

**Cook Is More Scientific**

**Yesterday May Been Tastier But Lived Life Span, Doctor Claims**

The young woman who the Alchemists may not cook as was her grand- knowledge of nutrition is her healthiest. The span of her life, according to Mrs. Freda ...

... observations on past ... an announcement that ... of Education, stress will ... of the nutritive ...

... two ago little ... to the nutritive ... members of the ... "Warning. Usually ... including the baby, ... fare which was ... and tastes of ... father. His break- ... supper consisted of ... and boiled potatoes ... that limited diet ... the whole family. On ... family sordid, ... past twenty or twenty- ... have learned much of ... We know to-day ... different areas require ... and that different in- ... same age have a wide ... requirements. Often ... same age are far apart ... of food required or in ... times a day that they ...

**Canada to Stage Rifle Matches?**

Under the heading "A Canadian Bisley, the Montreal Star makes the following observations: Sportsmen everywhere will commend the scheme to establish a Canadian Bisley Meet on the Connaught Ranges this coming summer. It is proposed to hold one competition in which teams representing Western Canada, Eastern Canada, and the National Rifle Association of Great Britain will shoot ...

**As No Heart of Gold**

The latest information ... formed of metallic ... generally accept- ... dices specula- ... persisted to recent ... birth, because it is ... water, has a heart of ... Service's Daily ... (Washington).

**Water is Blue**

... copper, thinks ... dissolved copper ... this color, as ... violet or cop- ... Richard Wil- ... are announced ... of the American ... a press bulletin ... (New York). We ... water was dis- ... Fritz Haber ... Islands, Haber, ... ammoniac, up- ... its war plans, ... described ... Germans, pre- ... explanation that ... because of the ...

**Do Drivers Ignore Road Sign Warnings**

The old adage to the effect that familiarity breeds contempt is as true of automobile drivers and pedestrians as it is of other individuals. The above is merely a short way of saying that the longer a driver slips by a dangerous corner or school at high speed without accident, or the more often he passes a car going up a hill without mishap, the more careless he gets. Education of drivers and pedestrians rather than guards and safety devices will eventually reduce the number of traffic accidents to a minimum, says Dr. A. R. Lauer, associate professor of psychology at Iowa State College. Studies have indicated that safety devices eliminate only about 20 per cent. of accidents. Dr. Lauer urges the education of the public, and especially school children, in safety habits. Drivers, he says, need to be acquainted with their dangerous driving habits and impressed with the necessity of correcting them. Apparatus to test the ability of drivers to respond quickly to various driving situations and to avoid accidents is being constructed, under the professor's guidance.

**Alberta Wells Set New Record for 1930**

Edmonton, Alta.—Setting a record in the history of the province, Alberta Oil Wells, in December, 1930, produced 175,572 barrels of various kinds of crude and naphtha oil. Figures for the whole year ended December 31, 1931, just released, 1,453,844, as compared with 999,172 for 1929. The year's production according to the various fields was as follows: Naphtha from Turner Valley, 1,314,029 barrels; Light Crude from Turner Valley, 50,345 barrels; light crude from Red Coulee, 53,917 barrels; heavy crude from Wainwright, 9,739 barrels; heavy crude from Ribstone, 1,873 barrels; heavy crude from Cliff, 3,731 barrels. Every man is like the company he is want to keep.—Euripides.

