

Doctor Foresees Greater Longevity

Professor Irving Fisher Urges Naturalness As Aid to Longer Life

TORONTO—Dr. Irving Fisher, noted hygienist and economist, in a recent address here challenged those present to join with him in a "Vitality Expedition."

"I believe human life—say of those present—could be greatly prolonged... I believe the expectation of life could easily be doubled. But you will have to make revolutionary changes in your habits of living," he said.

"I can do more work now than at any other time during my life," said the professor, who at the age of 31 collapsed with tuberculosis and was laid up for six years. He related how he had been struck down with tuberculosis after he had been made full professor of Political Economy at Yale University, and had gone to Saranac Lake.

Started Institute
Subsequently he founded the Life Extension Institute, which had started the vogue of periodic health examinations and which, he claimed, had resulted in greatly extended and healthier lives. Now, nearing his seventieth birthday, he was starting a "Vitality Expedition," which he invited all to join. Membership involved answering periodic questionnaires regarding habits.

"We in civilization do not live as Nature intended us to live. Through our food, air, exercise and work we should try more nearly to live as she intended... and then with knowledge, enthusiasm and self-control there may come about the regeneration of the human race, maybe in my time maybe in a hundred years," said Dr. Fisher.

Chief Justice N. W. Rowlett, meeting chairman, alluded to the greater care which people took of their purchased stock than of their own health.

"Perils of Pauline" May Be Revived

Two Girls With Same Name, But Not Related, Are Just Like Twins in Appearance and Tastes

DETROIT—Pauline Taylor and Pauline Taylor, 16-year-old "twins" at Southwestern High School here, look alike, act alike, dress alike, but are not related. They were both born September 22, 1920, two hours apart, one in Canada and one in the United States, and are bosom pals.

"It happens once in 40,000,000 births," Dr. Martin Hoffman, Detroit hospital clinic director, said. "It's a grand coincidence, the Taylor 'twins,' who are almost inseparable, beamed. They have the same color hair—red—are the same height, weigh the same and prefer the same foods."

They were attracted to each other when they first met three years ago and the question of distinguishing names arose.

"I'll call you 'Paulynny,'" said Pauline Taylor, native of St. Ignace, Mich. "I'll call you Neene," said the other.

Both play the piano and are accomplished swimmers. When it comes to clothes the girls prefer brown and blue, and occasionally a yellow dress to offset their auburn hair dressed in croquignole style.

Every morning Neene calls for Paulynny to go to school. When one of the girls has a date—and they have plenty—the other must come along or else the date's off.

To end this "all too perfect" story now, would be unfair, because the "twins" disagree on one thing: Neene prefers brunette boy friends. Paulynny likes blondes.

Accident Brought Harris Tweeds

Famous Fabric Is Closely Connected With Use of Post

The famous Harris Tweeds came into being through an accident of nature. The freezing winds which sweep across the barren islands of the Outer Hebrides, off the coast of Scotland, made it imperative that the natives have warm wind-proof, weather-proof garments. With nowhere else to turn, the women of the islands took advantage of the unusually thick fleece which was the winter coat of their sheep, and from it they wove for their men the first crude Harris tweeds. Because they had no other, but the natural vegetable dye made from lichens and crotches, and because they were so poor, they used the coarsest wool from their own sheep. It was this coarse wool, which was characterized by a puffy outdoor odor. These tweeds had been worn in the Outer Hebrides for many years before the fashion centres of the world discovered them and elevated them to the rank of sports fashions.

What we can't understand is why they still call it a cow-catcher, when it is mostly a car-catcher... Kitchen Record.

California has had such a cold winter that when you shook the oranges out there you got an orange leaf—Chicago News.

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GARDENING

By GORDON L. SMITH

ARTICLE NO. 2

Informal planning, say the experts, is the most suitable for the average home garden. True, it is possible with very large grounds and skilled help to do something with straight, dignified rows and borders. But in the average case planting irregularly in clumps will produce the most pleasing effects. Such planting too, will add an air of spaciousness, giving even tiny backyard gardens the appearance of much larger affairs.

Set Off By A Lawn
Where at all possible there should be a bit of a lawn in the foreground with an irregularly shaped bed of flowers around the edges and, possibly, groups of shrubs set at the corners. Screening of harsh, straight lines about the house and driven with clumps of flowers and shrubs and an occasional trailing vine over veranda or garage will bring the whole

Turpentine Shortage

Twenty years ago the vast lands of the Carolinas, Georgia, Alabama and Florida produced millions of gallons of turpentine from their slash-pine forests. In an ignorant effort to prevent fires the forest owners burned over the land year after year, destroying not only all inflammable debris but the young trees as well.

