

The Porcupine Advance

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A-WORTHY CAUSE

In Timmins one of the most difficult questions to answer is in regard to the best time to stage a campaign for funds for any worthy cause. It seems that there is always some good cause calling for support. At the present time there seem to be innumerable worthy causes asking for the help of the public. The Salvation Army Self-Denial Fund is being concluded. There is a drive on for membership for the District Children's Aid. The Timmins Police Amateur Athletic Association has issued an appeal for further funds to extend the notable work being done so well by this organization. Both the Lions Club and the Kiwanis Club have campaigns under way. The churches and many other worthy causes have their usual calls for support. In view of all this it may seem unfortunate that the annual appeal for support for the Canadian National Institute for the Blind should come along at this time. But what other time would prove more fortunate? All of the other organizations sought to avoid conflict in dates with each other. But as a matter of fact it seems that any time—all the time—there are worthy causes looking for the necessary support in Timmins. As one worker at the mine phrased it some months ago, "Every pay day is tag day in Timmins." It speaks volumes for the wealth as well as the generosity of Timmins that no worthy appeal goes without its due response in Timmins. Never yet has there been a truly worthy cause forsaken in this town. It will be found that despite the number of appeals all the worthy causes referred to will be given their usual good support in Timmins this year.

To most people who have studied the matter, the Canadian National Institute for the Blind has a particularly effective form of appeal. In effect, D. B. Lawley, the field secretary of the Institute, himself blind for many years, but cheerful and energetic and happy, says to the people: "Ladies and gentlemen, we are asking your help to help us to help others to help themselves." There is something especially compelling about that form of appeal. No emphasis placed on misfortune or hardship, but rather evidence of courage and cheerfulness added to the desire to help and the ambition to triumph over handicaps. The Canadian National Institute for the Blind is an organization largely constituted of blind people, managed by blind people to help blind people. Its chief gift to the blind is the courage and inspiration it gives to hope and effort and contentment. It trains blind men and women for trade and industry. It establishes blind people in business and in various callings. It educates the blind—gives them occupations, recreations, entertainment. In Timmins and district there have been so many examples of the benefits conferred by the Institute that it is unnecessary to stress details. To carry on the good work of the Institute requires money. This money is raised chiefly by voluntary donations. Gifts to the Institute might well be termed good investments in good citizenship and the betterment of human life. The nobility of the work may be forgotten because it is all so practical. The courage of the promoters may be overlooked because they are so matter-of-fact. The Advance hopes and believes that every good cause will be given full support in Timmins. And for the campaign of the gallant band of men and women united to transform a handicap into an inspiration (to paraphrase the words of one of the officers of the Institute) everyone will sincerely wish the greatest measure of support and success.

ABOUT BUSH FIRES

During the past few weeks there have been several incipient bush fires in the Timmins district. Yet no one has appeared at all excited about it. There are a lot of old-timers who know what a bush fire means—what it may do. But perhaps they are case-hardened. Anyway, as one old-timer said last week, "it's too early yet for a real bush fire." More recent citizens do not understand the technique of bush fires, and see no cause for alarm. To tell a newcomer that a bush fire is ten miles away is usually to fully reassure him. Fortunately, however, the recent bush fires have given no real cause for alarm. They did not menace life and property in the style of the regular bush fire. They were not beyond the power of control by fire rangers and the local fire brigade. As a matter of fact Timmins is so situated that it is comparatively free from the real bush fire danger. Possibly the one serious danger to the town might be considered as coming from any bush fire sweeping from the north towards the town, but a wind from the North would almost inevitably bring rain or snow and so the danger from that quarter is discounted. The really dangerous bush fire is the one that has a "body" behind it, and that sweeps along destroying all before it. There have been two such fires in the Porcupine. It was such

a fire that laid waste much of central Temiskaming some years ago. Those who have seen such fires fear and hate them and believe that all possible should be done to avoid the chance of such a catastrophe. Old-timers will fight a bush fire—fight it as long and as hard as it is possible to fight. But in the heart of most old-timers there is the belief, akin to knowledge, that not much can be done to stop a real bush fire once it is well under way. The time to stop bush fires is before they gather their inevitable force and fury. The ideal time to stop bush fires is before they start.

