

Nazi Ideas On Race Superiority

While there is considerable goose-stepping in obedience to Nazi music by German anthropologists, ethnologists and sociologists who ought to know better, there is also some mild disagreement with the doctrine of the Nordic superiority, one of the foundation stones of the Hitler-Gothenberg-Rosenberg ideology. The result is a great deal of floundering. Andrew Baker performs the useful task in the Journal of Psychology, of showing how foggy is recent German thinking on the subject of race superiority.

A German follower of Hitler always asserts that, whatever anthropologists may say, a race can be defined in the terms of psychics and physics — the minds and bodies, modes of thinking and outward looks. The dilettantish Hans F. K. Guenther is followed, his "Rassenkunde des Deutschen Volkes" having become the anthropological gospel of Germany. He becomes rhapsodical. "The soul of the Nordic is as far as his body."

When the blue-eyed blonds began to preen themselves on their Nordic souls simply because of their fair skin and to set up within the chosen but mixed "Aryans" a still more chosen caste the government thought it time to step in. The Department of Popular Political Enlightenment and Race Consciousness decried the "craze for blondness" and warned against "racial vanity and family conceit." More stress began to be laid on the mythical Nordic "soul" and the supposed ability, denied to other strains, to think coolly, logically and thoroughly, to dominate, to invent and to organize. But, points out Mr. Baker, these qualities are precisely the ones assigned by so good a geneticist as Lenz to the Jews.

The second commandment of the Nazi gospel is a belief in the immutability of race, no matter what the anthropologists may have proved about racial imperability and the instability of man as a biological species. Heredity is everything, environment nothing, according to this conception.

Anthropologists, on the other hand, make it plain that while a Mongol cannot change his slant eyes and his yellow skin, he can nevertheless become socially a European merely by living with Europeans and learning their ways. If Western negroes were deported to the African jungles whence they came they would be as socially miserable as white men. Yet Hitler thinks that he reduces the belief of environmental influence to absurdity when he says that "Americans ought to be American Indians if there is any truth in this view."

But others realizing the hollowness of Hitler's method of reasoning, fly to Lamarck, in whose doctrines very few biologists believe. Baker points out the dilemma:

- Two compromises are being offered: (a) differentiation between race and species — an artificial differentiation; (b) assumption of the heredity of acquired characteristics — an unproven concept.

A third Nazi tenet is that the "Aryan" branch of the white race is superior to all others in its capacity for civilization, conquest being one of the evidences of superior endowment. The best minds in Germany swallow Hitler's dictum ("Mein Kampf") that "human culture on the European continent is inseparable from the existence of the Aryan," notwithstanding the cultural dominance of the Moors in Europe at a time when the Nordics were unwashed, ignorant barbarians who were regarded as an inferior stock by the Mediterranean peoples.

The Hitler gospel has had repercussions abroad — notably in Japan — with which Germany would like to remain on the friendliest terms because of the supposed Russian menace — with the result that Frick, the Minister of the Interior, had to issue this ukase:

Hateful derogation of foreign races must be avoided in principle. The only demand to be stressed is that increasing influence of foreign blood over German be prohibited by all means.

Baker summarizes: While it has been officially declared that derogation of other races must be avoided, the opposite view is maintained with equal strength. Open contraction is the present status. Lastly, we have the doctrine that culture and race are synonymous and that a culture declines when the races mix — this despite the immense amount of historical and anthropological evidence to the effect that cultures flourish best when the races intermix.

Baker makes the point that Germans deliberately misinterpret eugenics to make it synonymous with the racial purity. Karl Pearson, leader of the eugenic movement after Galton, was not concerned with races or mixtures of races, but solely with social fitness. But in Germany it is assumed that racial mixtures are bad, despite the fact that there is not a pure human race in existence anywhere and that the Germans themselves are mongrels.

"If a composer discusses his work before it is completed he has a feeling that the public is looking over his shoulder." — Walter Damrosch.

HOW TO MAKE ICED TEA

Infuse six heaping teaspoons of Salada Black Tea in a pint of fresh boiling water. After five minutes strain liquid into two-quart container. While hot, add 1½ cups of granulated sugar and the juice of 2 lemons. Stir well until sugar is dissolved; fill container with cold water. Do not allow tea to cool before adding the cold water; otherwise liquid will become cloudy. Serve with chopped ice.

