

### WE CAN DO AWAY WITH CANCER

Eminent Medical Authority Points Out That It Is a Disease of Civilization.—Its Cure Is Return to Simpler Ways.

(Sir William A. Lane) Education in the matter of diet and living conditions would reduce if not entirely eliminate cancer in the human race in two generations, says Sir William Arbuthnot Lane, noted British surgeon and authority on cancer.

Cancer is part of the price we pay for civilization, the most incurable and fatal plague which civilization produces. If it occurs at all among uncivilized peoples living in normal conditions, it does so with the greatest rarity; but among civilized peoples, it is rapidly increasing, and particularly so among the wealthier classes.

We know, however, how to prevent cancer, and prevention promises infinitely more for the welfare of the race than the too frequently problematic cure. We know that cancer is the result of the slow poisoning of our bodies under the unnatural conditions which civilization imposes on them, and we can prevent it as soon as we can educate civilized people to return to the natural habits and diet of uncivilized people.

Its major cause is the habit of permitting the residue of digested food to remain in the body longer than it should, and this condition is very largely the result of the nature of the food we eat. Although every doctor knows that this stagnation sets up a process of local irritation and slow poisoning in the body, so universal is it among civilized people that most medical men regard it as natural, and even when marked, as being of trivial importance.

Nor would it be as serious as it is, if our lapse from the natural habits of the body lasted only for a month or even a year; for the body has wonderful powers of throwing off the poisons which enter it. But our bodily habits are formed in infancy and, once formed, last throughout our lives. As a result, we unknowingly subject our bodies to twenty or thirty or forty years of chronic irritation and slow poisoning, which sooner or later results in indigestion of various sorts, gastritis, ulcers, appendicitis and cancer.

There are a few chemical cancers, such as aniline, arsenic, tar and soot cancers, and a smaller number of X-ray cancers; but both these rarer varieties of cancerous growths, like the vast majority of cancers, result from years of slow poisoning. Cancer appears in a chimney sweep, for example, ten or twenty or thirty years after he has begun handling soot.

The poisoning is so slow a process that cancer is almost exclusively a disease of the middle-aged and old. It is not until a man turns 40 that he enters the cancer age. If he is then in a pre-cancerous condition, it is because he has permitted the tissues of his body to become so saturated with poison and consequently so deteriorated that a cancer ultimately appears at some weak point, either in the intestines or on the surface of the body where we can recognize it and where there is a possibility of removing it by surgical means—if we see it soon enough. When it occurs within the body, it may, and frequently does, escape observation until it has spread too far to permit of its complete removal.

Excepting the cases of chemical and X-ray cancers, which form a small proportion of the cancer plagues, it is as I have said, the poison produced within the body by the stagnating residue of digested food which produces cancer. This condition is described as chronic intestinal stasis, or constipation. It is now generally recognized that, by lowering the body's power of resistance, it plays a part in a large number of diseases; but it is not yet recognized as widely as it should be that in ten or twenty or thirty years' time, it has positive results of its own, of which cancer is by far the worst.

It must be emphasized that we are not speaking here in general terms; we are speaking of things which are readily demonstrable. We know, to mention only one of the more important results, that low on the left side of the body a kink forms in the intestine which obstructs the passage of its contents. That kink results from an effort on the part of the body to meet the stagnation and overloading of the intestine, and it supplies the tragedy of civilization. It is a very Pandora's box of trouble.

The intestine cannot work as it should unless it has something to work upon; unless our diet includes a quantity of roughage or indigestible material. Unfortunately, the whole tendency in civilized countries is to eliminate roughage. We prefer foods which are said to be digestible which are pleasant to the

eye and agreeable to the taste; we are supplied increasingly with tinned and so-called scientific foods. Our food chemists are largely responsible for the diseases which we suffer, for we must not forget that what are called scientifically balanced foods are not sufficient for the preservation of health.

We can kill an animal by feeding it on a scientifically balanced ration and nothing more. Such rations rarely give the intestine any roughage to work upon and without vitamins, salts and roughage, the residue of a digested scientific food remains in the intestine and in time begins to cause local irritation and to generate poisons which are absorbed into the circulation. We must get back to natural foods, greenstuffs, fresh fruits, wholemeal breads, etc.

