

The Porcupine Advance

TIMMINS, ONTARIO

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OUTLAWING DIRECT RELIEF

There is one part of the address given in the New Empire theatre on Sunday evening by Mr. J. W. Noseworthy, M.P., that The Advance would like to cheer to the echo, and that is the section in which he expressed the sincere hope that Canada would never again endure the evils of a depression, the curse of direct relief with all its inadequacies and its injury to the morale of the people. He did not soften the picture of the misery and shame of the days of direct relief. He made it very plain that no excuse could now be offered for any recurrence of those evil days. The situation in the present war effort proved beyond question, Mr. Noseworthy said, that the country had the power and the wealth to finance fair living for all its people. If money could be raised without stint and in fairly paralyzing amounts for war, then, surely, the speaker argued, there was no barrier to financing reconstruction in the days to follow the war. All of which The Advance most heartily cheers. Mr. Noseworthy was equally right in insisting that a little thought be spared, even in these full days of war, to plan and prepare that never again shall the people of prosperous Canada suffer dire poverty in the midst of plenty. And for that, too, more cheers.

Last some wise wag now rise to suggest that The Advance is turning C.C.F., it should be noted that the shoe is on the other foot—the C.C.F. is following The Advance. All through the last depression The Advance, week after week beseeched the government of the day to find work for the unemployed rather than consider direct relief. It was pointed out in issue after issue that Canada had so much work to do—so much work crying out to be done—that there were scarcely workers enough to do it all. There were roads to be built, public buildings badly needed, forest clearing to be done for protection from the danger of forest fires, there were mines to be developed, farms to be made and worked, bridges needed—so many things, indeed, that the difficulty was to know where to begin. It was a favourite line for The Advance to take at that time to point out one of the troubles in regard to public works in Canada in previous years. These necessary public works seemed always to be undertaken only in prosperous times—boom days—when materials and labour were the most costly. The payment for the public works was then put off to a later time, when days were more difficult. Thus the system for public works in Canada worked out to this:—they were undertaken at a time when they cost more, and had to be paid for at a time when the paying was the more difficult. The Advance proposal was that this plan be reversed—that public works be undertaken in dull times and paid for when days were better. For all this, The Advance can not recall a single cheer from the C.C.F. The Advance mentioned in detail works in this part of the North that were badly needed—such as roads and public buildings. These would have made all relief unnecessary in this part of the North. But still the cheers could not be heard from the C.C.F. One of the buildings that The Advance particularly advocated was an armouries for Timmins. What a benefit that building would have proved in these days of war had it been constructed in depression days. If there were any cheers from the C.C.F. for that proposal they were of the Bronx variety.

There is reason to believe that some of the members of the government in power during the depression believed that a wide programme of public works would have relieved the depression and carried the country through the trying days without lowering the morale or the standards of living. The excuse for not following this plan was the enormous cost. One cabinet minister told The Advance that the scheme was impractical. "Why, it would cost one hundred and fifty million dollars!" he exclaimed, as if that settled the matter. And how much did direct relief cost in dollars? Official estimates vary, but none of them have the temerity to go below ten times one hundred and fifty million dollars. The Advance believes that the cost of carrying on enough necessary public enterprises to weather the depression storm would have been much less than most people feared. There is every reason to believe that would have cost less than direct relief. Whether it cost less or not, the people would have had something for their money. All that they enjoyed through direct relief was lessened morale, decreased health, reduced living standards, misery and hopelessness.

It is only fair to say that the government in power during the depression went as far as it felt the people were ready to approve. In those days, when plebiscites did not cost three million dollars and when parliament took days to pass on a few million dollars in estimates, even one hundred and fifty million dollars was a staggering sum. The people were less ready for the right measures than the government of the day. It is easy to recall the case of the plan to provide work for young men in government camps at the equivalent of soldiers'

pay. Discipline, of course, was necessary in the planned camps, and all may remember the howl against militarism that killed that camp idea. Yet, what a blessing such camps would have proved to this country when the Huns went mad! Now, however, there will be no excuse for either government or people if there is even discomfort after the war. It has been proven beyond question that Canada has ample wealth to pay its way and provide plenty for all. After the victory comes, there will be so much reconstruction to be done here and overseas that any unemployment, any want and any misery among honest and honourable people will be a disgrace beyond excuse to the people of Canada.