**Relics of Andree Polar Expedition Put on Exhibition in Stockholm**

Stockholm—An exhibition of relics found at Viton (the White Island) of the Andree polar expedition is being shown at Stockholm. In the exhibit are the three sledges and the boat which Andree's party used. There also is Andree's sweater, with his big diary which gave to the world the description of their long walk across the ice. There are note-books, calendars, diaries and all the books and maps which the expedition carried with them. On the wall is the balloon's flag. In different cases are to be found various instruments, clocks, money, and the camera carried by the expedition. Elsewhere one finds the clothes worn during the expedition, the guns, tools, instruments, sewing materials, needles and threads, a wooden box with number of match boxes, canisters, food tins, household implements, parts of the tent and poles, and Canadian snowboots. Two items which attracted special attention were Nils Strindberg's fountain pen and a kerosene stove. When the fountain pen was picked up, after having lain in the ice for 33 years, there was some ink left and it proved to be in perfect condition and could be used. When the stove was found the men tried the pump and kerosene spurted forth. After this oil was removed and fresh put in, the stove operated perfectly. The income of this exhibition is to go toward the fund which was started in the autumn in memory of the three Swedes for their brave contribution to the history of geographical research and aircraft. As an appreciation of thanks to the Norwegians who found Andree and for the help and courtesy shown in Norway during the transport home, this fund will be open for both Swedes and Norwegians.

**Fresh Salmon On Sale In Newfoundland**

St. Johns, N.F.—Many hundred pounds of Atlantic salmon fresh from nets of local fishermen have been on sale here, creating a situation unique in Newfoundland. Streets are as bare of snow as in October. Grass is green and plants are growing out of doors. Mere mildness of weather might be attributed to a freak of nature, but the presence of salmon in quantity in these waters indicates that ocean currents have something to do with it. Salmon are caught here in May and June on their way to ascend rivers for spawning, and sometimes in November on their way out. Being found in shore waters at this season would indicate that the Arctic current, which is usually supposed to wash these shores, has been deflected and some offshoot of the Gulf Stream is sweeping near these coasts. Last season codfish and bait fishes failed to appear in the south coast waters of Newfoundland. Local opinion is that the earth shocks of November, 1929, when a tidal wave took twenty-seven lives and destroyed \$500,000 fishing property in the Burin area and smashed a score of telegraph cables, were responsible for some change in ocean currents. At any rate, the warmest summer in Newfoundland history followed last season, and now the unseasonable presence of shoals of salmon and mild weather would indicate existence of some unusual phenomenon. During all the month the presence of large flocks of robins in various parts of Avalon Peninsula has been most marked. The whole situation is most unusual and is puzzling to the residents.

**Canada to Stage Rifle Matches?**

By thus augmenting the annual Dominion of Canada rifle matches, the D.C.R.A. is providing greater facilities for Canadian marksmen to improve their shooting and at the same time is doing something vital for the cause of sport in Canada. Rifle shooting demands nerve, self-control, endurance, the ability to lose gracefully, and a very keen sense of sportsmanship. These qualities the Bisley Meet has encouraged and developed for many years past. Canada, by virtue of her pre-eminence in rifle sports, is surely entitled to have a modest Bisley of her own. It is not too much to expect that the proposal will be received favorably in other parts of the Empire. It may, indeed, be the beginning of what will eventually be a series of Empire Bisley meets, held from year to year in the self-governing Dominions in rotation. Such a scheme would have many attractions, and would serve to stimulate still further interest in one of the finest of sports.

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**Lloyd George at 68**



Barely showing his age, Lloyd George, national figure in English politics, is seen (above), on his sixty-eighth birthday, spent on his farm at Chart.

**Vancouver Sets January Record**

Highest Average Temperature Recorded in Last 25 Years. Vancouver.—The month just past was the warmest January on record in Vancouver, it was announced recently by E. B. Shearman, official weather observer. Not only was the mean (average) temperature of 42.1 degrees highest, its nearest competitor, 40.05 degrees in January, 1914, but the maximum of 58 degrees on the 18th was the highest thermometer reading recorded in the 25 years during which official records have been kept. The average temperature in the 25 years period has been 35.4 degrees. January also came close to setting a rain record with 11.24 inches, which was exceeded only in 1925, when January set a record of 13.15 inches. The 25-year average had been 8.06 inches. There was not even a trace of snow during the past month. January 9 was the coldest day, the thermometer recording 29.1 degrees in the early morning.