"SALADA" ICED TEA

The Importance of Rest

No subject is more timely than the importance of rest, for there are probably more tired people in the world today than ever before. Nervous exhaustion has taken the place of the old-fashioned stomach-ache as the prevailing complaint of the times. The direct result of our strenuous life is that everywhere people are skipping on sleep.

It has been stated that man is the only animal who does not sleep after a meal. Most of us take a meal and immediately start in to work where complete relaxation after a meal is well worth the apparent loss of time.

No doubt many of you know people who can completely relax for a comparatively short period of time, ten to twenty minutes, and start in as refreshed as if they had had several hours in bed. To those of you who are working at high tension let me advise breaking the tension with relaxation at periodic intervals during the day.

During the last war on marches the customary thing was to march for a period and rest for a much shorter period, and it was found that a greater distance could be traversed in this way than by keeping right straight ahead for a longer and more continuous period.

Let us now consider just how much time we spend in sleep. The ordinary man, without knowing it, in the course of an ordinary lifetime, spends about as much time in slumber as Rip Van Winkle. The following table shows how much time the average person has to sleep, if he spends the normal amount of time in that way, and if he lives to the ripe age of three-score and ten. You who are listening to this talk make a note when your age is mentioned, and see that you henceforth get what is coming to you.

If you are twenty you will sleep 16 years, 8 months, 3 days and 8 hours. If you are now thirty you will sleep 13 years, 4 months, 1 day and 16 hours. If you are now forty you will sleep ten years. If you are now fifty you will sleep 6 years, 8 months, 3 days and 3 hours. If you are now sixty you will sleep 3 years, 1 month, 1 day and 16 hours. If you are now sixty-five you will sleep 1 year, 8 months, 3 days and 8 hours.

These figures may strike ambitious people as rather alarming. We are apt to dislike the idea that all those

valuable years in one life time are to be spent in mere slumber. But we must remember that "Sleep is a generous thief. It restores to energy what it steals from time."

It is not with the desire to encourage idleness that we point to the necessity of the average man and woman with responsibilities taking the normal eight hours' sleep per night as advocated. Rather it is because the conditions which modern life imposes on us encourage us to cheat ourselves of that reasonable amount of sleep which is necessary if the human system is not going to get out of gear. Compared with animals, human beings have few natural resting habits and dispositions. That is partly because of our more active brains; the mind is constantly making suggestions for further activity. For many reasons man is a very restless organism; and the tax is apt to be nervous exhaustion. As someone has said, "If you would live long, you must live slowly."

You are apt to read many things on the subject of sleep that you will find confusing. For instance, one of the greatest men of our time, Thomas Edison, did his very greatest work at an advanced age, and yet he indulged in only 4 hours' sleep per night; and 4 hours was the allowance of sleep Napoleon permitted himself. But the latter's experience differed from that of Edison, for he was burned out early in years. He died of cancer, it is true, and while we do not know yet that there is any relation between cancer and nervous exhaustion there is reason to believe that his later battles and campaigns were lost by a man whose nervous energy was exhausted.

As well as sleeping the normal eight hours every night, it is important that one should sleep well. So to that end a few suggestions are offered. Regular hours are an important factor in the matter of health. Many people who suffer from insomnia have a lack of punctuality to blame for their suffering. One of all the things that can be inflicted upon one there is nothing quite as dangerous to the nervous system as insomnia.

