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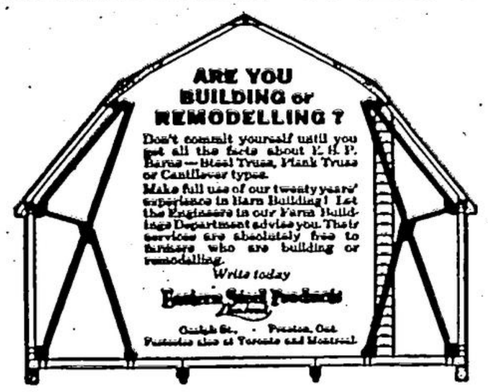

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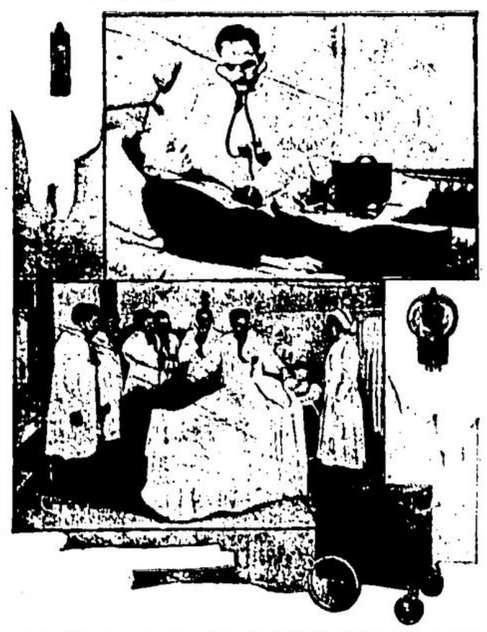
Tuning In on the Heart



A SMALL device which enables a physician to listen-in to the sounds of the human heart magnified one hundred times, has recently been placed in experimental use, according to an announcement by the Northern Electric Company, Limited, in Montreal.

The device is an Electrical Stethoscope, based upon the telephone principle with the heart doing the "talking". Originally it was developed for a medical student whose poor hearing prevented him from using the ordinary stethoscope; its success, however, aroused immediate interest among physicians whose hearing is becoming dulled, and those whose practice takes them into noisy places. Moreover, it is found most useful in diagnosing pathological conditions of the heart, as by simply throwing a switch, high or low tones may be emphasized or eliminated, as desired, thus segregating the sounds peculiar to certain diseases for more careful attention.

The entire stethoscope weighs less than a full instrument case and is about half the size, using two "Peanut" Tubes and miniature transformers. It forms a striking contrast to the larger hospital type model which was earlier developed by the Bell Telephone Laboratories, and is used for auditorium demonstrations and at the largest hospitals where almost an unlimited number can listen-in at the same time.

Pictures:—*Upper:* The "Peanut" tube. A specialist using portable electrical stethoscope listens to a patient's heart in a well-known hospital on this continent.

Lower:—The 5-watt amplifying tube, and the large stethoscope in which several such tubes are used. The hospital type electrical stethoscope being used by medical students.

FOLLOWING THE FURROW

Keen blew the north-east wind across the fold
As frost after I gazed upon a scene
Of ageless rural industry, as old
Almost as man himself, since toil hath been.
The same antique deliberate routine—
Plowman and his horses, huge and slow,
Cleaving a furrow deep for daily bread,
Pursued by clamorous gulls white as the snow
The great clouds' gathering contours heralded.
It seemed as if he symbolized the toil
Of all mankind, that figure small and bent,
Wrestling a barren substance from the soil,
Going the same laborious way they went
(With some grotesque and cumbrous implement)
In Neolithic times, when down each row
Of ridged plowland no plunging horses fled,
But the same gulls flew whiter than the snow
The clouds' hard-colored contours heralded.
Since then how many furrows have been plowed
By weary man and patient plodding beast
By this same field! Yonder, such a lustrous cloud
Which hides the snowflakes from the cold north-east,
Soon by this biting wind to be released!—
For as I watched the slow procession go,
The gulls that followed in the horses tread
Settled in fluttering flakes, white as the snow
The great clouds' gathering contours heralded.