**U.S. Heads List Of Unemployed**

Canada Has Lowest Percentage of Unemployment of Any of the Principal Nations. Ottawa.—According to a report of the International Labor Office of the League of Nations received here on Feb. 7th, the United States had the highest percentage of unemployed among members of trade unions in December of any of the principal nations. The percentage of unemployed trade unionists in that month were:

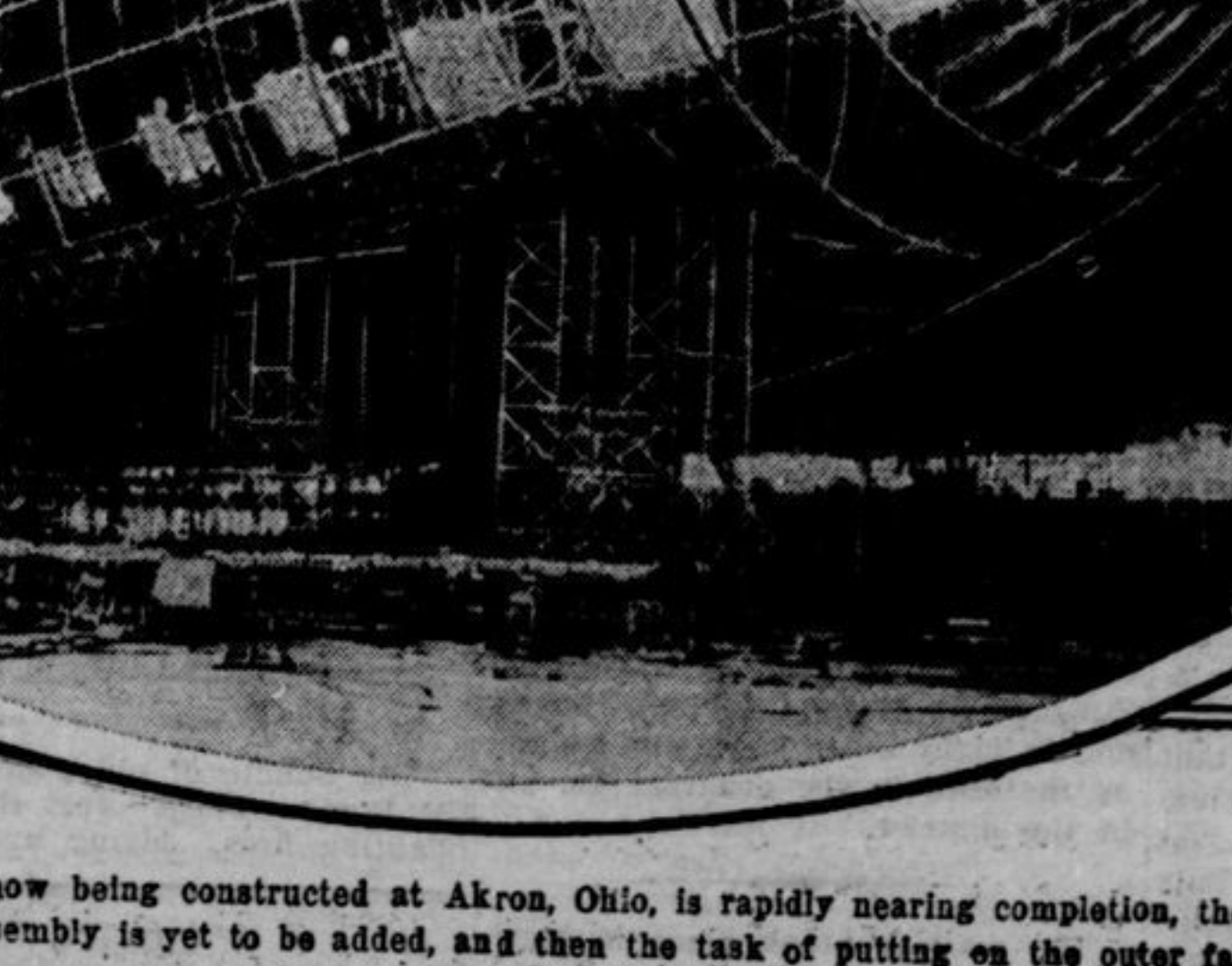
STEAMER GARAGES. Motorists will soon be able to go down to the sea in automobiles. A sea-going garage is now under construction in one of the huge liners of the Dollar Line and sailings from New York to Manila, via California, Hawaii, Japanese and Chinese ports will begin this summer. This garage will provide first-class seven-league boots for motorists, for it will be possible to motor in California one day, and a week later drive through the streets of Hong Kong or Shanghai in their own car. The garage will be conveniently located so that motorists will be able to drive their cars abroad through the side without difficulty. Space for more than 100 cars will be provided.

