

# Canada from Coast to Coast

**St. John's, Nfld.**—March 7th marked the opening of the Newfoundland seal fishing season. The sealing fleet has now been reduced to eight vessels. Seven of these operate on the Grand Banks and one in the Gulf of St. Lawrence. An airplane used by the Antarctic steamer "Quest" is employed in connection with the Grand Banks contingent of vessels.

**Halifax, N.S.**—Since the beginning of the 1922-23 season to date apple shipments from this port have amounted to 865,986 barrels, 6,651 half-barrels, and 2,914 boxes, as compared with 905,331 barrels, 3,776 half-barrels, and 5,741 boxes in the corresponding period a year ago, a decrease of approximately 40,000 barrels.

**Fredericton, N.B.**—New interests which have connections with allied industries will soon have control of the anthracite mines, and operation of the mines on a large scale will doubtless be one of the results of the change, according to Dr. W. H. Irvine, president of the North American Anthracite and Smelting Co.

**Quebec.**—An entire village with its pretty parish church, its school, public and private buildings, stores and residences, will be either demolished or removed to another location for the great reservoir resulting from the construction of the dam on the Chaudiere and Saguenay rivers at Kagogami. The cost of moving the village and compensating the residents for their losses will amount to between \$500,000 and \$700,000.

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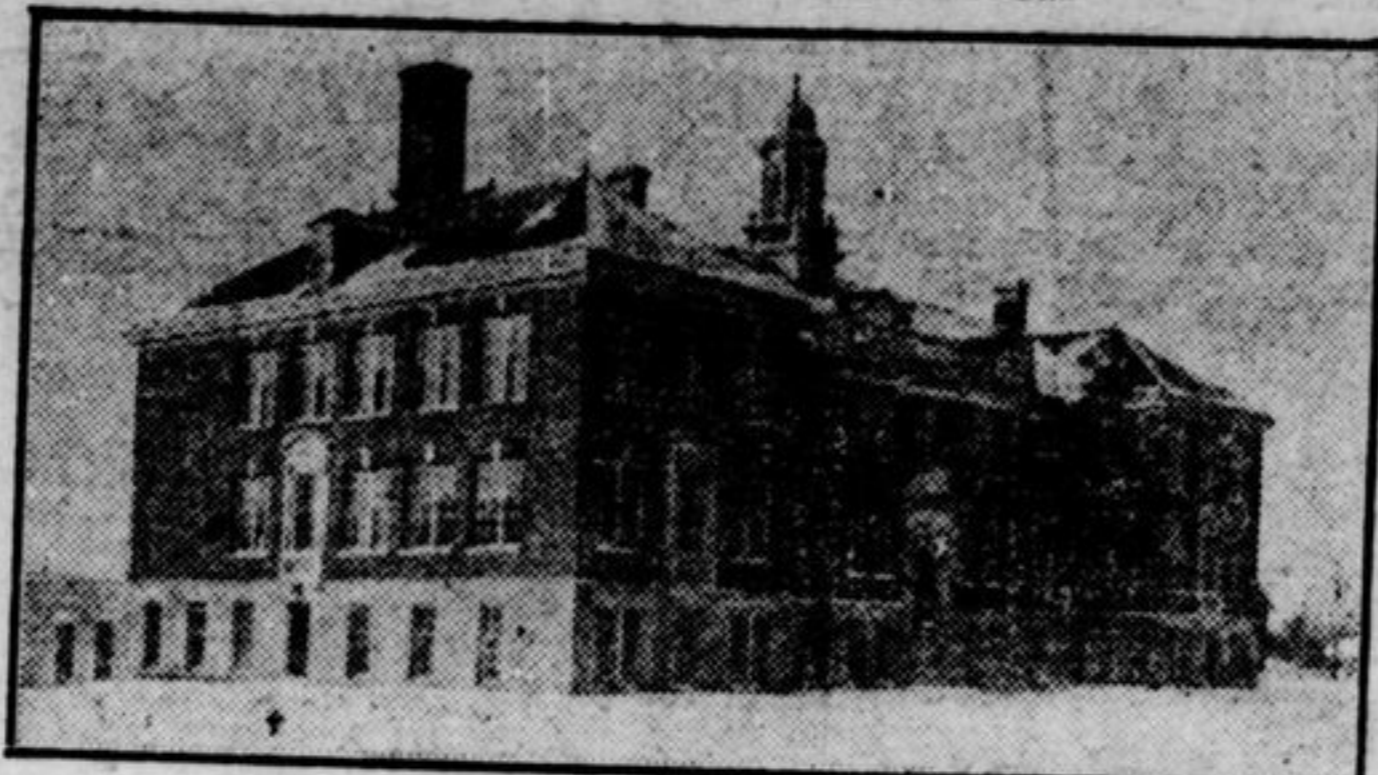
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**NEW HOME OF ONTARIO VETERINARY COLLEGE**  
The Veterinary College at Guelph was recently opened after its removal from Toronto. It is at present situated in the grounds of the Ontario Agricultural College, where the staff and students are in close touch with the live stock holdings of the O.A.C. It is an institution which makes an important contribution to the farming population of the province.

