

# Says Worry Plays Havoc With Health

## One Day at a Time Right Way to Live, Cleveland Scientist Advises.

One of the hardest things to do in the life of modern civilized man is to live one day at a time, says Dr. George Washington Crile, Cleveland, eminent surgeon and author, in addressing a large gathering of the Local Council of Women, the Academy of Medicine, Toronto, "Life's Impacts and the Adverse Impacts."

"How much time have any of you spent out of your day?" he asked. "I don't know," he answered, "submitting that you have spent it in a very haphazard manner, and that you have not been able to get any of the things that you should have done."

Dr. Crile said that the average man spends about 160 hours a year in bed, and that the average woman spends about 120 hours a year in bed. He said that the average man spends about 160 hours a year in bed, and that the average woman spends about 120 hours a year in bed.

# VOICE of the PRESS

THE WORLD AT LARGE

## CANADA THE EMPIRE

### Curf in the Pig's Tail

Last year Canada sold to Great Britain 157 million pounds of bacon, equivalent to 1,000,000 hogs. The curf in the pig's tail appears to be assuming the shape of the 8 sign.—Kitchen Record.

### A Stream of Talk

The average man talks two hours a day of every twenty-four at the rate of 100 words a minute. He utters some 430,000 words a year. The authority doesn't say so, but we presume he is making of single men. — Chatham News.

### What Chance Has It?

The latest scientific aid to safe driving is a red light on the dashboard which warns motorists when they approach grade crossings. But it won't help fooling whistles, straggling bells and wailing sirens, which change has a little red light?—Windsor Daily Star.

### Help to Farmers

Agriculture is at last to receive the proper recognition. The prosperity of the province depends so much upon the well-being of the farmer that it would be nothing short of criminal not to recognize the demands of the farming community for greater assistance in placing agriculture in a better position to play its full part in the development and progress of the country.—St. Thomas Times-Journal.

### Wants Less Provincial Power

We may not always agree with Boston Massey, M.P., but we can see some validity in his claim that Canada is in danger of becoming "Balkanized." He, like most of us, sees nothing so menacing as to see a country with a consequent danger to federalism. There is such a danger. There is far too much emphasis laid upon "provincial rights," which usually means a reaching out for federal power. Probably what is needed is less provincial power. There is a growing body of public opinion, which even before it might not be a bad idea to abolish the provincial governments altogether, with consequent saving in taxes and trouble.—Niagara Falls Review.

### Changing Ontario

In Middlesex and Lambton counties rapid changes are taking place. The sons of the old pioneer families are not staying on the farms. They are selling out in many cases to the sons of Canadians of alien origins. In Lambton County, particularly near Aylmer, there is a large settlement of Czechoslovakians who have bought out old farms. They are making excellent settlers. They are happy just now that they are living in Canada and not in Czechoslovakia. The majority of new settlers are anxious to take out citizenship papers and to become good Canadians. They are ready to adopt our ways and our customs. Specially in the end it is not such a bad thing to have an infusion of new blood. In any case, whether we like it or not, the Western Ontario of a few decades from now may be an entirely different Western Ontario from that of our day and generation.—London Free Press.

### New Process Makes Pictures On Metal

Photographs Produced in This Way Are Much More Accurate

The Aluminum Company of America disclosed last week at Pittsburgh that it has perfected a method of making pictures on metal which was expected to be more enduring and more accurate than those taken on paper.

It presented the first portrait made by the new process to Dr. Paul D. Merica, whose research work on the precipitation hardening of alloys led to a more diversified use of metals.

Do Not React To Changes

The pictures are made on a patented metal about one-sixteenth of an inch thick, which contains an oxide coating, with the sensitive silver salts that react to light. When exposed to light sent through a negative an image is produced on the metal.

A spokesman said the metal pictures have proved more valuable for aerial surveys, where a surface, absolutely accurate, was needed.

He explained that a slight change in temperature causes contraction or expansion of paper pictures, and that such slight distortion would bring about a grave miscalculation of distances. The metal pictures do not react to such changes, he said.

