

### Canada Reduces Buffalo Herd

#### Great Herd in Alberta, Has to be Kept Within Grazing Capacity of Reserves

Ottawa.—Upwards of half a million pounds of buffalo meat was placed on the Canadian market during the autumn as a result of the slaughter of some 1,200 animals from the herd in Alberta. The disposal of these members of Canada's great national herd was made necessary by the grazing limitations of the immense fenced reserves at Wainwright and the 1,200 slaughtered are the equivalent of the 1932 increase. This reduction brings the herd down to approximately 6,300. The annual reduction of the herd at Wainwright, Alberta, which is administered by the Department of the Interior through the National Parks of Canada, calls to mind Canada's success in bringing back the buffalo. The herd at Wainwright developed from the Pablo herd purchased by the Dominion Government in 1907. A total of 716 animals half bred and 631 of the breed were established in Buffalo National Park while the remainder formed the nucleus for the present herd of over 1,000 in Elk Island National Park. The animals placed in Buffalo Park have increased rapidly during the twenty-five years since the establishment of the park. A total of 6,673 was shipped north to Wood Buffalo Park near Fort Smith, Northwest Territories; including this year's number a total of 5,839 have been slaughtered and the meat, heads, and hides disposed of, which together with the 6,300 still remaining in the park make a total of 21,553 animals.

The practice followed in this year's disposal of the surplus animals at Wainwright was the same as in the several years since a reduction of the herd became necessary for its future well being. The entire herd was rounded up and the animals selected were separated and placed in special corrals conveniently close to the abattoir. They included 500 over four years of age, 400 three year olds, 250 two year olds, and 50 aged buffalo. Each day since November 3 when the work began, a certain number were slaughtered and the carcasses inspected and placed in refrigerator cars for shipment to the larger centres of population throughout the Dominion. Vancouver, Edmonton, Calgary, Regina, Winnipeg, Toronto, Ottawa, a Montreal all receive allotments and thereby citizens in every part of the Dominion were given an opportunity to enjoy a real treat. Buffalo meat has all the juicy tenderness of the finest beef and is highly regarded as an article of food. Ninety per cent of the carcasses from the slaughter, including the fifty aged buffalo were set aside to be dried and later distributed among the Eskimo to relieve cases of distress.

The buffalo heads are mounted for sale, while the skins are made up in robes and rugs, and coats for both ladies and gentlemen. By careful treatment the weight of the coats has been reduced so that they compare favourably with other furs in this respect. For warmth, durability and appearance they rank with the best from other Canadian fur-bearing.

### Injections for the Drowsy

A woman of forty-five was always tired. She had to sleep about thirteen hours out of the twenty-four, and at last getting up in the morning became an agony.

Four weeks of treatment by injection with gland extract enabled her to get up every morning early with ease. This and other cases of the kind, says Dr. Jean P. L. in his book "Paris," owe everything to a recent discovery of Dr. Leopold Lev, pioneer of endocrinology in France.

His knowledge of the internal-secretion glands prompted him to experiment until he had tested extracts from sheep-heads. A suprarenal gland extract seems most potent with those who want to get up early. We read:

An Egyptian woman, in a condition of profound weakness, was able, after fourteen injections of cortico-suprarenal extract, to get up at seven in the morning instead of at ten, a result unattainable hitherto.

A young woman, an invalid, was affected by a persistent sleepiness. She went to bed without waiting to eat her dinner so intense would be her desire to sleep. A multiglandular treatment, with suprarenal extract, made it easy for her to get up in the morning at a quarter past six, ridding her of her drowsiness besides.

A doctor, having passed his fiftieth year, could not get up early. After a course of treatment through the energy glands—from the ninth medical visit, in fact—he could get up early without difficulty, and at the same time he was freed from nervousness and pain.

Two farmers had many arguments as to which could grow the best produce. One day one of them sent his son to borrow the other's cross-cut saw. "What might he want it for?" the latter asked. "Well," said the boy, "he's got a cabbage so big he says he'll want the saw before he can get it into the barrow." "Go back and tell him he can't have it. I've got it fast in a potato," was the reply.

