

"Pilot's Bible"

Fliers of R.C.A.F. are advised by U. of T. Aviation Psychologist to Wear Spectacles and Abstain From HAVING

Thanks to the initiative of Professor A. Bott, in charge of aviation psychology at the University of Toronto, the flying personnel of the R. C. A. F. is making use of a complete medical guide originally prepared for the Nazi Air Force.

Based on scientific studies of the tremendous strains imposed on respiratory digestive and blood circulatory systems in dive bombing and aerial fighting the booklet tells pilots just what they can stand and how their capacities to "take it" may be increased through the right diet, exercise and hygiene.

HOW TO TAKE IT

Among the greatest dangers in modern aerial warfare the booklet says are high altitude flying, centrifugal force, and the strains of long hours in the air. Flyers are warned against eating beans and other voluminous foods prior to high altitude flights as they tend to produce stomach gases which may become dangerous over 22,000 feet but on long flights they are advised to carry unsweetened chocolate and tea which stimulate the brain by increasing its blood supply. They are also urged to seek plenty of vitamin C which prevents the inflammation of the gums that results in losing teeth during power dives.

So perfect must the blood and circulatory system be to withstand the sudden directional changes that often make the blood feel heavier than iron that even marked reddening of the skin resulting from exposure to the sun should be avoided although a proper tan is alright. Red skin is a sign that the cells have been damaged and poisonous substances are being carried into the blood stream to diminish the resistance to altitude and centrifugal force. A forward crouch is considered the best position to resist centrifugal force while fighting.

GREASE SHIELDS SKIN

As a further means of protecting the skin pilots of open cockpit planes are advised not to shave or wash the face in soap and water, practices which remove the greasy covering that shields the skin against ultraviolet rays which are particularly potent at high altitudes.

Tumbling and other acrobatics are the best training for parachute landings while every flyer who can increase his vision by the use of glasses is advised to do so.

Lieut. Col. A. A. James, Principal Medical Officer of No. 1 Training Command, R. C. A. F. and Wing Commander D'Arcy Grieg, famous R. A. F. Schneider Cup pilot are among those who assisted in the production of the booklet which was originally written for the Nazi Air Force by Heinz von Diringshofen, Air Force Medical Chief of Staff in Germany, and translated from the German after Professor Bott discovered an obscure copy on the shelves of the New York Academy of Medicine. This was translated by Major Velyien E. Henderson M.A., M.B., C.A.M.C., Professor of Pharmacology, University of Toronto.

Radio Pillow

In many hospitals patients are supplied with radio headphones, but these necessitate sitting up or a position that may not be entirely comfortable. A new radio pillow, invented by an Australian and now in use in an Adelaide hospital, does away with this. It is made of sponge rubber, in the middle of which is a receiving unit, and even patients with head and neck injuries who are unable to use headphones can listen to programmes while lying in ease. Both in appearance and feel, this new pillow is very much like one filled with kapok, for the rubber is of a special soft quality.

Ancient Grenadiers

The hand-grenade is a weapon at least 2,000 years old. The Chinese used them about 300 B. C. in fighting savage tribes of the south. These ancient grenades consisted of bamboo cylinders, filled with gunpowder and fragments of metal. They were hurled at the enemy and exploded on striking the ground, scattering destructive fragments.

At least one county is making full use of the home market for selling apples. Out of 40,000 barrels produced in Middlesex last year 27,900 were absorbed in Ontario. Only 1,200 barrels were exported to Great Britain.

His Majesty King George Visits Fusilier Recruits



King George looks on as a recruit does maintenance work on a Bren gun carrier. The King inspected the camp of the Royal Fusiliers, situated near the London area, recently. The men attached to this division have had only a few weeks training, but are ready for any eventuality.

HEALTH TOPICS

Take It Easy; Save Your Nerves

We want to be energetic and peppy all of the time, and never feel lazy or tired. We have a notion that healthy and happy people never become fatigued. The truth is that they do get tired periodically, but know how to rest and recuperate. They experience normal, not chronic fatigue.

Normal fatigue is good. It is part of normal, healthful living. It may be recognized by a general tiredness of the body, which is not unpleasant and which may be dispelled by rest and sleep, and by increased nourishment. Everyone who has known the joy of hard work has known the joy of normal fatigue.

If men and women would only accept normal fatigue as an accompaniment of work or effort, and would get the necessary recuperation through rest, more serious forms of fatigue would never develop. Life would then be balanced.

