

## The Porcupine Advance

TWO PHONES—25 and 2020  
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### HE WILL BE REMEMBERED

Very wide circles will deeply regret the death of Hon. Geo. P. Graham. At the time of death Senator Graham was nearly 84 years of age, so it is not too much to say that he served two generations of Canadians, and served them faithfully and well. It is one of the odd quirks of fate that he is chiefly remembered as a humorist and a man of the most genial character, rather than for the public service that he gave. Perhaps, his own keen mind would have it so. It may be that history will give him his due place in the story of Canada, for he gave outstanding service to the country and the people. He was first an outstanding newspaperman. He served in municipal councils, in the provincial legislature, as leader of the Opposition in Ontario, and as Minister of Railways and Canals in the Laurier Government. As chairman of the Advisory Tariff Board in 1926 his services were of decided value. In more recent years he had been a very useful member of the Senate. In each and every office he held he filled the post with credit to himself and benefit to those he served. But it does seem that his public service was always overshadowed by his delightful humor and his unflinching geniality. Sir Wilfrid Laurier appeared to recognize the undoubted talent he possessed, and the report was current that Sir Wilfrid Laurier favoured Hon. Geo. P. Graham as his successor to the leadership of the party. When that honour went to Mackenzie King, few expected that Hon. Geo. P. Graham would long continue in the active government. A man of the keen humour of Geo. P. Graham would have been a wonderful counterbalance in a Mackenzie King administration. With Geo. P. in the inner council of the Cabinet, smugness and inefficiency and petty intolerance and prejudice would have been laughed away.

For many of the conventional type, Hon. Geo. P. Graham did not appear to be serious enough. The truth, however, is that there is not a single case on record where he allowed humour to interfere with business. Whatever his position, he never failed to carry the work through with talent and effectiveness. He made humour his servant, and used his rare gift of wit to make work less of drudgery and the daily round more cheerful. He won friends among all parties, all classes, all creeds. No matter how inadequate the credit that may be given Hon. Geo. P. Graham for his more than half a century of genuine public service, there can be no question of one great gift he tendered to Canada and public life in this Dominion—he proved beyond a doubt that politics can be conducted without personal bitterness or ill-will and that men may differ in opinion and yet retain geniality and goodwill. Many a political opponent will sincerely mourn the passing of this kindly, cheerful and gallant public man.

People a generation ago may recall the bitter by-election in South Renfrew, Hon. Geo. P. Graham was assailed with a personal malice seldom equalled even in the old-time election battles. He won affection and esteem by his gallant attitude in that contest. He disarmed the enemy by his humour and his brave wit. To the persistent cry that he was an outsider thrust upon the riding, his reply was the re-iteration of the fact that he was actually born in the riding. His adaptation of his early days in the riding when his father was a Methodist minister serving in scores of parishes in the Renfrew area was a classic worthy of Mark Twain. At a score of school houses he would pick out some prominent citizen in the audience. "Jim Stewart," or "Tom Lett," he would say, "don't you remember when I sat next to you in this very old school? Remember one day I borrowed your pocket knife, promising to return it? Well, I lost it, and to-night is the first opportunity I've had to return it. Here it is!" And he would give the flattered old friend a pocket knife that would be cherished through all the years. Counter jokes about the idea that Geo. P. must have attended every school in Renfrew county, and been a regular fiend for borrowing jack-knives could not stem the gracious memories that his humour stirred. Geo. P. Graham won the election despite the most bitter of opposition. And he won with geniality and humour. It should be remembered, also, that the humour and wit were but by-play to secure interest and goodwill. There was always sound sense and constructive thought in every address of Hon. Geo. P. Graham.