### This Week's Science Notes

#### Vitamin D Added to Both Dried and Pasteurized Product — Other Notes

There is good reason to believe that from 50 to 96 per cent. of the young children suffer to some degree from rickets—the disease caused by lack of bone-hardening vitamin D. When it was discovered that poverty-stricken children of the tropics who play in the sun are less likely than city children to have bow-legs—one of the signs of rickets—it occurred to Dr. Hulschinsky that the ultra-violet rays in sunlight must have some effect on bone formation. He proved his theory by some striking experiments with mercury-vapor lamps that emitted ultra-violet rays.

When Drs. Hess and Steenbock independently showed that foods which were not preventives of rickets could be made potent for that purpose merely by exposing them to ultra-violet rays, the case was complete. Cod-liver oil, for example, owes its vitamin content to the fact that fish-liver oil is a food that has been irradiated by the sun. Milk is good because cows digest grass turned green by the sun.

Vitamins are affected by the heat. Pasteurized and dried milk therefore lose some of their more valuable properties. For this reason babies fed on pasteurized milk are always given orange juice. It occurred to early investigators that if pasteurized or dried milk were subjected to ultra-violet radiation vitamins would be synthesized—especially the antirachitic vitamin D. The experiments were successful.

### INTRODUCING VITAMIN D

Dr. G. C. Supplee, the director of an industrial laboratory at Bainbridge, N.Y., where the manufacture of dried milk is scientifically controlled, has now reduced this discovery to commercial practice by standardizing the exposures. He and his associates found that the rays do not penetrate more than a fraction of an inch. Hence the milk is allowed to flow in a very thin layer in the beams of a carbon arc. Reflectors distribute the rays evenly, and at constantly changing angles. The total exposure does not exceed sixteen seconds—not enough to affect the milk chemically. Dr. Supplee has thus activated 5,000 quarts of milk an hour at a cost of one twenty-fifth of a cent to the quart.

Since it is important to know how intense the radiation is, Dr. Supplee makes exact measurements with a modified photo-electric cell. He uses the cell much as any dairyman would use the thermometer, but in this case to control the temperature of the pasteurization.

The work of Dr. Supplee is important because it is now possible for manufacturers of dried milk and pasteurizers to sell a uniform product that will meet the standards set by physicians so far as its contents of vitamin D are concerned.

### THE BLESSINGS OF DUSTY AIR

One of the stock exhibits of committees organized to teach the public how to avoid contracting tuberculosis is a pair of miner's lungs, black with coal dust. Yet that biological revolutionist, Dr. J. B. S. Haldane of Cambridge University, rather startled an audience of physiologists and bio-chemists at the University of Michigan by maintaining that dust, whether coal dust or rock dust, is not the menace it is commonly supposed to be.

Rock dust by itself, Dr. Haldane admits, is a real danger. It consists of fine particles of silicates, each a little knife that cuts into lung tissue and thus produces the disease known as silicosis. But rock dust mixed with coal dust is no health hazard. According to Dr. Haldane, coal dust stimulates expectoration. As he clears his lungs and throat the miner gets rid of the coal dust as well as the rock dust that may be mixed with it. In fact the irritation produced by coal dust may actually be a benefit of warding off silicosis. Gold miners in the quartz seams of the Rand in South Africa are now being shifted to coal mines in order to test this theory.

Just what constitutes "bad air," the subject of Dr. Haldane's Michigan address, depends on what the viewpoint is. The unquestionably pure air that the aviator breathes at 20,000 feet is "bad" in the sense that it is not enough of it and that it exhales and leads to reckless acts. Air charged with rock dust, particles tossed up in the process of grinding cutlery, sand, and minute bits of cotton "fluff" is bad because, if breathed continually, it may induce tuberculosis and pneumonia. Apparently air charged with limestone and flourmill dust is not "bad" in this sense.

### TASTE VS. SCIENCE

Protests rise from gourmets. Good cooking means cleanliness in itself. But hygiene! The word smells of iodoform, carbolic acid, surgical dressings. A dish hygienically prepared tastes of the laboratory and not of the kitchen. And the glass shops with the sterilized air and the white-clad butchers—must we be forever reminded of appendicitis? Cooking is an art, not a surgical or chemical procedure. And so the conservatives predict that the cordon bleu will continue to follow the traditions of cleanliness, give all the senses a chance to judge the fitness of food to be served in a casserole and leave the fear of bacteria to the white-tiled food factories, where machines and thermometers are the real cooks.