### Walking For Ten Years

The most energetic man in the world has been walking for 10 years. He started in 1927 to walk round the world. Now he has completed 80,000 miles—more than three times the earth's circumference.

Whales have been known to break their jaws on the ocean bottom, after a mile deep dive.

### Rising (?) Sun

The core of the Chinese armies is still intact; the Central Government, with the whole-hearted support of a united nation, has never been stronger; and Japan has been forced to enlist the good offices of a European Power in order to make peace overtures which have been rejected with the contempt they deserved. Turn back the calendar, may be the wish of most Japanese. Too late, their awakening. Japan is caught in the toils of a war, the outcome of which is perfectly clear—all too clear to the Japanese. She has antagonized the Powers of the world by her brutality. Her troubles at home are increasing daily. News of insurrections in the territories she has torn from the mainland in previous "raids" leaks out to the world. The Land of the "Rising" Sun. We wonder!—Hong Kong Press.

### Irish Living Costs

For a time Ministers were disposed to deny that there was any increase in the cost of living, but when they could no longer persist in that attitude they proceeded to make the case that the increase in the cost of living was a sign of greater prosperity. The housekeeper in town and country has to pay higher prices for all her requirements. The citizens, as taxpayers, are, for the same reason, called upon to provide the funds needed by the Exchequer to defray the additional cost of living bonus. The citizens, as ratepayers, are similarly affected. While the costs and charges to which we have referred have been mounting, the income of the chief producing class in the country—the agricultural community—has been relatively diminishing. For everything he has to purchase the farmer has to pay more, and as his income is much less than it had been, obviously he is compelled to limit his purchases to a bare minimum. This decline in his purchasing power is detrimental to the manufacturer and trader.—Irish Independent, Dublin.

### Indented Road Reflects Light

New Type Surface — Engineer Offers Scheme to Aid Night Drivers

A new type of road surface that will "increase visibility very greatly" was reported at the 17th annual Massachusetts Safety Conference at Boston last week.

Need for some such surface was emphasized by a group of engineers discussing "highway lighting in relation to night accidents."

They pointed to mounting automobile fatalities after dark, restrictions on headlights, and experience "proving" the impracticability of enforcing speeds within the limits set by head-light visibility.

The Only Safe Speed

L. A. S. Wood, lighting engineer, said that "10 to 15 miles an hour is the only speed safe with present lighting equipment."

The problem, therefore, these engineers agreed, was one of getting enough light of the right kind in the right place on the highway.

C. A. B. Halvorson, of Lynn, Mass., announced that the new type of road surface was developed during an attempt by the research experts to design a surface that would allow drivers to see farther without glare. Crux of the problem, he said, was to get hold of a design that would do its job as well in wet weather as in dry.

Pitted At Intervals

The design he finally settled on makes his miniature test road look like one of those pans you put in the oven for hot biscuits. Little "cups" pit the road at intervals of an inch in diameter. Mixed with this indented surface is a substance, such as quartzite, which gives a high reflectivity.

### Spaghetti Shooting

"I went crazy because I was offered spaghetti instead of steak for my supper." A man offered this explanation recently to Chicago police after shooting his 17-year-old daughter and wounding his 21-year-old son. He missed his wife.

### Walking For Ten Years

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# Tissues Outlive Organism Growth

## Animal And Plant Tissues Both Can Live On, Celebrated Botanist Announces

Living tissues have the power to survive long beyond the life of the growing organism. This was demonstrated in the case of animal tissues by Dr. Alexis Carrel, who kept tissues from an embryo chicken heart alive longer than the greatest life span of a chicken. The culture is still alive at the Rockefeller Institute after more than a quarter of a century.

### Blossoms Alive For Months

Dr. Carl L. LaRue, of the department of botany, University of Michigan, has demonstrated that it is possible to keep plant tissues alive 365 times as long as they would survive in the plant. He took portions of the blossoms of plants which have but a short span of existence under natural conditions and placed them in a nutrient culture medium, similar to that in which germs and other micro-organisms are cultivated.