NATIONAL GOVERNMENT

Recently government heads have been complaining in the most piteous tones about certain rumours that have gained credence without foundation. One of these rumours was in regard to the probable rationing of certain commodities—commodities that the government alleges now are in no danger of being rationed. One government speaker has been quoted as expressing puzzlement as to how these rumours originated. No one knows better than the average community newspaper how numerous are these objectionable and improper rumours. There are several causes for these rumours, the chief, perhaps, being lack of complete confidence in the government. The public can hardly be blamed for guessing as to what may develop from partisan politics. Another cause is the fact that it is so difficult to do business these days that almost any suggestion of worse things to come may be construed wrongly by a harassed public. Perhaps, the habit of making announcements over the radio, also bears its share of the cause for these rumours. The newspapers in general have been doing a notable service in honestly endeavouring to stop the growth of these evil rumours and reports. Too many of the rumours are reported with some phrase approximating, "I just heard over the radio." Often the question has been asked in a business or professional place, "How do you manage to work with that radio blating away?" The answer almost invariably is: "Oh, I never listen to it!" But these same good people are forever hearing this or that fragment "over the radio." Again the government itself many times must bear the blame for some of the rumours. The origin of more than one such common report may be traced to expressions made by government servants seeking the easy way in doing their work. "If the people do not do so and so, then so and so will happen," is an expression that is almost sure to give birth to a lusty report. Another careless one from office holders is to the effect that, "this is nothing to what you will have to bear."

Does the government wish to know how to stop the greater part of these rumours and reports? It can not be done by quoting direct promises made by the government. The newspapers have tried that. "The government definitely states" is countered by a cynical suggestion that you write that on your plebiscite ballot. In this regard The Advance recently was met with a variation. In denying the probability of one of these rumours, one merchant said:—"The government promised that every enlisted man would get his old job back. I promised that to my men who joined up. Then along comes another government man to tell us all that we won't have any business in our line for anybody to come back for employment."

The way to stop the rumours and reports is to give the public in general confidence in the government. That is easy to assure. All that is needed is a National government. A National Government selected not for partisan adroitness, but for outstanding ability and real devotion to the cause of the war, would right most of the difficulties of the people and the government alike. The truth is that the great majority of the people are ready for any effort, any sacrifice to help win the war. In this regard the people have been far ahead of the government. But as time goes on, it naturally becomes more difficult for the people to force the government along. In times of national crisis when party issues are overshadowed by the menace to the life of the nation, it is worse than folly to attempt to carry on a partisan administration that does not even represent even one complete party. National government—a government with thought only for the country and the cause, and not for any petty part of a part of a party—is the one thing needful.

WOMEN, BINDERS AND BABIES

There was recently a gathering of supposedly wise men at Couchiching to discuss the problems of the day. In years gone by these Couchiching gatherings featured all the intellectual colours of the mental rainbow, White, Pink, Red, Blue and Sky Blue Scarlet, with Reds and Sky Blue Scarlets apparently in the majority. The tradition grew among common folks that Couchiching might be a colourful spot but it was very shallow, muddy, and a favourite roost for loons.

In a recent issue The Ottawa Journal used up a couple of columns to show all the wise and witty things these Couchiching gentlemen uttered off the record. A reading of these supposedly wonderful sayings does not set Couchiching very far from its old-time reputation.

For example, D. E. Stauffer, of the United Farmers of Ontario is credited, or debited, with saying:—"There was a woman driving a binder with a baby three months old." Take that sentence at

its literal value, and there seems to be nothing to remark but that any binder with a three-months-old baby is nothing more than a high binder. Of course, the gentleman may not have meant that the binder had a baby three months old, although that seems to be what he said. It may be argued that the sentence should read that the woman was driving the binder with a three-months-old baby. Everybody knows the present scarcity of gasoline. If a binder could be driven with a three-months-old baby, probably a three-days-old baby could supply the motive power for a Ford. Or a six-months-old baby could drive one of those tanks. It has to be admitted that there is deep wisdom in knowing how old a baby is before it can be used to drive any sort of vehicle. At the same time, any man knowing anything about babies should be ashamed to separate a woman and a baby so far as this gentleman did at Couchiching. To put a binder between a mother and her babe is not the right thing to do even in wartime. It sounds too much like Nazi stuff. Of course, it may have been an adopted child—in which case the Children's Aid is going to hear about it.

To sum it up, this United Farmer should know about women, binders and babes, and if he mixes then up so recklessly as he has done in this case, what might the public expect in matters of national or international affairs. Couchiching! Couchiching!