It is true that he had an irrepressible sense of humour. One other story may be reported. When he was Minister of Railways and Canals, he had occasion to travel with a prominent railway official on the Kingston and Pembroke Railway. Years ago there used to be criticism of the T. & N.O. for its rough roadbed. In its worst days the T. & N.O. was smooth as silk compared to the K. & P. at its best. The railway official kept continually growling about the roughness of the ride, but Hon. Geo. P. made no complaint in this regard, but rather sought to humour the official into a more agreeable frame of mind. Eventually the railway official appeared to become less crit-

ical. "Well, we seem to be running along smoothly now," he said. "For Heaven's sake," replied Geo. P., jumping up in apparent excitement, "stop the train! We must have run off the track." It may be that for a few years it will be the humour and wit of Hon. Geo. P. Graham that will be chiefly remembered. Most of his genial stories and his happy flashes of wit are well worthy of remembrance. But there was much more to Hon. Geo. P. Graham than this. He was a genial, kindly helpful public man of talent who will be given high place by those who knew him, irrespective of party labels or the snap judgments of the petty partisans.

### THERE SHOULD BE A LAW!

Years ago The Advance at the approach of every Yuletide made a regular business each year of advocating a three-day Christmas—one day to prepare, one day to celebrate, and a day to sober up. The years have practically won this boon for the people. In recent years there have been two days of legal holiday for Christmas time—the Day itself and the holiday on Boxing Day. The Christmas just passed has paved the way for the general adoption of the three-day Christmas. The very recent festive season actually had three successive holidays—Christmas Day, Boxing Day, and the next day, Sunday. Perhaps with this sample as a model, the world may yet universally adopt that three-day Christmas holiday time.

There is another suggestion by The Advance, made many and many a year about this time, and it might be well for the country at large to add this suggestion to the idea of a three-day Christmas. The suggestion referred to is the plan of The Advance to have the unfortunate people of other parts of the Dominion move to this gracious northland to escape the inconvenience, the handicap and the severity of winter elsewhere. During the past week the people of Toronto, Ottawa and other cities have suffered very seriously from the weather, while in this North everything is going along smoothly. In the South street cars, telegraph and telephone service, railroad service have been completely blocked through a few inches of snow falling, a little wind blowing, and a few icicles forming. The travellers and newspapers tell such stories of the hardships endured in the cities of the south that the hearts of all in the North are torn with sympathy, pity, compassion, and what-have-you. Business has been at a standstill in the cities. Everything has been in a jam—and the jam has been rationed. In Ottawa even civil servants have had to walk to work, whether or not there was any work done after the walk or not. It is true that trains have been late in this North, but not like they have been in the South, and the only cause for the lateness of the trains in the North is because they have had to wait for the previous day's trains from the South. Here railway lines are free, roads are open, streets are free from ice, and all other unpleasantness. Power and light and telephone have not had even a minute's interruption. Buses run to neighboring towns and to mines at some distance, without missing a single item on the schedule. It is ten years since there has been even a minor tie-up on the railways. It is years and years since there has been interruption of telephone or telegraph service. It is doubtful if there has ever been a delay of any noteworthy extent in the schedule of the buses. There is occasionally a fall of a few feet of snow in the Timmins district, but there are ploughs and men to remedy that before it is even noticed. A few inches of snow, however, ties up everything for days in Toronto, or Ottawa, or Hamilton. The Selective Service doesn't appear to make any difference. The temperature here may drop 25 degrees in a few hours, but that doesn't hurt anybody or anything. The air here, you know, is so dry, and all that, even though there is the new restriction of only one case of beer to a man a day, or a gallon of hard liquor a month.

A lot of sympathy has been wasted on Ottawa, Toronto, and other places, over the recent visitation of snow, ice and wind. These people, however, are not entitled to any sympathy. Why don't they take the oft-repeated advice of The Advance, and move to this gracious North, where real men and women and hardy youngsters have conquered little things like cold weather and storms?

### INTERESTING FEATURES

There may be "nothing new under the sun," but at least occasionally newspapers are able to give a twist to something to make it appear as a new idea. Last week in addition to the customary review of the year in Huntingdon, Que., and district, The Huntingdon Gleaner summarized all the births, deaths and marriages recorded in its columns during 1942. As a matter of record and ready reference and for general interest, these reviews were very valuable features—so valuable, indeed, that larger centres would promptly copy them, if that were possible. Were the plan practical there are some daily newspapers that would give columns of space to advertising the idea as an original one and then more columns to carry it out. There is a certain or uncertain Toronto paper, for example, that is just full of such tricks. The plan, however, is not possible for larger centres. For example, take the matter of births. The Huntingdon Gleaner recorded 211 births for the year and that occupied over four columns of space. Timmins averages more than a thousand births a year, and if those in South Porcupine and

elsewhere were added, as appears to be the case in the Huntingdon review, the list would total over 2,000 and so run over 40 columns of space. The case in Toronto would be still worse. A similar situation would obtain in regard to marriages and deaths. The Gleaner listed 121 marriages, the review taking up three columns, while 244 deaths were noted, over three columns' of space being used for this record.