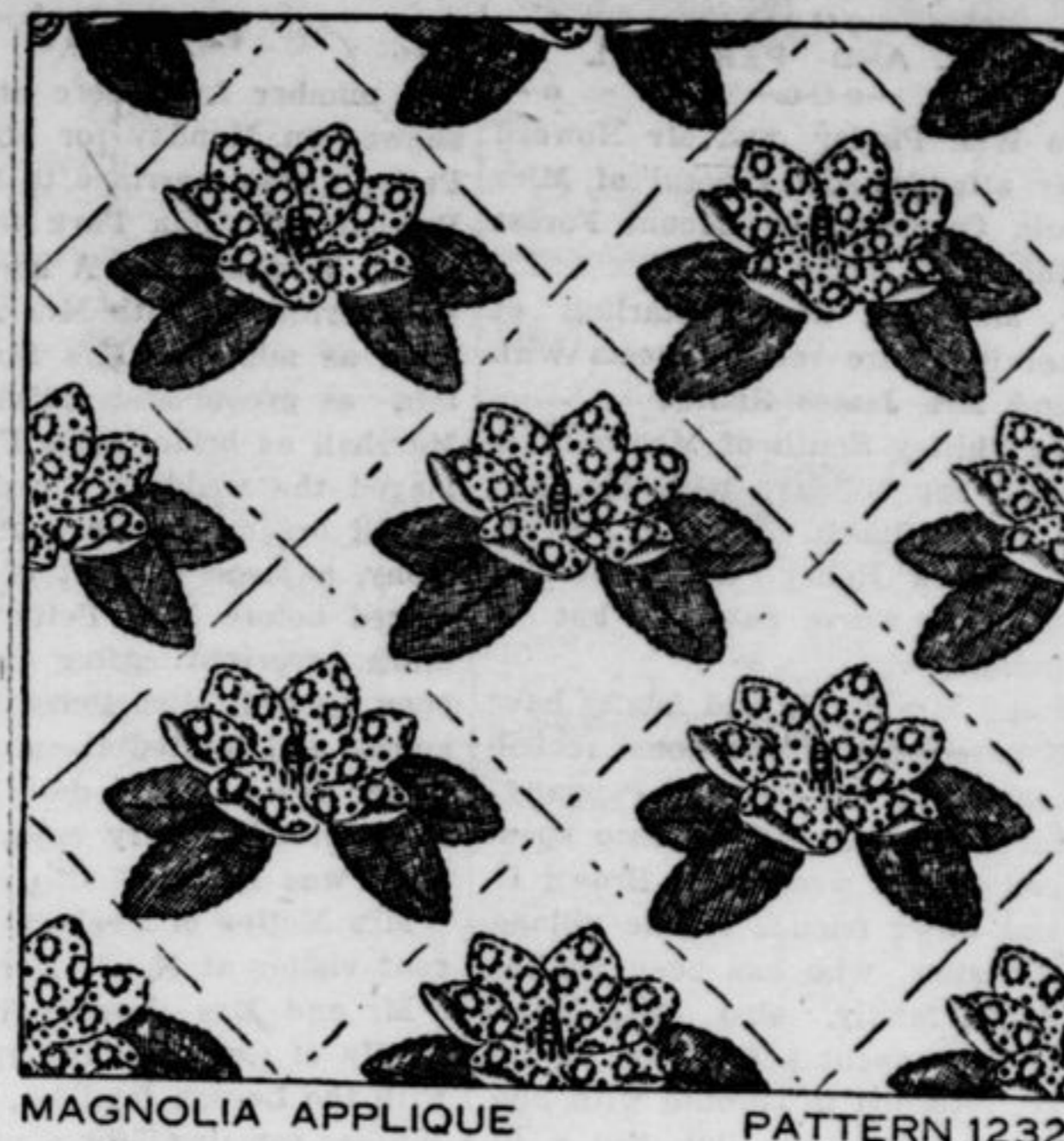
If one is inclined to be early one evening and late the next, the brain is likely to decide that the late hour is the one which it will select for falling asleep. If one will select a certain hour each night as the time for going to sleep the nervous system is likely to respond automatically. Shakespeare said, "How use doth breed a habit in a man," and whether he knew it or not, he was referring to the quiet automatic way our nervous systems adjust themselves to our usages.

It is a mistake to doze off in the evening before definitely going to bed. This takes us to bed in a state of mind that is half-asleep and half-awake, so that it is difficult to have complete sleep when bedtime comes. As the digestive system requires rest, and takes its best while we sleep, it is unwise to indulge in late suppers. There should be an interval of at least an hour and a half to two hours between the last meal and the time of going to bed. It is however, a good plan for people who have difficulty in getting to sleep, to take a warm drink the last thing before going to bed. It would not, of course, be a nerve-stimulant such as tea or coffee.

Oysters Change Sex From Year to Year

OTTAWA—In the oyster world along the Atlantic coast of North America, the males and females interchange as between the sexes from year to year. In any one year a male may be a female and the next year the female may become a male. This change in sex has been under observation by the Biological Board of Canada for the past six years in connection with one of the oyster beds along the Prince Edward Island coast, and it has been found that the oysters can and do change their sex from year to year. It is the opinion that the oysters tend first to mature as males and later change to females, and that probably each year a few female oysters change to males. During the period, the females increased in greater proportion than the males. In 1931, 62 per cent were males and 25 per cent females, but by 1934, 76 per cent were females and only 22 per cent males. The remainder were doubtful as to sex.

