To Insure Happy Healthy Old Age

Founder of Race Betterment Foundation Has Simple Formula - Four Rules

An exponent of biologic living and founder of the Race Betterment Foundation, Dr. John Harvey Kellogg, 88, of Battle Creek, Mich., often has astonished visitors by his amazing vitality.

He is a living example of the principles he practices. His energy keeps four secretaries and a halfdozen doctors busy. In his eighties he still wielded a surgeon's knife. He has never reached a stopping point at the Battle Creek Sanitarium, which he has headed for 65 years.

NOT TOO MUCH FOOD His formula for health is simple. "Eat what the monkey eats," he says. "Simple food and not too much of it."

To insure healthy, happy old age, Kellogg formulated four rules for the Three-Quarter Century Club, he originated in Battle Creek, for all persons who have attained their

seventy-fifth birthday: 1. Eat half as much as previously. 2. Sleep twice as much.

3. Drink three times as much wa-4 Laugh four times as much. In the sanitarium at Battle Creek he carries this principle one step

further. No meals are served, no

smoking is allowed, and liquor is

Eskimo Is Doomed Says Story Book

Film Record of Annual Eastern Arctic Cruise Show Natives With Zipper Parkas and Factory Canoes

The cinematic record of the 12,-000 mile annual Eastern Arctic cruise of the R.M.S. "Nascopie", was shown last month by producer Richard Finnie before an Ottawa audiences. Through the whole film ran an inescapable note of sadness, the sadness one must feel at seeing the commercialization of a primitive people.

DOOMEI TO EXTINCTION As Mr. Finnie pointed out at the close of his commentary on the film, the story-book Eskimo is now doomed to extinction. Even the most remote and backward Eskimo, the Seal Hunters of Boothia Peninsula, appear in the film complete with zipper parkas and Peterborough canoes.

Strange and amusing were some of the scenes. A sham battle staged by British Marines and sailors in the barrens around Churchill, the Aretic grain port; a missionary marriage on the foc'sle head of the "Nascopie", in which the bride's bouquet was of Arctic wild flowers, and an Eskimo brass band, whose repertoire consisted of sacred music only, broadcasting under the direction of a Moravian missionary.

A HYBRID PEOPLE "Probably the future will see a hybrid people, accustomed to the way of the white man, working with him for the further development of the Arctic territories," Mr. Finnie

First R. C. A. F. Chaplain



A f hilling pilot with the R.A.F. in the sas, war, Key, W. Ewart Cockram, of Toronto, is the first chaplain ever to be appointed to the R.C.A.F. During the last war all Canadian pilots fought with the R.A.F. A minister of the United Church, the appointment of Rev. Cockram will be followed with appointments of chaplains of other denominations.

Potato Exports Much Increased

The export demand for Canadian potatoes, both seed and table stock, was very good in 1939. Table potato exports increased almost 200 per cent and seed about 30 per cent as compared with 1938. The United States and Cuba take large quantities of Canadian seed potatoes, while table stock is shipped to the West Indies, United States and the Or-



- HAVE -

ed with reckless driving and with

having stopped his truck so sud-

dealy that a car behind him smash-

ed into him. The judge asked him

why he had not held out his hand.

Pat indignantly answered: "If

the poor fool couldn't see me truck,

how in Hivin's name could he see

"Did they put stitches in?"

"No, I just pulled myself to-

Counsel (cross-examining a far-

"Then tell the court this: If 15

men ploughed a field in five hours.

how long will 30 men take to plow

"Because the 15 men have al-

"I have heard," said the pro-

Someone in the class: "Tyre

A teacher was instructing her

class in the use of antonyms. "Now

children," she said, "what is the

"Joy," shrieked the class in uni-

"And what is the opposite of

She: "It is disgraceful! Yes-

He: "Well, a criminal always

returns to the scene of his own

What Science

Is Doing

JAUNDICE CURE

have proved that patients suffering

from "obstructive jaundice" could

be cured by an operation after they

Vitamin K. built up in the blood

a substance called prothrombin, the

lack of which resulted in bleeding

to death of persons operated on for

TO RELIEVE INDIGESTION

Dr. Otto Dennith, of Vancouver.

reports he has found a way to re-

MODERN PIONEER

a young man not yet 30 takes rank

today as one of 19 upon whom the

title "modern pioneer" has been

bestowed in recognition of his in-

He is Edwin H. Land, of Boston,

who invented "Polaroid," a crystal

substance made of iodine and quin-

ine which "polarizes" rays of light,

in effect lining them up by blocking

out vibrations at right angles to the

Owing to lack of refrigerator

space, the government has forbid-

den Australians to include butter

in hampers shipped to Great Brit-

ain. No restriction were placed on

other rationed goods (hams, bacon

beam, thus eliminating glare.

Among the sage elders of science

had been given injections of Vita-

Experiments at the Mayo Clinic

terday you kissed me against

my will and today you try to re-

fessor, "that Babylon fell, and

Nineveh was destroyed, and"

mer): "Now don't quibble! Do you

understand a simple problem or

gether," was the reply.

Witness: "I do."

"They couldn't do it."

the same field?"

"Why not?"

ready ploughed it!"

was punctured."

opposite of sorrow?"

peat the offence."

"Giddap!"

crime."

the disease.

ventive genius.

asked the friend after the op-

me hand?"