BREAKS IN ACTIVITY

Plan for at least two breaks in activity during the day. During each break, just stop doing everything for five minutes. Don't talk. Don't think. Just sit with your head drooping forward toward your knees. Or, better yet, lie on the floor with your feet propped up on a chair.

Modern Etiquette

BY ROBERTA LEE

1. Should one make any kind of explanation when refusing a drink?
2. How should one introduce a girl stenographer, who is a new employee, to an executive of the company?
3. When a man takes a girl to a public dining place, is it all right for him to suggest something on the menu, that he knows is good?
4. Isn't it poor form for salespeople to address customers as "honey," "dear," "girlie," "doctor," "captain," "brother," "boss," etc.?
5. When a formal dinner begins at eight, at what time should a guest depart?
6. Should a man comb his hair in public?

Answers

1. "No, thank you" is sufficient. It is not at all necessary to explain or apologize. 2. "Miss Moore, this is Mr. Carter, our President." 3. Yes. A yes, and it often means loss of business. 4. A well-bred person resents such familiarity from a stranger. 5. Even, or a little before, unless dancing or some other form of entertainment follows. 6. No; this is considered effeminate.

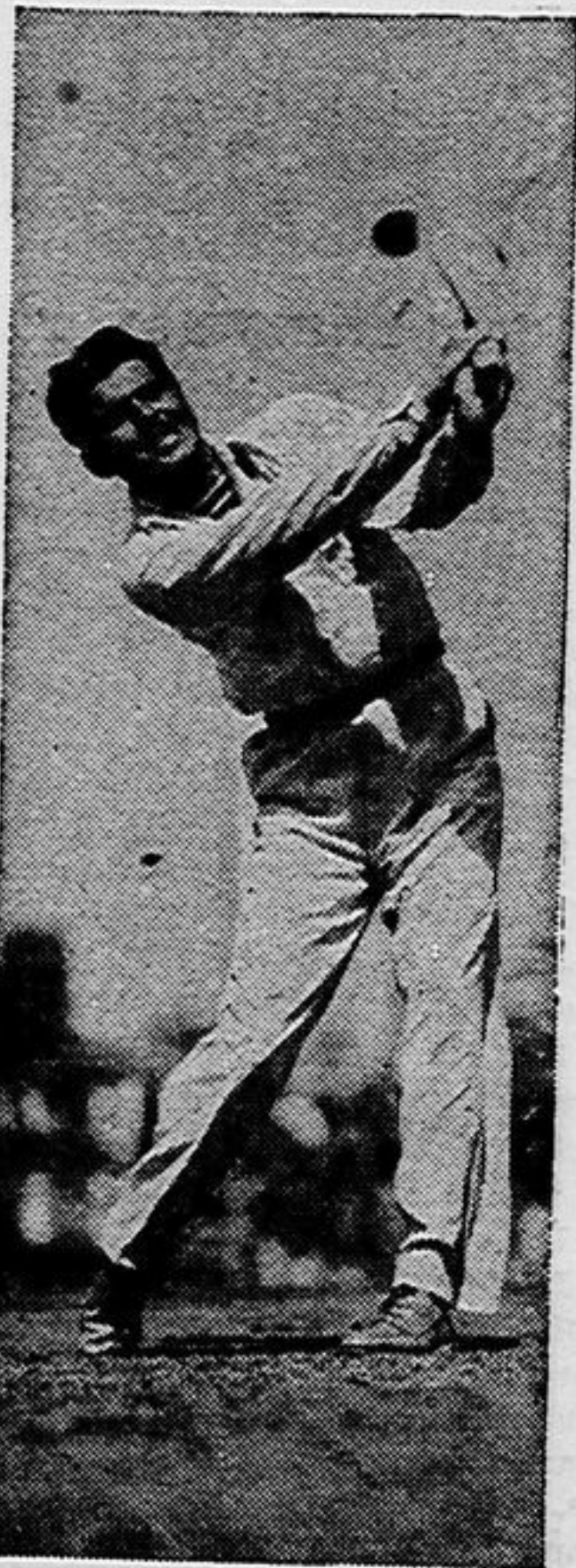
Beef cattle exports to the United States for the first half of 1940 amounted to only five-eighths of the number shipped to the end of June last year. However shipments of dairy cattle held level and calves were down only one-seventh.

South Africa's Dog Detectives

Thrilling stories of the exploits of police dogs in the detection of crime are given in the annual report of the South African Commissioner of Police, Colonel I. P. de Villiers, of Cape Town, in his annual report.