Incidentally, there are some interesting suggestions made by the lists of births, marriages and deaths, as published by The Gleaner. For example it would appear that October is the month with the largest number of births. June is the popular month for marriages among Huntingdon people, though September has the second largest list. There are more deaths in January than in any other month of the year. It would be interesting to know how these figures compare with larger centres.

In any event, this publication of births, marriages and deaths for the year is not an idea likely to be purloined by the big dailies and passed off as an original scheme showing the enterprise of the daily newspaper. The space necessary forbids the idea. It may be, however, that the dailies will find a scheme whereby the plan can be sold as an advertising stunt, with those having births, marriages and deaths paying for the plan and a selected list of advertisers providing the "gravy" for the game. It might happen. Certainly, dodges as unusual have occurred many a time.



By James W. Barton, M.D.

### The Great Benefits of the Slow Reducing Diet

Not much is heard today of the 18-day reducing diet which swept the country a few years ago. Permanent disability and death were not uncommon results from following this diet.

What many overweights did not realize was that this diet was arranged for a special movie actress who in order to fulfill her contract of being at a certain weight at a certain date, appealed to a physician who, by this most rigid diet, was able to get her weight down to the necessary amount within the 18 days. This young woman was healthy and circumstances permitted her to live on this diet for the 18 days because she rested the whole time.

There is no question but that others of similar age and health and also able to rest followed this diet about this time with apparently no bad results. They were fortunate. What happened, however, was that many overweight housewives, forgetting their physical and mental responsibilities—housework or other duties—which require energy, became weak, some completely exhausted, and others died.

Despite the dire results of the 18-day diet, the idea behind it is correct. This idea is (a) the giving of some meat every day to prevent loss of active tissue and create heat in the body, (b) some starch food to help burn up fat, and give energy for everyday duties, (c) plenty of green vegetables which give a feeling of fullness, and not rich in calories, contain vitamins and minerals, and roughage to prevent constipation.

The only thing wrong is that it should be spread over 18 months in some cases and over 18 weeks in others. Instead of aiming at the loss of two pounds a week which is often done and done safely under supervision, the aim should be from one-half to one pound a week.

An overweight trying to reduce at the rate of 2 or more pounds a week, in most cases feels weak, discouraged, and sometimes so afraid that she gives up the idea of reducing altogether. Those who do persevere deserve credit for their perseverance but not for their wisdom; they are not only taking chances with their health but weight taken off rapidly will return rapidly.

Instead of using the 800 or 600 calorie diet, overweight should follow a 1,000 or a 1,200 calorie diet, which, if the individual does no hard physical work, is usually enough to maintain health and strength. The 1,200 calorie diet with food carefully chosen is safe.

Those who follow the 1,200 calorie or 'maintenance' diet do not feel weak but actually strong, because the meat gives a satisfied feeling and prevents any weak or 'let-down' feeling. Further, because they are losing weight slowly there is no shock, no sudden dropping of the abdominal organs as when fat is lost too rapidly.

The greatest advantage, however, of the slow reducing diet is that when the individual does get down to normal weight, he can slowly begin to increase the amount of food so that there is no sudden or great change in food eaten or in the weight.

Another valuable point is that once he is down to normal weight and can afford to increase his food intake slightly, he can get away gradually from the monotony of his reducing diet and begin eating some of the foods he greatly likes but has not been allowed to eat. This is certainly a deserved reward for the patient denial of desirable food for these months.

The point, then, is that if the over-weight is willing to take months instead of days or weeks to attain his or her normal weight and figure, it can be done safely, effectively, and with a feeling of "fitness" during these months.

**Overweight And Underweight**  
This handy booklet by Dr. Barton

### 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 unshakable. 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."