An Irlsh truck driver was charg-

**************** See Shand Dam YOU HEARD?

River Control Project, Is Expected To Be Complete Then

At the annual meeting of the Grand River Conservation Commission, held in Brantford, Ont., Dr. G. Acres, Niagara Falls, chief engineer to the commission, gave assurance the vital construction of the \$1,700,000 Shand dam, main unit of the river-controlling project, would be conpleted before the autumn frosts of 1940.

COULD DO MORE Dr. Acres also said the supplementary Luther Marsh dam could be completed by the end of this year should the commission so direct. All necessary and scheduled work in connection with the Shand dam in 1939 had been completed, he

Ready This Fall

\$1,700,000 Wall Main Unit of Grand

HEALTH TOPICS

EAT DOMESTIC FRUIT A perfect diet, rich in all the protective foods, is obtainable in Canada at all seasons without resort to imported fruits or vegetables. This is the finding of leading Canadian nutritionists and is being cited by those concerned with the increasing consumption of American fresh fruits.

Canned Canadian vegetables have been proven to have higher vitamin and mineral content than fresh vegetables imported long distances from the southern states.

GOOD COLD REMEDY

Hot drinks, warm clothing and hot applications have been found to be most effective in overcoming the ravages of the cold germ. That is no doubt why the mustard foot bath is so favored. Two or three tablespoons of dry mustard, mixed with a little cold water, and then added to the bathwater has been found to be efficacious in helping anyone to overcome a cold. If, after remaining in the bath until the skin begins to tingle pleasantly, one takes a good rub-down and then retirs to bed, there is usually a good deal of relief in the morning.

WARNS AGAINST T. B. "Tuberculosis is the most important single disease facing us in the problem of national health," Prof. E. G. D. Murray, of the department of bacteriology and immunity, Mc-Gill University, said in a recent radio talk.

Tuberculosis as a disease had not inspired a state of terror in the human race, as would the mere mention of plague, smallpox, poliomyletis and typhoid fever "yet in the literature of the subject it has deserved the opprobrious epithet of 'the White Plague' " he said.

Out of 11 kinds of milk listed by the United States department of agriculture, reindeer milk is richest-it has 22 per cent butter-

Russian Contribution To Finnish Defence



The contribution was not made voluntarily, needless to say, but it is very acceptable just the same. The white-clad. Finn is examining a multiple machine gun used for anti-aircraft work, particularly against diving bombers or hedge-hopping planes. It was part of the equipment captured by the Finns and later used against the former owners.

BY ANNE ASH! EY

lieve indigestion and gastric ailments that rest, diet and medication will not cure. Since 1933 he has Q. How can I keep the kitchen successfully used the technique of sink clean and purified? sovering the sphincter of oddi, A. Pour a strong solution of which rings the inside of a duct washing soda in boiling water down leading from the pancreas, liver the sink at night. and gall bladder to the small intes-Q. How can I peel oranges more

A. Pour boiling water over the oranges and let them stand for about five minutes. When they are peeled, the white lining will come away with the skin. This same thing can be done with grapefruit. Q. How can I treat an inflamed

A. It is said that one of the best remedies for this is the application



of equal parts of witch hazel and pure alcohol. Q. How can I remove shiny spots from serge suits? A. Try sponging the shiny spots

with hot vinegar and then ammon-

Q. How can I improve the appearance of soiled russet shoes? A. The soiled russet shoes can be made to look like new if they are cleaned with lemon juice and then polished with a solution of beeswax dissolved in turpentine.

Q. How can I treat a tough steak? A. Mix a small quantity of vinegar and olive oil thoroughly, rub it on both sides of the steak and allow it to stand for about two hours before cooking.



Modern Etiquette

BY ROBERTA LEE

Q. If a girl who is to be married has no father, but would like to have her mother take some part in the ceremony, couldn't she have her for maid of honor or a brides-

ther "give her away". Q. Isn't it rude to unwrap a box of candy, while at the theatre and the show is in progress?

A. No; but she can have her mo-

A. Yes, it is not only rude, but inconsiderate, as the rustling of the paper cannot fail to annoy others. Q. At a buffet meal should the women serve themselves or wait for their escorts to bring them their plates?

A. The women should serve them-

Q. When planning to make an informal call on a friend, is it permissable to telephone first, to be sure that she is at home? A. Yes, this is all right, and is a

wise thing to do if the friend lives quite a distance away.

Q. Should the silver be placed with the ends about three or four inches from the edge of the table? A. No. The ends of the silver should be only a half inch to as inch from the edge of the table. Q. When a man is introduced to a girl at a dance, is he supposed to

ask her to dance? A. Yes. Gold production in Canada during the first ten months of 1939 amounted to 4,235,880 ounces

Exports of planks and boards from Canada during the first eleven months of 1939 amounted to 1,963 million feet, a gain of 30 per cent over the same period

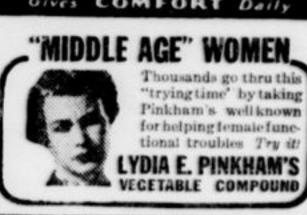
coused skin troubles, use world-famous, cooling, anti-septic, liquid D. D. D. Prescription. Greaseless,

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of 1938.

SKIN compared with 3,877,239 ounces in the corresponding period of 1938, and 3,380,735 ounces in Gives COMFORT Daily



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PERSONAL

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Dr. Hogg, Cha dro, Figu St. Lawe

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Ont., last we Chad Swick walking near saw mill it when they say beasts" ambli dog ran at a but came back deer turned of "Shoo, get o the two boys. ed at them m

snow, and chal and clambered boiler house. where it seems The manhun for a while, a