

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA



EXERCISE IN WINTER

During the winter months, there is, in our country, more illness than there is during the other seasons of the year. There are several factors which contribute to this increase. One of the chief of these, and one whose correction lies within the control of each individual, is the giving up of exercise or play when the cold weather comes.

A certain amount of physical exercise is necessary to keep the body fit whether it is taken in the form of setting-up exercises or in play, or, again, simply as part of the daily routine of life, such as by walking to and from work. Most people, during the warmer months of the year, do secure a considerable amount of exercise, because they take part in some form of outdoor life which necessitates the use of their big muscles. Unfortunately, many people, once the cold weather comes, lead an indoor life and seldom bring the big muscles of their body into play. In addition, they continue to eat as much if not more than they did when they were active; they also starve themselves of fresh air, and live and work, most of the time, in an overheated atmosphere which, in itself, is debilitating.

The result of this abuse of the body—for it may be fairly called abuse—is that there is a loss of tone; a state of comparative unfitness develops, with the result that there is more ill-health and more actual disease than during the months when the body is given reasonable care. Cold weather itself is not responsible for disease; in fact, there is much to be said for the stimulating effect of cold fresh air. The illnesses that come with winter are the penalty of our neglect of our own bodies. Just as soon as we put into practice what we know about exercise and fresh air, and about living and working in rooms that are not overheated, we shall be more healthy and there will be less sickness. It may be impossible to continue the same exercise in winter as in summer, but there are many ways in which the necessary amount of exercise can be secured in winter.

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

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BOOKS THAT MATTER

EDWARD VIII AND GERMANY
By Claris Edwin Silcox

Why Edward Went: by Warre Bradley Wells: (Toronto: George J. MacLeod). Price, \$2.75.

Germany, The Last Four Years: by Germanicus: (Toronto: Mussons). Price, \$1.50.

A Personal Word

We are entering the third and last month of this experiment of offering in the columns of the papers associated in the Canadian Weekly Newspapers Association these weekly reviews of some of the significant new books dealing with international and social problems. We have as yet little reason to know how widely these reviews have been used by the member-newspapers, or whether they have been favourably received or not. Some editors have written with gratifying enthusiasm; others have demurred on the ground that it seemed like free advertising for the publishers. But it would have been strange if we had reviewed these books and kept the names of the publishers a dark secret! We have also been often esoteric in our choice of books, deliberately selecting books for mention which, we felt sure, would not probably be reviewed in other journals and because they fitted into the exposition of the general situation we were treating, although we knew perfectly well that few of the books would ever be sold just because we mentioned them. A reviewer can take his job seriously or he can act primarily as a sales-agent. We have tried to take our job seriously. So much by way of defence!

It has not always been easy in the course of a busy life to take the time to read the books, even less easy to go to the trouble of reviewing them. But if the readers have found these articles of some interest, we are satisfied and shall feel that love's labours have not been lost. We should, however, be glad to hear directly from editors or readers whether they wish us to continue these dissertations or not. If the editors do not wish to use them or the readers to read them, we shall gladly turn to some more remunerative form of enterprise. But if they have found them stimulating or even interesting, they might communicate directly with the reviewer whose address is 37 Bloor Street West, Toronto. Criticisms and suggestions would also be appreciated. A reviewer does not hesitate to criticize authors; now is your chance to castigate the critic. His skin is reasonably thick, and he is not immune to learning from his readers. Your verdict may largely determine his future indulgence in this strange form of pastime after the end of the current month. And now for a couple of reviews!

Why Edward Went

The Duke of Windsor may well pray to be saved from his friends. An Englishman, a former London staff correspondent of the NEW YORK HERALD TRIBUNE, has written a book for publication in the United States—he could not publish it in England—in the hope that the information he offers may find its way back to his own country. He comes to the defence of ex-King Edward VIII against the combination of clique and church which seems to have forced the abdication, and he gets quite nasty about the whole situation at times. Frankly, we see no reason for raking over the episode of December, 1936, once again, and we have promised ourselves that this will be the last Edward book we shall read for some time. Indeed, there are elements in the book which are perilously close to sedition, and which will not help the cause of the Wind-

sors at all—especially in Canada. The abdication, however regrettable, was necessary, and all the real friends of the former King will not want to make his position any more difficult by throwing dust in the air. Let us think rather of Edward VIII as he gave his last farewell address to the Empire and when he reached a rare elevation of nobility and sincerity, and to him no disservice by attacking those who had equal responsibilities to fulfil and who fulfilled them.

We ignore Mr. Wells' attack on the church because his quotations from the book on "Marriage" by Leon Blum for the translation of which into English he is responsible, and his general discussion on marriage reveal a man whose standards of marriage are, it must be said, somewhat 'fluid', and because his views on the relation of religion to the state are, despite their vehemence, not characterized by any remarkable spiritual insight into the meaning of 'culture'.

We mention only his defence of the former King against the charge that he was a fascist. This charge is, in our opinion, of no importance whatever and might never have gained headway had it not been for the behaviour of men like Sir Oswald Moseley who can always be trusted to do the wrong thing, and the virulence of certain English journalists who were desperately opposed to the "fatuous" foreign policies of Anthony Eden and in favour of a rapprochement with Germany and Italy. Mr. Wells implies that just as Edward VII, the so-called Peacemaker, sought a realignment of Europe and created the Triple Entente contrary to the existing British policy, so his grandson was opposed to the policy of his government and sought to establish better relations with Central European countries. In this, he gave the clique that supported Eden an opportunity to force him out.

