

Finds Road to Health at Sixty
"Fruit-a-tives" corrects Bladder and Kidney Trouble



MR. THOMAS GRAHAM.

"I am sixty years old and tried all kinds of medicines for bladder and kidney trouble, which used to keep me from work a month at a time, until I started taking 'Fruit-a-tives'. Thanks to 'Fruit-a-tives' I have worked steadily for four years without a sick day. I have never felt better than I do now," writes Mr. Thomas Graham of Oshawa, Ont. Because it is made from the juices of fresh, ripe fruits, intensified and combined with strengthening tonics, "Fruit-a-tives" soon brings radiant health to those who suffer from constipation, bladder and kidney troubles. It works in nature's own way. You will find "Fruit-a-tives" the very thing your system needs. 25c and 50c a box at all druggists. Start right away—to-day.

OLD-TIMER SAYS WATER HIGHEST IN 49 YEARS

Interesting Account of Floods This Spring on the Montreal River

Throughout the North Land this year the floods on the various rivers have been reported as the worst in half a century. This is confirmed by Mr. James Mowatt, of Mowatt's Landing on the Montreal River, who is one of the real old-timers of the North. The Haileyburian publishes a very interesting interview with Mr. Mowatt in regard to the floods. The Haileyburian says:—

"The Haileyburian was greatly pleased to receive a visit this week from one of the real old-timers, in the person of Mrs. Jas. Mowatt, of Mowatt's Landing, on the Montreal River. Mr. Mowatt was a friend of the late C. C. Farr in the early days here and is one of the oldest, if not the oldest, subscribers of The Haileyburian, having read the paper ever since its inception in 1904.

"Mr. Mowatt had an interesting story to tell of the floods that have been prevalent throughout the district this spring. In his 49 years residence on the banks of the Montreal River near where it is joined by the Mattawapika, he never saw the water nearly as high. He has kept an

accurate record of the water's rise and fall during that time and states that the peak this year was three feet and one inch higher than the previous high record. From the time of the break-up in April until the peak of the flood was reached the water rose 11 feet, nine inches.

"In Mr. Mowatt's house on the island at the mouth of the Mattawapika the river rose eighteen inches over the floor. When the flood commenced and it was seen that there was danger of it reaching the house, the flooring was raised eight inches, but this did not prove sufficient and with Mrs. Mowatt and their daughter, he had to abandon the house until the water went down, and even yet are living in a tent.

"The greatest damage in the rivers, according to Mr. Mowatt, was caused by the drifting of logs, great quantities of which were carried away on the high water. These have been left far back from the river's banks in various places and it will entail considerable labour to gather them up. The White Reserve storehouse on the landing at the Mattawapika Falls was carried away on the flood waters.

"The water in the Montreal River reached such a height that Mr. Mowatt's son, coming up with a launch, instead of following the winding course of the stream, cut across peninsulas as different places, thus saving considerable time on the trip. In only one case was any difficulty experienced in crossing the points, when it was necessary to cut a couple of trees out of the way.

"Mr. Mowatt's visit to Haileybury this week has occasioned by an injury which he sustained some two weeks ago, when he fractured two ribs. He was returning home after milking and was carrying, in addition to the milk pail, a roll of wire to mend a piece of fence. Feeling rather good, he attempted to cross the fence without letting down the bars, and fell. He was unable to get to town until a boat was coming down the river at the beginning of the week and in the meantime suffered considerable pain. However, he has now received medical attention and hopes that no serious complications will result. Everyone who knows Mr. Mowatt has the same hope."

"But Mr. Glotznik, this manuscript is identically the same as Shakespeare's 'Hamlet'!"

"Vell—I ask you, can I help it he gets de same ideas?" —Exchange

Sidney Post:—Every one should learn to swim if it is at all possible—not only because it is joyous recreation and splendid exercise, but in order to save one's own life and the lives of others if occasion should demand. And in learning to swim one should acquire at the same time a sense, not of fear, but of caution in coping with an element with which the great majority of us are completely out of touch for the greater part of each year.

MINING IN CANADA WILL REACH TO GREAT DEPTHS

Deep Mining in Dominion Favoured by Low Temperature Gradient of Pre-Cambrian Rocks.