## Safeguarding the Health of Our Children.

BY W. M. MORRIS.

The proposal to have medical and dental inspection of the children in the schools of one of the southern counties of Ontario, was carried by a slight majority of the trustees. One of the three trustees of a certain school section was very much opposed to the scheme, saying, "The parents of this section of the country have enough affection for their children and take enough interest in their welfare to provide medical and dental inspection for them when they need it. We have skillful physicians for our family doctors and most of the parents take their children to the family physician when they need any attention. There is no need for any representatives of the Department of Education coming here to tell us how we should attend to the medical needs of our children." In spite of the protests of this trustee, however, a survey was made, by doctors and nurses, of the children in many school sections, including the one of which he was a trustee.

When the nurse came to this particular school section, the teacher pointed out a little girl of ten years of age, who she hesitated to describe as dull and yet regretted that she did not seem to be able to keep up with the rest of the class. The nurse immediately took the little girl in hand and tested her eyesight, concluding that she was partially blind. The usual card was filled in and sent to the child's parents, with the recommendation that they consult the family physician with reference to the child's sight.

**A Startling Revelation.**  
It just happened that this little girl was the daughter of the trustee who protested against medical and dental inspection in the schools and although he resented the interference of Government officials, he complied with the suggestion and took the little girl to the family doctor. After a slight examination of the child, the doctor said, "I am sorry to tell you that your child is blind of one eye and the other eye is also affected. It must have been very difficult for her to read the writing on the blackboard at school and to keep up with the rest of her class. The sight of one eye is beyond recovery but I will do my best to preserve that of the other eye. If you had brought her to me two years ago, I think I could have saved the sight of both eyes."

One can easily imagine the feelings of the father, who professed to have so marked affection for his children, when he learned that his little girl was growing up in blindness under his care. There would be no limit to the sacrifice if the sight of the blind eye could be recovered. He should have had greater appreciation of the school regulation that provides for medical and dental inspection of the children. There are, no doubt, many children all over the Province of Ontario, suffering from blindness, deafness and other handicaps because their parents and trustees are remiss in their responsibility for the trust committed to them.

Good health is fundamental to individual and national prosperity. We are making a great effort to improve the courses of study in our schools and provide better buildings and equipment, but this will be of little avail in producing intelligent citizens if we do not take care of the health of the children. A remarkable thing about health is that any community can have as much of it as the people are willing to pay for.

**Forty-Seven Per Cent. Unfit.**  
The medical examination of recruits for the great war discovered many physical defects in our young men. The report stated that 47 per cent. were physically unfit for the strenuous duties of military service. We all hope that there will never be another such war, for there is plenty of scope for the investment of the highest degree of physical fitness in the ordinary vocations of life. The discovery of these physical weaknesses should be a challenge to parents, school boards and ratepayers to commence a program of health education in all our schools.