	Per Cent
United States	22
Germany	19
Great Britain	19
Australia	18
Hungary	18
Denmark	15.3
Norway	13.0
Canada	10.8
Total registered unemployed in Germany was 3,977,000, and in England 2,596,963.	

**250 Canadians**

Buenos Aires.—It was announced here recently that a delegation of 250 Canadian business men and industrialists, headed by a delegate named by the Canadian Government, will arrive in Buenos Aires March 12 on board the liner Prince Robert. The Canadian visitors will stay here until March 23, visiting the British Trade Exhibition and the principal centres in Argentina. A woman writes to say the domestic servant is not the only one who likes change. The taxidriver asks for it, too.

**Gigantic Dirigible Under Construction**



World's largest dirigible, which is now being constructed at Akron, Ohio, is rapidly nearing completion, the huge 76-foot nose having recently been put in place. Only tail assembly is yet to be added, and then the task of putting on the outer fabric covering will begin.

**Typhoid Fever Death Rate Highest in Rural Communities**

By John Burke Ingram. "Well, John," said Mrs. Henry as they watched their three children walk down the road to the school-house half a mile away, "we may not have all the conveniences that city people have, but at least we have the satisfaction of knowing that our youngsters are being brought up in the healthy, open countryside, and not in some congested, disease-ridden city." How about that loving, staunch speech of Mrs. Henry's? What do you think of it? Do you still believe that the country is a "healthier" place to live in than the city? Because if you do, you're wrong! Once upon a time cities were disease ridden, and the country was by comparison free from sickness. But for years medical science has been learning more and more about the art of keeping people well, and most large Canadian cities, with their efficient public health departments, can show a cleaner bill of health than can the average rural area.

When I started to write this article, I intended to tell you something about typhoid fever. Perhaps I have wandered a little from my subject, but if so, the wandering is justified, because typhoid fever furnishes an outstanding example of bad health-management in rural areas. In big, congested cities where you would expect the least, and in rural Canada, where you would expect the fresh air and sunlight to keep this disease down, you actually find a death-rate from typhoid fever that is not merely as high, but many times higher, than the rate for a city like Hamilton, or Toronto. And the fact that these valuable rural lives are being wasted emphasizes our great national need—a system of full-time rural health units—full-time medical departments of health, similar to those which Quebec is rapidly organizing in all parts of that province. Typhoid fever is a germ-produced disease. Cities have conquered it largely by keeping the typhoid germs from being swallowed by their citizens. Typhoid germs live and multiply and thrive in milk and in water. Canadian cities kill the germs before their citizens drink the milk and the water, by chlorinating the water and pasteurizing the milk. One should remember in considering a rural source of water supply the well-known scientific fact that water will not run up a hill. If a barnyard or any place where waste is thrown is situated on a higher level than the well then sewage may easily be carried down into the well. It is the top of wells or cisterns, either cracked or not sufficiently protected, which will cause the trouble. The ten or twelve feet at the top of the casing may also be a source of danger as water may flow close to the surface of the ground and get into the well before it has had time to be thoroughly purified. If the tops and upper parts of the casing are water tight, then surface water and imperfectly filtered water can both be kept out. The matter can be summed up by saying that the entrance of any surface drainage, because this is likely to be the means of carrying disease-producing germs from persons who have or have had certain diseases—including (one is tempted to say especially)—typhoid fever. It is especially the shallow wells which collect surface water that are dangerous. Surface water of course drains into the well, quickly bringing with it much of the surface muck. Even springs which most people consider to be absolutely pure actually