The inevitable shortage of raw materials of refining the slash-pine pulp has made its demand for paper-making greater than the supply. The U. S. Government, therefore, is making loans to the stricken South-Eastern States, and re-afforestation

Modern developments in the methods of refining the slash-pine pulp has made its demand for paper-making greater than the supply. The U. S. Government, therefore, is making loans to the stricken South-Eastern States, and re-afforestation

To Alkalize Acid Indigestion Away Fast

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Exodus of 150,000 Worst of This Age

Canadian Doctor Describes Horrors of Malaga Evacuation

VALENCIA.—Dr. Norman Bethune, of Montreal, recently described the flight of 150,000 men, women and children from Malaga as "the most terrible evacuation of a city in modern times."

Malaga, Southern Spanish seaport, was captured February 8 by the insurgents in the Spanish Civil War. Dr. Bethune, head of the Spanish-American Blood Transfusion Institute, said he witnessed the evacuation during a trip from Barcelona with a truck-load of refrigerated blood for transfusions.

"Imagine 150,000 men, women and children setting out for safety to a town situated more than 100 miles away with only one road to take on a journey requiring five days and five nights at least," he said.

"There was no food to be found in the villages and there was no trains or buses to transport them. They staggered and stumbled, with cut and bruised feet, along the white flat road while the Fascists (insurgents) bombed them from the air and from the sea.

"There were thousands of children. They counted at least 5,000 under 10 years of age, at least 1,000 of them barefoot and many clad only in single garments.

Become Dense Stream
"The incessant stream of people became so dense we barely could force our cars through them.

"We met so many distressed women and children we decided to turn back and start transporting the worst cases to safety.

"Our car was beset by a mob of frantic mothers and fathers, who, with tired, outstretched arms, held up to us their children with their faces swollen and congested by four days of sun and dust.

"How could we choose between a child dying of dysentery and a mother stolidly watching us with great sunken eyes, carrying against her open breast her child born on the road two days before?

"Many old people simply gave up the struggle and laid down beside the road to wait for death.

"We first decided to take only children and others. Then the separation of fathers and children, husbands and wives became too cruel to bear. We finished by transporting to Almeria the families with the largest number of children and children without parents.

"On the evening of the 12th, when the little seaport of Almeria was completely filled with refugees who thought they had reached a haven of safety, German and Italian airplanes dropped 10 bombs in the very centre of town where refugees were sleeping huddled so closely together on the main street that an automobile could pass only with great difficulty.

"After the planes passed I picked up three dead children from the pavement where they had been standing in line waiting for a cup of preserved milk and a handful of dry bread, the only food some of them had for days.

"The street was a shambles of dead and dying, lighted only by the orange glare of burning buildings. In the semi-darkness the moans of wounded children and the shrieks of agonized mothers rose in a massed cry higher and higher to a pitch of intolerable intensity."

Women Secretaries Cramp Bosses' Style

NEW ORLEANS—Men soon may turn the tables and replace women as secretaries—because "a lot of bosses like to swear around the office."

Robert Hopcock, assistant director of the National Occupational Conference, told the conference that bosses "don't want women stenographers or secretaries to cramp their style."

"It's getting increasingly harder in many cities to find male secretaries and stenographers," Hopcock added.

SHE WAS AFRAID TO SHAKE HANDS

Rheumatism in Joints Caused Her Intense Pain

Read this letter from a woman describing the manner in which she was affected by rheumatism.

"For several years," she writes, "I suffered with rheumatism of the joints especially in my hands, and this caused me intense pain. I was even afraid to shake hands with anyone, for it made me suffer terribly. I began taking Kruschen Salts regularly, and after a little while my pains disappeared completely. I am naturally delighted with Kruschen. The pains and stiffness of rheumatism are frequently caused by deposits of uric acid in the muscles and joints. The numerous salts in Kruschen assist in stimulating your liver and kidneys to healthy, regular action, and so help them to get rid of this excess uric acid.

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HAVE YOU HEARD

Puzzled
Motorist (to friend): "How much petrol is in the tank, Bill?"

Bill: "The indicator says 'half' but I don't know whether it means half full or half-empty."

Psychology
Magistrate: "How can you be so mean as to swindle people who put confidence in you?"
Prisoner: "Well, your worship, they are the only ones that you can swindle."

Setto Voco

Mrs. Brown had occasion to reprimand her colored cook rather sharply. The victim looked daggers but said nothing until she reached the kitchen, where her voice could be heard in shrill vituperation. So loud became the clamor that her mistress hurried downstairs.

"Why, Liza," she began in amazement. "Who on earth are you talking to?"

"Ah ain't talkin' to nobody," was the reply, "but ah don't keer who in dis house heah's me."

