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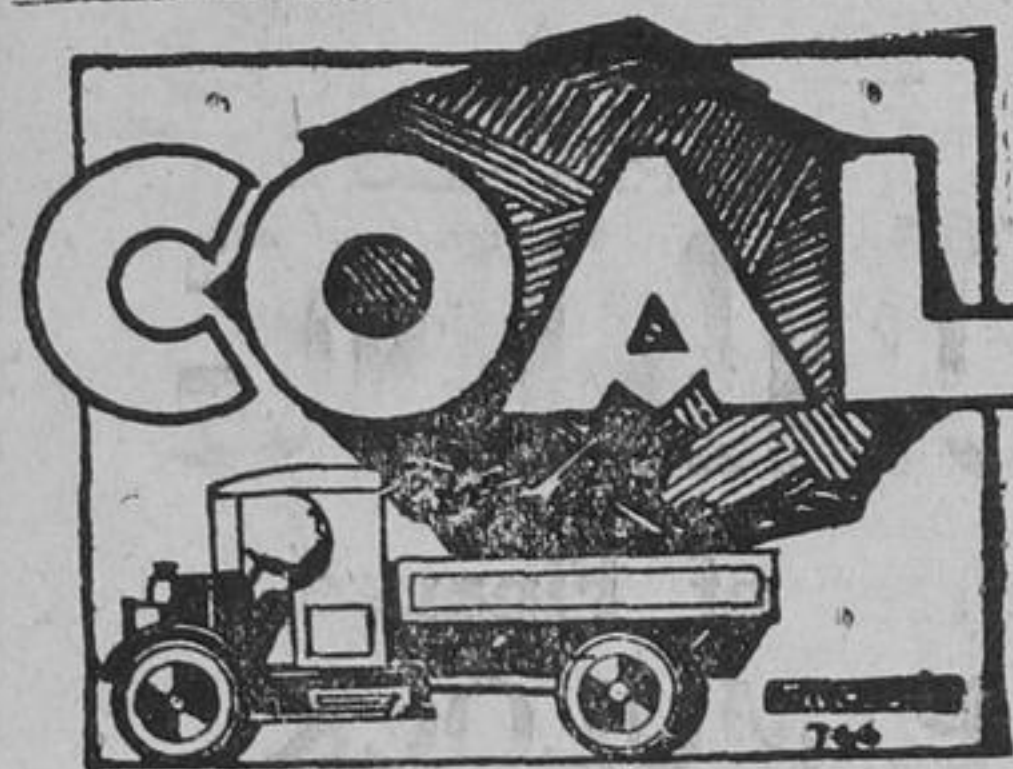
as applied to this laundry is simply this: Some housewives are quite properly fussy about doing certain parts of the family laundry work at home. We have five different kinds of "family wash" service to accommodate just such requirements, each one taking the wash one step nearer to completion. All washings are done separately in soft water and without any marking. The prices are extremely moderate. One of the services is sure to fit your home laundry plans. Let us advise you. Phone to-day — or stop any one of our courteous drivers.

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Woman's Place In Canada's Life.

(By Evelyn Robb)

There is one fact about this country of ours which a great many people do not seem to realize and that is that it is a great country for women, for no country in the world offers better opportunities to women than does Canada. If they do not take advantage of these opportunities it is not the fault of the country or of the government, but of the women themselves. I am beginning to think that the average woman makes a lot of fuss about her rights, fights to get them, and then loses interest in the question. After all, what have women done in Canada? There are a few women doctors, a few lawyers, a few who have fairly good positions in the business world, there is one woman in Parliament and one in the Senate. What kind of a record is that for a country the size of Canada?

You hear it said, "Canadian women are not given the same opportunities as American women are. Across the line women can go into any kind of work and be given an equal chance with the men." That may be true but the only reason it is true is because Canadian women do not insist on being given that equal chance. The opportunities are here if you will only grasp them. You may have to fight for your rights but all through the history of the world people have had to fight for the things worth having. Women of other countries have gone through the same trials as we are going through in order to gain recognition and have come out on top. Is there any reason why Canadian women cannot do the same?

It has been proven in other countries that women are capable of doing many of the things which, a few years ago only men were supposed to understand. Many women have made names for themselves in the realms of science, law, medicine, politics, business and in that newest of all professions, aviation. Who are these women who are doing such wonderful things? English and American women for the most part. Not Canadians.

Our country is young and still in the formative period. There is much to be done before Canada will reach its rightful place among the great nations of the world, and the women of the country can play a big part in that work, if only they will. Most of us have the blood of pioneer women in our veins which should give us the courage to face any difficulties.

Men are never particularly anxious to see women doing the same work as they themselves do, especially if they do it better. That is one of the chief

reasons why women in all countries have had to work so hard for recognition in whatever form of work they have undertaken. But these other women have proved that it can be done, that men can be made to realize that women are capable of doing more than nursing, teaching or raising families.

A lot of Canadian women study medicine, law, architecture and all the various professions which were once supposed to be sacred to men and when they have their degree give up the idea of practicing because there are too many obstacles to overcome. Others who are in business do the work of a man and are content to get half the salary a man would be paid for the same work. On the face of it this isn't fair and if women would stand up for their rights such conditions would soon cease to exist. Canadian women should realize the significance of the recent decision regarding the admission of women to the Senate that women are, "persons," and act accordingly.

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BRAIN FOOD

There is a popular belief that certain foods, notably fish, are brain foods, and it is thought that the free use of such foods will, in some way, improve the brain tissue and so increase the mental ability.

There is no evidence that any particular food, such as fish, or that the use of foods containing any special constituent, such as phosphorus, affects, in any way, the mental development of the human being.

It must be remembered that all parts of the body are inter-dependent. The proper nutrition of one part implies proper nutrition of all other parts.

If the diet is deficient in one or another essential, the whole body suffers, although some part or tissue may show the ill effects sooner than others.

It is important that the brain be properly nourished. This cannot happen if the blood supply is interfered with. If the heart is not pumping properly, if the blood cells are abnormal, if the blood is not getting rid of the waste material it picks up from the tissues — if one or more such abnormal conditions occur, the brain tissue suffers, together with all the other tissues which go to make up the body.

In order to have the tissues of the body healthy, we must live a hygienic life. We must eat the proper foods and secure fresh air and sunshine, we must rest and play, and live what is described as a hygienic life. A hygienic life is a well-rounded existence wherein sufficient attention is given to all the needs of the body. In such an existence, the individual does not over-do one thing and neglect another, but balances all the needs, giving to each a reasonable amount of attention.

We are not all born equal in a sense that we all have the same physical and mental capacities. We vary a great deal, and what we should strive for is to develop, to the full, the capacities with which we are born. If we are in a condition of health, then

we have achieved our aim.

In seeking to secure this development, we find that the hygienic life plays a considerable part. We cannot increase our brain capacity by eating any particular food, but we can help our brain tissue to be in a condition of health by paying attention to the general health needs of the body.

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

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PUBLIC MEETING

IN THE

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Saturday afternoon, July 5th

3 o'Clock Daylight Saving Time.

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Hon. Peter Heenan

Minister of Labor.

W. P. Mulock the Candidate and others.

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