

THURSDAY, MAY 31st, 1917

THE SONG OF LIFE'S BROAD

Wounded? Yes, but marching. And singing as we march. Singing up to victory. Or death before the foe.

ROYAL YEAST CAKES. MAKE PERFECT BREAD. MADE IN CANADA. BUNGE PATENT COMPANY LIMITED.

NEWS TOPICS OF THE WEEK

WEDNESDAY.

King George paid a visit to an American armed liner.

Mr. John Goodwin has been appointed Police Magistrate of West.

Armed Day in Toronto resulted in a total collection of \$16,000.

The Eschbacher was appointed Commander of the French armies at the front.

A \$200,000 cheque was given to A. J. Balfour for the war widows and orphans in Britain.

General Petain was appointed Commander of the French armies at the front.

Church workers entered actively into war production campaign, but opposed any attempt to make it operative on Sunday.

Sir Robert Borden resumed his place in the Commons, being heartily welcomed by both sides on his return from England and France.

War savings certificates are being sold at the rate of about a thousand a day, and total in value at the present some seven million dollars.

The Grand Trunk Railway Board of Directors opposes nationalization of the G. T. R. System, though willing to accept a 20 per cent. increase for its outlay upon it.

Orilla Board of Trade wired a strong protest to the Government for selective draft to supply the needed soldiers and men for production, also upon the front.

Chatham City Council urges a motion deputation to demand that the Government make wheat crops and flour necessary to keep flour prices from going any higher, also that it stop the use of grain or sugar for manufacture of liquor.

THURSDAY.

General Smuts delivered a notable speech in London.

The Government admitted the loss of the zepplin L-23.

Miss Katherine Mooney, of Toronto, was found drowned.

Russian troops again forced a passage of the Dnieper River.

A loan of \$100,000,000 to Russia was made by the United States.

The Soldiers' Aid Commission, Tilsonburg branch, has been re-elected.

Women's suffrage and a Dominion franchise act were discussed in the Commons.

Liberals of Algoma, Timiskaming, and Nipissing districts met in conference at North Bay, and held a session.

Two soldiers were overcome with gas in a Toronto boarding house and the death of one resulted.

The Board of Trade is to raise \$100,000 for the Y.M.C.A. war work press has had a fine start.

Charlie Clarke, Chinese entrepreneur, of Sarnia, confessed to cutting his own throat. His motive is unknown.

Whitby citizens have decided on a whirlwind campaign to raise \$50,000 for improvement of Ontario Ladies' College.

A special circular was issued by the War Production Committee asking farmers to accept the short-term farm labor offered them.

While downing a biplane, a pilot shot the soldier son, Mr. Steer of Toronto received word that he had been killed in action.

Cambridge University president conferred honorary degrees on Gen. Jan Christian Smuts, the South African Commander, and Walter H. Page, the U.S. Ambassador. Laudatory addresses in Latin were made in conferring the degrees, and the recipients who were cheerfully broke precedent by making speeches of acknowledgment.

FRIEDAY.

Two alleged royal agitators were arrested in Ireland.

Big contracts were awarded by the U.S. Army and Navy to the other Canadian troops assembled in Germany.

Chatham Board of Trade went on record in favor of selective conscription.

The United States has given a total credit of \$70,000,000 to the Allies.

Wm. Slesser, a prominent Kinross farmer, died of internal injuries from a fall.

The International Joint Commission has approved of a ship canal in the St. Clair River opposite Sarnia.

Commander H. R. M. Johnson at the trial of Dr. J. M. Johnson at Toronto, was arrested on a charge of perjury.

Camp Borden land is useless for farming, according to testimony given before Sir Walter Cassels in the Eschbacher Court.

Dr. Hugh Black, the Scottish doctor, praises the generosity of the people of England towards the other parts of the Empire.

Hallybury and Timiskaming have been created into a new judicial district, and Gordon H. Hayward of Sault Ste. Marie is appointed District Judge.

The Toronto branch of the Canadian Manufacturers' Association complained of discrimination by Government against Canadian engineers, architects, and manufacturers.

A number of Japanese gunboats have arrived at Marselles to aid in the war on German submarines and convoy French merchantmen. If the experiment has satisfactory results it will be extended.

A dispatch to La Liberté from Turin reports that the Italian troops have captured the town of Dulino. The town of Dulino is on the Gulf of Trieste, about 12 miles north-west of Trieste, Austria's principal seaport.

SATURDAY.

Leaders of the British engineers' strike were arraigned in London.

Canadian troops assembled in Germany defence works southwest of Leus.