In a recent issue of The Canadian Mining Journal the matter of deep mining in Canada is taken up at some length. In any event the matter is treated in very interesting way.

With ground year by year giving up its wealth to hardy explorers, the public has often asked to what depth mining may be accomplished in Canada.

In answer to this geologists claim that Canadian conditions are conducive to perhaps the deepest mining in the world, the principal reasons being the coolness at depth and the rock structures. Various properties in the north show a persistence of metallic ore bodies at depth, and it is believed Canadian mining can be done to 8,000 feet or more with a minimum of danger, in search of these deep-seated ore bodies. Such would compare with the world's deepest mines on the Rand, South Africa, now working close to that depth.

McIntyre mine at Porcupine has its shaft below 4,000 feet, the deepest at which gold-mining in Canada has yet been done. "F. W. G." in Canadian Mining Journal comments that McIntyre's shaft is understood to be the selected useful maximum depth for one vertical hoisting operation, but says this by no means precludes the sinking of another shaft to still lower levels from the first 4,000 feet stage. The adjoining Hollinger Mine, following the lead offered by McIntyre, intends to sink through to 4,000 feet, and in the words of A. F. Brigham, general manager, "will sink right down to 5,000 feet or more if indications remain favourable. Some mines approximately now is 3,000 feet, a mine have been sunk the last 800 feet from the 2,250-foot level.

Kirkland Lake Mine, to all appearances, really commences its serious operations at something like 2,500 feet depth and is improving its ore the deeper it goes and also has 4,000 feet as its immediate object. Noranda reports the best ore yet found around 1,000 feet on its main central shaft. Wright-Hargreaves appears to be at a similar stage to the Kirkland Lake Mine in the matter of persistence of ore at depth. Lake Shore's present programme contemplates mining at 2,000 feet depth. The shafts of the two nickel companies in the Sudbury area plan recoveries at depths exceeding 3,000 feet. Any number of properties are down between 500 and 1,000 feet.

There are now sufficient operations at depth to place beyond doubt the probability that recovery of metaliferous ores will be prosecuted to great depths in those rocks having great geological similarity that cross northern Canada and that have been proven to contain metals of considerable variety.

The low temperature-gradient of the pre-Cambrian rocks favours deep mining. The McIntyre shaft revealed an astonishingly small rise in rock temperature at a depth of 4,000 feet, a depth it may be remarked that would be accompanied by uncomfortably high temperatures in the coal measures of Europe or Nova Scotia.

What will be the effect of rock pressure at great depth in the crystalline rocks of Northern Canada is something that is not yet demonstrated. It is understood that in some of the Northern Ontario mines at depth evidences of rock strain are shown by the manner in which small pieces of rock fly off when released in the process of mining new ground but, provided proper measures are taken to back-fill the cavities made by or removal, it is probable these strains will become somewhat adjusted as excavations are enlarged.

It is known that concentration of ores has taken place in zones of rock that have undergone strain or shattering and this may be the reason that the massive porphyry in the Porcupine area does not usually carry ore veins, probably because of the easier yielding to fissuring in the Keewatin schists relatively to the porphyry.

Mining at great depth will presumably be carried on by a symmetrical arrangement of levels and raises rather than by vein stoping, a system that will lend itself to systematic support of excavated ground and in a geological arrangement that includes massive and unshattered rocks with intervening and weaker schists, will tend to equalize strains and obviate ground slips.

"It is permissible therefore to look forward in Canada to deep and complicated mining that will develop good mining technique among the rising generation of mining engineers and for which our younger men should be trained so that our native ability in Canada may keep pace with the opportunities of our country in metal mining. Without hyperbole or desire to exaggerate these possibilities are substantial indeed," concludes "F. W. G."

There is hardly anything in this world that some men cannot make a little worse and sell a little cheaper, and the people who consider price only are this man's lawful prey.—Ruskin.

Let every dawn of morning be to you as the beginning of life, and every setting sun be to you as its close; then let every one of those short lives leave its sure record of some kindly thing done for others, some godly strength or knowledge gained for yourself.—John Ruskin.

SKETCH OF SUPT. OF POWER PLANT AT SANDY FALLS

Native of Manchester, England. Has Worked his Way Up in Northern Canada Power Co.

