A Dangerous Pest, It Is a Serious Menace to Human Health the World Over

A serious menace to health and a nuisance of the first order is the charge rightly made against the common house fly. This is especially true in the warm months, from midsummer to autumn, when it reaches its greatest abundance. It is a menace to health because it breeds in garbage, manure and human faeces, and may pass directly from filth and other infested matter to foodstuffs.

....

Becm

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root

1,000,000 Germs Apiece Particles of decomposing organic matter, bacteria and other living organisms adhere to its hairy body and legs, and sticky feet and mouthparts, or may be conveyed to food in its excreta and saliva. One fly may earry as many as 1,000,000

germs. The house fly is world-wide in distribution and notorious for the part it plays in the dissemination of dangerous diseases such as infantile diarrhoea, tuberculosis, typhoid, cholera and dysentery. It serves as the intermediate host of certain species of roundworms that infest the stomachs of horses, and of tapeworms that occur in poultry. Here in Canada, the house fly is probably the most important insect species concerned in disease transmission. On this account it is very essential that measures be taken to control it and to prevent it from having access to human foods.

How To Control It

The most effective method of controlling house flies consists of eliminating or reducing their breeding places by proper treating of manure and garbage. Fresh horse manure is probably chiefly responsible for the majority of flies in the gural sections. It has been estimated that more than a million flies may develop from one ton of man-

Active Sports **Best Cosmetic**

Help to Keep the Skin Glowing, Eyes Sparkling

Active sports will keep any woman's figure slim, trim and youthful. The very best way to lose a few pounds, get rid of a waistline roll or lumps on the thighs between now and early fall is to renew your attention to your favorite sport or decide to learn a new one.

Swimming is the great streamliner. It fills out the hollows of the too-thin person, removes the bulges on one who is slightly overweight, makes her flesh firm. And, of course, the more professional your stroke, the more quickly swimming will correct whatever figure defects you have. If you learned breast and side strokes long ago and never bothered about the crawl, it might be a good idea to go to an indoor pool now and take a few lessons. You'll see a difference in your figure in no time.

To Improve Circulation Golf, tennis and riding as well as swimming not only improve the figure, but give the complexion a healthy glow, make eyes alive. The better your circulation, the more attractive you're likely to be.

For figure and complexion beauty, bleyeling and riding cannot be surpassed. The latter, however, like swimming, is more efficacious when done expertly. A few riding lessons may be in order. Walking Is Good

Walking, although not considered an active sport, is especially desirable. The young girl who gets into the habit of taking a long brisk walk almost every day of her life probably will have few figure problems when she is older. It behooves the home woman to resolve to walk to market at least fifty per cent. of the time, the b"siness girl to walk home from work three nights a week.

Seven Rules For Heat Wave Cited

Chief Medical Officer of Ontario Tells How To Stave Off Exhaustion

Seven basic rules to avoid collapse and to minimize the discomforts of the present heat wave are set forth by Dr. J. T. Phair, Chief Medical Officer in the Ontario Department of Health. They are:

Use an added quantity of salt in seasoning food in hot weather, thereby replacing the excess amounts of salt lost in perspira-

Adopt a diet moderate in amount and made up of foods low in fat content. Avoid use of "too much" salad dressing. Drink plenty of water. Avoid the use of beverages

with a high alcoholic content -

Avoid strenuous exercise-par-

alcohol generates body heat.

ticularly competitive exercises.

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prices. 5 week Barred Rocks and New Hampshire Reds \$25.95, 4 week \$20.95, 3 week \$15.95, 2 week \$11.45. Big Egg quality add 1c. Baden Electric Chick Hatchery Limited, Baden, Ontario.

2 WEEK, 3 WEEK, 4 WEEK AND 5 week old Barred Rock, White Rock, New Hampshire Red and White Leghorn pullets, cockerels and non-sexed chicks. prices on 4 and 5 week old Barred Rock and New Hampshire Red cockerels. Also older pullets. Tweddle Chick Hatcheries Limited, Fergus, Ontario

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spring and new felt mattress. \$59.00 Benutiful large wainut fin-ish suite, chiffrobe, triple mirror vanity, full size bed and sag-

\$69.00 Complete suite, dresser, bed, sagless spring and new mattress, in two tone walnut finish. \$19.50 Large dresser, full size bed, sagless spring and brand new mattress.