At the present time bush fires are reported from various parts of the North. West of Sudbury there are bush fires that may cause damage. In New Liskeard district some small bush fires are reported, while from the Matachewan area there are the usual accounts of forest fires. Last year was not a particularly bad year for bush fires in Canada, yet 3,000,000 acres of timbered land were fireswept with a loss in money value of \$6,000,000. In enlarging on this serious loss, government departments are apt to emphasize the fact that most of this loss could be avoided if people would only be careful. Recently the Department of Mines and Resources announced that eighty per cent. of the forest fires may be traced to the carelessness of men in the bush. In reply to this it might be suggested that such a statement covers up the responsibility evaded by governments in the matter. With the proper administration and sufficient money expended in preventing bush fires and fighting forest fires in their incipient stages, the bush fire menace could be reduced to the minimum. One of the first things that should be accepted by government departments is the fact that forest fires do not always keep to their recognized seasons. Forest fires have been known to be serious menaces as early as April. The disastrous forest fire that swept Central Temiskaming in 1924, wiping out the town of Haileybury and other smaller centres, and causing deplorable loss of life, occurred in October, when forest fires are supposed to be over for the year. Another important point for governments to grasp is that prevention is the most effective way to fight forest fires. What has been said by The Advance of previous Ontario governments holds true of the present administration in the matter of false economy in regard to forest conservation service. There has been too great tendency to follow the logic of the Irishman in the story who argued that when it was not raining the leaky roof of his house didn't need mending and when the rains fell nothing could be done. The Ontario Government should build up an all-year-round forest fire-fighting service. It would be sound policy and good economy to maintain all year a large force of forest fire rangers. In the winter months they could be profitably employed in locating the dangerous areas of slash and seeing that these threatening piles of inflammable material were disposed of before the fire danger season opened. The fire rangers might also extend their inspections to include the homes as well as the lands of settlers, so that loss of homes and lives in isolated sections might be avoided through fires caused by defective chimneys, pipes passing unprotected through partitions and the many other little things that lead to fires in the homes in the bush. There should also be extension of forest patrols, airplane scouts, and other means to spot the incipient bush fires. There should be increased equipment and enlarged fire-fighting forces available to rush to the scene of the small fire so that it might not spread to a large and devastating blaze.

Of course, settlers, prospectors, trappers, tourists and all others should use the greatest care to avoid the setting of fires in the bush. There can not be too much carefulness of that kind. The prevention of bush fires is the important factor in the matter. But the example of the governments in this will be helpful beyond words. Larger forces of trained fire rangers will not only minimize the evil results of any carelessness there may be in the bush, but the very extension of the fire-ranging service will be a check on that alleged carelessness. It is not only the matter of property that is at stake. It also means the endangering of lives and the menacing of industry. It may be admitted that in recent years the measures for prevention of bush fires have been very largely increased, but much more yet remains to be done. The governments may now show their good faith by extending the fire ranging service, but they may also by their example impress on all the seriousness of the question of bush fires, and materially reduce the property damage, the injury to industry and the loss of human life.

GRAVEL AND SAND—AND PLACER

There has been suggestion made here that an "outside" assessor be brought into town to give an independent assessment of properties here. Timmins had experience of that sort of procedure in 1926 when an "outside" assessor was brought here. The less said about that experiment the better. It was just another of the troubles that the 1927 council had to remedy—as far as remedy was possible. No doubt there are inequalities and mistakes in the assessment to-day. It is to afford opportunity to remedy these that a court of revision is held. The comparatively small number of appeals in the average year is proof of the general efficiency of the assessment department. It is interesting to note that this year the town of



"My son"

wasn't progressing very well at school. I had a talk with his teacher and she thought possibly his eyes were troubling him. He had the hardest time reading, often mistaking the simplest words. I took him to Mr. Curtis for an eye examination. He's wearing his new glasses now and getting along fine."

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About Treatment of High Blood Pressure

Precautions to be Taken and Value of Diet.

(By John W. S. McCullough, M.D., D.P.H.)

High blood pressure is a train of symptoms and not a disease. Systolic blood-pressure, should be from 115 to 130. Insurance companies suspect the condition of health if the pressure is over 140. The control of high blood-pressure rests in prevention.