### For the Slim Figure

By HELEN WILLIAMS.

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### OUR CROSS-WORD PUZZLE

|    |    |    |    |   |   |    |   |    |    |    |
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| 53 |    |    |    |   |   |    |   |    | 55 |    |

Horizontal

1—Aside  
4—Deadly  
9—Pronoun  
12—Mold  
13—To run away  
14—Joke  
15—Again  
17—Having lament  
19—Vase  
20—To cinge  
21—Transaction  
23—Seed bearer  
24—Slang; mediocre actors  
27—Age  
28—Tub  
29—Fashionable  
30—Not any  
31—Scottish for own  
32—Conjunction  
33—Colloquial; push  
34—The end  
36—Hearth projection  
37—Piece of information

Vertical

1—Poem  
2—Paddle  
3—Starch  
4—Plant  
5—Beverage  
6—Preposition  
7—Plant louse  
8—Slim  
9—Expanded  
10—Shade  
11—Finish

38—Genus of frogs  
39—To terrify  
40—Grain  
41—Fearful  
42—Sound of knock  
43—Salted  
44—Clear  
45—To inspire fear  
46—Partly heard  
47—Rather  
48—By birth  
49—To eat away  
50—Admission  
51—Scuttle  
52—Beverage  
53—Sign of zodiac  
54—To award  
55—Excursion  
56—Container  
57—To be due  
58—Top  
59—Anger  
60—Over  
61—Instantly  
62—Admission  
63—Scuttle  
64—Beverage  
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102—To award  
103—Excursion  
104—Container  
105—To be due  
106—Top  
107—Anger  
108—Over  
109—Instantly  
110—Admission  
111—Scuttle

### The Token-Heart

By Ralph Waterspoon in G. K.'s Weekly (London).

In the old farm chimney Jane and I espied  
A poor shrivelled sheep's heart,  
Black and mummified,  
Tucked away upon the shelf,  
Where the fleas begin,  
We found a sheep's heart,  
Stuck full of pins.

How it came to be there  
None could discover;  
Nor who had stuck the pins in it  
To plagi her faithless lover.  
Who the fitted maiden was  
And who the truant swain,  
I could only wonder,  
And likewise Jane.

Said she must have suffered!"  
Said Jane with a sigh—  
"She probably deserved to,  
And more," quoth I.  
"When she drove a pin home  
Did he feel a pain?"  
"I hope not," I answered,  
"I hope so!" said Jane—  
"I hope so, I hope so, I HOPE so!"  
Said Jane.

A hope unaccompanied with a godly life had better be given up, and the sooner the better; for, if retained, it will prove as a spider's web when God shall take away the soul.—Aughhey.

### ANSWER TO LAST WEEK'S PUZZLE

|   |   |   |   |   |   |   |   |   |   |   |
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### Alberta-British Columbia Boundary

Ottawa.—The boundary between Alberta and British Columbia is the crest of the Rocky Mountains from the International Boundary northerly to the intersection with the 120th meridian of west longitude from whence it runs due north along that meridian to the north boundary of the two provinces. The mountain crest section of the boundary and the 120th meridian as far north as township 97 have been surveyed by an Interprovincial Boundary Commission and nearly all the map sheets are now available from the Topographical Survey, Department of the Interior, Ottawa.

### Teacher—"What are the products of the West Indies?"

Boy—"I don't know."

Teacher—"Come, come! Where do you get sugar from?"

Boy—"We borrow it from the next-door neighbor."

At April 1st, 385 morning newspapers had 14,391,417 net paid circulation; 1,543 evening newspapers had paid circulation of 25,676,674. These figures are within one per cent. of the net paid as of Summer, 1929.—Editor and Publisher, New York.

Sonny—"Daddy, the dog has littered the living room again."

Daddy—"Break anything?"

Sonny—"Oh, no, but she has six puppies."

You shouldn't expect to fly all night with the bats, and then sail around all day with the meadowlarks.

Wife—"I've invited one of my old sweethearts to dinner. Do you mind?"

Husband—"Mind! Heavens, No! I always love to associate with lucky people."