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\$29.00 Beautiful large buffet, exer upholstered chairs in solid oak. \$39.00 Complete suite, solid oak buffet, china cabinet, extension table and 6 leather slip seat

\$42.50 Large English oak suite, buffet, double door china cabinet, extension table and 6 leather upholstered chairs. Perfect condi-\$59.00 Smart oak suite, buffet, square extension table,

china cabinet and 6 leather slip seat \$79.00 Beautiful large walnut veneer suite, buffet, cabinet, table and 6 leather upholstered \$109.00 Large solid walnut suite (cost new over \$300).

buffet, extension table, cabinet and 6 leather upholstered chairs. Perfect \$119.00 Beautiful carved English oak suite, buffet, refectory table, closed china cabinet, 6 leather chairs, Cost new \$325. Used

\$125.00 Large carved walnut suite (regular \$375.00) Buffet, beautiful cabinet, extension table and 6 leather chairs. Perfect \$127.50 McLagan suite solid wal-nut, large buffet, china cabinet, extension table and 6 leather upholstered chairs.

\$119.00 Beautiful burl walnut \$300), buffet, extension table, china cabinet and 6 leather upholstered chairs (6 months old). \$49.00 Floor sample chesterfield ible Marshall spring cushions. \$37.50 Large mohair suite. 3

nieces, reversible Marshall \$29.00 Smart 3 piece chesterfield swite in rust repp. reversible Marshall spring cushions, thoroughly eleaned. \$14.95 Three piece chesterfield "ito, tanestry cover, good construction, Marshall cushions.

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fields, chairs, beds, tables, refrigerators, china cabinets, breakfast suites, at rock bottom prices. Write for free illustrated cata-Lyons Bedding & Upholstering 478 Yonge St., Toronto

inets, sewing machines, odd chester-

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HONEY FOR SALE CHOICE CLOVER HONEY \$5.00 per 60 lbs., f.o.b. Wallace Ross, Seaforth. Ontario.

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PILES. BOLDER'S RECTAL SUP-FORT, \$2.75 complete. Amazing new discovery, constantly medicates inflamed tissues and definitely prevents protrusion. Write for booklet. Free trial of Bolder's Herbal Ointment. Bolder Mfg., 551 Dufferin Street, Toronto. PERSONAL

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Casa Loma Tunnel Relieves Hay Fever

Fifty thousand people, from every province of Canada, every state in the United States and from a score of foreign countries, have visited Casa Loma, Canada's outstanding showplace, so far this summer, W. C. Davidson, K.C., chairman of the Casa Loma Committee of the Kiwanis Club of West Toronto, announced last week.

At least another 100,000 people are expected to visit the Castle before November, swelling the Kiwanis Club's "Underprivileged Children's Fund."

Guides at the Castle reported that the uarter-mile tunnel between the Castle and the quarter-million dollar stables is the most fascinating spot to tourists. The tunnel is said to be the only one of its kind on the North American continent. Hay fever victims are expected to swarm the tunnel starting August 15. Last year scores of them spent hours in the Castle tunnel and claimed to be relieved of their ail-

A Hollow Nail

ment so long as they remained in

the cool pollen-free passageway.

When screws are tightened home, they stay fixed. Nails often work loose. But now a nail has been invented that fits more securely than any screw. It is hollow, with a soft core, and the shell is tempered by a secret process so that when driven into half an inch of hard concrete it takes a pull of reveral hundred pounds to free

Wheat at 1.30 p.m., Biscuits at 4.15

WOODSTOCK. - Earl Golding. a farmer residing near Thamesford, started cutting wheat one day last week at 1.30 p.m. At 4.30 p.m. George H. Hogg of the Hogg Mills in Thamesford announced that the first of the wheat was threshed, purchased, ground into flour and made into biscuits which were out of the oven ready to eat at 4.15 p.m.

Diamond dealers in Belgium report world demand for the gems is increasing.

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YOU

FRIENDS - -Friendship is the greatest thing

in life, and lucky indeed is the man who has the power to make friends. This is not so difficult as many persons believe. It is merely a case of reciprocity. There is just one way to make a friend, and that is to be ENEMIES - -

It used to be said that a man was known by the enemies he had. But is it really necessary to have enemies? Few of us want to be an enemy to anyone, therefore we know others are not anxious to be our enemies. Hatreds never bring happiness.

Timekeeper - "I am very sorry to hear of your partner's death. Would you like me to take his place?"

Boss - "Very much, if you can get the undertaker to arrange it."

Don't get discouraged! It has been said of Columbus that when he started out, he didn't know just where he was going; when he got there, he didn't know where he was; and when he came back, he didn't know where he had been.