Two professors were having an argument in an inn.
One called out: "Walter, bring me an encyclopedia."
Walter, (returning without it): "I am sorry sir, we haven't got one in this hotel, but what is it you gentlemen would like to know?"

The Worst of Juliet

The real tea drinker cannot go very long without his tea! Alfred Noyes tells a delightful story about one of them. During the war he was writing up important incidents and was assigned to interview sailors right after the battle of Jutland.

He found a sailor who had been sent aloft, and had to stay there during the whole engagement with half-ton shells hurtling past his head. Thinking to get an exciting "story" from him, Mr. Noyes asked him to describe his sensations during those terrifying hours.

All the man said was: "Well, of course, I had to miss my tea!"

One Way of Thinking

The president of a firm of cleaners and renovators held up a garment for his foreman's inspection.

"You see what I mean, Willie," he said, "and look the other dresses bear me out. Look"—he turned over a pile and brought several articles of ladies' wear into view—"notice how these dresses that were re-colored by the older men are streaked and spotted, while these here"—he indicated the pile on the left—"which were done by the younger lads are perfect."

Anywhere But
The golfer who has paid his club dues, settled for some lessons and bought an entire outfit finds it hard to believe that the game started in Scotland.

Shaky
Betty (just engaged): "Doris, you imagine what it is like to be in love, to sit next to the man you adore and feel your very innermost soul vibrating."

Doris: "Of course, my dear, I feel like that every time Joe takes me out in his old car."

Value of an Opinion
"Everybody is entitled to his own opinion."
"Of course," answered Miss Cayenne. "But you don't always know what to do with a perfectly good opinion unless you can enjoy the lonely satisfaction of writing it on a postcard and mailing it to a radio station."

The Diplomat
New Boarder: "I wish I had come here a week earlier."
Landlady: "That's very flattering sir."
"Not at all. I'd rather have eaten this fish than now!"

Need Building-Up?

WHEN you feel out-of-sorts, when you've no appetite, or stomach gives trouble, with gas or dyspepsia, try Dr. Pierce's Golden Medical Discovery.

For coughs due to colds try this tonic.

Read what Robert W. W. Jr., of St. Water St., Galt, Ont., said: "Dr. Pierce's Golden Medical Discovery has proved itself to be a fine system builder and for coughs due to cold it is the best. It clears up the cough and makes a person feel fit as a fiddle again in a few days."

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Along Canada's Mining Highway

Mining properties from Coast to Coast known either as producers of base metals or to contain base metal ores received marked stimulation during the past week by price advances in copper, lead and zinc to new high records for many years.

Mining Corporation's important subsidiary, Normetals, formerly Abana, announced financing rights to shareholders at 75 cents a share. With the further announcement that the property would be placed on production in July on a 250-ton daily basis, the shares attained a market price of over \$3 per share. Mining Corporation will own close to three million Normetals shares on the completion of the financing. Mining Corporation is

further interested in Base Metals through its large shareholding in Hudson Bay Mining and Smelting and its control of Base Metal Mining Corporation, with properties in British Columbia. The Company's holdings of gold equities are also substantial. Mining Corporation is conceded to have most able and efficient management.

The important development in oil was the listing of the shares of United Oils on the Toronto Stock Exchange. In addition to holdings in Turner Valley, including a holding immediately adjoining the Foundation well, the Company has extensive holdings in other Alberta oil fields.

Last but not least, his overcoat. It is of wonderfully soft navy blue cashmere—just the kind of coat a lady enjoys when she weeps on a man's shoulder.

Philosophy On Clothes Stated

NEW YORK—Frank Chapman, recently designated one of America's best-dressed men, airily avowed his snobwood walking stick with a shark's tooth head and summed up his clothes philosophy. "You've got to wear clothes, so why not enjoy it?"

Chapman, who is a singer and sportsman, is the strong, dark and handsome half of "America's best-dressed couple," his beautiful wife, Gladys Swarthout, opera singer and movie actress—who sometimes buys a suit from the same bolt of cloth he has chosen—has twice been on the New York designers' list of "ten best-dressed women."

The secret of her success with clothes is: she dresses to please her husband. His sartorial success hinges on his idea of deriving pleasure and comfort from dress "since you've got to dress."

There is about Chapman's wardrobe a certain intrepidity.

He dares to wear thin black wool socks, instead of silk, with his dinner clothes.

He dares to wear a striped coat and waistcoat with plain trousers, instead of a plain cutaway and striped trousers—and a wine-colored silk grosgrain waistcoat under his dinner jacket, instead of whatever-it-is other men wear.

For these ideas, Chapman was cited as one of "16 male fashion leaders" by the Merchant Tailors' Designers' Association.

He wears with his wine-colored silk waistcoat star ruby studs. His dinner clothes are midnight blue. In the coat lapel goes a wine-colored carnation with a matching carnation on his overcoat.