Non-Transferable

Teacher—"Tommy, come up here and give me what you've got in your mouth."

Tommy—"I wish I could—It's the toothache."

### that sluggish feeling

Put yourself right with nature by chewing Feen-a-mint. Works mildly but effectively in small doses. Modern—safe—scientific. For the family.

### Feen-a-mint

THE CHEWING GUM LAXATIVE For Adults and Children No Taste But the Mint

FOR CONSTIPATION

That in Wainwright Buffalo Park, Alberta, experiments have been carried out in cross-breeding buffalo and angus cattle in an endeavor to produce a milk and food animal capable of withstanding the rigors of the very far North? The curious looking beast in the photograph is the result of this experiment and is known as a "cattalo"

### Owl Laufs

My Dog and I

Old pal, the years are slipping by,  
Our leaning shadows eastward fall,  
It won't be long till you and I  
Will hear and heed our Master's  
call;  
I don't know where we'll go from here,  
Or what we'll be or what we'll do,  
And I don't care—if only fate  
Will grant me just one friend like  
you.

Friend—"Did you ever attend a school for stuttering?"

Stutterer—"N-u-no, I j-j-just p-p-picked it up."

Men are like boys. They'll work much harder to amuse themselves than they will to make money. You know 'em, don't you?

Visitor—"What nice buttons you are sewing on your little boy's suit. My husband once had some like that on his suit."

Minister's Wife—"Yes, I get all my buttons out of the collection plate."

Stolen kisses may be sweetest, but a little enthusiastic co-operation does not hurt anything.

Medlin—"I hear that when Gerald Snyder was in the hospital he had to have two nurses night and day."

Herbin—"Yes, his wife wouldn't trust him alone with just one."

When you follow the path of least resistance, you must be content to arrive long after the crowd.

### Modern Love Song

Believe me, if all those adhering young charms  
Which I view with admiring dismay,  
Are going to rub off on the shoulders  
Of this suit which was just cleaned  
to-day,  
Thou wilt be adored with my usual  
zeal,  
My sweetheart, my loved one, my  
own,  
But I'll sternly repress the emotions  
I feel—  
I'll love you, but leave you alone.

Johnson—"Women don't interest me. I prefer the company of my fellow men."

Sellers—"I'm broke too, brother."

### It's Hanuary Now in Hosay

New President—"I stopped over in San Juan and—"

Old President—"Pardon me, but you should say San Huan. In California we pronounce our J's like H's."

New President—"Well, you'll have to give me time. You see, I've been in the State only through Hune and Huly."

### Condensed Geography

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### NURSE LOSES 7 LBS.

"I weighed 145 lbs.," writes a nurse, "when I bought the bottle of Kruschen Salts which I have just finished. I have taken a good half-teaspoonful in a glass of hot water every morning. Now I weigh 138 lbs., a loss of 7 lbs. I am very glad to have lost weight, especially without trouble."—M.H.R. (Trained Nurse).

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Get a bottle of Kruschen Salts today, and take one-half a teaspoon in a glass of hot water every morning before breakfast.

Before the bottle is empty you'll feel years younger—eyes will brighten—step grow springtlier—nerves steadier—you'll sleep sound, enjoy your meals, and after a hard day's work you'll be ready for wholesome recreation—one million women already know all this.

### FAIR QUESTION

A couple of men were playing a golf match, but not very seriously, for they managed to get a good deal of fun from the encounter. The climax came at a hole where one of them, attempting a terrific drive, saw the head of his club sail away at the end of yards of "whipping" and fall into a stream.

"Now look here," said his opponent, in mock annoyance, "which is it going to be—golf or fishing?"

"Uncle, you're not married, are you?"

"No, darling."

"Then who tells you what you ought not to do?"

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Wake up your Liver  
—No Calomel necessary

Many people who feel sour, sluggish and generally wretched make the mistake of taking calomel, oil, mineral water, laxative candy or chewing gum, or roughage which only move the bowels and ignore the liver.

What you need is to wake up your liver late. Start your liver pouring the daily two pounds of liquid bile into your bowels. Feed your stomach and intestines working as they should, every hour.

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Soap 25c. Ointment 25c. and 50c.

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