In the C.N.P.C. Review, "published by and for and in the interests of the employees of Canada Northern Power Corporation," the following sketch, accompanied by a half-tone picture, appeared in the June issue:

"Mr. John Albert Caveney is superintendent of the Sandy Falls plant of the Corporation. Mr. Caveney hails from Manchester, England, and first saw the light of day there in 1887. His earlier years were spent in an important ironworking establishment.

"He readily saw the advantages Canada offered and in 1908 emigrated to this fair Dominion, where he followed his occupation as an ironmaker up to the outbreak of the war. Mr. Caveney was one of the earliest recruits to the service of Canada and enlisted and went overseas in 1914. He had an exceptionally long career over in France, but modestly refrains from enlarging on his "bit." That he suffered in the famous Vimy Ridge in April 1917, is eloquent testimony to his war record. He was subsequently invalided home in 1918, and received an honourable discharge from the service.

"As a consequence of his experience in the war he was unable to resume his former employment and returned to Canada in 1918, migrating to this wonderful North Land. He became on oiler at the Wawa plant of Northern Canada Power, Limited, on the Mattagami River, being rapidly promoted to switchboard operator, a position he held until 1924.

"He was then transferred to the new Schumacher substation, and from there to his present position as superintendent at Sandy Falls.

"Jack—that's how he's known familiarly—is an enthusiastic gardener, and when he's not growing spuds, he's probably tinkering with the radio, as he and his brother are keen radio fans and his brother operates Canadian Station 3GG."

Some men make more noise in doing a day's work than others make in a life-time. —Exchange.

It is indeed a desirable thing to be well descended, but the glory belongs to our ancestors.—Plutarch. —Exchange.

Laugh a little more at your own troubles and a little less at your neighbour's. —Exchange

Abie—"Fadder, kin I blay wit matches on the sidewalk?"

Father—"I should zay not! If yu vant to blay wid matches you come right in de store." —Exchange

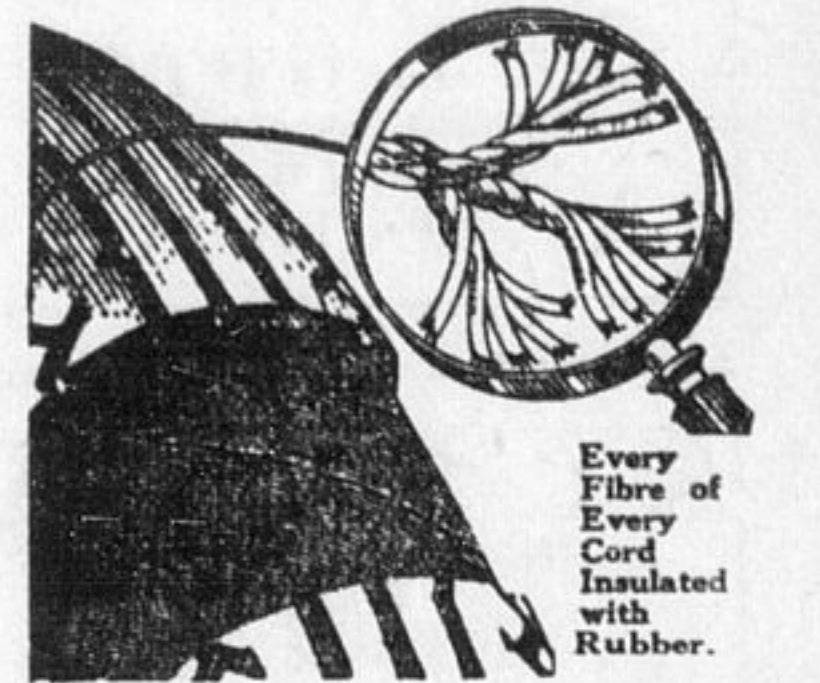
London Public Opinion:—"The ancient Greeks wore short skirts," says an archeologist. An ungalant critic remarks that there are ancient Britons who do the same.

Kingston Whig, Standard:—It is rather curious how little attention is paid in Canada to wood carving. It is very different in Switzerland where this goes on all the winter in the homes, and money earned by it. In Sweden it is the same.

