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**That Body of Yours**



By James W. Barton, M.D.

**MEETING THE HOT WEATHER**  
When the hot days are here and the weatherman promises more heat and with the heat a rise in the moisture or humidity in the air, you may wonder if there is anything that you can do to help you to meet the heat with some degree of comfort. The old saying that "it is not the heat but the moisture" that puts you down is only too true. A temperature of 90 degrees Fahrenheit with extreme moisture and stillness of the air (no wind) can cause more distress than a temperature of 100 degrees when the moisture is low and there is a breeze blowing.

The moisture in the air means that as your skin gives out heat and moisture in the hot weather, this heat and moisture cannot be absorbed into the air because the air has about all the moisture it can carry. As this warm moist air settles about you, you get no relief from the perspiration because there is no wind to break up the moist envelope of air that surrounds your body.

Therefore, any method of creating a draft or breeze will bring some relief. The electric fan moves the most hot air away from your body and gives the body a chance to get rid of more of its heat.

Getting up earlier in the morning and getting much of your work done before the real heat of the day is good sense.

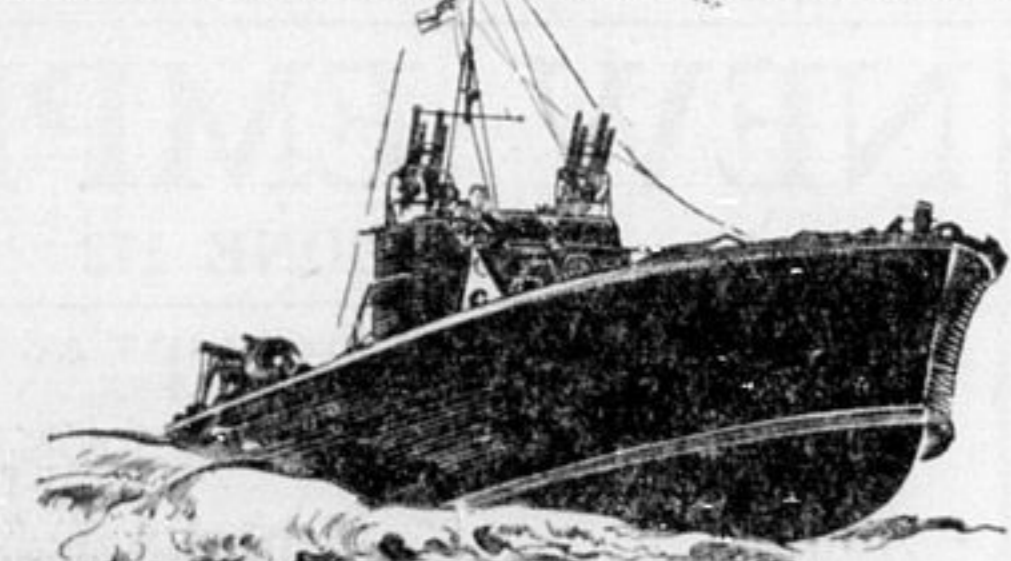
What about food, because food is the fuel that heats the body?  
The first point to remember about food is that whether the weather is hot or cold, food must be eaten to carry on the work of the body and maintain its strength. It would be well, however, to cut down on sugar, bread, potatoes, pastries, fats, butter, and pork. Meat and eggs should not be reduced to any extent.

Water should be taken when needed but a quarter teaspoonful of salt taken with each glass of water will prevent the tissues losing water too rapidly. It is the rapid loss of water that sometimes causes heat stroke.