Ellis Barker, in his book on cancer, says he went to the Zoo one day and saw an elephant pick up a broom with his trunk and eat it, stick and all. He hurried away to tell the keeper, thinking the elephant had done itself an injury, but the keeper laughed and told him, "That's all right; he knows what he wants." Naturally the human stomach could hardly assimilate a broom, much less thrive on it, but the principle of the thing is sound. Roughage is as essential to us as it is to the elephant.

We have been studying the body for more than 2,000 years, but to this day, we know surprisingly little about it—perhaps in some ways less than Hippocrates did. We learn, however, that it thrives under certain simple conditions, and that the further it departs from these conditions, the more it breaks down. If those conditions were necessarily incompatible with civilization, our mounting cancer rate would find us in a hopeless position, indeed. Luckily, they are not. If we can persuade people to return to the more natural habits and diet under which we know the body thrives, we can still be civilized without incurring the serious risk of being cancerous.

#### FLESHERTON UNION POSTPONED TO MARCH

Churches Arranged to Continue Separate Congregations of United Church.

According to the latest advices, there will be no union of the Methodist and Presbyterian churches in Flesherton until March, 1926. This is the outcome of the negotiations between the two churches following the appointment of Rev. C. Clement as pastor of the Methodist church, while Mr. Harrower will remain in charge of the former Presbyterian congregation. Both are members of the United Church of Canada, and it was hoped that the two would be amalgamated when church union was consummated. It has not been learned whether the present arrangement has been confirmed by the proper officials.

#### PASTE THIS ON YOUR WINDSHIELD

Here are the wise counsels that W. H. Stewart, Auto School of New York City, gives to drivers:

- Don't try to pass another car on a curve; you'll get hurt sooner or later.
- Don't speed; only amateurs do it.
- Don't drive on trolley car tracks; they'll get you into trouble.
- Don't splash mud on innocent bystanders; it's a thoughtless, cruel trick.
- Don't lock your brakes when you start to skid; you'll lose control of your car.
- Don't drive fast on wet pavement; you're bound to regret it.
- Don't race your motor, slam your doors or sound your horn at night; the neighbors may wake up and shoot you.
- Don't cut across the inside of a curve; sometime you'll meet another car head-on.
- Don't seek to pass another car without first giving your horn; you may get side-swiped.
- Don't back your car without looking behind you; there's always something there.
- Don't ride in the middle of the road; another road hog will tangle with you eventually.

#### SIZE OF EGGS COUNT

We have it on the authority of no less a person than the Dominion Poultry Husbandman, that the problem of small eggs is becoming more and more pronounced the longer the breeding for high egg production is continued. Thus it becomes necessary, as he further says in his report for 1924, that the greatest care in selecting a male to head the flock should be taken to see that he is from large egg stock. Records do not show that a high producing bird is bound to lay a small egg, but they indicate that unless careful selection is followed, there is a decided tendency for the size of eggs to decrease as production increases. A bird that does not lay eggs that average 24 ounces to the dozen cannot be registered no matter how many eggs she may lay. Attention to this matter of size, as well as to heavy yield, is being given by the Poultry Division at Ottawa, and data is being collected that will be made public as the report says, in due season.

Make up your mind to be a leader. Remember this: "Who rises every time he falls will sometime rise to stay."

### WITH THE BOY SCOUTS



#### White Cloud Island Camp

The name sounds nice, doesn't it? Well, take it from me, it's just as nice as it sounds. The annual District Camp of the Boy Scouts' Association is there, and the boys are having a whale of a time.

In charge of the S.M., seven Scouts left Durham on the morning of the 6th of July. Dr. D. B. Jamieson and Mr. S. D. Croft very kindly drove the fellows with their luggage to Owen Sound, where they embarked with about sixty other Scouts from the District on the steam yacht "Venetta" and had a most enjoyable sail of about twenty-three miles to White Cloud Island.

Here the boys found that the advance party in charge of S.M. Dr. W. Marshall had the canvas up and everything in readiness for them. Everybody very quickly fell into place, and by Sunday morning, everything looked as if the outfit had been under canvas for a couple of weeks.