Magnolia Blossoms Add Beauty to Laura Wheeler Appliqued Quilt



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Ease the Shock of Death Awareness For Your Children

Send Them to Sunday School for Religious Instruction and Don't Avoid Their Questions.

"What is the angel doing, mother?" He had picked up an old magazine with a picture of Dan Cupid on the cover, a very beautiful cherub who may have been ten or twelve years old, but with beatific wisdom in his eyes.

"He isn't an angel, dear. He is a little fairy. Those are arrows he has." After the meaning of arrows was explained the next question was a poser. Small Sam went back to the angel idea, "Why doesn't he have clothes on? Angels wear dresses. They wear dresses and go to see Jesus."

Mother said yes, that was right. "But," she added, "I guess some angels would rather go without clothes. Boy angels maybe." "They live in heaven." "Yes, dear."

"Why don't they like it here?" "They do. Only they like heaven better."

"Heaven's up in the sky. Can we go there? Do airplanes see heaven?" "No, it is too far away."

Just a Word to Children "Harry's an angel now. Mary said so. But Pichard said Harry was dead. What does dead mean?"

Mother said, "You go to sleep for a long time. And when you wake up you are in heaven." If the boy had been older she would have tried to be more definite, but he is such a little fellow.

"Will I be dead sometime? I want to see heaven."

"Oh, sometime, but Grandpa's never been dead or seen heaven. People stay here a long time usually before they go away."

"Harry went. Where do wings grow, mother?" "I think you had better get your sled now, dear. You need some sunshine before lunch. Oh, wings grow on shoulders."

"She asked me what to do. The boy so often brings up the subject of angels and death," she said. "Possibly because he lost a little friend. He isn't old enough to reason it out so I never know what to say. About death, I mean."

Answer His Questions

"Who does know?" I reminded her. "You and I were told it as you have told your son. Today we may have altered the conception of what form the spirit takes after winging away, according to our faith and reason; but even the greatest skeptics cannot deny the beauty of the idea of white-winged angels. Anyway, I think it better for you to answer the child's questions. So many mothers avoid it altogether."

"Why don't you start Samuel to Sunday School? Religious instruction is a part of my creed about child rearing. Whatever the religion of his parents and grandparents before him, it is best for the child to have instruction in that, I think. He learns, at least, to reverse the things he should. As for death, I would not go too deeply into explanations now."

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Canadian Oats Check Decline

Like the world area in wheat and barley, the world acreage under oats has steadily declined since 1929. In the British Empire, however, the trend has been in the opposite direction, the area under oats now standing higher than at any time during the period 1928-35. This is chiefly due, states the Imperial Economic Committee's report on Grain Crops, to the continuous increase in Canada since 1931.

Of the 18,890,000 acres sown to oats in the British Empire in 1934, Canada had 3,730,000 acres. The area sown in foreign countries was 117,270,000 acres, making a world total of 136,000,000 acres, and showing a decline in the world area sown to oats of 10,060,000 acres, compared with 1928. The progressive acreage in Canada is shown by the following figures: 12,840,000 acres in 1931; 13,150,000 acres in 1932; 13,530,000 acres in 1933; 13,730,000 acres in 1934; 14,096,200 acres in 1935, and 14,150,000 (provisional estimate) in 1936.

World production in oats has fallen below the level of 1928-30. The United States, as first among the world producers of oats, has been replaced by Russia. In Empire trade Canada retains her place as principal producer and exporter of oats. Indeed, in Empire trade, the Canadian exports of oats and the United Kingdom imports are the principal features of that trade. Normally, the United Kingdom is the largest world importer of oats, but she lost that place in 1934 to Switzerland and Italy for the time being. As already stated, Canada continues to be the chief Empire supply of oats, almost the only supply, it might be said, because the Irish Free State, once an important factor, now sends only very small quantities.

One Thing Spared Us

Observes the Calgary Herald—An Ontario contemporary voice a strong complaint against what is called the "plagues of June." It enumerates among others the caterpillar, the shad fly, the mosquito, and the black fly, all of which have made life in the banner province miserable of late. Fortunately Ontario seems to have escaped that annual Calgary discomfort, the down and seed pods from cottonwood trees.



