

**CANADA'S LARGEST PARK AT JASPER**

Plans will be at its very best when Their Majesties, the King and Queen, reach there on June 1 to remain for a rest period during their journey eastwards, said R. B. Somerville, Manager of Jasper Park Lodge, who is now in Montreal on a business trip.

The plan of landscaping and beautification, in continuous progress of development since the first opening of the lodge is gaining greatly from this cumulative effort so that in the spring and early summer, which is the time of the royal visit, lawns and terraces will have a carpet of velvet turf and every building will be surrounded by a profusion of flowers.

Mr. Somerville who further explained that new greenhouses have been added this year to ensure a general supply of plants and flowers at all times. A curious by-product of the work of enlarging the greenhouse plant, said Mr. Somerville, was that the presence of the construction crew and the bit-bits that came from their camp induced several of the famous bears to delay the start of their hibernation, and they remained visible until Christmas when the workers left. With no more food in sight the bears went into their usual retirement.

Skid conditions are excellent this season within Jasper National Park, said Mr. Somerville. "There are fine trails from Jasper Town on the main line of the Canadian National Rail-

**Little Rest Day or Night**

Woman with Severe Neuritis

For the benefit of others who may be troubled with the complaint she suffered from, a grateful woman writes:

"Last May I had a very severe attack of neuritis in the leg, which made it impossible for me to rest during the day, or to get regular sleep at nights—to say nothing of the intense pain.

"Various medicines gave me very little relief, and a friend advised me to give Kruschen a trial, as she had derived benefit from it whilst suffering similarly. I am so thankful that I took her advice. From the very first bottle I felt relieved, and now I am quite free from pain, and get a good night's sleep."—(Mrs.) H. C.

Neuritis, like rheumatism, lumbago, and sciatica, is often caused by needle-pointed uric acid crystals, which form as the result of sluggish eliminating organs. Kruschen helps to convert these crystals into a harmless solution, which is removed through the natural channels.

Don't worry if your job is small. And your rewards are few. Remember that the mighty oak Was once a nut like you.

**CANADA'S HEALTH RECORD FOR 1938**

Ottawa—Canada's health record for the first half of 1938 shows an improvement over the same period of 1937, as far as mortality is concerned. The figures just released by the Vital Statistics Branch record a national increase in population of 58,000, made up of 113,025 live births less 54,936 deaths. The births were 987 in excess of the first half of 1937, the deaths 6,249 less.

The only causes of death responsible for substantial increases in the mortality figures were typhoid and paratyphoid fever; 100 deaths, an increase of 18; diphtheria, 194, an increase of 69; diseases of the heart, 9,064, an increase of 184; diarrhoea and enteritis, 951, an increase of 74.

Gains were recorded as follows: measles, 164, a decrease of 402; scarlet fever, 120, a decrease of 33; whooping cough, 287, a decrease of 84; influenza, 1,614, a decrease of 2,760; tuberculosis, 3,204, a decrease of 500; cancer, 5,802, a decrease of 130; and nephritis, 3,447, a decrease of 106.

The disparity between the deaths in one province and another is interesting. For example, Quebec had many more deaths from children's diseases than Ontario, 75 from measles as against 19; 61 from scarlet fever as against 22; 716 from whooping cough as against 47; 142 from diphtheria as against 8 in Ontario. Other diseases more fatal in Quebec than Ontario included: typhoid fever 62 as against 13; influenza 678 as against 413; tuberculosis 1407 as against 636. It will be noticed that all of these causes come within the class of infectious diseases.

On the other hand, Ontario suffered much more heavily than Quebec from diseases of middle life and later. It had 3,855 deaths from diseases of the heart, 1,685 more than Quebec; 2,506 from diseases of the arteries, 1,552 more than Quebec, and 2,216 from cancer, 632 more than Quebec.

