

Pasteurizing Milk

(From the Canadian Social Hygiene Council).
"A small town," the Social Hygiene Council's lecturer recently stated in a lecture in connection with its free radio college of health series, "is a place where they don't pasteurize milk."

Milk has been called the perfect food; perfect because it contains all the elements necessary to nourish the human body. And yet this perfect food can be, and sometimes is, as dangerous as dynamite!

Pure milk can do nobody any harm—in fact doctors have come to agree that it should form a large part of the diet of the average healthy child right up into adolescence and they also agree that it is an excellent food for people of every age. Why then do we say that it can be dangerous?

The answer is very simple. Doctors agree that many diseases are introduced into the human body by minute living particles known as germs. Many of the most malignant and dangerous germs can live and breed very comfortably in milk. So therefore any school child can see that when we swallow impure milk—that is, milk in which disease germs are living—we are actually taking into our bodies little living creatures which may bring us to our deathbeds.

Milk, the perfect food, is a life-giver; but when we drink impure milk we are drinking death!

You will be amazed when I tell you how many diseases are carried to human bodies by means of milk. Here are some of them: diphtheria, scarlet fever, tuberculosis, typhoid fever, dysentery, septic sore throat, and many others. Understand I did not say that the only way in which one may contract these diseases is from drinking impure milk—but what I did say is that impure milk very frequently carries the germs of them into the human body.

Any intelligent person knowing this will be apt to say "How can we tell pure milk from impure milk so that we can admit the life-giving milk to our bodies and at the same time keep out the death-dealing germs of diseases?"

It is impossible for anyone but a skilled chemist to tell whether milk is pure or not. You cannot tell by smell or taste, by appearance or in any other simple way. Impure milk may come from the most scrupulously clean dairy. The great practical defense against the invisible disease germs which lurk unsuspected in our milk is pasteurization. Now what is pasteurization? It is a process named after the great Louis Pasteur who toward the end of the last century made certain scientific discoveries which have already saved hundreds of thousands of lives. This process of pasteurization is extremely simple and very inexpensive. It is so simple and inexpensive that any community, however small, that allows its citizens to die of diseases which are carried to them by impure milk, is guilty of criminal negligence—morally if not legally. All that has to be done to milk in pasteurizing it is to heat it to a temperature of 145 degrees Fahrenheit, to keep it at this temperature for thirty minutes and then to rapidly cool it to forty to fifty degrees Fahrenheit.

Doctors everywhere agree that for children especially there is no such food as milk: Everyone should drink milk and plenty of it, but it should be pure milk. It should be pasteurized milk.

Astronomer's Faith

William Gifford, in the Journal of the Royal Astronomical Society of Canada.

I have an unconquerable aversion to thinking of the universe as a mass of dead matter. What! All these myriads of shining suns and flying globes encircling them, and this our little planet the only abode of life and intelligence? Such a belief withers stars and flowers to "carbon compounds" and dead, insensate rocks, truly a universe of death, which the wonders of life here forbid.

No. To the power of God in creation there is no limit, and we may be thankful to think that the process of thought has so far liberated our minds that we may freely and logically reason, from the facts of life on our earth, that life of an intelligent type has been evolved upon many worlds that we had unthinkingly banished it from.

Mars, Venus and now Mercury, show highly suggestive signs of living, active intelligence combating the obstacles, sung in power the resources of strange worlds to serve their purposes; and we may yet hope to learn of and from them.

For all we know, the planets and stars may themselves serve as "bodies" to cosmic intelligence, as Fechner suggests and Algernon Blackwood supposes.

So our horizon widens as our thoughts contemplate a universe not dead, but forever alive, conscious, and forever "moving on."

In Reason's ear they all rejoice, And utter forth a glorious voice, For ever singing as they shine, The Hand that made us is divine.

The lesson of experience that teaches kindness, unselfishness, and love of service is a greater lesson than any taught in books.

ALL FOOD MADE HER

ILL

Caused by Acidity— Corrected by Kruschen

"It is only fair to pass these facts on," writes a nurse. "I was suffering from over-acidity and flatulence to such an extent that I was completely ill. I couldn't take food. When I actually forced myself to take something, I would be wretchedly ill. I have now taken Kruschen for 12 months, and I have no doubt that it has righted my digestive system. I am now quite fit and able to work with vigor again."—Nurse E. S.

Indigestion is caused by a failure in the flow of the gastric or digestive juices. As a result, your food, instead of being assimilated by your system, simply collects and ferments inside you, producing harmful acid poisons. The immediate effect of the six mineral salts in Kruschen is to promote the healthy flow of the vital juices of the body. As you continue with the "little daily dose," it ensures the regular and complete elimination of all waste matter every day. And that means a complete end to indigestion.