After a given structure has fulfilled its function in the plant, its nourishment is withdrawn and it disintegrates. The nourishment available is then diverted to the newly developing structures. When the blossom has finished its task it makes way for the fruit.

# Scenes Recall Klondike Days

## Yellowknife, N.W.T., Now Packed With Seekers After Gold

EDMONTON.—Scenes reminiscent of Dawson City during the Klondike rush, are being enacted at Yellowknife, N.W.T., centre of the gold field on the north shore of Great Slave Lake. Leonard E. Drummond, secretary and manager of the Alberta and Northwest Chamber of Mines, said. He just returned from a 10-day aerial inspection trip of far north mineral areas.

### Airplanes Bring Men In

"Airplanes are bringing men in daily who are seeking work and the work hasn't started yet," he said. "The result is there is no hotel accommodation for the new arrivals. Men are forced to undress and dress almost in public. It's almost like the Dawson days."

Mine managers in Yellowknife, Gordon Lake and Goldfields, whom he visited during his tour, asked him to issue a public warning to work-seekers not to consider going into these areas yet as it will only add to the difficulties and work will not start until the summer, Mr. Drummond said.

Commenting on the activity in the north, Mr. Drummond said "there's no question it will be a big year."

# Longevity Of Canadians Is Steadily Increasing

## Life Expectation In The Dominion Is Shown By Latest Figures To Be Higher Than In Either The United States Or Great Britain.

Investigations into longevity tend to reinforce the Biblical dictum that the span of life is three score and 10, the Dominion Bureau of Statistics announced this month as official life tables for the general population of Canada were issued for the first time.

"It seems that today, in Canada particularly, there are far more people ever before in history but there are not appreciably more centenarians than there were 100 years ago," the bureau said. "The decreasing mortality at younger ages is a token of the vastly smaller amount of illness among young people today."

### Healthy and Vigorous Elements

"In addition to our healthy climate, advanced facilities in medicine and public health and our standard of living, all of which undoubtedly contribute to our remarkably superior longevity, there is the factor of selection through immigration," the report continued.

"When large movements of population take place there is a tendency for the more healthy and energetic elements to move while the less healthy stay at home. Hence it is that Western Canada has the lightest mortality as the three provinces have received much of their population very recently."

### To Control High-Power Stations

OTTAWA.—It was the ultimate policy of the Canadian Broadcasting Corporation to take control of all high-power broadcasting in Canada, L. W. Brockington, chairman of the Board of Governors, told the Parliamentary Committee on Radio.

Some permits had been granted for private stations with power up to a maximum of 1,000 watts, but no increases would be permitted above that maximum, to private stations, Mr. Brockington said.

Eventually it was the intention to restrict private stations to "purely local functions."

### The Heart of Europe

VIENNA.—The political heart of Europe no longer beats in Paris, but in Berlin, Propaganda Minister Goebbels of Germany declared this week in an Anschluss plebiscite campaign speech.

"In ten years' time, it will be understood what that signifies," he said. Appealing for a 100 per cent. vote by Austrians in favor of union with Germany in the April 10 plebiscite.

### Trafalgar Square Sees Another Demonstration

Twenty thousand jammed London's Trafalgar Square recently to protest against the German annexation of Austria. Here are mounted and foot police tackling a demonstration seeking to take a letter of protest to the German Embassy. Eventually a few were allowed to pass and deliver the letter. The crowd was shouting "Hands off Czechoslovakia!"

# News Parade

## Commentary on the Highlights of the Week's News . . . By Elizabeth Eedy

### INSIDE PRESSURE

By taking over Austria, Reichsfuehrer Adolf Hitler's chief gain has been the increase of his own prestige with the German people at a time when their faith in him badly needed bolstering. His Austrian coup has served for the moment to distract German minds from the army purge, mounting unemployment, shortage of food essentials, loss of personal freedom.