Russian positions were strongly hit by the attack by the German Commander Evans, the former Antarctic explorer, will advise the U.S. squadron in British waters.

Midland Press Association member.

Discover your false friends; your true ones will discover you.

Children Cry FOR FLETCHER'S CASTORIA

here, meeting at Port Hope, decided to raise the price of wheat from \$1.31.

Daniel Fitzpatrick of Wheatley was instantly killed by lightning while working on a fence on a farm in Hominy.

At the University of Toronto convocation the honorary degree of LL.D. was conferred upon Sir John Innes and others.

Tremor Borden, the cause of neutralizing the decree of neutrality as affecting the war between the United States and Germany.

The Eschbacher, the cause of Commons selective afternoon announced collective conscription for Canada to raise from \$9,000,000 to \$10,000,000.

A fax cargo worth more than \$600,000, and on which the Customs duty was \$77,000, was brought from Port William to Toledo by the steamer M. C. Spee. It consisted of 130,000 bushels.

The clauses in the T. H. & B. Ry. bill relating to an extension from Port Maitland to Port Colborne and to a line from Welland to Port Colborne have been dropped by the Railway Committee.

Dr. Jameson, Speaker of the Ontario Legislature, has turned over to the Durham Patriotic Society \$400, the cost of Speaker's dinners at the previous session, they having been dispensed with by his resignation.

MONDAY.

A French steamer was sunk and 51 lives were lost.

German agents asked Argentina to keep wheat for them.

If C. Hooper will be made Food Controller for the Dominion, a branch of the Royal Flying Corps is to be established at Montreal.

One of the British food officials said the German submarines were beginning to be mastered.

Mr. H. H. Balfour is expected to arrive in Ottawa next Saturday and to address Parliament.

A fire broke out in a hall at the Hotel Cecil, 100 St. James Street, at 10:30 p.m. The fire was extinguished by the fire department.

Yvonne Castle, 21-year-old, of the Woodbine, was featured at King's Plate day at the Toronto race track.

The Government's conscription bill is expected to be introduced in the Commons towards the end of the week or early next week.

His Excellency Lord Devonshire and Lady Maud Cavendish reached Hamilton Saturday morning and attended a number of luncheons Saturday and Sunday.

Harold Mawson, aged sixteen, and Harry Smith, thirty-five, of Hamilton, were drowned at the Hamilton City Council urging a motion deputation to demand that the Government make wheat crops and flour necessary to keep flour prices from going any higher, also that it stop the use of grain or sugar for manufacture of liquor.

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HOW TO KEEP WELL

BY JOHN V. S. McILLICHOUGH, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

(Continued.)

TO SUMMARIZE: During the days just preceding menstruation a woman should take a general warm tub bath. From the onset of menstruation and during the entire course the woman should take a hot sitz bath several times a day. The greater her heaviness, discomfort, or pain the more frequently she should bathe.

By reason of the close nervous connection between the lower bowel and the uterus, constipation is an important source of menstrual trouble. Probably it is the most important cause of distress of the uterus, tubes, and ovaries. An overfilled large intestine can cause a feeling of heaviness in the pelvic organs. When to this is added the feeling due to a congested uterus, the sense of heaviness is liable to pass from the bounds of discomfort into the realm of painful or difficult menstruation.

Part of the preparation for menstruation consists in proper attention to the bowels. While the use of cathartics is not approved, if it is necessary a dose of rhubarb, cascara, or even oil should be taken. In most cases of moderate constipation a warm water enema will suffice. Some women have an idea that purgatives and emomas should not be given during menstruation. This idea is wholly erroneous. It is much more important that the bowels should be kept open during menstruation than at any other time. If there is any reason for its use there should be no hesitation in taking a warm water enema and repeating it as often as desired. In fact, the effect on the uterus of warm water in the lower intestine is to stimulate that muscular rhythm which makes for ease and comfort.

The drug which I use for a uterine tonic is quinine. It is far superior to gin or any other alcoholic beverage as a regulator of the pains and discomforts of menstruation. I use quinine in the form of capsules for menstruation of all patients. I advise that two grain capsules be kept at hand and that they be taken rather at random, according to the degree of distress. Quinine and alcohol, with the exception of rapidly of action. It is much more constant in its effect, much more lasting, and gives a permanent tone. I regard it almost as a specific.