This may or may not have been an important factor in the case, but we do not need to dig so deep in political intrigue to uncover facts which lie on the surface. And if so, then there is only one answer needed. The policy of the British government at this time was so desperately tortuous and consisted in such dexterous efforts to ride several horses at once that it seems almost incredible that they should be opposed to any monarch who tried to make friends with any country! We dare say that Edward VIII was trying to conciliate certain European countries which had grown distrustful of Britain, and we gravely doubt if such a step would have been criticized by his ministers. What might have happened had his abdication not been necessary, no one can tell and the less said about it, the better. But we do not believe that Edward VIII was so foolish as to believe that he could defy his ministers and establish a dictatorial rule on the basis of his own personal hold on the popular imagination. He probably did not intend to be a mere figurehead, he did undoubtedly take his royal tasks seriously and sought to render them efficiently, but he must have known the nature and strength of British respect for Parliament. The accusation that he was a Fascist is so nonsensical that it need not be taken seriously.

Germany: The Last Four Years
THE BANKER in its issue of February, 1937, published an analysis of the economic and social situation in Germany by one who calls him Germanicus. He claimed that Germany had not achieved what she claimed to have achieved, and that the internal condition of the country, especially her agricultural production, was menacing. He also submitted the alleged budgets of Herr Schacht to some very incisive analysis. The publication led to a rebuttal from the German Institute of Business Research, and now in this volume we have the original analysis, the rebuttal of the German Institute, and the counter-reply of Germanicus. It is all very stimulating, especially to an economist, and the present uncertain status of Herr Schacht lends some weight to the strictures of Germanicus.

Germanicus is resolutely opposed to "the constant stream of propaganda in favour of credits for Germany". He says that "the notion that English money would stem the tide of Communism from flowing into Germany is inherently ridiculous. English money is far more likely to be used for the creation of poison gas and other delectable munitions". From the standpoint of the investor, "Germany is a bottomless pit"; it is difficult for most Englishmen to discover any fundamental differences between the "principles" of Communism and Nazism; and he concludes that Herr Hitler must reap what he has shown and his 'nuisance value' must be discounted in his own dis-

SLATS' DIARY

(By Oliver N. Warren)

Sunday: I bin a wandering why the labor unyuns dont want Eddy & Wally to cum to are fare land and bleeve I got it figured out. It are becoss they are scart they will get a job & work & not ask Green & Louis for permishen.



Monday: Pa sprang 1 on Ma that I think from the way she look at him she diddent like so good. Pa sed that Christmas he sed to a frend in a store he was trying to get sum thing for his better 1/2 and the man replide & sed Well have you had any offers.

Tuesday: Jane & Elsy both of them otto have a garden to go around with them. Today they was in the hotel offis & had a 5c nickel & put it in a telephone booth slot & thot they wood get sum gum. They had nothing to say when they found out what they had bot.

Wednesday: The teacher told the class to all of us sed down the names of the gratest 1 doz. of men in the world today. I writ down Aberham Linken, Napoleum, G. Washington & a lot of others I thot of. Jake writ N. Y. Yankees 9 Dick Tracy, Popeye & Bim Gump & I wander if he was sent right. But th he dident grade up with the leeders. As the teacher issent modern I suppose.

Thursday: In school this p. m. are class was ast by a ladie state inspecker to define the word axident. Blisters spoke up & sed when a ratselnsake bites you but Jake sed no that aint no axident becoss the snake done it a perpose. I wander which were right. Becoss the ladie never did disside. To much laffing & giggeling I recken.

Friday: As I was dancing with Jane at the partie last evning I ast her issent thare no way I can make her move tenderer. She sed yes they are. Just go ahead stepping on my sore toe. Just for that dirty crack & others I may not marrie that dame after all. I will haft to think it over a hole lot I bet you.

Saturday: Slats kept a having a hed ake or sum thing & his mother illusioned country and not in the city of London.

Having last week given much space to those who plead for Anglo-German friendship, we feel that it is only fair to call attention to the other part of the picture.

TEMPERANCEVILLE

A very successful meeting of the C.G.I.T. was held Saturday afternoon at the home of Mrs. N. Thompson. There were thirteen members present. With the president, Mae Harman, presiding the meeting opened with a sing song with Jean Ume-hara at the piano. The worship period followed with the president, Edna Follitt and Verna Bovair taking part. Mrs. E. Paxton, Millie Ume-hara, Mrs. Thompson and Mrs. L. Harmon were appointed as an advisory committee, Mrs. Harmon to be the official leader. After a few games lunch was served.

The United Church S. S. held their annual supper and entertainment last Wednesday evening. A very interesting programme was given by Mr. Wilbur Howard, a negro university student of Toronto.

The monthly meeting of St. John's W.A. met at the home of Mrs. Fred Legge on Wednesday afternoon. Splendid annual reports were given by the secretary and treasurer. No change was made in the election of officers.

But respect for sacred things isn't much of a virtue if the sacred things are dollars.

took him to the Dr. & sed to the Dr. its his hed & he has been a having it off & on for sum time. The Dr. laft out loud. But I happen to know his hed is eneyhow about 1/2 off very frequent.



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