

Stress Physical Education More

Building of Morale Too Will Be Aim of Government Youth Training Courses

Labor Minister McLarty has announced changes in the dominion provincial youth training program to aid Canada's war effort by building up the physical condition and morale of Canadian youth with a wide extension of projects.

These projects will be carried on in more than 400 centres in all provinces which have approved them and will include physical training, health, first aid, citizenship and other group activities.

In 400 Centres
Last year more than 20,000 unemployed young people were enrolled in the projects. It was anticipated the number will be doubled this year. During the past summer, the minister reported, valuable work was done in conserving and developing natural resources in the primary industries of forestry, mining and prospecting. More than 6,000 young men enrolled in these divisions.

Wide Variety of Projects
Industrial training will concentrate on occupations where there will be an increased demand for skilled workers in war contract work, particularly in metal working trades. Meantime, training classes for rural young people in a wide range of subjects pertaining to agriculture and rural homesteads are proceeding.

Ancient Indian Suicide Potion

Poison Hemlock Has Been Used By Iroquois Tribes For Centuries

Some of the Iroquois tribes in New York State and Canada until very recently used the roots of the same poisonous plant to commit suicide that they used 300 years ago. Middle-aged women who were deserted by their husbands, were known to poison themselves in this way.

The plant widely used for suicide purposes was the water hemlock or poison hemlock (Cicuta maculata) that grows in the wet meadows and pastures of the region. It was mentioned as early as 1622 among the Hurons by Father Sagard.

Deserted Wives Drank It
This remarkable survival of a native custom through so many years of the white man's influence was noted this summer by Dr. W. N. Fenton of the Smithsonian Bureau of American Ethnology. Dr. Fenton, who returned to Washington recently after two months' study of the medicinal uses of the herbs by the Iroquois tribes, reports that certain of these medicinal herbs are known by the very same names and used for the same ailments by tribes that speak different dialects and are located a great many hundreds of miles apart.

Northern Veins Offer Tungsten

Presence of Ores Valuable in Steel—Hardening Discovered in Great Slave Lake Region

Samples of ore taken from the Great Slave Lake region have now shown presence of two ores valuable in steel-hardening, according to the report at Edmonton, of the Slave Lake Gold Mines, Limited, Tungsten, of which there is no commercial production in Canada at present, has been found in commercial quantities and molybdenum has also been detected although possibilities of its commercial development have not been investigated to any degree.

World Supply Formerly From China

The report said six samples of ore taken from Outpost Island showed tungsten present in quantities as high as 1.29 per cent. Present prices for tungsten concentrate would make one per cent. ore worth \$20 a ton, the report continued. It was considered that commercial development of the property was feasible.

According to the Minerals Year Book of 1938, China furnished the main world supply of tungsten that is used for hardening steel for the high-speed tools, for cemented tungsten carbides, for steelites and electric light and radio tube filaments and for preparation of various chemicals.

According to the book, China produced 17,895 metric tons of the metal for export in 1938, and United States production was 3,176 tons. Smaller quantities came from Portugal, Bolivia and the Malay States. The metal is also found in Russia, but the country's figures are not available.

The total number of aliens of all nationalities in Great Britain is stated to be about 220,000, among them being 50,000 refugees.

Canada's Minister of Mines In London for War Talks



Anthony Eden, was the official greeter of Hon. T. A. Crerar, Canada's minister of mines, when the latter arrived in London to participate in the Imperial War Talks now taking place in the empire's capital. Mr. Eden and Mr. Crerar were pictured here as the Canadian minister arrived at Euston station.

Modern Etiquette

BY ROBERTA LEE

1. Is a person justified in losing his temper at the stupidity of some clerk or saleswoman?
2. What should a person say when introduced to the same person for the second time?
3. When passing a pitcher, or any other receptacle with a handle, is it important to have the handle towards the person receiving it?
4. Isn't it all right to hold the fork in the hand, at the table, while talking?
5. Isn't it unwise to write a letter while angry?
6. Whose duty is it to see that corsages are sent to the mothers of the bride and the bridegroom?

Answers

1. No. "To be angry is to revenge the fault of others upon ourselves." No matter how much we are provoked, remember that self-control is a virtue worth cultivating.
2. "Thank you, but I have already had the pleasure of meeting Mrs. Jones." 3. Yes; the handle should always be presented.
3. Yes; the handle should always be presented.
4. No. The fork should be placed on the plate while talking. Of course this does not mean if a person is going to say "Yes" or "I think so" that he should quickly lay down his fork, answer, and then pick it up again. 5. Yes, it is very unwise. No letter should ever be written while in an angry mood. If it should be done, lay the letter aside until next morning, and it will seldom be mailed.
6. The bridegroom should do this.

Tommy Farr, former British heavyweight champion, has enlisted in the Royal Air Force.

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Have You Heard

The moving picture usherette was in the dentist's chair. "Now, miss," asked the dentist, "which tooth is giving you all the trouble?"

"Second from the left in the balcony," she replied.

Scotsman, finding his wife in another woman's arms: "Get behind your lover; I'm going to shoot you both."

Two small girls were having a tremendous argument. "My daddy's a mounted policeman," said Betty. "He rides a horse all day."

"That's no better than being an ordinary policeman like my daddy," said Peggy proudly. "Oh, but it is!" said the first child. "If there's any trouble he can get away quicker."

Cooking Teacher: "Now, students, describe a gum-drop."

Movie-fan Sue: "A marshmallow in technicolor."

The battalion doctor was awakened by the phone jangling at 3 a.m. "What is it?" he asked testily and sleepily.

"Well, you see doctor, we have been having a big party in the Mess, and I'm terribly worried about Major Twuggle," came from the other end of the wire.