Someone will object that the defects discovered by such medical examinations are found more among the children in congested urban centres than in the rural parts where they have room for physical exercise and plenty of fresh air. The fact is that city children to-day are healthier than their cousins in the country. Most city schools have doctors and nurses who look after the health of the children. The boys and girls of foreign parents in some city schools are getting a better chance for healthy living than the children of some of our good Canadian stock in rural parts.

**Various Physical Defects.**  
It is estimated that out of every twenty-five children in school, four have defective eyesight, four have adenoids and four have trouble with the tonsils. The parents may not be aware of these conditions, and when informed are invariably very grateful to those who have made the examination. Besides these conditions many children have dental trouble which results in malnutrition. There is little to be gained by eating if we are not in a condition to utilize the food we consume. The first step to be taken in the correcting is to determine whether the person to be fed is able to benefit by the quantity of nutriment supplied.

Thousands of people to-day are suffering from malnutrition. They get sufficient food, but their systems cannot utilize the nourishment furnished them. Some boys and girls have been regarded as dull and stupid by their teachers and parents, but their inability to keep up with their class in the school was due to some physical defect. It may be that they could not see the blackboard or hear the teacher's voice. Sometimes rural children have so many chores to do in the morning and evening and so far to walk to school that they are too fatigued to make the progress they should.

**Three Objects in View.**  
The Department of Education is not exercising any compulsion in health education, but is actuated by the desire to enable each child to function in the highest degree possible for him in whatever sphere of life his lot may be cast. Three distinct objects are kept in view:

First—The curtailment of the spread of communicable disease in the community. Great benefits would be derived if parents, trustees and teachers were well enough informed to detect the first symptoms of contagious diseases. If this knowledge were more general and people knew what steps to take, a great deal could be done to preserve life, prevent epidemics and economize in the treatment of diseases.

Second—The correction of existing defects. Prevention in the child is more important than the remedy to cure bad health.

Third—The education of parents and children in the need of better health habits. There is room for a great campaign in this particular alone. Children should be taught how to take care of their teeth, the value

of fresh air in their living and sleeping apartments, the cleanliness of the body, and the necessity of physical exercises.

The plan of procedure suggested by the department is the union of a sufficient number of school sections in rural and urban communities to form a unit, which should comprise about thirty to thirty-five classrooms. This area would be large enough to employ the services of a well qualified, well trained nurse. The township or county council should be approached for a grant, which, with assistance from the government and contributions from the school boards, would meet the expenses of a permanent nurse to look after the health of the children.

**Nova Scotia Adopts "Drive to the Right" Rule**  
A despatch from Halifax, N.S., says—Premier E. H. Armstrong has introduced a bill in the local House of Assembly amending the Rule of the Road and the Motor Vehicle Act, conforming to the traffic rule prevailing in all other provinces of the Dominion, which have adopted the "drive to the right" policy. There was no discussion.

Not being particularly silent themselves, the Spaniards like using the expression, "Beware of silent men and dogs that don't bark." Yet they have another expression which seems directly to contradict this, for it says, "Speak little and well, and you will be considered as someone."