During the recent festival season everybody appeared to be "Dreaming of a White Christmas." Yet, after all, didn't it turn out to be more or less of a "Red" Christmas?

Young 1943 appears to be living up to the best resolutions in the matter of encouraging war news.

The lad who referred to "Eel Douche" being ill, had something.

Much has been heard of the horrors of war for Jewish, Polish, French and other people. What about the people of Ontario? Here an innocent man has to exist on no more than a case of beer a day, or a gallon of whiskey every four weeks. War is what Sherman said it was, or something.

The new year opens with the war looking better for the Allied Nations on all fronts—except the home front.

contains many helpful suggestions for those who are too thin and those who are fat, including diet suggestions, exercise, various types of overweight and underweight. To obtain it just send your name and address and Ten Cents to cover cost of handling and mailing to the Bell Library, Post Office Box 75, Station O. N. Y. and ask for booklet No. 105—Overweight and Underweight, mentioning the name of this paper. (Registered in accordance with the Copyright Act.)

### Unusual Transaction at Tax Sale in Coleman Tp.

There was one rather unusual transaction in connection with the recent tax sale in Coleman township in the Cobalt area. Leo J. Fagan, of Meridan, Connecticut, U.S.A., wrote to the township council enclosing a cheque for \$135.00 in United States funds, and asking the council to buy in for him some mining properties up for sale for taxes. The council did as asked, and the result is that, subject to the usual conditions in regard to tax sales, Mr.

Fagan is now the owner of the old Badger Mine (sold for \$35.00), and the balance of the cheque being spent on the Prince Davis property, the Montauk Mines Corporation holdings, 20 acres held in the name of Marjorie F. Millward, and two acres assessed to L. Rofrana, of New York. Altogether Mr. Fagan becomes the tentative owner of 82 acres of land in the eastern part of the Cobalt camp. It is not an unusual thing for outsiders to buy in property up for tax sale or even to depute friends or acquaintances or agents to buy in such property, especially in mining areas, but it is distinctly out of the ordinary for a citizen of another country to have a municipality buy in tax sale property in this way.

### JUST TWO EYES NEEDED

The chap with the bad eyesight was examined by the draft medico—and placed in 1-A. "But my eyes are terrible," he pointed out, "I can hardly see anything."

"Look," said the doctor, "we don't examine eyes any more—we just count them."—War Stories.

### Mattagami Ladies' Hold First Meet of New Year

Mrs. P. Trevenna, Hostess to Club. Birthday Greetings to Mrs. D. Ellis.

Members of the Mattagami Ladies' Club met on Monday evening at the home of Mrs. P. Trevenna 11 Main avenue, to hold their first meeting of the new year.

The evening was spent knitting. Birthday greetings were in order for Mrs. D. Ellis, whose birthday took place this week. She was the recipient of a lovely sandwich tray and cake plate.

The weekly draw was conducted. Miss Gloria Trevenna making the draw. Mrs. A. Guindon was the lucky winner, and won three cut glass bon-bon dishes.

Lunch brought the evening to a close. Mrs. P. Trevenna served to her guests, delicious Cornish pasties, assisted by Mrs. M. Wallingford.

The next meeting will take place at the home of Mrs. A. Guindon, 17 Main avenue.



### "JIM PROPOSED TO-DAY"

... and six months ago he was going out with that blonde with never a thought about me. I don't blame him. I used to be cross and irritable before I got my glasses. When he met me after Mr. Curtis had prescribed these glasses, I could see he was surprised. He called up for a date and he hasn't gone out with any other girl since then.