SETTING FIRE TO FRIEND'S CLOTHING COST MAN \$900

A verdict for the plaintiff with damages fixed at \$900 was returned by a district court jury at Haileybury last week in the action brought by John Burton against John Flinsky and arising out of a peculiar mishap at Burton's home at Cobalt a year ago. Burton sued for \$1,000 alleging that Flinsky had applied a lighted match to his overalls after he had been warned that gasoline had been spilled on them from the contents of an open pail brought from a garage nearby. As a result Burton's clothing ignited, he spent weeks in hospital, nearly lost his life and was out of work five months. Flinsky admitted using the match, but claimed he did so at Burton's invitation after plaintiff had said there was no danger. All concerned were drunk, Flinsky said, but this was denied by Burton, his wife and his brother-in-law, who swore no refreshments had been provided as alleged by Flinsky.

It is a good thing to be rich, and a good thing to be strong, but it is a better thing to be beloved by many friends.—Euripides.



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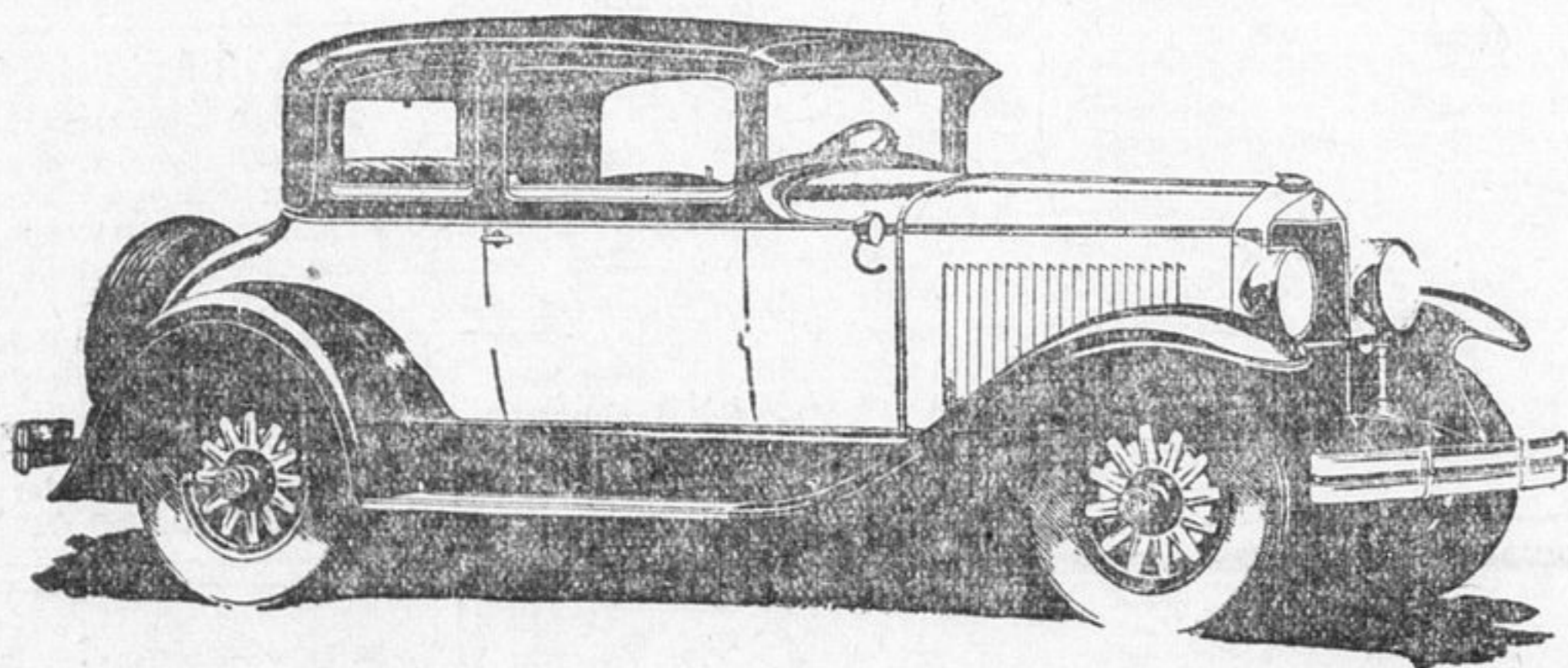
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