have been found to be almost as dangerous since frequently they gather a considerable proportion of the surface water. Deep wells were found to be best of all from a health point of view. Deep wells were found to be more than twice as satisfactory as springs and more than three times as satisfactory as shallow wells insofar as freedom from typhoid germs is concerned. Now then as to the question of milk. To one not familiar with the methods used by an up-to-date health department in preventing disease, it may seem strange that milk which is produced in the country and carried to the city can be made more pure at the end of its journey than it was at the beginning. The answer to this little puzzle is of course in the process of pasteurization. There are so many ways in which typhoid germs can get into the milk. A fly settling upon a small quantity of germs which in a single day can breed untold millions. A hair from the cow's udder can do the same thing. Typhoid germs frequently find their way into the milk pail from the hands of the milker. The entire journey of the milk from the moment it leaves the cow until it is taken into the human mouth is fraught with danger. At almost any stage of its journey typhoid germs may contaminate the milk. In fact when I say that from the moment it leaves the cow's body the milk is in danger of contamination, I am understating the case. The cow herself may not be healthy and the contamination may take place even before milking. Of course in addition to the danger of typhoid spreading by means of water, milk and food there is the obvious and ever-present possibility of the spreading from person to person. Quarantine regulations do much to stop this in the city and where they are enforced also in rural parts. Unfortunately quarantine regulations are not enforced as strongly in many rural parts as they are in cities.

**Campbell Sets Goal At 300 Mi. An Hour**

Says New Record of 245 miles Did Not Provide Any Thrills. Daytona Beach, Fla.—Captain Malcolm Campbell's greatest ambition is to drive an automobile 300 miles an hour. The 46-year-old British race driver, who on Feb. 5th hung up a new world's land speed record of 245 miles an hour on the beach speedway here, expressed such a desire while making preparations for his return trip to England. "It is my very great ambition to be able to drive a car at that speed," he declared as he opened and read hundreds of cablesgrams and telegrams, received from all parts of the world, congratulating him on his record-breaking achievement in his huge Bluebird racing car. "I have said that I am not satisfied with my present record of 245. That is true, but I do not content myself with more record trials soon. There is plenty more speed in my Bluebird, but these trials are so beastly expensive. "Perhaps, if I can find some millionaire who will help finance such an undertaking, I shall shoot for the 300-mile mark within the next few years. There is nothing I should like better to do than to make that present it is my greatest ambition." Campbell would make no definite predictions as to when he thought an automobile speed of 300 miles an hour would be attained, but estimated it would be within the next three or four years. Campbell declared he would have no fear in trying for a speed of 300 miles an hour, provided he had a car that was absolutely stable and a course that was perfect. "I am what you call a fatalist. I believe that I am not going to get mine until I am supposed to. When that time comes I shall be ready to meet it. But why talk of that now, I have no fear. I absolutely get no sensation of thrill while traveling at so fast a speed."