## Weekly Market Report

**Toronto.**  
Manitoba wheat—No. 1 Northern, \$1.23.  
Manitoba wheat—Nominal.  
Manitoba barley—Nominal.  
All the above track, Bay ports.  
American corn—No. 3 yellow, 90 1/4; No. 4, 88 1/2.  
Barley—Malting, 59 to 61c, according to freights outside.  
Buckwheat—No. 2, 78 to 80c.  
Rye—No. 2, 84 to 86c.  
Peas—No. 2, \$1.45 to \$1.50.  
Milled—Del. Montreal freights, bags included: Bran, per ton, \$26; shorts, per ton, \$28; middlings, \$28.50; good feed flour, \$2.  
Ontario wheat—No. 2 white, \$1.14 to \$1.16, according to freights outside; Ontario No. 2 white oats—48 to 50c; Ontario corn—Nominal.  
Ontario flour—Ninety per cent. pat., in jute bags, Montreal, prompt shipment, \$5.10 to \$5.20; Toronto basis, \$5.05 to \$5.15; bulk seaboard, \$4.95 to \$5.  
Manitoba flour—1st pat., in cotton sacks, \$7.10 per barrel; 2nd pat., \$6.60.  
Hay—Extra No. 2, per ton, track, Toronto, \$14; mixed, \$11; clover, \$8.  
Straw—Car lots, per ton, track, Toronto, \$9.  
Butter—Finest pasteurized creamery, 50 to 51c; prints, 51 to 52c; ordinary creamery, solids, 46 to 48c; prints, 48 to 49c; dairy, 29c; cooking, 15 to 18c.  
Eggs—Fresh gathered, \$7 to 9c; held, 26 to 29c.  
Live poultry—Chickens, milk-fed, over 5 lbs., 25c; do, 4 to 5 lbs., 22c; do, 2 to 4 lbs., 15 to 18c; hens, over 8 lbs., 25c; do, 4 to 5 lbs., 18c; do, 3 to 4 lbs., 15 to 18c; roosters, 12 to 15c; fresh air, over 5 lbs., 25 to 30c; do, 4 to 5 lbs., 22 to 25c; turkeys, young, 10 lbs. and up, 25c; do, old, 15c.  
Dressed poultry—Chickens, milk-fed, over 5 lbs., 30c; do, 4 to 5 lbs., 26c; do, over 5 lbs., 26c; do, 4 to 5 lbs., 24c; do, 2 to 4 lbs., 22c; hens, over 5 lbs., 25c; do, 4 to 5 lbs., 24c; do, 3 to 4 lbs., 22c; roosters, 25c; turkeys, over 5 lbs., 28 to 30c; do, 4 to 5 lbs., 25c; turkeys, young, 10 lbs. and up, 25c; do, old, 20c.  
Potatoes—On track, Toronto, 70c per 90-lb. bag.  
Smoked meats—Hams, med., 27 to 29c; cooked ham, 40 to 42c; smoked rolls, 26 to 28c; cottage rolls, 32 to 35c; breakfast bacon, 30 to 33c; speck, 34 to 36c; boneless, 34 to 40c.  
Cured meats—Long clear bacon, 50 to 70 lbs., \$20; 70 to 90 lbs., \$19; 90 lbs. and up, \$18; lightweight rolls, in barrels, \$38; heavyweight rolls, \$35.  
Lard—Pure tallow, 16 1/4c; tallow, 17c; prints, 17 1/4c; prints, 18 1/4c.  
Shortening, tierces, 14 1/4 to 15c; tubs, 15 to 15 1/2c; prints, 15 1/2 to 16c; prints, 17 1/2 to 18c.  
Heavy steers, choice, \$7 to \$8; butcher steers, choice, \$6 to \$8.25; do, good, \$5.50 to \$6; do, med., \$5.25 to \$5.50; do, com., \$4.75 to \$5; butchers, choice, \$6 to \$6.25; do, med., \$5.25 to \$6; do, com., \$4.75 to \$5.25; butcher cows, choice, \$4.75 to \$5.25; do, med., \$3 to \$4; canners and cutters, \$4 to \$5; do, com., \$3 to \$4; fester steers, good, \$5.50 to \$6.50; do, fair, \$4 to \$5; stockers, good, \$4 to \$4.50; do, fair, \$2.50 to \$3.50; calves, choice, \$11.50 to \$12.50; do, med., \$10; do, com., \$4.50 to \$7.50; milch cows, choice, \$70 to \$90; springers, choice, \$80 to \$100; lambs, choice, \$12 to \$14; sheep, choice, \$8 to \$9; do, culls, \$3 to \$4; hogs, fed and watered, \$10.50 to \$10.75; do, Lab., \$9.75 to \$10; do, country points, \$9.50 to \$9.75.  
Montreal.  
Corn—American No. 2 yellow, \$3 to \$3.60; do, No. 3, 60 to 61c; extra No. 1, feed, 57 to 58c; No. 2 spring white, 55 to 56c.  
Flour—Man. local wheat, \$6.00; strong bakers, \$6.40; winter, \$6.00; choice, \$6.50. Bran, \$25 to \$30.  
Shorts, \$28 to \$32. Middlings, \$33 to \$35.  
Hay—No. 2, per ton, car lots, \$13 to \$14.  
Cheese—Finest easterns, 28c. Butter—Choice creamery, 51 1/2 to 52c.  
Eggs—Fresh, 4c.  
Potatoes—Per bag, car lots, \$1.05.  
Med. and fairly good veals, \$6 to \$7.50.  
Thick, fat, heavy western hogs, \$9; good quality local, \$10 to \$10.50.