In one case a dog called "Echo" tracked down a thief who subsequently admitted that he had wrapped his feet in sackcloth to escape detection. In another instance a dog followed a trail one and a half miles to a hut in the middle of a compound of 38 huts with 185 inhabitants and pointed out the native.

Golf Gives Him Exercise



John Carroll picks the game of golf as a hobby because it gives him the needed exercise. Here we find him spending a day on the golf links.

Bamboo Useful Tropical Tree

Makes House-building Simple — People of the East Eat it, Too

The bamboo tree is one of the most useful trees in the tropics. It grows as much as sixteen inches in twenty-four hours, and attains a height of more than one hundred feet.

The joints are hollow, but at each of the many joints the cavity is closed. Saw off one complete section of the thick stem and you have a perfect pail, or cooking vessel. Smaller sections form ready-made bottles.

Bamboo makes house-building simple. The stems are used as scaffolding, walls and roofs can be all made from it, and split sections form the floors. Mats for ships and rods for fishermen are other uses.

People of the East eat it, too. The grains of bamboo seed are regarded by the Chinese as a food delicacy, while the Hindus mix them with honey to form a succulent dish. In China the bamboo is cultivated with as much care as other crops. Introduced in Europe in 1730, the bamboo is hardy everywhere in sheltered positions in rich loam.

HAVE YOU HEARD?

There were only three people left in the bus; an old lady and two men. Suddenly one of the men said "25," and the other immediately burst into laughter. When he had ceased chuckling he called out "121," and the other man now roared with laughter. This went on for some time. No sooner would one call a number than the other would laugh.

The old lady, doubting the mentality of her two companions, turned to them and said, "Excuse me, but I don't see anything funny in shouting a number." "It's all right, madam," one replied, "we are commercial travellers and we know all our jokes by numbers."

Hotel Guest (phoning down at 2 a.m. for third time): "Say, are you the night clerk?" Clerk: "Yes, what's biting you now?" Guest: "That's what I'd like to know."

The science-master was demonstrating the reaction on lime-water of carbon dioxide. The presence of this gas gives to the clear lime-water a milky appearance.

Holding a beaker of the liquid in his hand, he breathed into it and held it up to show the change. Up went a hand.

"Please, sir," asked one of the class in an awed voice, "will anybody's breath do that?"

"Why are you suddenly taking French lessons?" "Well, we've adopted a French baby and we're eager to know what he says when he begins to talk."

Little Renfrew was generally in trouble. Finding that words had but little effect upon his child, his father resorted to sterner measures.

A neighbor, watching him chase the boy, noticed with admiration that Renfrew gave no outward indication of pain.

"Don't you ever cry when you're beaten, Renfrew?" he asked.

"What's the use?" retorted the small boy. "The old man's dead!"

Jones: Very polished woman, Mrs. Brown, don't you think?" Smith: "Yes, very polished indeed. Everything she says casts a reflection on someone."

A film producer was going round the studios one day when he saw a face he didn't know.

"Are you on our staff?" he asked.

"Yes, sir. Your brother engaged me."

"Is that so? What do you do?" "I'm a writer."

"A writer, did you say?" he asked suspiciously.

"Yes, sir."

"All right—spell something!"



What Science Is Doing

COMBATS HIGH BLOOD PRESSURE

A possible antidote for high blood pressure in animals has been found at the University of Illinois School of Medicine.

It is an antiserum, that is, made like an antitoxin, a substance formed in living tissues which neutralizes the poisonous products of germs.

This discovery is a new approach to the mystery of human high blood pressure. The animals were dogs with forms of high pressure closely resembling the widespread and highly fatal human malady.

SUNSET ON VENUS

Four young scientists have returned from a mountain-top camp with 1,500 photographs of sunsets on the planet Venus.

They said probably not more than a dozen astronomers had observed the phenomenon during the last 200 years. They described the photographs as the first successful series of pictures of the sunsets ever made.

They saw Venus as a thin silver crescent, the horns of which bent toward each other until the planet was visible as a delicate ring of light. Astronomers picture Venus as a gigantic "dust bowl."

FINDS SHIP POSITIONS

A combination sound and radio buoy which will enable ships to determine their location accurately with respect to the buoy, has been developed by the United States Coast and Geodetic Survey for use in ocean surveys.

In operation, a ship explodes a small TNT bomb. The current that explodes it makes a mark on a rapidly moving tape. The sound of the explosion is picked up by the distant buoy, which immediately sends out a signal. This is received by the ship and causes a second mark to be made on the moving tape. From the distance between the two marks the distance of ship to buoy can be calculated.