Observers say that the move is accomplishing little in the way of bettering the desperate economic conditions of the Reich. Austria, too, is deficient in foodstuffs and raw materials, has to import between 700,000 and 900,000 tons of grain a year to feed her people. Sole resources present there in any sort of abundance are iron ore and timber, which Hitler and his financial advisers plan immediately to exploit. By selling the iron ore and timber outside the country, they will be able to hoard more foreign capital and stave off economic collapse for the present.

The seizure of Austria is then only a stop-gap, a temporary measure, to be followed by moves much more drastic, infinitely more brutal. Inside pressure drives Germany outside herself, forcing the country on and on to further and still further aggression. There is no foundation for the hope that Hitler will stop where he is.

### DOG EAT DOG

It won't be long now before Poland, having won the first round of a bloodless fight with Lithuania, by forcing that country to accept Polish terms in settlement of a border dispute, will be making new demands of her neighbor. The truth is that Poland would like to annex Lithuania, thereby gaining more outlets on the Baltic. It is pretty generally agreed that Poland, supposedly an ally of France, has been backed up in the Lithuanian dispute by Germany in return for a promise of Polish support for some other moves Hitler has in mind. . . . One of which might be a boycott of Czechoslovakia.

### SCAPEGOAT

In primitive times, high priests of religion were wont to place all the blame for plagues, defeats in war, sins of the people, on some innocent animal, for instance a goat, which they put to death with great ceremony. When the goat had been killed, the cause of the evil was supposed to have been removed and expiation made. Hence the origin of "scapegoat."

Though we are far from primitive times today, we still have our scapegoats. It looks as though Ex-Chancellor, Dr. Kurt von Schuschnigg of Austria is going to be one of them.

Branded now as a traitor by Adolf Hitler, he will be tried for treason against the German Reich, in Leipzig this summer. The court proceedings, it is reported, will be "public and widely publicized on purpose to prove to the world that all the blame for Austria's plight rests on Schuschnigg's shoulders. Germany hopes that the death of Schuschnigg on the chopping block will silence all criticism of the Nazi annexation.

### CHINESE HIT BACK

Counter-thrusts by Chinese armies are resulting in victories over the Japanese throughout the entire Central China front. Reports last week had it that Generalissimo Chiang Kai-Shek himself was at the central battle front in personal charge of the drive. Certainly it is definite that the Chinese have met with striking military success in Shantung, Shaanxi and Anhwei Provinces.

It is still too early, however, to predict that the tide is turning against Japan.

### HOLDING IT UP

It was admitted by Prime Minister Mackenzie King in the House last week that the reason the present session had not dealt with the proposed amendments to the British North America Act (empowering the Federal Government to enact unemployment insurance legislation) is that three of the nine provinces have failed to communicate with him, giving their views on the matter.

The draft of the proposed amendment was submitted to all Provincial Governments, January 20. New Brunswick and Quebec had not up to this week acknowledged receipt of the draft.

### THE ARCTIC TERN FLIES VERY FAR

Long-Distance Champion — In Three Months One Globe-Trotting Bird Flew From Labrador to Nigeria.

Now that the northern bird migration is getting under way, the vast distances which these travellers cover in flying to and from their nesting grounds is a topic of current interest.

The powers of endurance displayed by large numbers of North American birds on their lengthy migratory journeys is amazing, but there is one species that out-rides them all. This is the Arctic tern, aptly referred to as "the champion globe trotter and long-distance flyer of the bird world."

Circumpolar Range

The species is well named, as its range is circumpolar and it nests over the Arctic land as far north as suitable conditions can be found. When the young are well-grown the Canadian and Greenland terns disappear from their breeding grounds and a few months later may be found even as far away as Africa. In fact the longest flight on record for an individual bird was achieved by an Arctic tern that in three months flew from the coast of Labrador to the Niger River in Southeast Africa.

Traverses Atlantic

The journey of the terns is believed to follow a route touching upon the west coasts of Spain and Africa, and on the return trip northwards individuals are known to fly along the east coast of South America.

The route indicated for this bird is altogether unique, as no other species is known to breed abundantly in North America and to traverse the Atlantic Ocean to or from the Old World. These globe-trotting birds travel many thousands of miles and touch on four continents in the course of a year.