## CHRISTENING OF ROYAL BABY MARCH 25

### Ceremony to Take Place in Parish Church at Princess Mary's Yorkshire Home.

A despatch from London says:—The date has been set for the christening of the infant son of Princess Mary and Viscount Lascelles. The ceremony is to take place in the parish church at Goldborough on March 25, this date being chosen so as not to clash with any other arrangements of the royal family. The Saturday preceding the King and Queen with their sons will be at Knowley for the Grand National and after the race they will go straight to Goldborough Hall for the christening on Palm Sunday.

### FRENCH DISSOLVE ALL POLICE IN RUHR ZONE

#### The Invaders Continue March Through German Towns on the Rhine.

A despatch from Essen says:—The disarming and expulsion of the security police at Dortmund on Thursday completes the disarmament and dissolution of the police bodies throughout the Ruhr. Only certain towns now have civic police, who are virtually mere watchmen.

A report from Mannheim says that the French have occupied Rheinau harbor on the Rhine in lower Alsace and are marching on Rohrbach, which is a suburb of Mannheim. It is also reported that the French have occupied the railway station of Dornach, near Elberfeld.

### The Quiet Mind.

Strength of character is seldom demonstrated by a noisy and blustering assertiveness. Still waters run deep, and Matthew Arnold in his fine sonnet on "Nature" teaches that "soil unsevered from tranquillity" accomplishes results beyond the ken of those who think that a large outward must be accompanied by a loud sound.

The air of having time enough and room enough, which some men of commanding power disclose, is in striking contrast with the fussiness, the petulance, the febrile restlessness and nervousness of other and lesser men. Those who command and receive the confidence of others are not those who flare impetuously, in a spasmodic excitement, when the crisis arrives. They do not "fly off at the handle" or "go off at half-cock," as the proverbial wisdom of the street expresses it. In fact, they are so calm that they frequently exasperate those who think that it is their duty to get excited.

Dr. Osler used to lay stress on the importance of the quiet mind, the disciplined tranquillity of the physician at the bedside, who is the soldier of civilization on the firing line of science. It certainly harms and does not aid the patient if the healer betrays irresolution and agitation. Whatever qualms and incertitudes beset the doctor's mind, he should not show them. The appearance of confidence breeds confidence. We trust those who seem to know what they are doing. Such dissembling on the part of one who undertakes to cure the ills to which flesh is heir is not a mean duplicity, an evil hypocrisy. It is a righteous and lawful way to give the sick the comfort and the encouragement that have so much to do with progress toward recovery.

The quiet mind, in any field of application, can afford to wait and be gentle and tolerant of contrary opinion, and generous and humorous. It has its own "durable satisfactions" that come "when few men heed." It finds a satisfaction in deliberate sessions with itself, sometimes in the nocturnal silences, sometimes in the lonesome places, but always in a consciousness that a Power, shaping a destiny, guiding a life, controlling the world, is near at hand. One who never feels reliance on that presence greater than self and beyond self can have no perfect rest in a world of mortal error and finite shortcomings.

Pence comes when we understand that round about us, and in our lives, there is the love divine; a love serene and wise; a love as ample as the fullness of the sea.

Wheat exports from Canada during January this year, amounted to 2,737,856 bushels, valued at \$11,608,727, as compared with 6,102,854 bushels, value \$7,160,270 in January, 1922. Of wheat flour 1,025,357 barrels, valued at \$5,891,365, were exported in January this year, compared with 631,821 barrels, value \$3,677,950, in January of last year.