GRAVEL AND SAND—AND PLACER

"Still stands the motto of the King:

"Put into your task whatever it may be all the courage and purpose of which you are capable. Keep your hearts proud and your resolve unshaken. Let us go forward to that task as one man, a smile on our lips and our heads held high, and with God's help we shall not fail."

Last week Premier Hepburn was made a Chief of the Ojibway tribe of Indians. The name the wise and witty Indians selected for him is translated into English as "Turbulent Waters." A large number of public men in Canada have been made



By James W. Barton, M.D.

That Body of Ours

I try always to point out that most cases of overweight are due to overeating or underexercising or both but when I see so many cases due to lack of a gland extract in their bodies I realize that cutting down on food and hours of exercise will not reduce the patients of this type to normal or nearly normal weight.

When a "billy" type of overweight passes by with good nature written all over the face nothing apparently wrong with the world, there is a probability that besides being a good eater, he or she is also a good sleeper and that the thyroid gland in the neck is not as active as it should be. An examination would likely reveal that the body is a little slower than the normal rate, senses, physical and mental were work the skin dry with sometimes a waxy appearance. The use of the official thyroid extract under the supervision of a physician which precaution prevents the thyroid having any harmful effects gives excellent results in the treatment of this type of overweight. This means that the overweight is given metabolism tests from time to time. Should any of the signs of an overactive thyroid gland—very rapid heart rate, sweating, trembling, irritability—arise, the dose of thyroid extract can be reduced.

Another type of overweight easily recognized is that due to lack of pituitary extract. This type, mostly women, has the excess fat over the shoulders, chest, upper arms, abdomen, hips and thighs. The forearms, hands, lower legs and feet appear small and "dainty" because there is so much fat elsewhere on the body. The "pituitary" type of overweight is usually bright mentally but may be underdeveloped or "immature" in other organs, glands or body processes. In these cases, pituitary extract, usually by hypodermic injections, gives good results in most cases. That the pituitary gland is not en-

tirely to blame for what is known as the pituitary type of overweight is the opinion of many investigators who believe that the thyroid gland affects the pituitary gland and also the sex glands which in turn may affect the pituitary gland or in many cases the pituitary gland may be affecting the sex glands.

In the diet treatment of the pituitary type of overweight, cutting down on starch foods—potatoes, bread, sugar—is more important than cutting down on the other two weight producers—fats and liquids. This is because one of the important uses of the pituitary gland is to properly handle starch foods in the body.

Another type of overweight is that due to disturbance (usually a tumor) of the adrenal glands situated above each kidney. In addition to the excess fat about the hips, abdomen, and thighs, there is high blood pressure, tendency of males to resemble females, and females to resemble males, with purplish striations or stripes on the walls of the abdomen. With the removal of the tumor the individual becomes normal in appearance.

Another cause of overweight is a disturbance of the pancreas, the juice of which controls the amount of sugar the blood can carry and use. In this type the individual is normal in appearance but "pleasantly plump" and is always hungry because, despite eating plenty of food, the amount of sugar in the blood is below normal.

When we think of how these glands of the body can cause overweight, it can be seen what a problem confronts the endocrinologist (gland specialist) when he recognizes that an overweight patient has signs and symptoms that show definitely that more than one gland is to blame for the overweight.

However, in the treatment of even these gland types of overweight, reducing diets are used. The simple fact remains that "all fat people are fat because they have eaten more food than their bodies need."

Eating Your Way to Health

Do you know which foods contain proteins, minerals, starches, or fat? Do you know just what and how much you should eat daily? Send today for this useful booklet by Dr. Barton entitled "Eating Your Way to Health." It answers the above questions and includes a calorie chart and sample menus. Send your request to The Bell Library, P. O. Box 75, Station O, New York, N. Y.

Chiefs of the Indian tribes. Had they been given names as humorously appropriate as that conferred upon the fighting premier of this province, there would be such titles borne as: "Chief Waiting-for-the-Wind," "Chief Big Wind," "Chief Riding-Three-Horses," and "Chief Shooting Bull." It is allowable for the reader to recognize these chiefs from their given names.