QUEER WORLD

At the age of 108 a man is looking for work. He inserted the following advertisement in a London newspaper: "Man, aged 108, active and of youthful appearance, highly educated linguist, needs employment."

Following an appeal at Melbourne for men with twisted noses and women with pale faces to take part in a film, 600 people responded.

Every devotee taking part in an annual religious celebration at Kilore, Madras, has to write the name of a god 10,000,000 times in specially ruled books.

Tenants of a block of flats at Biella, Italy, are encouraged by their landlord to have children. With the advent of each baby, the parent is let off a month's rent, while the child receives a money-box containing 5c. 6d.

The smallest monkey ever seen in this country has just arrived in London. It is a midget marmoset from South America. Although almost full-grown, it weighs only 1¼ oz. and is valued at one guinea an ounce.

About 350 frogs took part in a jumping contest at Angels Camp, California, and 20,000 spectators watched them jump. The contest is held annually to revive memories of California's gold-rush days, when frog-jumping was a popular pastime among miners and prospectors. The record jump of 13 ft. 1 in. was made by a frog named Budweiser."

PITHY ANECDOTES OF THE FAMOUS

The oil painting of John Adams—second President of the United States—hung in the Red Room of The White House, where it could be seen from the table in the State dining room. The head was bald and the varnish made it shine, reminisces Irwin H. (Ike) Hoover (in "43 Years in White House.")

"President Coolidge sent for me one luncheon time," says Hoover, who was Chief Usher, "and pointing to the picture, said, 'I am tired of looking at that old bald head. Will you have some hair put on it?'

"I got an artist and some turpentine was smeared on the head, taking off the shine and giving the appearance of a little hair.

"At the next meal the President thanked me and said he 'saw that Mr. Adams had grown some hair on the top of his head.'"

Mrs. Coolidge could whistle well, declares Irwin Hoover, but the President couldn't so he usually blew a whistle for the dogs, and blew it like a locomotive.

"Once, when the President was trying to whistle in the dogs at night without the aid of the whistle Mrs. Coolidge asked:

"What's the matter, poppa; don't your tonsils fit tonight?"

Theodore Roosevelt, when President, changed "The Executive Mansion" to "The White House" on his stationary. He pointed out (says Mr. Hoover) that every state had an Executive Mansion and that the President's House should be distinctive.

It is interesting to note how Woodrow Wilson changed his signature from time to time.

"When I went to Princeton to arrange for the removal of President Wilson's effects to Washington," relates Irwin Hoover, "I noticed that his books were autographed in various forms:

"Thomas W. Wilson.
"Thomas Woodrow Wilson.
"T. W. Wilson.
"Woodrow Wilson."

Speaking of English literature, the Bruce Lockhart, who interviewed the former German Kaiser, at Doorn, Holland, some time ago, tells (in "Retreat From Glory") of being presented with a large colored portrait of the Kaiser at the conclusion of the interview.

"It is already signed with the date of my visit," records Mr. Lockhart "and the signature Wilhelm I.R. written across the bottom in the ex-Kaiser's handwriting is a saying of Abraham Lincoln: 'Nothing is settled finally until it is settled right.'

"'Put it away in some corner,' the Kaiser said jocularly. 'It may compromise you.'"

Bruce Lockhard says that the ex-Kaiser was full of Bernard Shaw. He had just read his "Apple Cart."

"A great play by the greatest of living artists," said the Kaiser. "What genius and what humor! But then Shaw is an Irishman. I wonder if anybody understands the moral of the play? This is how I interpret his meaning. With a stupid king and clever ministers, the ministers do what they want. With a clever king and stupid ministers the situation is only partly reversed. With a stupid king and stupid ministers everything goes wrong. And the ideal government is a clever king and clever ministers."

Before finishing with Shaw, the ex-Kaiser said:

"An American journalist once compared my personal appearance with that of Shaw. He wanted to know whether I tried to make myself look like Shaw or whether Shaw strove to cultivate my appearance."

"He admires Shaw," adds Mr. Lockhart—in case you haven't guessed it.