Canada has taken a leading place in the world in poultry matters by admitting the hen to registration, as no other country in the world had previously registered poultry under national records. The honor of having the first registered hen goes to Mr. Everett Howatt, of Tyron, P.E.I., whose white leghorn pullet laid 215 eggs in 62 consecutive weeks in the laying contest at Charlottetown.

"Too much holiday too little," says a well-known saying. Fresh water etc. equal to a quarter of conference, about 6,000 lives.

## LIFTING OF EMBARGO BIG TRADE INCREASE

### Britain's Live Stock Dealers Expecting Million Head of Cattle from Canada.

A despatch from Ottawa says:—Testifying before the committee that is inquiring into agricultural conditions, Deputy Minister of Agriculture Grisdale said that many in the livestock trade in Great Britain evidently believed that a big trade would result from Canada, following the lifting of the cattle embargo. Indeed, some seemed to think as many as a million head might be got from this country.

An important point brought out was that cattle shipped from Ireland went into Britain under much easier conditions than those from Canada, though, after their arrival the conditions are the same in both cases.

Thomas Sales drew information respecting the cost of shipping cattle from the West to Liverpool, Dr. Grisdale venturing the opinion that the cost from Winnipeg for an eleven hundred pound head would be from \$45 to \$50. Mr. Sales thought that about another \$10 would have to be added to charges from a mid-Saskatchewan point, and concluded that, from present prospects, there would not be much in it for the Western farmer.

He thought that a head sold at \$40 some years ago brought more profit than one at \$60 to-day.

Mr. Arkell gave the overhead charges on an eleven hundred pound steer to Liverpool as follows: From Toronto, \$25; from Winnipeg, \$44; from Calgary, \$47. The burden of evidence was to show that the business of shipping store cattle would be profitable for the eastern farmer.

Mr. Sales wanted to know if it would not be possible to secure a through rate on cattle shipped from the West and fed in the East for export, so that the farmer might, in this respect, be placed on the same level with the millers who had a milling in transit rate.

## Britain to Retain Use of Paper Money

A despatch from London says:—The resumption of gold currency is not contemplated, according to Stanley Baldwin, Chancellor of the Exchequer. When questioned in the House as to whether he would consider the advisability of abolishing paper money and revert to gold in order to inspire confidence and stimulate industry, the Chancellor replied he did not think that the issue of gold was either desirable now, or necessary to produce the results referred to.

Breslau, in Silesia, possesses a chimney 50 feet high made entirely of compressed paper. It is stated to be fireproof.



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Dr. F. C. Bunting, whose discovery of insulin, a serum for the cure of diabetes, has brought unqualified approval and praise from medical men on both sides of the Atlantic. He has already had amazing results in treatment of diabetic patients. A movement is on foot in the Ontario Parliament to present him with a substantial income to set him free for at least ten years for unrestricted research work.

## SUPERIOR QUALITY OF ANZAC PRODUCTS

### The High National Standard Averts British Trade from Canadian Canned Fruits.

A despatch from London says:—New Zealand having already made serious inroads on the British market for Canadian cheese with its Government graded product, Australia now threatens to steal a march on Canada by the establishment of a national standard of quality for all its primary products.

A start has already been made with butter and cheese, and the British market will soon receive supplies of butter labelled with the national brand "Kangaroo," which will guarantee that it has been pasteurized, has come from Australia, and will keep for five months.

Similar action will be taken with regard to canned fruits and dried fruits.

There is a lesson here for Canada whose canned fruits are constantly being criticized by British importers on the ground that they are not well graded. For the same a contractor to whom it was proposed to give a catering contract for the British Empire exhibition, objected to using Canadian canned fruit.

J. A. Ruddick, Dominion Dairy Commissioner, now en route to the Antipodes will, no doubt, look into the advisability of emulating Australia's example.

## IN RABBITBORO



Randall.