Emotions and all outside stimuli play an important role in the menstrual behavior, especially emotions based on sex affairs. Fright, fear of pregnancy, and desire for pregnancy play a great part in irregularities. Fatigue, when through the emotions, is more responsible for dysmenorrhoea and menorrhoea than work, long hours, or unsanitary surroundings of the worker. Emotions have their value, especially vital emotions, and should not be annihilated, but trained. In fact, work—hard work and plenty of it, if the worker likes it, and ends through it a means to an end—is the paramount factor which will finally obtain for women the unconscious control of her physical forces and add to her energy for the mental and cultural side of life—of which man has no monopoly.

A correspondent, after reading the foregoing, writes to the paper as follows: "I am much interested in your series of articles regarding preparation for menstruation and give my experience. For years I had stayed home from business one or two days each month, stayed in bed and felt miserable. Not long ago I was given a considerable increase in salary, but was told that these absences from the office were inconvenient, and it would be appreciated if I would try not to absent myself.

"I decided that I would try to adjust myself so that I need not be away from the office during these periods. I started by trying a good physic several days before the menstrual period. I found myself to go to the office and found that by keeping on my feet and being as active as possible I felt better.

"I decided to bathe once a day during the period, and found, to my surprise, that the baths made me feel better instead of injuring me, as I had been taught to believe. It is now almost a year since I have been away from the office during these periods. I follow the above plan and it has worked, and I shall add some of the suggestions contained in your articles and think I shall be helped even more.

"Mr. and Mrs. Harry Parsons of the Lakes, who were on their way to Toronto to see the exhibition, were instantly killed, their automobile being struck by a Metropolitan trolley car between Station and Union Street.

The Federal Minister of Agriculture, in urging increased production of beans, cautions against the importation of beans recently imported from Japan or Manchuria as possibly not suitable for Canadian soil and climate.

TUESDAY.

Tanks were of great assistance to the French in the Alsace drive.

Deaf and dumb boys being used in the French munition factories.

Germany expressed regret for the sinking of Spanish grain-laden ships.

Colonel Charles G. D. Stewart, of the 1st Canadian Trench Battalion, proposed a fiscal policy for the war.

Mr. George M. Hendry of Toronto collapsed while driving his auto and injured a man and a boy.

There is a deal of talk in Toronto to teachers' strike, and mediation from the Labor Department is looked for.

The delegates to the "Win-the-War" Convention at Quebec received a warm welcome all the way down from Montreal.

Napoleon in one day contributed \$1,800 for the Y. M. C. A. war work, \$300 more than he did for the whole campaign.

Anton Haisala, President and promoter of the Niagara Falls Aerial Car Tramway over the Whirlpool, died suddenly of heart failure.

London Ministerial Council, at the suggestion of the Mothers' Club, is asking the Government to make the minimum age for conscription twenty instead of eighteen.

The temporary Government arrangement of \$2.50 as the price of conscription is continued for three months from June 1 next, and Commissioner Pringle warns the newspapers to curtail their attacks.

F. P. Gutelius has resigned the management of the Government railways to become general manager of the Delaware & Hudson Railway, and C. A. Hayes is appointed General Manager of the C. O. railways.

There is a decided revival in recruiting brought about by the decision of the Government to introduce conscription. One hundred and fifty-five recruits were attested at the Toronto depot, the number being the largest since the early days of 1916.

Herr Abella, the former president of the North American Steamship Company, died suddenly at Bremen. Grief over the losses incurred by the great steamship line, and the cause of the war is said to have hastened his death.

HAD PNEUMONIA

DR. WOOD'S NORWAY PINE SYRUP CURED HIM.

A cough is an early symptom of pneumonia. It is at first, frequent and hacking, and is accompanied with a little tough, colorless expectoration, which soon, however, becomes more copious and is a rusty red color, the lungs become congested and the bronchial tubes filled with phlegm making it hard for the sufferer to breathe. Males are more commonly attacked than females, and a previous attack seems to give a special liability to another.

On the first sign of a cold or cough you should get a bottle of Dr. Wood's Norway Pine Syrup and thus prevent the cold from developing into some serious lung trouble.

Mrs. E. Charles, North Toronto, Ont., writes: "Two years ago I contracted a very bad attack of pneumonia, and the doctors said I was getting consumption. A friend came in and gave me and told me to get Dr. Wood's Norway Pine Syrup. I got three bottles, and they seemed to 'quite clear my chest of the phlegm, and now I am in fine health."

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PIONEER BUILDERS OF VALVE-IN-HEAD MOTOR CARS IN CANADA

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Agent: Georgetown

Canada's Standard Car

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Hooper and has been made under his personal supervision since its infancy.

Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural Sleep. The Children's Panacea—The Mother's Friend.

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