Identity Game

Here is an amusing game. Before the time of playing arrives, make a slip of paper for each guest. Write on each slip the name of a famous person, an historical figure, a movie star, or a present-day hero.

Without letting the guest see the name, pin the slip on his back, telling him to discover who he is by asking anyone in the room any question he likes which he thinks will help him to identify himself.

"Am I alive?" "Am I a man?" "Am I a woman?" "Do I live in Europe?" "Am I a singer, actor, politician, soldier?"

Polonium, which costs about \$2,000,000 an ounce, is mined in Northern Canada, only 1,600 miles from the North Pole.

...CLASSIFIED ADVERTISEMENTS...

AGENTS WANTED
AGENTS WANTED TO SOLICIT orders for fish. Write the Fish Order, 5181 St. Lawrence Blvd., Montreal, Quebec.

BAKERY EQUIPMENT
BAKERS' OVENS AND MACHINERY, also rebuilt equipment always on hand. Terms arranged. Correspondence invited. Hubbard Portable Oven Co., 103 Bathurst St., Toronto.

CAMERA OWNERS
CAMERA OWNERS DEVELOP AND print your own pictures. Complete 18-piece outfit, \$2.50 postpaid. Simple instructions. C.O.D. 25c extra. Prices on request. Empress Agencies, Box 588, Montreal.

BUSINESS OPPORTUNITY
BUTCHER AND GROCERY BUSINESS for sale; stock at invoice; fixtures at half price. J. Lanter, Market Square, Tillsonburg, Ont.

STARTED CHICKS
GET YOUR SHARE OF THESE started chick bargains before they all go. Two week old Grade "A" Pulletts \$10.45, 50 per cent. Leghorn pullets \$17.40. Three week old one cent. Four week old Barred Rock cockerels \$12.95. Free range Pulletts, 4 weeks to 24 weeks. Free catalogue. Prompt delivery. Tweedie Chick Hatcheries Limited, Paris, Ontario.

SAVE MONEY ON THESE HIGH QUALITY started chicks from blood tested breeders. Ten day old Barred Rock, New Hamps \$8.45, 50 per cent. Pulletts \$10.45. Cockerels \$14.25. Leghorn pullets \$12.50. Two week old add one cent. Three week old add one cent. Four to five week old Barred Rock cockerels \$14.25. Older free range pullets. Top Notch Chickeries, Guelph, Ont.

POULTRYKEEPERS—NO EXCUSE for not having paying stock this fall and winter. Gray started chicks, pullets, up to 5 weeks. Immediate shipment. Also some Turkeys and capons. Day old chicks to order. Write for daily special list. Gray Hatchery, 130 John N., Hamilton, Ontario.

HIGH QUALITY STARTED CHICKS from Government Approved blood-tested breeders. Standard Quality Barred Rock \$10.45, 50 per cent. Pulletts \$13.85, cockerels \$8.55. Leghorn pullets \$11.50, three week old add three cents. Big Egg Quality add one cent. Free range pullets all ages. Raden Electric Chick Hatchery Limited, Baden, Ont.

ELECTRIC MOTORS
CENTURY ELECTRIC MOTORS are best suited for rural work. Jones & Moore Electric, 236 Adelaide West, Toronto.

DOGS FOR SALE
HUNTERS — CROSS BETWEEN registered pointer and setter. Short hair — black and white, liver and white. Males and females, in Laidlaw method. Six to nine months. Males \$3.00. Females \$6.00. Tow, Ontario.

ELECTROLYSIS
SUPERFLUOUS HAIR, MOLES AND warts permanently and painlessly removed by electrolysis. 17 years experience. Anne Graham Logan, 140 Carlton Street, Suite Two, Toronto. Branches in Hamilton, London, Sudbury, Timmins, St. Catharines.

FIRST CLASS WOOL RABBITS
ANGORAS, FINEST QUALITY, first class wool producers. Does \$5.00. Bucks \$3.00 each. R. Faber, R.R. 1, Hensall, Ont.

MEN AND WOMEN WANTED
A FEW SCHOOL TEACHERS MALE or Female to make \$25.00 weekly, which are actual household necessities guaranteed quality; wanted in every home. Write FAMILIX PRODUCTS CO., 570 St. Clement, Montreal.

Barn Roofing—Granary Lining SUPER-TITE STEEL SHEETS CUSTOM cover more, last longer, lay faster, save shingles. Buy now from factory. Superior Products Limited, 15 Nelson Street, Sarnia, Ontario.

ISSUE 33—40

WHAT CHEW HAS THE MOST FLAVOUR?