### Don't Skate On Ice

When ice skaters skim along over a smooth stretch they are not actually sliding on ice but on water. The ice melts under the skates, due to the friction, and the skates move along on a thin film of water. Increased pressure, as all physicists know, also melts ice, and the weight of the person on skates provides pressure which combines with the friction to change the ice to water.

# Fish For Whale; Sharks To Help German Industry

## By-Products to Supply Many Necessities In Germany—Skins Used For Leather And Albumen Is Used For Wool.

BERLIN.—In its struggle for raw materials, which it cannot secure at home and cannot pay for in foreign exchange, the Third German Reich has turned its attention to the sea as an important free and unbounded source of supplies of certain useful products.

Germans in early years were not accustomed to eat much fish — they preferred meat. During the last few years propagandizing "Eat more fish" has done much to change this; and, even more, the better organization of the fish trade as far as inland towns are concerned and the marketing of this food at cheap prices.

### Special Fleet of Ships

The shark is also expected to contribute its share to German self-sufficiency. A special fleet of ships recently left Hamburg to capture sharks in the Caribbean Sea. Shark skin is used as leather, its fins are considered a delicacy by the Chinese and so their sale helps to bring in the needed foreign exchange, while the rest of the fish is made into fish-meal, of which 60,000 tons are expected to be produced this year. Since it is now forbidden to give grain as fodder for pigs (it is required for feeding the population), this fish-meal is mixed with potato-fodder to provide the albumen necessary for pig-raising.

### Many By-Products

But the uses of fish as food for human beings and animals is only part of its contribution to Germany's self-sufficiency. An albuminous fibre, called "fish-wool," has already been produced which in combination with cellulose from wood (50 per cent. cellulose and 20 per cent. fish albumen) gives a yard claimed to be tear-proof, warm and can be dyed like, and is cheaper than, natural wool. The future production of "fish-wool" is expected to replace cellulose wool for many purposes, and so reduce the present heavy demands upon the German forests for supplies of wood cellulose.

In the shop windows today, many articles made from new raw materials are on sale. Among them may be seen books bound in codfish leather, gloves made from the same materials, which seem as soft and fine as antelope leather, etc., while fish leather which has been substituted for lizard skin in shoes.

### You Can Switch On The Weather

British Air-Conditioning Invention Gives You Choice of Heat-wave or Frost

A machine for controlling weather sounds like something out of an H. G. Wells fantasy. But actually the ingenuity of man has given birth to such a device.

You want a fresh spring day, you're tired of March winds and want a heatwave? Or perhaps you'd like nice crisp, frosty weather with a touch of snow. Pull down a switch on the machine—which is known as an all-year-round Conditioning Plant—and your wish is fulfilled.

Connected With Outside Air

Right in your own room you can have what you want. You don't have to go outside to switch on a heatwave and so clash with the Robinsons next door who prefer a gentle balminess.

The plant looks like a radiogram, and was designed and made in Great Britain. It has left the Americans, pioneers in air conditioning, miles behind, so they say.

It is connected with the outside air by a tube, and every hour distributes nearly 17,000 cubic feet of filtered and reconditioned air in the room in which it is working. Controls consist of a couple of switches, and the running cost is claimed to be about half that of an electric fire.

The plant can be fitted into an ordinary office or house, and already about 400 have been installed and are manufacturing such weather as their owners prefer.

### Exchange Tours For School Boys

TORONTO.—The Scottish Secondary Schools Travel Trust, which last year sent Scottish boys on a trip to Canada, has made arrangements for two tours of Canada for Scottish schoolboys for this summer. In the 20 days to be spent in this country, the boys will visit Quebec, Montreal, Ottawa, Toronto, Niagara Falls, and other centres.

This summer, for the first time, several groups of Canadian school-boys, between the ages of 12 and 18, will sail for Scotland, join a Scottish travel group, and tour the British Isles, and the continent. The Trust outfits students at bare cost, refunding at the end of the trip any unused money.

The Canadian boys will go in groups of 25, under the supervision of a teacher.