The camp is in charge of Col. D. E. MacIntyre, D.S.O., M.C., District Commissioner, of Owen Sound. Col. MacIntyre is nothing if not efficient, and every detail of camp life is looked after. His second in command is Dr. W. Marshall of Owen Sound, the efficient S.M. of the 5th Troop—the good old Presbyterians.

Everybody gets up—or is got up—at 7 o'clock. After half an hour in the morning, the camp has morning colors at 7.30. During the next fifteen minutes, the boys get their blankets out to air and start fixing up their tents. At 7.45 comes "cook-house" ever-welcome sound. After breakfast, every tent devotes its energy to getting its tent in shape for the day. Bits of straw from the "ticks," paper, string, etc., are all carefully picked up from around the tent. And right here, we might say, that it is hard to imagine anything tidier or cleaner than a Boy Scout camp just before Troop Inspection. Then follow games, instruction, swimming, dinner; and more instruction, swimming and games. Supper comes at 5.30, colors at 6, and Camp Fire at 8 o'clock. The day closes with Lights Out at 9.30.

The weather has been ideal, the camp only having one rainy night so far. There are four boats, and no fellow has to be refused a boat if he wishes one. In addition, Col. MacIntyre is conducting a class for those who cannot swim. It is, in every way, one of the best outings a boy could possibly have.

The S.M. and Scouts Walter Neaves and Don Smith had to come home last week-end, but Troop Leader Ted Clark, P. L. Ernest Neaves, Second Eric Clark, and Scouts Bowman Jamieson and Lawrence Whitmore are still there. During the first week, a schedule of baseball games was arranged. Durham won their first game, but lost the next two. The S.M. has handed out a challenge to any

Owen Sound Troop to bring a team to Durham for a game. He feels confident that we can beat any of them with our regular team.

#### Camp Notes

Donald Smith had the proud distinction of being one of the first to go in the water. He fell in.

Ted Clark is making all the night-hawks on the Island jealous. He's showing them what late hours are.

Overheard around the camp fire: First Speaker: "Did you know that Don Smith had turned Baptist?"

Second Speaker: "No, is that so?" First Speaker: "Yes, and he's a Presbyterian minister's son."

Second Speaker: "How did it happen?" First Speaker: "He was immersed last Sunday."

Overheard in the Durham S.M.'s tent at 12.30 a.m. Ted Clark speaking to the S.M.: "Do you think I'm worth a nickel?" (Nichol).

Durhamite to a Fifth Trooper: "Why is tent No. 10 (St. Marys, Roman Catholic) like a sausage factory?"

Fifth Trooper: "You've got me." Durhamite: "Because they mix meat there." (The Mics meet there).

S.M. to T.L.: "Nigger Whitmore must be lonely for his mother." T.L.: "How's that?"

S.M.: "I saw him hanging around those girls down on the dock."

The new nickname for "Pete" Jamieson is "Giggles."

Ernie Neaves is the best catcher in the White Cloud Softball League. If you don't believe me—I forget the rest.

#### TOM SLIM SAYS

It's a wise man who knows when he is acting foolish.

The man at the bottom is usually held up by the man at the top.

A wild ride goeth before a fall. The man who kicks about the food at home usually is afraid of the waiters in restaurants.

Truth isn't stranger than a fisherman.

One pretty good reason why a man marries is some woman.

Keep your health at home so you won't have to go away for it.

The boy who promised not to drink before he was 21 has a son who promises to swear off then.

Very few people in ticklish situations seem to be tickled.

The man of the hour has made his plans for years.

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### THE PEOPLE'S MILLS

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- Eclipse Flour, per bag...\$4.65
- White Lily Pastry Flour per bag...\$4.00
- White Lily Pastry Flour, 24 lb. bag...\$1.40
- Feed Flour, per bag...\$2.25
- Rolled Oats, per bag...\$4.00
- Chopped Oats, per 100 lbs. \$1.80
- Crimped Oats, per 100 lbs. \$1.80
- Mixed Chop, per 100 lbs. \$1.80
- Chopped Oats, per ton lot \$35.00
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### FORMER TARA BOY IS HIGH C. P. R. OFFICIAL

Mr. J. O. Apps Takes Position of Late W. B. Howard as Executive Assistant.