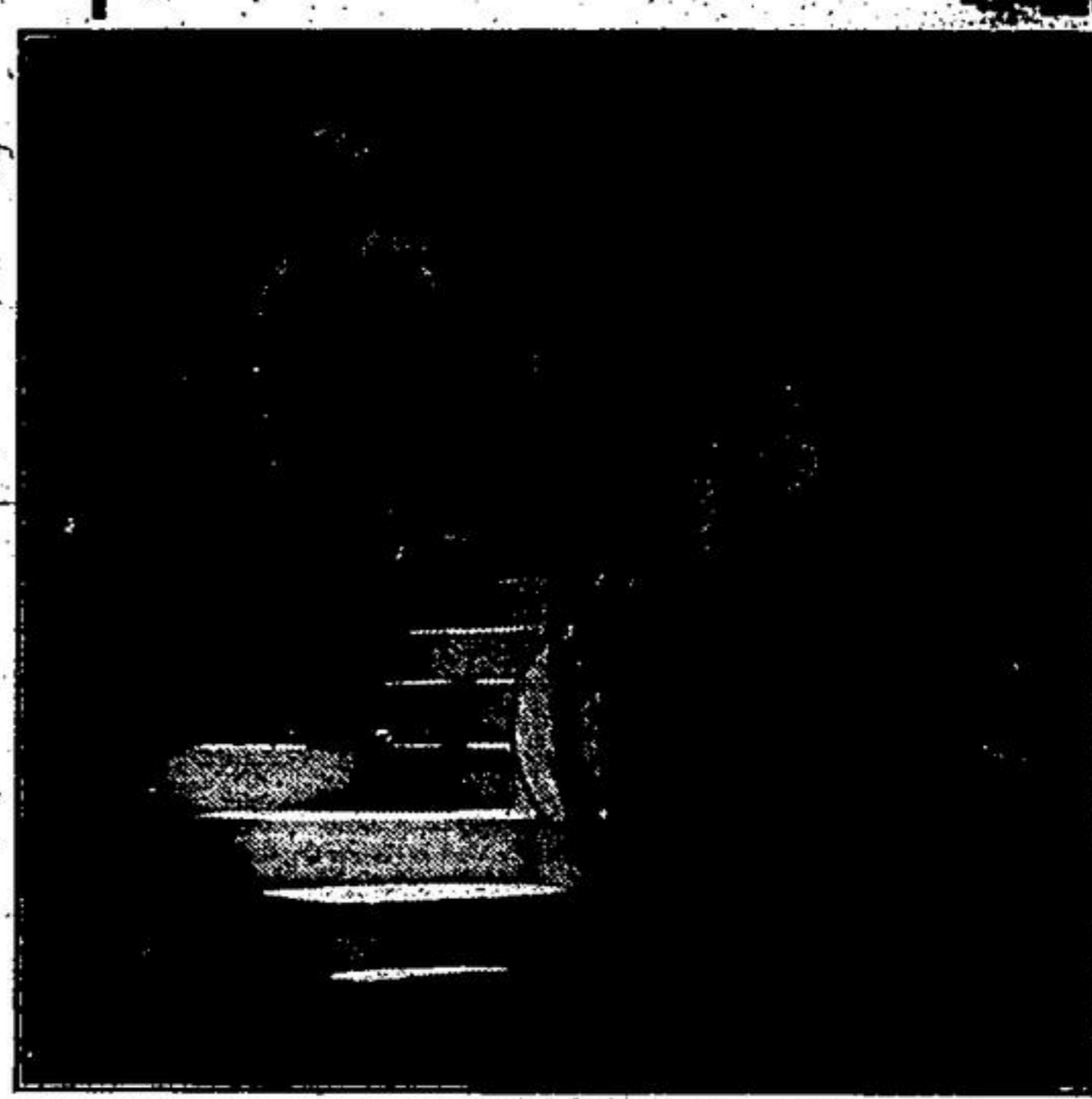
Quebec had 554 deaths from diarrhoea and enteritis, Ontario 156; Quebec had 1,564 from nephritis, Ontario 997. Ontario violent deaths numbered 1,304 as against 713 in Quebec.

The records for live births give Quebec first place with 39,066, Ontario second with 32,624, and Saskatchewan third with 8,472.