Sometimes a little rest—a siesta—

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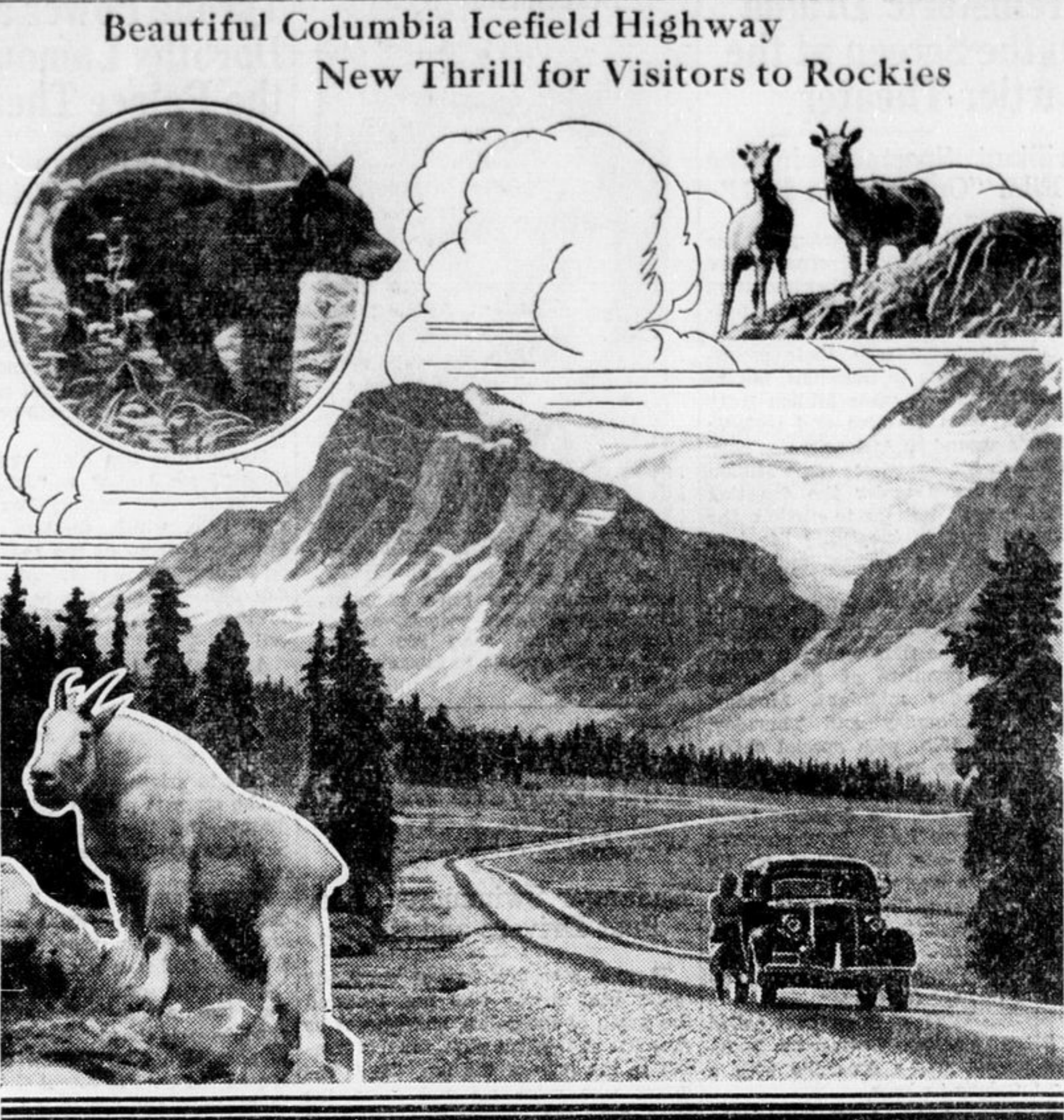
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**Beautiful Columbia Icefield Highway**  
**New Thrill for Visitors to Rockies**

The newly completed Columbia Icefield highway, leading northward from Banff and Lake Louise in the Canadian Rockies, will provide unique motoring thrills when it is officially opened for traffic in July. The new road, which cuts through one of the most beautiful sections of the mountain playground, furnishes direct access to the great Columbia Icefield, 150 square miles in extent, whose melting ice is the source of rivers which eventually find their way to three oceans, the Pacific, the Arctic and the Atlantic via Hudson Bay.

The highway runs through the very heart of the great mountain chain. It follows the valleys of a succession of wild, tossing rivers; skirts impressive, age-old glaciers; runs along the shores of tumbling streams and jade-green lakes; passes roaring cataracts and rapids.

This mountain region is not barren or colorless. Instead, beneath great snow-capped peaks are great spruce and pine forests, glittering glaciers, translucent bodies of water, peaks looking for all the world as though huge paint pots had been spilled down their cliffs and terraces. Bears, elk, moose and other big game can be seen along the roadside and there is good fishing in the waters of the district.