Speaking of English literature, the Kaiser told Mr. Lockhart that his favorite authors are Dickens, Scott, and Marryat, "all of whom he has read and loved from his childhood."

PETER PREACHES GOOD CITIZENSHIP

(Temperance Lesson)

International Uniform Sunday School Lesson, Feb. 17th, 1935

GOLDEN TEXT: "Love worketh no ill to his neighbour: therefore love is the fulfilling of the law." Romans 13: 10.

LESSON PASSAGE: 1 Peter 2: 11-17; 4: 1-5.

There is a life for me to live
And God would be therein,
That by his presence he may give,
The power to strive and win.
—Calvin W. Laufer.

Self-Control, 11, 12

Self- control is one of the chief aims of education. Children have to be told what not to do and what to do, but educated adults are expected to make their own decisions as to conduct. All through life there is a negative and positive, a minus and a plus, a prohibition and a command. To be educated or civilized is to know just how to keep the balance between "don'ts" and "do." Many in life we discover that there are urges, impulses and appetites that war against the soul. These may come from within through physical instincts or they may arise from a worldly society. The Christians to whom Peter wrote lived in a pagan empire in which certain vices were accepted as inevitable. Peter knew that there was no safety in compromise. He urged the Christians to whom he wrote to be absolutely honest and to silence criticism by upright living. They might be criticized for not indulging in degrading practices or attending brutal games, but in the long run character would silence ridicule and bring glory to God. The best way to overcome evil is with good.

Law and Gospel, 13-16.

There may always be a measure of difficulty between church and state. In a democratic nation the two are vitally connected though there is a theory that they are separate. To be at one and the same time a citizen of a nation and a member of a church requires constant adjustments in allegiance. Such matters as tariffs and compulsory military service have deep moral implications. Peter's rule was to obey the law as a citizen, even the laws of a pagan empire, and be loyal to king and governor, but he did not stop there. In addition to the compulsory edicts of the state, he stressed the higher voluntary standards of a Christian. An inner code is really much more exacting than either civil or criminal law. To love one's neighbor as oneself gives a greater stretch than merely to keep the ten commandments. Many of our laws are warnings, preventions and prohibitions whereas the more abundant life of a Christian is to live positively for progressive and constructive purposes. We seek freedom to do right, not to do wrong.

Your Good Name, 17.

This verse has been chosen frequently as a Golden Text not merely because the words are simple but because the principles are inclusive. We have a relationship to humanity as a whole. The Christian standard is good will towards all, to people of every race, every nation and every class. Man, as man, is to be treated not as a means but as an end. We also have a relationship to our fellow church members. Because of faith in one Saviour and membership in one church we have claims upon one another. In the early days it was said 'See how these Christians love one another'—Christians should still surprise the world in this very way. We have also a relationship to God, the king of kings and Lord of lords. Surrender to his will must come first. That primary loyalty influences all other loyalties. We have also a relationship to our earthly king. In the British Empire this is no formal allegiance. The approaching celebration of the reign of King George has called forth expressions of personal appreciation. Honor all men. Love the brotherhood. Fear God. Honor the king.

Defeat or Victory? 1, 2.

We all live in the same world, think much the same thoughts, have the same appetites and desires, yet how differently we respond to the same circumstances! Some men exalt hunger, thirst and lust and make of these idols whom they serve. The body in time becomes the master of the mind. How different was the way of Christ! He used his body as an instrument of service to God. Laboring at a carpenter's bench doing constructive work, he presented his body as a living sacrifice to God. And when upon the cross he suffered physical pain, he was still presenting his body as a sacrifice. He made his body an instrument of victory, not defeat. He now helps his followers to win this same victory. Those who decide to follow Christ are soon convinced that the new life must be quite different from the old. They feel that they have served the flesh long enough and that the remaining years of life must be spent in the cultivation of the spirit. By surrender to Christ, mind and body are unified and the conflict of a divided personality is at an end.

Changed Lives, 3-5.