THAT'S EASY — BIG BEN!

BIG BEN

The PERFECT Chewing Tobacco

How Can I?

BY ANNE ASHLEY

Q. How can I clear up water which has a milky appearance?
A. Dissolve a piece of rock alum about the size of a lima bean in a pint of boiling water. This much will purify one tub of water.

Q. How can I clean used paraffin so that it can be re-used?
A. Heat the paraffin to the boiling point and strain through three thicknesses of cheesecloth over a funnel. Repeat if necessary. If not too dirty, it can sometimes be cleaned with a brush and warm water.

Q. How can I restore cut flowers that are slightly withered?
A. Pour a weak solution of camphor into the water in which the flowers stand.

Q. How can I clean brushes in which paint has been allowed to dry?
A. Soak in turpentine, gasoline, or hot vinegar for about an hour. Then wash thoroughly in strong soapsuds.

Q. How can I make a good dish of macaroni and cheese?
A. Take 8 cups of boiling water, ½ teaspoon of salt, 2 cups of broken macaroni. Add salt to water. Add macaroni. Boil for 20 minutes. Strain and rinse in hot water. Drain and add to the sauce.

Q. How can I clean patent leather shoes and handbags?
A. They can be made to look like new by means of a milk bath. Merely dampen a cloth with milk and rub over the shoes or bag; dry with another clean cloth. This treatment is also very good for the leather.

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Stop the Itch of Insect Bites—Heat Rash

For quick relief from itching of insect bites, heat rash, athlete's foot, eczema and other irritating skin conditions, use the world-famous, cooling, soothing, liquid D.D. Prescription. Creams, ointments, bath oils, and quickly stop itching. Get a bottle today from your druggist today for D.D. PRESCRIPTION.

Your Breadbox In The Hot Weather

Hot, sticky weather induces rapid growth of mold, so keep bread and cake boxes spotless. Immediately dispose of any cake or bread that shows the slightest bit of mold, then scald and wash the box with hot, soapy water, rinse, and dry, and air thoroughly. Ordinarily a thorough cleaning once a week should be sufficient; during summer months more frequent washing may be necessary.

Only about 25,000 of the farm orchards in Ontario are sprayed regularly, leaving about 170,000 which are neglected. P. W. Hodgetts of the Fruit Branch, Toronto, declares that these unsprayed orchards are hotbeds of disease.

BRINGS INSTANT EASE

from PAINS, SPRAINS, BRUISES, BURNS, RHEUMATIC ACHEs

MINARD'S

GREAT CANADIAN RUBBING LINIMENT

WOMEN WANTED

38 to 52 years old. Women who are restless, moody, NEUROSES—who fear hot flashes, dizzy spells—to take Lydia E. Pinkham's Vegetable Compound. Pinkham's is famous for helping women during these "trying times."

BELTING BARGAINS
BELTING FOR THRESHERMEN. Endless rubber thresher belts, suction hose, feeder canvas, pulleys, hangers, shafting, motors at very low prices. Send for price list. The York Belting Co., 38 York Street, Toronto.

PHOTO FINISHING
FREE! You Can Now Own complete set of beautiful silverware absolutely without cost. International Silver Company. You may have this complete set absolutely free by sending your film to Imperial. Send an order now and receive complete series of eight exposure film developed, eight prints, eight mounted, eight and printed 25c, or 5 prints 25c, ment in case of emergency. Send your choice of a free enlarger. Send for examination on receipt of \$5.00. Many other bargains. Munro Fur Store, Vancouver, B.C.

PUPS FOR SALE
LONGEARED, CROSSED, BLOOD Fox Beagle puppies, 7 weeks, \$4.00 (Snaps), Harold Lindsay, Sarnia, Ontario.

SALE OF PACIFIC SEAL COATS
SPECIAL VALUE IN PACIFIC SEAL coats: full swaggers style; black only; coat and lining guaranteed only; while they last only \$39.50, 10 per cent. reduction for relatives and for examination on receipt of \$5.00. Many other bargains. Munro Fur Store, Vancouver, B.C.

WATCH REPAIRS
\$125 REPAIRS YOUR WATCH. NO matter how badly broken. One Year Guarantee. Watch Repair Co., 24 Lippincott St., Toronto.

CAR AND TRUCK PARTS
Used — New SPECIALIZING IN REBUILT MOTORS, POWER-UNITs, HYDRAULIC Pumps, Magnets, Generators, Radiators, Condensers, etc. Exchange Service. Glass — Satisfaction or Refund. Levy Auto Parts, Dept. J, Toronto.