**DEPORT FOREIGNERS**

At a recent meeting of the Canadian Corps Association held in London, Ontario, Karl K. Homuth, M.P., for Waterloo South, the guest speaker, suggested and recommended that foreign-born, unassimilated residents of Canada who are dissatisfied with the Canadian form of government should be deported. He also emphasized that there were people in Canada waving the Swastika at the very height of the European crisis a few months ago. Credit to Mr. Homuth! This is one of the sanest suggestions that has been brought to the fore in some time, and no doubt if the Federal Government would put same into practice, Canada would not be suffering from so many "isms." We have always maintained that foreigners were left on the loose a little too much for the welfare of our country. They can be traitors to Canada and get away with it, where if they were in their native countries they would be imprisoned or shot. We are behind the Waterloo member's suggestion one hundred per cent.

**The SNAPSHOT GUILD**  
A NEW CAMERA YEAR



Progressing—moving upward into the light—this striking picture could well symbolize the serious camera hobbyist today.

How much did you learn about picture-taking in the past year? How much will you learn in the New Year we are now entering?

This is a splendid time to take stock of yourself, examine your camera progress, make plans for the future. Could the figure on the staircase above symbolize you? Are you standing still—or are you moving upward into the light, reading more about picture-taking, studying your pictures, taking more, and constantly trying to improve?

Much of value is being written these days about taking better pictures. Simple, practical handbooks about photography are readily available. Photo magazines contain much useful information. Manufacturers of camera and film offer dozens of free pamphlets—not advertising, but practical instruction booklets. Every camera hobbyist should avail himself of these aids, for wider knowledge helps one make better pictures.

Is it your habit to study light and shadow—not just when taking a picture, but in everything you see? Light and shadow are the substances of which photographs are made. Observe them, compare their variations in morning and evening, on sunny and hazy days—and you will learn much about finding pictures that please the eye.

What do you know of color filters—the little devices which, slipped over a camera lens, account for many of the striking "effect" pictures one sees today? Have you studied the simple rules of composition that help you arrange pictures so much more pleasingly? Inexpensive, elementary books on how to make good pictures explain all these things in a manner that any picture-lover can understand.

Why not make the new year a period of study as well as of picture-taking? Broad knowledge is not needed to get pictures, but it helps obtain pictures that are better, more pleasing, more satisfying. And today such knowledge is so easy to acquire!

John van Guilder



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**YOUR DOG'S GAME**

Speaking generally, teasing games are harmful to a sensitive dog; for instance, pretending to take away bones, biscuits or other treasure. The dog gets excited over such games, and you may think that he is enjoying himself. Actually, he is suffering considerable anxiety, which is bad for both his nerves and his temper. Many dogs "played with" in this manner develop viciousness and snappishness as the years go by. And, usually, the masters wonder why.

Worst of its type, perhaps, is the game wherein one of the family, usually a child of whom the dog is very fond, hides from the animal, who is then sent to search. The dog keeps hearing, "Oh, where is little Jane; go and find her!" The dog yelps and runs frantically, smells here and there with tail stiff and vibrating or wagging excitedly. These symptoms of anxiety increase in intensity until the child is found. Watch closely and you can see the reaction of weakness in the dog after the excitement has subsided.

Maybe you have been the victim of an anxiety game. And did you enjoy it? Ever have someone hide your purse and let you believe for a while that it had been stolen? Such things have happened to me, and I'll wager they have to you. We may have to smile, but really we'd like to slap someone's face.

The cruelest of all teasing games played with a dog is the one in which one member of the family pretends to be angry with another. When the dog sees the situation his barking provides great "fun." He snarls at first one of the fighters then the other. He is suffering all the time; one person whom he loves is being attacked by another whom he loves equally. He does not know what to do, but thinks he must do something; which one shall he protect? Put through this torture very often, any high-strung dog will show bad results—in nerves and temper.

Your dog's games are almost as important to his health as his food. A good plan is to imagine yourself in his place, at times—remembering that he cannot reason as you can and cannot know the end of a game from the beginning. Choose his games and amusements from his point of view rather than from your own. Dogs are far more sensitive than you may have thought—E. E. Eubanks, in "Our Dumb Animals."

"Why on earth did you buy me pyjamas this size?"  
"Because the salesman was rather nice—and I didn't want him to know I'd married such a little whippersnapper."

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