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Streamlined Bathtub Arrives To Fit Into the Modern Scheme

Do You Walk Right?

To walk well there is only one rule—walk on one line and not on two. All this talk about the ball of the foot and shoulder carriage is unnecessary, for you could not possibly walk on two lines and this causes them to wobble from side to side. By walking on one line a woman will appear more graceful, and if there is any soft drapery about her costume she will seem almost to float into a room. I know a woman quite short and heavy, who, by walking on one line, gives such an impression of perfect control of her body that she looks pounds lighter while walking than at any other time. This technique gives to a man dignity and directness of movement.—Margery Wilson, Charn.

Immortal 'Flea'

There Is Doubt That They Lived 3,000 Years in Frozen Siberia

Early in the year news came from Russia that Professor P. H. Karapetov of the Skovorodina Research Institute for the Study of Perpetually Frozen Regions had discovered in the permanently frozen soil of Northern Siberia insects which, though inanimate for 1,000 to 3,000 years, came to life when thawed out. Biologists were skeptical. And justly so. Information which has been received from Russia by Dr. D. N. Borodin of New York, and which he passes on to this commentator makes it plain that there is still room for doubt.

It turns out that the correspondents were misled by the term "water fleas." Actually Professor Karapetov unearthed spores of fungi, mosses and algae and eggs of the Daphnia species, which last are minute crustaceans like crabs and are not insects at all. The professor dug down about 13 feet and chopped out lumps of frozen earth which he put into sterilized jars with sterilized water.

After nature had taken her course at normal temperatures the algae started to grow. Other plants followed. Finally the eggs of Daphnia hatched out several hundred infinitesimal crustaceans. These reproduced. Finally ten generations were flourishing for the benefit of the biologists.

Three thousand years old! It is too much to believe. Who can be sure that in all those centuries the soil was like a rock, frozen so solid that nothing could seep in from above? And what about deposits? And cracks?

The believers point to the mammoth discovered years ago in Northern Siberia. It, too, was frozen solid. In its stomach were still the leaves and grass that constituted its last meal—all so well preserved that they could be botanically identified. It is said that even the meat could be eaten. But the doubters still shake heads. Frozen mammoths are not live Daphnia.

The streamlined bathtub has arrived. It is announced that will be exhibited for the first time at the national plumbing convention in Buffalo next week. The makers explain that the new style in bathtubs is "designed to harmonize with modern types of construction and architecture."

We take it that the reference is to new styles in building and not to any revolutionary changes in the construction and architecture of the human chassis, which must fit into the new tubs. It is a comparatively simple task to alter the general shape and design of bathtubs, but quite another matter to mold the anatomy of some of us to proportions which fit neatly into a streamlined tub. Possibly the manufacturers should adopt as an advertising slogan "Shapely tubs for shapely people," thereby avoiding any complaints from purchasers about misfits.

Incidentally, the makers should be complimented on their commercial candor in announcing this latest contribution to the refinements of civilization, which is proclaimed as "a stimulus to the bathtub business." That is delightfully frank, as everything connected with bathtubs usually is. But it is just a little disappointing. We had hoped that the real purpose behind the streamlining of bathtubs was to promote greater speed in bathing, thus helping to relieve traffic jams in front of bathroom doors both in homes and boarding houses.

However, high-speed bathing has its dangers unless the new tubs are equipped with efficient non-skid devices and hydraulic brakes. It is obvious that the combination of a piece of soap and a streamline bathtub is likely to produce a degree of acceleration hazardous in the extreme to bathers who are in the habit of stepping on it. Apart from such risks, the new tubs have much to commend them and regular users doubtless will be kept in such good shape that they will step out of the tub each morning ready to meet all-comers.

Old Orchard

Myla Jo Closser in the New York Times.

Why does the frame that youth has kissed farewell, And left to memory and tranquil task, See budding treetops tossed in a Spring gale With such a stir of foolish hope, you ask? How can the sap that rises in the wood Disturb a being blasted and encumbered By half a hundred years of drought and flood, Hailstorm and thunderbolt, but half-remembered? In an old orchard many a knotted tree, Long past its bearing when the harvests come, Still flowers with a blithe futility When April tilts at Winter in the sun. So I, to age and impotence consigned, Put forth my verses—restless as the wind.

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