This new highway promises to be an important factor in attracting greatly increased numbers of visitors to Banff Springs Hotel, Chateau Lake Louise and Canadian Pacific mountain lodges this summer. An interesting programme of special events has been planned in view of the record numbers of visitors expected from all parts of this continent and includes the Indian Days celebration at Banff, July 18-21; Trail Riders of the Canadian Rockies, July 26-30; Sky-Line Trail Hikers, August 2-5; Banff Golf Week, August 18-24; Alpine Club of Canada outing to Glacier Lake, July 14-30; and Banff School of Fine Arts, August 1-31. The annual Stampede at Calgary, Canada's greatest Wild West show, will be held from July 8 to 13.

should have warned the world what they could expect from a resurrected Germany. Let us check a few details of this ghastly record.

In the night of August 3-4, the German army invaded Belgium. In the province of Namur alone 1,149 civilians were killed and 3,000 houses were destroyed. After their entry into Louvain the Germans set fire to the centre of the city, when the famous Cathedral of St. Pierre and 1,120 houses were destroyed. Almost 29 of the civil population were shot summarily on the grounds they had been "aiding the enemy."

Leaving bloody footprints at every mile the invaders left a swath of death and destruction. The town of Aerschot was destroyed. Brussels was entered on August 20. While occupying Brabant, 594 civilian inhabitants were shot in cold blood. In Antwerp and Hainaut provinces, the murder of civilians amounted to 665. The invasion developed throughout the summer and on October 6, with the withdrawal of the Belgian army to the Yser under the direction of King Albert, the whole country with the exception of southwestern districts of Flanders, was under German domination.

**Life of Terror**  
For the remainder of the occupation it was a life of terror for the Belgians under three iron-souled German governors-general, Gen. von der Goltz, Baron von Bissing and Von Falkenhausen. The ensuing years saw Belgian civil rule crushed and German military commandants in every arrondissement. Many Belgian burgomasters were deported to Germany, one of these being the valiant Burgomaster Max of Brussels. The occupied territories were made to support Germany with large sums of money. Finally, the occupied areas were paying 60,000,000 francs a month to their German masters.

In order to disorganize the country, the Germans sought to exploit the linguistic differences between the northern and southern provinces with the help of the so-called "parti activiste." This group consisted of a small minority of men and women who expected Germany to be victorious and went about spreading their gospel of defeatism. They were the forerunners of the "fifth columns" of 1940. To the last, however, the Belgian nation maintained with inflexible fortitude its anti-German attitude. To show how active these "activistes" were and how much they resembled the betrayal groups which served Germany so well in Norway, we should recall the fact that, under their direction, a movement was inaugurated with the avowed purpose of creating a new separate Flemish state under German protection. On February 11, 1918, a monster demonstration was held in Brussels protesting such a move. German troops dispersed the crowds. Germany, faced by the unanimous opposition of the Belgians, withdrew her plan for the new Flemish state.

When the Germans came into Belgium it marked the end of Belgian industry. Raw materials were at once requisitioned by the invaders. Foreign enterprises were put under sequester. In 1915, central offices were set up by the Germans for the control of the coal, oil, grease, water, electrical and gas industries. By June of 1918 the record shows that 167 factories had been completely destroyed, and 161 put on the governor-general's list for im-

mediate destruction. Of 57 blast furnaces 26 had been razed to the ground and 20 put completely out of action. Only the mines which Germany needed were spared.

**Food Shortage**  
One of the supreme tragedies of the occupation was the food shortage. Scarcity was felt as early as November of 1914. Immediately on occupation the Germans repealed all measures issued by the Belgian government to provide food rationing. The Belgians formed central committee to import food, but Britain, realizing it would be moved Armistice. That would be going some, into Germany, refused. Finally von de Goltz promised to exempt all imported food from German requisitioning and the British government allowed food to be sent into Belgium under the joint supervision of the Spanish and United States governments. H. C. Hoover, the American engineer, and later president, acted as president of the commission for relief in Belgium, but after America's entry into the war this work was turned over to the Spanish authorities. The value of this work, and the need for it, is evidenced by the fact that had distributed foodstuffs to the value by December 31, 1918, the commission of over three and a half billion francs.