A favorite hymn for young people speaks of the unfairness of spending youth and middle life in habits of indulgence and then offering to God the dregs of life. Peter told his converts that their pre-Christian days were sufficient in the service of sin, but is not any period of time whether only a year or two in youth, to long to spend in the service of sin and self-indulgence? Christians living in a pagan world often had to explain why they would not observe certain social customs. The change in their conduct and character was so noticeable that an explanation was sought. "How do you get that way?" is one modern form of the ancient question, "What must I do to be saved?" The answer to both forms of the question is to surrender to Christ. A man whose intemperance had cost him many wasted years and many thousands of dollars as well, became a Christian and was freed from all desire for liquor. His friends commended him but told him that sooner or later he would lapse. The answer was, "I believe that Christ can keep me for twenty-four hours any day. That is all I am asking of him. Each morning I surrender to Christ anew for this one day. I take no chances on more than a day at a time."

Questions for Discussion

1. What is the secret of self-control?
2. Why is an inner code more strict?
3. Can we reconcile Christian brotherhood and mass buying?
4. How does religion assist in physical control?
5. Is the temperance cause winning or losing?

INTERESTING ITEMS

The total value of Canadian field crops harvested in 1934 is now estimated at $444,974,600 compared with a revised estimate of $453,508,000 for 1933. This increase of $91,316,500 is due mainly to higher unit prices.

* * *

Canadian hay as required in Belgium must be No. 1 extra, mixed, 75 per cent timothy and 25 per cent clover. Hay enters Belgium free.

* * *

Observations over an extended period indicate that thin, sparse pastures for sheep encourage the growth of the finer grades of wool, while thick, lush grass increases the proportion of the coarser grades of wool.

SCONES FROM BONNY SCOTLAND

By Betty Barclay

America is the land of hot breads, but in one or two instances we have gone across the water for our inspiration. To bonny Scotland we owe our recipe for scones. This particular recipe for scones, however, might be called Scotch-American, for we make it with cake flour, twenty-seven times finer than ordinary flour, which helps to make Lemon Cream Scones so ready to "melt in the mouth."

Lemon Cream Scones

2cups sifted cake flour
3 teaspoons double-acting baking powder
½ teaspoon salt
3 teaspoons sugar
4 tablespoons butter or other shortening
1 teaspoon grated lemon rind
3 eggs
1-3 cup light cream
3 tablespoons sugar
½ teaspoon grated lemon rind

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening and lemon rind. Reserve about ⅙ of one egg white for glaze. Beat remaining eggs well and add cream; add to flour mixture, and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out on slightly floured board and knead 30 seconds. Roll ½ inch thick and cut in triangles. Place on ungreased baking sheet. Brush tops lightly with reserved egg white, slightly beaten; sprinkle with mixture of sugar and grated lemon rind. Bake in hot oven (450 degrees F.) 12 minutes, or until browned. Makes 18 small scones. (Orange rind may be substituted for lemon rind in this recipe).

SPICY PUDDING IN MODERN MANNER IS EASY JOB FOR COOK

Nowadays there's no need for spicy desserts to be a chore. Housewives used to chop and shave pounds of fruit peel and beef, apples, raisins and citron for mince pies and puddings. Here is a modern recipe for a delicious pudding, made at a minimum of time and labor.

Spicy Peach Pie

1 (9 oz.) package dry mince meat
1½ cups peach juice and water
1 cup fresh or canned sliced peaches, drained
¼ cup lemon juice

Pie crust

Break mince meat into pieces. Add peach juice. Place over heat and stir until all lumps are thoroughly broken up. Bring to brisk boil; continue boiling for one minute. Allow to cool. Line a 9-inch pie plate with pastry and fill with mince meat mixture. Place drained sliced peaches over top; sprinkle lemon juice over top. Place upper crust on filled lower one and press edges firmly together. Trim off surplus pastry. Bake 35 minutes in a hot oven (450 degrees F.).

Note—One cup peaches is sufficient for this recipe; however, 2 cups may be used, making a large pie, serving eight. The 1 lb. 14 oz. can furnishes 2 cups fruit.