"Why bother me? Is he seeing elephants or something?" the doctor asked, very annoyed. "That's the trouble, sir," was the reply. "The room is full of them and he can't see a single one."

"They employ small men at this restaurant."

"Why?"

"To make the sandwiches look bigger."

What Science is Doing

BARREN AREAS IN OCEAN

The ocean contains barren areas which correspond to worn-out farms on land. The fish and other living organisms in the water use its nutrient material to the point of exhaustion, and this stage is followed by a depletion of marine life. This observation was made by two California scientists in extended cruises on the Pacific.

EFFECTIVE POLIO TREATMENT

Dramatic evidence of the efficacy of vitamin B treatment for infantile paralysis, sleeping sickness, polio and other organic diseases of the nervous system is reported by Dr. W. J. McCormick, a Toronto physician.

Dr. McCormick submits clinical evidence of cases where these disorders were either completely eliminated or reduced by administering doses of synthetic vitamin B1 and supplementing this therapeutic treatment with a diet rich in vitamin B content.

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READS SUN'S TEMPERATURE

Dr. John D. Strong has designed a pyrometer, using the invisible infra-red rays of light, to make studies of ozone temperatures.

The California Institute of Technology physicist said one of his first tests with it showed the sun's temperature to be 12,300 degrees Fahrenheit.

BRAINY PEOPLE—SKIN RASHES

High-powered brains and hyper-sensitive nervous systems are blamed today for many skin diseases.

Dr. Samuel W. Becker of the University of Chicago said last week that persons with super-charged brains have all their sensations intensified, and as a result they exhaust their energy quickly, and "nervous dermatoses" or skin rashes are often produced.

Healthy At 65? A Good Prospect

You Have Survived "Breakdown Age"—Harvard Medical Chief Tells Qualities of Tough Folks

Dr. Elliott C. Cutler, head of the department of surgery, Harvard Medical School, had good news for the oldest folks 65 years and older: last week.

Addressing the 24th annual International Medical Assembly, Dr. Cutler said experience and study led him to the conclusion that elderly persons who have survived "the breakdown period" are good surgical risks.

A Good Surgical Risk
"The very fact that persons have lived to 65 — surviving the "infectious age" — the "breakdown age," — indicates they are strong, tough folks and can withstand serious surgical procedures," Dr. Cutler said.

He described the "infectious age" as from one to twenty years — the period in which children have the measles, whooping cough and other such diseases. The "breakdown age" comes from 46 to 60 years when there is danger of apoplexy and of kidney and heart ailments.

Men, women and children carry gas masks to church in England. Women in Sydney, Australia, have organized to aid destitute Poles.

EXCUSE ME — BUT IT'S A GRAND, TASTY CHEW!

BIG BEN
The PERFECT Chewing Tobacco

Bear and Beaver To New Zealand

Taken From Jasper Park, Alberta, They Are Being Sent To Wellington Zoo, "Down Under"

Aboard a steamship somewhere on the Pacific Ocean are three bears and two beavers en route to New Zealand, according to the National Parks Bureau, Department of Mines and Resources, Ottawa. These animals have been taken from Jasper National Park in Alberta, and are being sent "down under" at the request of the Wellington Zoological Gardens, Wellington, New Zealand.

Beaver Gets Sticks of Wood
The bears and beavers were captured by the park warden service, and were shipped to Vancouver by rail for transfer aboard ship. During the voyage the beaver will be fed and tended by a member of the ship's crew. Food supplies provided for the journey include bundles of poplar wood, a quarter of a cabbage and four carrots per day, while the daily menu for each of the bears will be a pound of apples, a pound of carrots, and two loaves of bread.

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Issue No. 47 — '39

West Is Reaping Wild Rice Crop

Unique Harvest Garnered By Boatloads In Eastern Manitoba — Indians Sell To U. S.—Get. 30c a Pound

Western Canada's most unique harvest is underway in Eastern Manitoba where hundreds of Indians are reaping boatloads of rice from a number of lakes near the Whiteshell Forest reserve.

The wild rice is generally harvested by teams of two Indians canoes. One does the paddling while the other bends over the tops of plants which fringe the lakes and flat the stem breaks the bottom of the canoe.

Indians take off most of the crop.

The main market for the wild rice is in the United States where it is used for transplanting in wild garden, and as a food stuff. The average price for wild rice is 22 cents a pound.

Plants Fringe The Lakes

The rice fields in Eastern Manitoba are confined mainly to Lake Lake, White Lake, Star Lake, Blu Lake and others near the Manitoba-Ontario boundary.

The plant is an annual with linear glaucous leaves which spread out into compound leaves of spikelets, each of which is the fruit or grain. It is a hardy, cultivated and apparently a special kind of water hyacinth.

Build Up Health And Avoid Fl

If You're Feeling Tired, Chilled, Depressed, You're Likely To Throw Off Germs

There's no doubt that good health is a fine defense against catching flu — or anything else for that matter. So it's obvious we have all got to keep as well as we can this winter.

Air Borne Diseases

The first thing to realize is that the flu germ is air borne. When person with influenza coughs, sneezes he puts a fine invisible germ-laden spray round him. The germ gets in the way of the nose and throat systems. If they are not fit and healthy there's a good chance they will throw the germ of cold with an extra dose. If they are tired, chilly and depressed, the germ will have a better chance to work and another victim is being added.

First keep as well as you possibly can. The latest scientific study of influenza germ are fresh air, clean house and good food.

Make sure of the fresh air, get out and rush to shut the windows after time; go on a tight packed street.

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Fatal Whiskers

A mayor of Buenos, Germany who died in 1872, was undoubtedly proud of his beard, which reached 6 inches farther. In order not to stumble over it he used to drag the beard over one arm when walking. One morning he forgot the precaution, started down the Town Hall steps, trod on the whisker, fell and broke his neck.