Every once in a while The Ottawa Journal gives itself rein and forgets for the moment that Premier Hepburn is the only man on earth that needs a severe slap on the wrist. In an editorial note, The Journal credits an Ontario weekly with saying:—"C.C.F. is an abbreviation for Canadian Co-operative Federation, a mouthful so terrific as to clearly demonstrate that its originators were men of little imagination." Then The Journal slyly adds the name of that Ontario weekly. It is "The Midland-Penitanguishene Free Press Herald." The Journal, however did not give the other illustration of the same state of affairs. There is a man in Ottawa who scorns titles with a withering disdain. He is "Right Honourable William Lyon Mackenzie King, C.M.G., P.C., M.P., LL.D., etc., etc. (to be continued next week)"

At the close of the recent session of parliament Mr. H. R. Jackman, M.P., called attention to the fact that appropriation was being made for \$2,000, a year each for the use of cars by the members of the cabinet. He figured that at the rate of 7 1/2 cents a mile, the usually estimated cost of car service, the ministers would have to travel 26,660 miles to be entitled to that \$2,000.00 each. With parliament passing money at the rate of a million every few minutes, this little matter of \$2,000.00 extra pay for cabinet ministers did not receive the merited public attention. With income tax collections now in force, the average man who has not \$2,000.00 a year left after income tax deductions has something to consider when he thinks that the cabinet ministers each have \$2,000.00, tax free, as an extra. To earn the money the minister has to use a taxi about twelve times a day, every day, including Sundays, holidays and plebiscite voting days.

enclosing Ten Cents and a 3-cent stamp to cover cost of service and mention the name of this newspaper. (Registered in accordance with the Copyright Act.)

Christain Science Monitor:— That fellow you hear fusing the other day because his office isn't air-conditioned was reared in the country and slept in an attic where the snow came in through the chinks.

Bride-Elect Entertained at Surprise Shower

Miss Doris Wright Guest of Honour, Saturday Night.

Mrs. L. Romouli and Mrs. J. Donovan were joint hostesses on Saturday evening, at a miscellaneous shower for Miss Doris Wright, at the home of Mrs. L. Romouli, 106 1/2 Pine south. Miss Wright left on Sunday for Val d'Or where she will take wedding vows with John Barber.

During the evening, bingo and other games were played, prize winners being Fleurette McEwen, Mrs. C. Mazucca, Doris Wright, the honouree, and Mrs. P. Burke.

A lovely basket done in pink and blue paper with a large white bell in the centre was presented to the bride-elect, and gifts contained in it were opened by the honouree amid exclamations of surprise.

Following this a lovely lunch was served by the two hostesses, Mrs. Romouli and Mrs. Donovan, and Mrs. Marletti poured tea.

For the occasion the house was decorated in various coloured marigolds and asters, and the centre piece for the table was a lovely cake iced with pink and yellow.

Those present were Mrs. H. Kleven, Miss Fleurette McEwen, Mrs. P. Burke, Mrs. C. Mazucca, Mrs. P. Sherry, Mrs. V. Poulin, Mrs. J. Marletti, the guest of honour Miss Doris Wright, and the joint hostesses, Mrs. L. Romouli, and Mrs. J. Donovan.

Unable to attend but who sent gifts were Miss Mary McMann, Mrs. J. Dewar, Miss Anita Flynn, Miss Jean Clermont, Mrs. R. Walsh, and Mrs. N. Lukon.

Saskatoon Star-Phoenix:— The provincial treasurer of Alberta announces an overall surplus of over two and a half million dollars in the fiscal year which ended last June. Of course surpluses are not so hard to come by when one only pays out half the interest contracted for.

Remember!
FALCON SHOES
ARE BETTER SHOES
FOR LESS MONEY
Send Your Children Back
to School
With the Best!

Falcon Shoe Store
Bardessono Block Timmins



OUR FAMILY went through hard times once. It taught us that you can't keep your independence without foresight and sacrifice. We learned what we could do without when we had to. So we know that a real nest-egg means more than just compulsory savings. It means all the War Savings Stamps and Certificates we can lay our hands on.

They're safe. And they're an investment every Canadian should make. Why? Because they help equip our fighting men to protect everything we've got. And because, too, they pay back \$5.00 for every \$4.00 we put aside now. We've got to win this war no matter what it costs—and we've got to prepare against the time when the boys come home.

Buy War Savings Stamps from druggists, banks, post offices, telephone offices, department stores, grocers, tobacconists and other retail stores. Certificates may be purchased for immediate delivery in denominations of \$5, \$10, \$25 from Banks, Trust Companies and Post Offices.



National War Finance Committee

DO THIS!



Defective vision in young eyes often goes unnoticed during vacation months. Before you send them back to school, find out if their eyes are causing trouble. Don't let your children lose out in school when you might save them the disappointment by this simple prevention. Have Mr. Curtis examine their eyes to-day.

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