Steamed Fruit Pudding

1 (9 oz.) package dry mincemeat and ½ cup water boiled almost dry
1 egg, slightly beaten
¼ cup nut meats, finely chopped
¼ cup orange juice
1 teaspoon grated orange rind
1½ cups dry cake crumbs

Break mince meat into pieces. Add cold water. Place over heat and stir until all lumps are thoroughly broken up. Bring to brisk boil; continue boiling for three minutes or until mixture is practically dry. Allow to cool. Add slightly beaten egg, nut meats, orange juice and grated rind to cake crumbs. Blend thoroughly. Fold in cooled mince meat. Pour into greased pudding mold, sight individual molds, or baking powder can, filling two-thirds full. Cover tightly and steam one hour, having boiling water half way up on molds. If additional water is needed during steaming, it must be boiling when added. Serve warm with hard sauce or whipped cream. Serves eight.

FEEDING SPARROWS IN WINTER

Now that the branches are bare and green growing plants and roots have all disappeared the sparrows now face the yearly problem of getting something to eat in winter.

Every boy and girl, and adult too, should consider it his duty to feed the sparrows and other birds that stay with us in cold weather. It takes but a minute to place a few crumbs of bread or a handful of grain on the fence, in the yard, or in any other place that the birds can easily find.

The person who assumes this pleasant duty will be rewarded by the feeling that he has done a worth while task in conserving valuable bird life. Also, he will be gladdened by the happy chirp of the little birds as they joyfully pick up the feast set for them.

Sparrows enjoy uncooked rice grains, raw oatmeal flakes, softened bread, and cake crumbs. Put a little of any of these foods on an old tin cover or broken dish and place it on the fence or tie it to a tree. It will not be long before the grateful birds will discover your offering, and then will quickly invite all their friends to dine.

However, birds like all boys and girls, and grown-ups, too, are not particular when they are hungry, and they will eat almost anything. Give them whatever is left from the table, and they will quickly leave the dish bare. From experience I know they will eat meat, potatoes, vegetables and fruits, all mixed together with water.

It is better not to throw crumbs or food on the ground as the rain or snow will wash them away. Then, too, cats and dogs who pass by, sometimes eat the food before the birds have a chance to feast. Of course dogs and cats have to be fed also, but as a rule, they have a home, get regular meals and can make out better than the birds.

The birds quickly get to know their benefactors, and they will stand and chirp before your house in thankfulness. You will enjoy many happy moments watching them from the window as they nervously pick up bits of food and fly off with it to their nests, where young birds may be waiting to be fed.

After the birds become accustomed to coming to your grounds for food, they will be disappointed if at any time you neglect to set out something for them. They will stand mournfully, five and six in a row, without a sound, looking in toward the house very dejectedly, as much as to say, "It's dinner time. We're hungry." Then when you hasten to give them something, they will show great activity, hopping about and calling all their friends to join.

Many people do not like sparrows, as they say they are noisy and destroy gardens. On the contrary, they are constructive workers, as they eat pests and worms that are not desired in any garden.

Imagine how uninteresting life would be without the song of even the sparrows. Their little chirp is a friendly note in a dark day. To be awakened in the morning by the sparrow's song is a great privilege and an experience that will stay long in the memory. Birds have a mission to preform, as do all of us, and we must co-operate and help them during the period when nature is asleep. Will you do your part?—Ella Mckillgott, in "Our Dumb Animals."

His Lumbago Has Not Come Back

Keeps Free of it With Kruschen

There can be no doubt about the effectiveness of the remedy this man uses against lumbago. Read this letter:—

"About four years ago, I had a bad attack of lumbago. After being in hospital for two weeks taking heat treatment, I started taking Kruschen Salts. Since then, I am happy to say, I have not been troubled with lumbago. I shall still continue taking Kruschen to be sure the lumbago won't come back."—A. C. C.

Why is it that Kruschen is so effective in keeping lumbago at bay? Simply because it goes right down to the root of the trouble, and removes the cause, which is an impure bloodstream. The six salts in Kruschen keep the bloodstream pure and vigorous by promoting a clockwork regularity of all the organs of elimination.

DOMINION STORES EXECUTIVES RECEIVE IMPORTANT PROMOTIONS

Toronto, Feb. 13th—The promotion of three executives to positions of prime importance in the organization of Dominion Stores, Limited, was announced today by Morley Smith, President. They are W. P. Stewart, P. H. Paget and A. A. Beaver.