But while Belgium suffered from economic disabilities, she was doomed also to suffer the torment of expatriation and separation of families. At the same time that the Germans forced the Belgian government to retire from Brussels, to Antwerp, then to Ostend, and then to Havre, France, more than 1,000,000 Belgian civilians, women and children and men over military age, fled the country. It was fortunate Holland was not at war, for that little country formed a safe refuge for more than 700,000 Belgian refugees. When the war ended and reparations were being assessed, Belgium was granted a priority claim in the sum of 200,000,000 gold marks. In addition the Allies agreed to transfer Belgium's war debt of 5,600,000,000 francs to the German reparations account.

In the field of military alliances, Belgium and France came to an agreement at a conference in 1920 when a military alliance of a purely defensive character was concluded. In the Locarno Pact of October 16, 1925, Germany, France, Italy, Belgium and Great Britain took note of the abrogation of the treaties of neutralization of Belgium. A treaty was signed in Paris, May 22, 1926, by Britain, France and Belgium, confirmed the abrogation of these treaties.

**Rubbing It In**  
Two magistrates were summoned for exceeding the speed limit. When they arrived at court there were no other magistrates present, so they decided to try each other. No. 1 went on the Bench and the case proceeded.  
"You are charged with exceeding the speed limit. Do you plead guilty or not guilty?"  
"Guilty."  
"You will be fined five shillings."  
They then changed places and again the plea was "guilty."  
"Hm," was the response. "These cases are becoming far too common. This is the second we have had this morning. You will be fined thirty shillings!"—Montreal Star.

**The Little Cynic!**  
The teacher was telling her class a long, highly embellished story of Santa Claus, and the mirth of Willie eventually got entirely beyond her control.

"Willie," said the teacher, sternly, "what did I punish you for yesterday?"  
"For telling something that wasn't so," promptly answered Willie. "And I was just wondering who was going to punish you."—Globe and Mail.

**London, Eng., Lady to Speak on the War Conditions Overseas**  
Important Meeting of Hebrew Women of Porcupine Red Cross Unit.

Miss E. E. Whitehead, of London, England, and Mrs. Norman H. Russell, will be guest speakers at an important meeting of the Hebrew Women of the Porcupine Red Cross unit, which will be held in the Hebrew Congregational Hall on Thursday evening, commencing at 8 p.m. All members are asked to be present at the meeting, and to attend promptly at 8 p.m.

Miss Whitehead, who has taken up residence here with her cousin, Dr. Harrison, and Mrs. Harrison, for the duration of the war, will give an outline of the war and conditions pertaining to it, from her residence in London, and the address will be very interesting.

**Rouyn Kiwanis Start Light Military Training**

(From Rouyn-Noranda Press)  
Rouyn-Noranda has the beginnings of a protective squad. Members of the Rouyn Kiwanis club had their first drill last night at St. Bede's auditorium as they joined their own voluntary organization to do ground work in military training. E. H. Knight, a reserve lieutenant, has given his services as commander unofficially. Anyone in the town cities is welcome to join the squad.

Members of the club feel that they will be equipping themselves physically for whatever military service they may be called upon to perform and they are ready and willing to answer the call when it comes.


The club's resolution which set up the squad states that no matter what branch of service a man may enter in the future, the type of training which is being given will be of benefit. Training sessions will be held every Tuesday and Thursday evening at St. Bede's auditorium at 7.30 o'clock.

The club is also ready to help in the refugee problem and will try to find out immediately what can be done. A letter is being written to the lieutenant-governor of the district clubs. Refugees will undoubtedly be coming to this country from Europe soon, the club believes, and it is willing to look after several children, if arrangements can be made.

Blairmore Enterprise — An Arab sheik was being taken in a car across a very bumpy patch of desert. So bad was the going that at last the car overturned and the sheik was thrown out. Instead of protesting to the driver, the Arab picked himself up and apologized profusely, saying: "I'm sorry I've not learned to ride one of these things yet!"

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**APPLICATION:** Polar Forcite Gelatin is particularly recommended for tunnel driving and for mine development work. It is a very satisfactory explosive for loading in upper holes on account of its high plasticity. The 60% grade is recommended for mud-capping large blocks and for springing boreholes. Its high velocity results in great efficiency for this type of operation.



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