An old time farmer went into a store to buy a shirt and the clerk tried to sell him a trunk also. Farmer - "What would I use a trunk for?" Clerk - "To keep your clothes

Farmer - "Say, do you want me to run around naked?"

Jones - "How are you getting along in your new 8-room house?" Smith - "Oh, not so badly. We furnished one of the bedrooms by collecting soap wrappers."

Jones - "Didn't you furnish the other seven rooms?" Smith - "We can't. They are full of soap."

A man in an insane asylum sat fishing over a flower-bed. A visitor, wishing to be friendly, walked up and said:

Visitor - "How many have you caught today?" Man - "You are the ninth."

AFTER VACATION I wish I were a little rock, A settin' on a hill. A-doin' nothin' all day long But just a-settin' still. I wouldn't eat, I wouldn't drink, I wouldn't even wash, I'd set and set a thousand years,

And rest myself, by gosh! Hiram walked four miles over the hills to call on the girl of his dreams. For a long time they sat silent on a bench by the side of her log cabin, but after a while Hiram

sidled closer to her. Hiram (beginning)-"Mary, I've got a good clearin' over yonder, an' a team an' a wagon, and some hawgs, and some cows, and I calculate on buildin' a house an --" Mary's Mother (who was awakened) - "Mary, is that young man thar yit?"

Mary - "No, ma! But he's gittin' thar!"

Storing Human Eyes Proposed

Doctor Says Transplantation Supply Too Low The establishment of an "eye

bank," in which the eyes either of donors or of dead people could be stored for use in eye operations, is proposed by Dr. Louis Lehrfeld of the eye department of the Philadelphia County Medical Society.

Such an establishment, he said, was the only hope for restoration of sight to many people dcomed to permanent blindness, because there were not enough eyes for use in transplantations.

From The Dead "The number of victims of eye diseases who require extraction of a whole eye-with an unaffected cornea-is too small to provide for all of the transplantations required." Dr. Lehrfeld added. "Surgeons must depend on occasional donors of eyes stricken by a blindness which does not affect the cornea. Surgeons will not remove a perfect eye from a living person, despite the willingness of mothers in many cases, to sacrifice an eye to give their children sight."

Solution to the problem, he said, was extraction of perfect eyes from the dead, immediately after death, Th perfect eyes of still-born babies had the greatest value.

What Science * Is Doing *

Carbon Dioxide Is Necessary Carbon dioxide, which has been identified for decades by laymen and physicians as being the main ingredient in foul or used air, is now regarded by medical research workers as being a necessary constituent of the breathing process.

McGill medical research workers point out that the despised carbon dioxide is really what causes us to breathe. It acts as a stimulant on the respiratory centers. This is the reason that in modern resuscitation work oxygen is mixed with a small quantity of carbon dioxide which, when it enters the lungs, stimulates them into action.

Cures Apple Ills

Injection of a chemical known as boron into the trunks of apple trees afflicted with "corky bore" is said to give almost 100 per cent. control over this bane of apple

The discovery is reported by L C. Young, horticulturist, and associates at the Dominion Experimental station at Fredericton, N.B. After several years' work they are experimenting to see if boron can be applied as a soil treatment.

New Cancer Method

Invention of radium threads, a new method of treatment for cancer, was announced last week at the New York City Cancer Insti-

The threads are made by taking ordinary "sutures" used by surgeons for sewing up wounds, and inserting in them, spaced like beads, tiny gold or silver "seeds". The seeds, long used in cancer treatment, contain radon, the gas from radium, which gives off exactly the same rays as radium.

... Gardening Notes...

PLANT THEM NOW

August embraces many garden operations which usually are associated with the fall. This is particularly true of the planting of certain bulbs. Madonna lilies usually do the best if planted in August. The reason for this is easily explained by the fact that it is the nature of the bulbs to develop some broad foliage before the arrival of winter.

Oriental Poppies

August does not seem to be a favorable month for planting perennials, yet it is at this time that the Oriental poppy (Papaver orientale) is most successfully planted. Unlike most perennials, the plants die down gradually after their flowering in May and June, until by August they have become entirely dormant. During this dormant period transplanting of the long tap-rooted plants is accomplished with the greatest success. In the early fall the plants resume both top and root growth, and recently moved plants establish themselves for the

To grow really fine Oriental poppies the soil should be prepared 18 inches deep. A good loam, enriched with well-rotted manure or compost is ideal. Fresh manure should never be used, as there is danger of its

rotting the fleshy roots. If well rotted manure, or compost, cannot be obtained, dried sheep manure and some commercial form of humus may be substituted. These should be thoroughly mixed with the soil before planting. DISCOURAGE EARLY BLOOM

Some chrysanthemums, and dahlias of the large flowered exhibition type, may be showing buds now, but it is best to discourage early blooming. Both of these fine flowers are late summer and autumn subjects and require cooler weather and particularly longer and cooler nights, to develop to their best.