Mr. Stewart, formerly Secretary and Treasurer of the Company, becomes Vice-President in charge of all the company's operations in approximately 500 stores in Ontario, Quebec, New Brunswick and Nova Scotia. He has been a director since 1929.

Mr. Paget, formerly Divisional Inspector of the Toronto Division and Assistant Secretary, becomes the company's Secretary and Assistant Toronto Manager, while Mr. Beaver, Toronto Office Manager in charge of the accounting for this division, becomes Assistant Treasurer.

Other changes announced include the election of J. Colin Kemp, of Montreal, to the position of Director and his appointment as Manager of the Montreal Division. C. F. Tutton, of Montreal, was made Treasurer of the company.

Mr. Stewart joined the Dominion Stores organization in 1934 and played an important part in the expansion of the system into Canada's largest food chain. He was formerly with the Standard Bank of Canada and has received steady promotion in Dominion Stores since he first joined the organization as Assistant to the Secretary. He is a native of Ontario and during the war served with the Canadian Flying Corps. Mr. Stewart is a Director of Corporate Investors, Limited, and a member of the Rotary Club, the Scarboro Golf Club and the Eglinton Hunt Club.

Mr. Kemp, the newly elected director, was born in London, England, and educated at Oxford University and McGill University. Prior to joining the Dominion Stores organization, he was associated with the National City Company, Limited, in Montreal, in the Industrial Investigation Department. During the war he served overseas as an officer of the 60th Battalion, Victoria Rifles of Canada. He was wounded and was awarded the D.S.O. and M.C.

Expansion of the sale of canned goods on the domestic and export markets offers the most hopeful outlet for an increased production of vegetables in Canada. As it is, the increase in the volume of vegetables produced for sale in Canada has been large and rapid within recent years.

The SNAPSHOT GUILD

IS YOUR LENS CLEAN?

With a clean lens, plus proper exposure, you should always get sharp, clear pictures such as the ones above.

THE Guild has received a number of letters from fellow snapshooters complaining about smudgy looking pictures. They say they know their exposures are correct and developing done carefully with fresh, clean chemicals

Granting that all this is true the next thing to consider is your lens. Is it clean? You have looked through dirty eye-glasses with probably a few finger prints on them. If you haven't it's a sure bet that you have experienced the difficulty of looking through a smudgy window. Clean eye-glasses and clean windows give clear vision and similarly the camera cannot "see" so well if its eye (the lens) is cloudy and smudgy from grease, finger prints and dust collected over a period of months.

Cleaning a lens is a very simple operation. All you need is a soft, unstarched linen handkerchief and perhaps a match or pencil, if the lens is quite small. The rear surface of the lens can easily be reached by removing the back of the camera. If the camera has a double lens (one behind and one in front of the shutter diaphragm), the front combination may be removed by turning to the left, which will allow you to work through the shutter opening when set for "time," with the handkerchief over the end of the match or lead pencil. If the lens is quite dirty breathe on it and then rub quickly with the handkerchief. Be sure, when replacing the front lens, to screw it back into the shutter as far as it will go.

The suggestion to work through the shutter opening also applies to cleaning the front surface of cameras with single lenses fitted to box cameras and certain folding models. Handle the lens carefully and don't exert too much pressure. It isn't necessary and might scratch the surface.

The amount of pleasure you get out of your camera depends almost entirely on how much thought and care you give it.

Picture taking is just like golf, tennis, basketball or bowling—the more you experiment, the more thought you give to your hobby, the greater your reward in self satisfaction.

There are many good books available on amateur photography but one of the latest off the press is called "How to Take Good Pictures." It is packed with sound advice for the beginner or the advanced amateur and profusely illustrated with pictures of every type, diagrams and what have you. It might be called "The Amateur Photographer's Reference Book," but don't think for one minute it is as "dry" as such a name might imply. You can no doubt purchase this book from stores that sell cameras and photographic supplies.

If you know your camera—its limitations or its versatility—give careful thought to composition and story-telling possibilities you are well along your way to take pictures as interesting and sharp as the two shown above.

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