PRICES ARE DEFINITELY LOWER AT

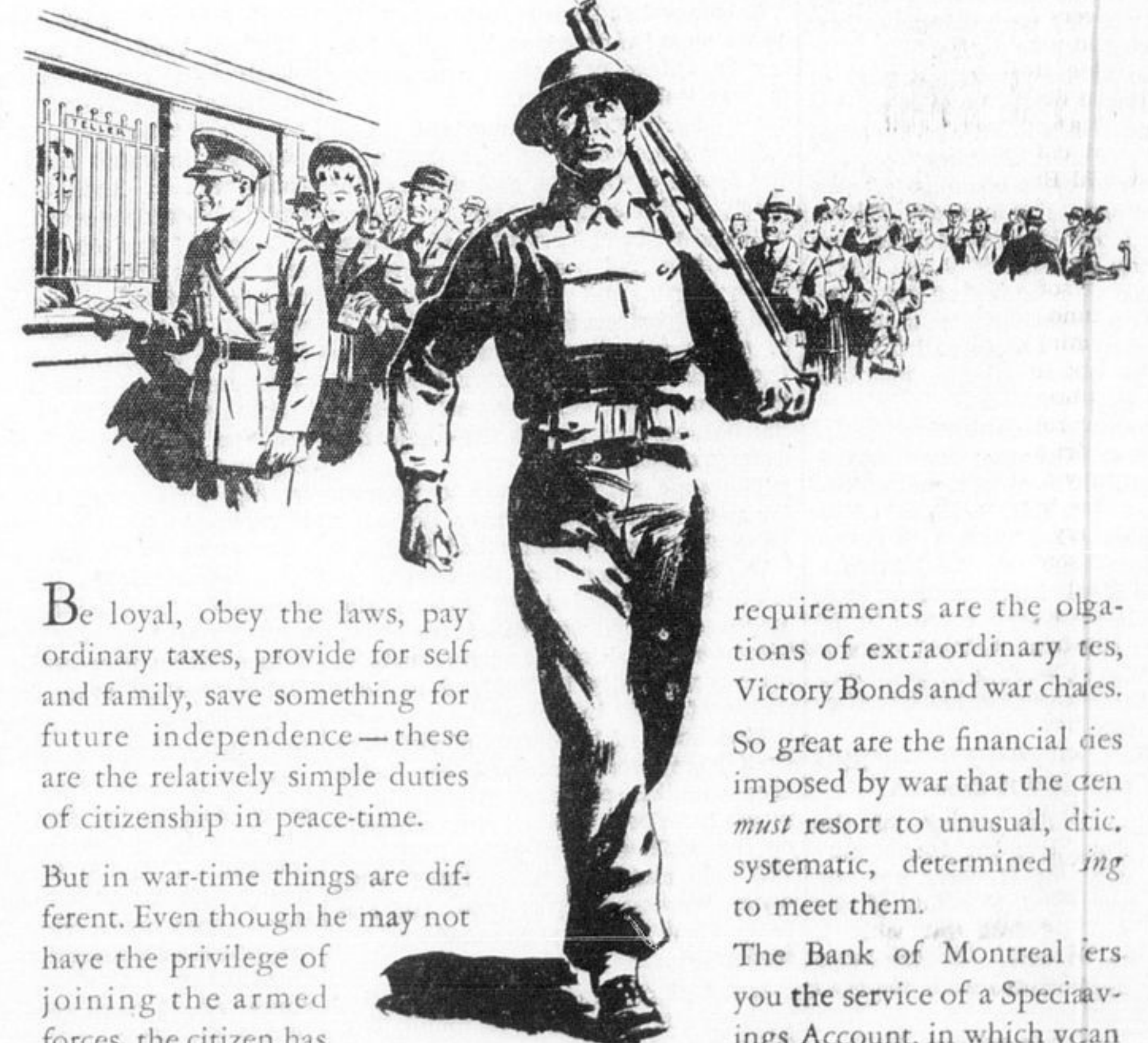
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HOLD HIGH THE TORCH OF FREEDOM



## WAR-TIME DUTIES OF CITIZENSHIP



Be loyal, obey the laws, pay ordinary taxes, provide for self and family, save something for future independence—these are the relatively simple duties of citizenship in peace-time.

But in war-time things are different. Even though he may not have the privilege of joining the armed forces, the citizen has

arduous duties, which call on his great resources of character, industry and financial means. Added to the normal

requirements are the obligations of extraordinary taxes, Victory Bonds and war chests.

So great are the financial demands imposed by war that the citizen must resort to unusual, systematic, determined measures to meet them.

The Bank of Montreal offers you the service of a Special Savings Account, in which you can deposit every pay-day, or other time date, the right proportionate amount to cover your war obligations wher-

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