Early blooming not only exhausts the plants prematurely, but the flowers that are produced are usually poorly formed, and not so good in color as those that develop later on. Insects which attack and deform the blossoms are also more prevalent now than later.

Therefore another pinching back of the plants -- even if this has already been done once or twice is in order.

RELIEVE Itching of Insect Bites Even the most stubborn itching of insect bites, athlete's foot, hives, scales, eczema, and other externally caused skin afflictions quickly yields to cooling, antiseptic, liquid D. D. D. PRESCRIPTION. Easy to use. Dries fast. Clear, greaseless and stainless. Soothes the irritation and quickly stops the most intense itching. A 35c trial bottle, at all drug stores, provesiter money back. Ask for D. D. PRESCRIPTION.

PLUG SMOKING TOBACCO The seeds are so small that the ***********************

surgical radium thread is smooth enough to be sewn into, or around, a cancer. The advantage for the "thread radium," according to its originators, Dr. Fred Hanes and associates, is the certainly of placing the burning substance in precisely the best locations.

DIXIE is the

tobacco.

It's a cool

slow-burning

smoke!

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thrifty

The 93rd Element The noted physicist, Jean Perrin, informed the French Acad-

emy of Science his collaborators have discovered what is believed to be the 93rd chemical element -a substance heavier than uran-The scientist, president of the

academy, said the element had been found in stable form in minerals containing uranium, notably pitchblende. By using a powerful spectroscope, he said, his colleagues had distinguished four new spectral

lines which were believed to have been caused by the presence of transuranium, a nucleus whose atom would contain 93 positive charges. Starch-Making Animal

The discovery that one small. barely-visible water animal can make, in 25 days, more starch and fat than the whole United States could eat, was described last week at the Marine Biological Laboratory, Woods Hole, Mass.

The animal is Chilmonas, a flagellate, so termed from the fact that he swims by lashing with fine, hair-like arms called flagella. Scientists got interested in him because, unlike virtually all other living things, he is able to make starch and fat without light. Starch and fat are two of the three essential foods. Protein is the other.

Hens Require Some Privacy

Before going into the privacy of the henhouse it's a good idea to rap on the door, says H. W Titus, a poultry expert at the national agricultural research station, Beltsville, Maryland. "Then the chickens know what

to expect, come to attention and face the door," he explains. "There is no fluttering - no Otherwise, the birds are apt to get excited, flutter, and injure

The Government of Denmark has made a motion picture showing fire preventive measures.

themselves.

New Zealand's 1937-38 wool crop is valued at \$45,000,000.

The BOOK SHELF By ELIZABETH EEDY *******************

THE DOOMSDAY MEN By J. B. Priestley

It is is a light-hearted mood that Mr. ("Good Companion")

Priestley, having swapped English mists for desert spaces, has come on what he calls "a fairy-tale in Western rig." "Fairy-tale" indeed suggests only part of the story of "The

Doomsday Men." Buried in it lies most of the makings of a murder mystery. It has more than a "tinge of a Western" and a generous slice of romance. There is a beautiful damsel in distress, who has a brace of wicked uncles and a father who is a modern magician, a scientist. There is an impecunious but undaunted suitor; an innocent scientist, a domestically inclined soldier of fortune, a dare-devil, a delightful widow with gray curls. Over all of them and many other millions hangs a fate that it would be unfair to disclose. You enter the book by way of the murder mystery. Then both love and suspense thicken, and the tale winds its fabulous way up a canyon near the edge of Death Valley. It is ridiculous to suppose that youth and virtue will not triumph, but nevertheless it is a relief to note that the final chapter is "Doomsday-and Afterwards.'

"The Doomsday Men," by J. B Priestley, 287 pp. Toronto: Musson Book Co. \$2.75.

Canadian National Railways Revenues

The gross revenues of the allinclusive Canadian National Railways System for the 10-day period ending July 31, 1938, were as compared with 5,680,737

for the corresponding period of 1937, a de-

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But Nurse at Fort Says Diagnosis Ills Often D

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Native coal minera Rhodesia, sport short nels on Sundays. Northern Ireland ing thousands of tour