The appointment of Mr. J. O. Apps to the position of general executive assistant of the Canadian Pacific Railway, caused by the recent death of Mr. W. B. Howard, will be of interest to the citizens of Tara and vicinity, as Mr. Apps was born at Tara in 1877 and was the son of the late Joseph Apps who

conducted a foundry for some time in Tara, and later entered the employ of the C. P. R. and went to Montreal, where he resided for a number of years, and then returned to Toronto where he died. Mr. J. O. Apps, who has received this important appointment, has been in the employ of the C. P. R. for many years. There are no relatives in Tara at the present time.

Correct this sentence: "Now that I'm home from school," said the girl to her mother, "You can rest all summer."

### The Profit Lies in the Finish

IT PAYS to market cattle with the proper degree of finish. A quality product always commands a premium and is readily saleable at a profitable price. If you have stock which needs a little more time for finishing, and the feed is scarce, see the local manager of the Standard Bank. It is a simple matter to arrange a loan to carry the stock until a favorable market warrants a profitable sale.

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### Empire Duro Water Systems

will give you all the advantages of city water service. Duro Systems are built in many sizes and styles. They meet the needs of a bungalow or a country club. They are driven either by electric motor or gasoline engine.

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### INTERNATIONAL PEACE

By R. M. S. (Radio)

It has been suggested to operate its own International station is being strongly supported several countries, and seems to

As far as the present plans, this station would be located at a point of high altitude near Geneva, Switzerland. Its tremendous power would be such as would put our present Super-Power stations far in the background. It would transmit on a high wavelength, and would be easily received half-way around the world. Thus its programs should become available to listeners in many parts of the world.

The cost of such a station has been roughly estimated at about ten million dollars.

#### Fortune From Radio Patents

Dr. Latour, who is known principally for his development of the reflex principles, has leased some of his radio patents to several American concerns. It has been estimated that Dr. Latour's receipts from his radio patent agreements will bring him more than a million dollars.

#### Large Audiences For Good Programs

If you knew that when you spoke into a radio microphone, you were talking to eight or nine million people, you would probably feel stage-struck, or at least, you would be careful of what you said.

During the first series of the Victor Artists' Concerts, the reports



have indicated that an average of about eight million people were listening to each of the seven concerts. These concerts, which were broadcast by a chain of stations every other Thursday evening, earned an immense popularity. It is hoped that the Victor company will be able to produce a second series this fall.

#### A New Reason For Dieting

Do skinny people have more luck with radio than fat people? A certain gentleman who would be happy if he could tip the scales at as low as 210 pounds, has noted some peculiar results in tuning his receiver. Due to "body-capacity" he cannot successfully do any tuning on anything except strong stations.

#### RADIO QUESTION

Mr. Sherrill will be glad to answer questions. Write him, care of the editor.

M. L. S. asks: "How long should dry cells which are used on the filament of UV1998 last? Also, will these tubes be damaged if more than 100 volts is used on the plates?"

Ans.—With two such tubes, you should get about two months of normal use out of the usual No. 6 dry cells. For short intervals, a higher plate voltage would not hurt the tubes. Continued use at a greater voltage would gradually reduce the sensitivity of the tubes.

#### Chesley

Rev. Major Graham has accepted a call to the pastorate of a United Church at Grande Prairie in the Peace River Country, about 400 miles west of the City of Edmonton. He and Mrs. Graham will be able to view the Rockies at close range and enjoy the Chinook winds which come through the mountain passes. Rev. and Mrs. Graham leave for their new charge immediately after the first communion service in the United church here which will take place on the 12th of July. Rev. Major Graham will receive a fitting manse in connection with the church property. He preached his farewell sermon on Sunday evening. Mr. Alfred Waugh was telling of the bank at Thorndale, near London, in which the staff was locked in a stuffy vault for half an hour by a bandit who helped himself \$7,000. Alfred is the third son of Mr. and Mrs. Joseph Waugh of Dal-