The circulation of the blood is maintained by the force of the heart, the elasticity of the arteries, the power of the arterioles to contract and the forces of the capillaries and veins.

There are two blood pressures: 1—The systolic, which represents the force of the heart beat and the resistance to that beat.

2—The diastolic, which represents the peripheral resistance alone. These are natural processes.

High Blood Pressure in its first stage is an example of a healthy mechanism gone mad. A reasonable blood pressure is a good thing. High blood pressure is an exaggeration of a natural process.

A fairly high blood pressure is necessary for the maintenance of a proper blood supply in the working parts of the body. In the healthy person the blood pressure rises temporarily in conditions of increased activity, say of the muscular system, or through the chemical effect of adrenaline. Abnormally high blood pressure is brought about slowly and insidiously because of a multitude of reasons.

Causes

Strain and toxæmia (poisons in the blood), are the outstanding causes of high blood pressure. The condition begins as a habit of body and mind; it creeps into our lives while we are apparently well; often it is discovered in the course of a medical examination; its existence is one of the best arguments for periodical health examinations.

A few signs tell us that the person is travelling toward the condition of high blood pressure. Among these are: one's

Simcoe brought in an "outside" assessor. The result apparent so far is that there are more than 160 appeals this year against the assessments made at Simcoe. All but ten of these appeals were appeals against assessments in the business area of Simcoe. Included in this number were 102 appeals entered by Chief Assessor Durward against assessment made by the "outside" assessor. The court of revision of the council reserved all its decisions in regard to appeals. No matter what the eventual outcome of the matter, one fact seems to be clear—that the business people of Simcoe and the municipality itself have been put to considerable special expense, and that after all the council has to make the final decision in the matter. If the Simcoe council has been unfortunate in its choice of local assessors there is no reason to expect the council to be more fortunate in its "outside" choice. The chances are that the local men did as fair and as efficient a job as they were allowed to do. The Simcoe council will find it cannot evade its responsibility by importing an "outside" man. Neither can any other town. Theories are all very well, sound all very well, but hard facts always have to be faced.

The Advance has always tried to be fair and reasonable towards mayors and councillors. It has believed that in the main municipal administration has been honest and efficient—remarkably so, in view of all the natural difficulties encountered. If in recent years criticism has been made of mayor and councils it has been largely along the line that the present mayor and his followers have been unfair to preceding administrations. In other words, The Advance recognized all the wild suggestions about incompetence for what they were—just political bunk. Public services cost

heredity, manner of living and thinking; one's habits and environment.

A person with high blood pressure who fails to heed the advice of his doctor in this regard, is heading for the grave. On the other hand, there is the true story of a physician, one of the five or six medical geniuses of the world who at 45 received the opinion of a very learned physician, to the effect that he had but 2 years more to live. The doctor gave up practice, retired to a quiet country life and died of cerebral hemorrhage (a stroke) at the age of 88.

What precautions must be taken against the evils of high blood pressure?

The diet must be regulated and the directions in this respect strictly followed. The use of salt must be cut down. Water should be taken freely and alcohol left severely alone. There should be moderate exercise. The hard-working and hard-living man must relax and reduce the strain of life; he must learn to play, to take holidays, to cultivate hobbies and avoid excesses of every kind.

Drugs have their place in the treatment of high blood pressure but they are for the individual case and should be left to the choice of the doctor.

Polish People in Renfrew Show Example to Others

The following is an editorial article from last week's issue of The Eganville Leader:

"Some seventy-five years ago a band of Polish immigrants, leaving native land and its fond associations, sought new homes in Canada. They were directed to Renfrew county, and amidst the rugged hills of Wilno—fording only to the stout-hearted—they settled. A distance of fifty miles separated them from a railway and their isolation from the social and business world was almost complete. However, they brought with them from homeland a priceless possession—an imperishable faith in a protecting and guiding Providence, and they set about in persevering labours to procure a livelihood. Their beginnings were humble, but today a second and third generation reveals a happy and contented people, self-supporting and independent, who seek no Government doles and are unacquainted with a bread line. The stately church edifices and well-equipped schools at Barry's Bay, Round Lake and Wilno furnish the evidence that religion and education are the formative influences in the lives of the Polish people who now inhabit in large numbers the townships of Hagarty and Richards, Sherwood, Jones & Burns. The thoughts of the writer were directed along this channel as he witnessed a ceremony at Wilno on Sunday afternoon—the blessing of a chime of church bells, whose musical tones will call the people to worship and pray. The Polish Consul-General to Canada was there, and his presence denoted a bond of understanding and sympathy with his Canadian compatriots. One would wish that a few of our ministers of government were there, also, to observe and learn and perhaps arrive at a little clear and sane thinking. There are so many theoretical and fantastic proposals for national recovery and to end unemployment, it is suggested that the land settlement and achievements of the poor Polish immigrants of seventy-five years ago may show the way and provide the remedy."

