation is one suggestion. Repairs as well as new houses would be included.

## The SNAPSHOT GUILD

### Shooting From High Places

The effect of altitude is enhanced in these two pictures, (below) by including in the foreground the brow of the hill, and (right) by the shadow of the building (Empire State) from which the downward shot was made. The pictures were taken at exposures, respectively, of 1/50 second at f.16 and 1/25 second at f.16.



IN RECALLING your vacation tours, did it ever occur to you how often you were taken or went to high elevations for a view? The summit of a hill, the edge of a precipice, the mountain peak, the skyscraper, the lofty monument, the church tower, the crow's nest of a ship, not to mention going aloft in airplanes.

Therein lies a picture-taking idea for the next time you start going places. Forget not your camera, and, whenever you find yourself "on top of the world" somewhere, make yourself "monarch of all you survey" by snapping the picture below. Reserve a part of your album for such pictures with an intriguing title—"Jumping Off Places I Have Known," "Scenes from High Perches," "My Camera Goes Aloft," "Topside Snaps," "Hitting the High Spots" or what better can you think of? If you will take advantage of such opportunities—and once you get started on this hobby, you are likely to see that you go to high places purposely for picture-taking—you will soon have a collection of compelling, not to say dizzy, interest.

The impression that you want to give in these pictures is that of eery altitude. To do this it isn't necessary to teeter on the brink of your perch or otherwise to risk your life while you snap the picture. It is better for

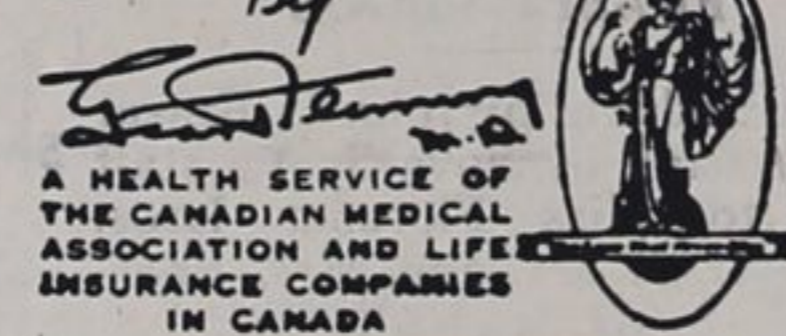
you and the picture to stand far enough back to include a little of the brink in the foreground, thereby intensifying the feeling of height. Having the horizon line well toward the top of the picture also helps by adding distance and vastness.

You may be tempted to poke your camera over the edge of a retaining wall or window ledge and shoot down. If it be a country landscape, shooting down will not usually give the perspective that conveys the effect of great altitude, so well as shooting with the camera held level, although the picture may still be interesting. In any case, when you do shoot down, the effect will be helped by taking in a nearby object located on the way, such as a protruding gargoyle from a church tower, a jutting rock from a precipice, or a bit of the wing or wheel of your airplane. Have the sun at your back, because the shadow of your elevation on the terrain below also helps to tell that you were high up when that picture was taken.

In all such snapshotting it is advisable to use a small lens opening, otherwise, you will lose a little detail in the distance. Frequently, too, it is worth while to use a filter, particularly if your picture is to include a cloud-studded horizon or if there is haze.

JOHN VAN GUILDER

## HEALTH



### THE EFFECT OF PROLONGED STARVATION

What is the effect upon the human body of prolonged starvation? Since time immemorial fasting has been observed for many purposes. In former years its significance was largely religious; in recent years prolonged fasting, except in Indian and certain other oriental countries, has been largely associated with the theories held by various cultists that fasting is a cure for many diseases.

During starvation combustion of body tissue naturally continues. This is essential to life, to the production of body heat. The excretion of nitrogenous and carbonaceous waste continues through the kidneys, the skin and through the lungs. In the absence of food the body tissues are themselves burnt and there is a definite loss of weight. If water be available the loss of weight is not so rapid and life may be prolonged considerably.

Occasional one-day fasts may be beneficial, but prolonged starvation means more rapid combustion of body tissues. Were that all, prolonged starvation might be freely recommended to all overweight people. The danger lies in the development of acidosis.

If a coal fire be lighted with insufficient kindling, it will smoke rather than burn clearly. Like coal, body tissues do not burn readily and require the kindling, certain properly assimilated starches and sugars, to produce perfect combustion.

Imperfect combustion, as when the intake of readily burnt or metabolized food is cut off, liberates so-called "acetone bodies." These are found in the blood and urine in certain diseases such as severe diabetes or uremic poisoning, but appear in normal individuals during starvation about the fourth or fifth day.

About this time the desire for food dwindles. This may be because of the beginning acidosis, which may explain also the temporary stage of mental acuity said to be experienced by those fasting for supernatural insight or power.

The presence of acetone or such abnormal acids as diacetic acid in the blood is not particularly dangerous if the cause be promptly corrected, but if they remain and increase in concentra-

tion as in prolonged starvation, considerable damage may result. In one instance observed by the writer of voluntary starvation, except for water, extending over a period of fifty-one days, the patient was practically unconscious from toxæmia. Intravenous injections of glucose and insulin corrected the acidosis, but too late; there were gangrenous areas throughout the liver. Do not be a fanatic in fasting.

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!

Want Ads. Bring Results

### FANCIFUL FABLES



**LOW RAIL FARES for LABOR DAY HOLIDAY**

Going SEPT. 4 until SEPT. 7 (up to 2 p.m.)

RETURN LIMIT Leave destination up to midnight Sept. 8, 1936.

**FARE and ONE-THIRD for ROUND TRIP**

Take advantage of these low rail fares to spend a delightful Labor Day Holiday. Minimum Special fare—adult or child 25¢

**CANADIAN NATIONAL**

## 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