Then white pigskin gloves, black patent leather pumps, a walking stick with a cigarette lighter in the top—and the total effect is a splendid sight.

No fop, no beau brummel at heart is Chapman. He refuses to wear a wing collar—wears instead a modified sport shirt.

One of his favorite outfits is a "bowling suit"—he calls it that because he wore it once to a bowling party—of brown check.

It has a "scrubbing coat," but what that is, only men seem to know. Chapman wears with this suit a yellow and black tie having a dragon print, and gay yellow and black socks. Oh, and one would think it rather loud, but men seem to be wearing these things.

He is not, in general, a loud dresser. He believes it is possible for men to dress presentably on \$150 a year—if they have a few things to start with.

WAKE UP YOUR LIVER BILE—And You'll Jump Out of Bed in the Morning Refreshed to Go

The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas builds up your stomach. You get constipated. Harmful poisons go into the body, and you feel sour, sick and the world looks black.

Children Like Variety In Books

Adventurous Yarns Stimulate Their Imagination — Lists Given

If children like animals, they want to read about them, and there are a wide variety of such books on the stands.

"Small," by Kathleen C. Greene, gives the title role to a Cairn puppy, pet of five English children. The book opens with the family moving from London to the country. Into their new life come picnics and sports, a horse show in which the twins take ribbons, a fire, and a robbery. For children from eight to 10, this story is as real as oatmeal in the morning.

Everyone down to the five-year-old can take pointers from "My Circus Animals" by V. L. Durov, world-famous animal trainer. Stressing gentleness and sympathy as his first rules, he tells just how he taught tricks to his dogs, pig, monkey and elephants, in a series of lively and amusing anecdotes.

Catherine Cate Coblenz has gone behind the scenes of history to write the experience of animals who took part in great events. From the story of the bull who came to America with the Vikings, to the Puritan cat, and the horses of Cortez, the tales in "Animal Pioneers" are all true gleanings from old records.

No milk-and-water reading diet is "Pierce-Pack," a book for children from five to ten. Dhan Gopal Mukherji writes a powerful story of a tiger cub being trained by his mother to live skillfully in the jungle life. A red-blooded subject done in superb prose.

Some splendid mysteries, that will have children agog, also are listed among the new books.

"Mr. X," by Griffin Jay, is a swift and sure mystery for boys of Junior-high school age, in which the young members of a crime prevention club are instrumental in solving a kidnapping. This is a plausible, twentieth-century story, as the author states that anti-crime bands much like the one in the book are actually being formed. Tension and danger mount to a high climax.

Hawaii forms the setting of "Footprints in the Dust," a mystery book for girls by Alice Cooper Bailey. The puzzle of half a footprint in the dust of an abandoned wing in the house where she lives with her father, leads Arantha Grey to the solution of the plantation's enigma, and the finding of a lost heiress. Featured in the series story are a hidden passageway, a lost cave, and a menacing caretaker.

Men of Forty Still Growing

So Claims U. S. Anthropologist — May Lead to More Accurate Diagnosis of Disease

WASHINGTON—Your nose, ears, mouth, hands, feet, chest and torso, in the opinion of Dr. Ales Hrdlicka, keep on growing until you are well past 40.

The Smithsonian institute anthropologist took issue recently with the idea that a human being ceases to grow at about 24 years of age.

Exact measurements on American Indians, White Americans, Europeans, and many others show the legs and trunk keep on growing slightly "far into adult life." Arm length also appears to increase slightly.

In both White Americans and Indians, the hands and feet grow during adult years. Dr. Hrdlicka said, although wearing of tight-fitting shoes by the white men usually obscures this growth.

The breadth of the chest increases slightly among Indians until 50 or 60 years of age, he found and continues even later among the whites.

Such factors, as work, nourishment and disease modify the growth patterns, the anthropologist declared, but he added:

"The majority of the dimensions of characters, headed by stature, progress perceptibly on the average till well into the fourth decade of life.

"Others increase slightly until the fifth or even sixth decade. And still others, such as the dorsal length and breadth of the nose, the length of the ears, width of the mouth, depth of the chest, keep on augmenting throughout most if not all, of adult existence."

It is probable, he added, that more complete understanding of these changes by physicians will lead in the future to more accurate diagnosis of disease.

Judge Suggests Rolling Pin Act

When a wife at Hull, England, suggested that there was "another woman," the stipendiary, Mr. R. Macdonald, said—

"Why don't you women try the effect of a rolling pin, and say to your husbands: 'If you put your head over the fence at another woman again, down it will come.'"

"I will try it next time," said the wife.

"All obstacles to trade, whatever their character may be, should be removed, not at some future day, but immediately."
—Sir George Paish.