**Why Peacock Feathers Are Considered Unlucky**

Many people will not keep peacock feathers in their homes because they consider them unlucky. The superstition which associates these feathers with misfortune is supposed to be based on an ancient mythological tale. According to the most usual version of the myth, Jupiter fell in love with the beautiful Io, and to protect her from the wrath of his jealous wife Juno, he transformed her into a white heifer; whereupon Juno, who saw through the trick, persuaded her husband to give her the heifer, which she placed under the vigilant surveillance of Argus, a fabulous being with 100 eyes, 50 of which remained open even when Argus was asleep. Jupiter sent Mercury to slay Argus and deliver Io, a task which Mercury accomplished by lulling the hundred eyes of the monster to sleep with stories and soothing tunes on a lute. Juno, in memory of Argus metamorphosed him into a peacock, her favorite bird, and transferred his eyes to its tail, where they form the beautifully colored disks. From this story Argus-eyed came to mean jealously watchful, and the peacock's tail became the emblem of an evil eye.

**Advice to the Rich**

London Morning Post. There is at the present moment a widely held belief that the private individual can help the employment situation by spending less and saving more than usual. We think that this belief is mistaken. Not, indeed, that we depreciate the virtue of thrift; if there had been more of it in the period since the War the country would have been more prosperous than it has been. But additional thrift at a time of depression like the present merely adds to the capital surplus for which there is no immediate use; spending, on the other hand, by those whose incomes are unimpaired, will help to keep the markets active and promote employment. On advice, therefore, is that those who can should spend, not extravagantly, but normally.

**Girl Guide News For Patrol Leaders**

I have been Patrol Leader almost two years now, and have only lately found a way in which to keep the interest of my Guides during patrol time. In our company each patrol has a small room, and we, too, have to "leave no trace behind." In our patrol room we have a large table and several chairs. We appointed a guide who could attend the meetings early; she arranges the chairs around the table and puts the charts and pictures up with thumb-tacks. Our New Year's resolution was to have a log book. We bought a hard-covered book, and to make the cover interesting we pasted on a birch-bark trefoil on which we printed the name of our patrol and our motto. We are also starting a nature log book, in which we will keep pressed flowers and leaves, pictures, etc., with accounts of each.

Patrols might also subscribe to the Girl Guide papers. These, with a badge book and several other Guide charts obtained at headquarters, are very helpful if left on the table. I find it best in patrol time to have some one special thing to do, as there is not so much time to be slack. Signaling, physical exercises, drill, knots and many other things need to be reviewed often. Within our patrol room itself we have made it homelike by cutting out pictures of officers and verses on Guide work, from old Rally programmes and pasting them on cardboard. We have a patrol ladder, the first rung being Tenderfoot and the last First Class, as the Guides win different badges they climb the ladder. In one corner we have a stove on which is our patrol flag and a "Be Prepared" pennant. We also have a knot board of the Tenderfoot and Second Class knots. Cushions with the patrol emblem or crosses of the Union Jack might also help make a cosy corner. A cover for the table, of which each Guide could work a corner might also help. These things could be made quite inexpensively, and need not all fall on the Leader, if each Guide would chip in. Hoping this may be of a benefit to some Leader.—E.W.

**Italy to Issue New License Plates**

A new system of lettering license plates which allows highway police to instantly identify what part of the country a car comes from is now being tried in Italy, according to The Autocar. Instead of a set of letters and figures which could only be interpreted by a code, cars have been classed according to provinces—in Ontario this would correspond to counties—and these provinces are indicated by the first two initials of each. For example cars from the small province of Torino have TO preceding the numerals; those from Palermo have PA and so forth. The Royal Automobile Club of Italy is responsible for this reform. This motoring body is almost a government institution, and is entrusted with the task of collecting car taxes and issuing licenses. It is, however, responsible to Premier Mussolini for all its actions, as illustrated by an incident described by an official of the club. The scheme for lettering the license plates was submitted for the approval of the dictator, Mussolini passed his pencil approvingly down the list of provinces and their abbreviations until he came to the RO in front of Roma. "Roma is eternal and cannot be abbreviated; make the necessary change," he ordered. And so it came about that, while the residents of the various Italian provinces carry two initials on their license plates, the citizens of Rome have the privilege of using the full word "Roma."

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