Equipment Taken from Cobalt Mine

Police Court Cases Result from Removal of Goods from Old Mines at Cobalt.

Cobalt, May 31—(Special to The Advance)—Involving three persons, two charges of alleged theft of old equipment from local mines as scrap iron were before Magistrate Atkinson here on Saturday, but one of them was with-

money. If the people want improvements and services, they must pay taxes. There is no escape from that. To pretend there is amounts just to nothing more than eyewash. Present facts prove it. All the fine promises have resulted in what? The record is in the tax bills! Taxes are higher. There was a deficit last year, and there will be another this year. Attempt may be made to cover up by taxing signs and coal chutes, but the truth remains that instead of taxes being reduced, they are increased. The people know that when they pay. The councillors generally have no apologies to make. They made no rash promises. The most they promised was to do their best. No fair-minded man can claim that they have failed in this. Only the mayor and his good man Friday promised heaven on a pancake, with reduced taxes as a side dish. With less than half the year gone and the taxes struck, it is still apparent that it can't be done. It is amusing to hear apologists for the mayor and his echo using the identical arguments that were used by opponents in recent elections. "Improvements and services cost money!" "This town is growing!" "It costs money to progress!" "Sure things! Sides changes! But taxes keep on climbing!"

An Ottawa gentleman wrote a letter to The Ottawa Journal defending the genus skunk. This Ottawa gentleman considered the skunk a kindly fellow, though not always in the best of odor. He clinched his argument by telling about a skunk who spent a happy summer in his garden in Ottawa. The Ottawa Journal acted just the same about that skunk as it did about the communists—praised the broadness and kind heart of the skunk lover, but drew the line sharply about having any skunks within the city limits of Ottawa.

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drawn on the understanding it might be re-laid later, and in the other Joseph Jacquier, who pleaded guilty, was given suspended sentence after Crown Attorney Robinson had told the court he understood accused bore a good character and that the stuff taken had been recovered.

Others facing charges were William Lindsay and Leo Lalonde, against whom it was alleged they had stolen ore cars and pipes to a value of \$150 from the old Silver Cliff property near Cross Lake. Several previous adjournments in the case had been made to permit further enquiries, and on Saturday the Crown said the question of ownership of the property had not been settled. In the circumstances, and until the title could be determined, the charges would be withdrawn.

In Jacquier's case, he admitted theft of two rock cars and four rock buckets from the Kerr Lake property, being worked on leasing arrangements by Bruce Williams, K.C., Kirkland Lake lawyer, and James H. Price. The value here was given as \$350, but provincial constable R. O. Stromberg told Mr. Robinson the buckets and cars had been returned by accused to the mine. Jacquier paid costs of the court, amounting to \$11.55, and signed a bond of \$200 to keep the peace for a year.

Sudbury Star:—Probably what hurts Hitler most of all is Cardinal Mundelein's reference to him as "an Austrian paperhanger, and a poor one at that." Of course it is only the poor paper-hangers that get stuck up.

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Honoured After 32½ Years of Medical Service to I.N.C.

This week Dr. W. A. McCauley, surgeon, chief of medical staff and superintendent of Copper Cliff hospital, retired from the service of the International Nickel Co. after thirty-two and one-half years' service as medical man for the employees of that company. The retirement was made the occasion for honoring Dr. McCauley by banquets, presentations, etc., by medical staff, officers of the company, and employees of the I.N.C. Hospital staff, nurses of the town and others also expressed their regard and appreciation for Dr. McCauley.

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