AN APPEAL TO THE CITIZENS OF ONTARIO

King George V. Jubilee Cancer Fund Inaugurated

A message to the citizens of Ontario from His Honor, Dr. Herbert A. Bruce, Lieutenant-Governor:

"His Excellency the Governor-General inaugurated recently the King George V. Jubilee Cancer Fund in Canada. The citizens of every Province in this great Dominion are being invited to assist in bringing about the ultimate conquest of a deadly, relentless enemy whose shadow falls across all our lives—CANCER. I need not say how eagerly I seize this opportunity to appeal to the citizens of Ontario to do all they can to make this Jubilee year of His Majesty's accession to the throne forever glorious, forever a year of grace memorable for all time as the year when we all, in massed formation, began a well-planned attack upon cancer—the most elusive, the most secretive and the most inexorably cruel of mankind's enemies.

"The terrible annual toll cancer exacts in this province must be checked. Each year four thousand people die of Cancer in Ontario, and for every one that dies there are usually three more who are suffering from this painful, malignant disease. That makes 12,000 cases of cancer annually in Ontario. The ratio of

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Gardening

By Gordon L. Smith

Article No. 6

SEED—

Good seed is the foundation of all successful gardening. Other factors may be beyond control, but the gardener has absolute check over the seed. Weather, soil and location may be ideal but without good seed, specially selected to suit Canadian conditions, the garden is going to be a failure. The average gardener is well advised to secure his seed and nursery stock from a reliable Canadian source because there is no guarantee that a flower which has given wonderful results in Great Britain or the Southern States will do equally well in this country.

VEGETABLE HINTS—

For best results the soil in the vegetable garden should be worked to good tilth early. To increase the fertility, well rotted manure should be dug in with a digging fork. The following seeds may be sown early in the open: Spinach, beets, carrots, radish, lettuce, onions, parsnips and peas; seeds to be sown in the open after danger from frost is over: Beans, corn, melons, cucumbers, potatoes, pumpkin and squash; seeds to be started in hot-beds: Cabbage, cauliflower, celery, tomatoes, peppers and egg plants.

LAWN BUILDING—

Since it is impossible to do much general repairing to a lawn already

established, it is most important to get the very best seed when first starting out. There is a great range in price just as in tobacco because both products, in the commercial stage, are made up of blended mixtures and absolutely depend on the proportion of the higher grade lines which go into the mixture. A good lawn grass mixture is composed of at least half a dozen grasses. Some of these are quick growers, which come along speedily the first year and protect the later starting, finer stemmed, but really permanent grasses which will go to make up the lawn in the years to come. It is these permanent grasses which are the most expensive, but without a large proportion of them, the mixture will not make a satisfactory showing after the second year. Before sowing it is essential to get the soil raked level. Allow a week to settle, and any weed seeds to germinate and then on a windless day sow at the rate of one pound per 200 square feet, going over the ground twice, once across and once lengthwise. Then rake lightly, one way only so as to merely cover the seed, and if possible, finish the job with a heavy roller or pounder. When the grass is up two inches, commence mowing, using a very sharp machine so that there will be no danger of pulling out the young plants.

deaths from cancer has increased from 70.9 in 1914 to 114.7 in 1933—an increase of 43.9.

"The results obtained today in the treatment of cancer are so very much better than formerly that those who notice a lump or have unusual symptoms should not be deterred from consulting a doctor because of the fear that he will diagnose their case as cancer.

In early cases surgery is still the best form of treatment, either alone or in combination with X-ray and radium. In certain regions, however, X-ray or radium is preferred and good results are obtained. Even in late cases the use of X-ray or radium will relieve pain and delay the inevitable.

"The crying need is for more research, more institutions with facilities for the scientist in his great work of investigating the cause of cancer and the discovery of a specific for its cure. There must be a 'specific' but the cause of cancer must first be discovered by exact, painstaking medical research. This research will only be possible if we all help to provide the necessary funds. When this fund is established it will enable Canada to take her place with her sister Dominions, thus making the campaign inaugurated in London twelve years ago a truly British Empire Campaign against cancer in its scope.

"However, I should make it clear that all money collected will be spent in this country.

"I appeal to all citizens in this Province to contribute \$1.00 or more to the King George V. Silver Jubilee Cancer Fund for Canada.

"Will you please send your contribution direct to Lady Bessborough, who will acknowledge it. Her address is simply, Ottawa, Ontario. The chartered banks are receiving contributions for transmission to Her Excellency as a convenience to the public."

Eccentric's \$3,000 Hidden 13 Years

Saint John.—When Mrs. Sarah A. Shaw lay dying 13 years ago her last words to her daughter, Mrs. Samuel Allan, were: "Watch the newspapers and someday you'll know

where my money is left," the daughter said last week, adding that she had never found the money mentioned.

Mrs. Shaw then lived at 160 Prince Edward Street, where J. I. Normandou, a carpenter, said he recently found a box containing more than \$3,000 in currency.

By Rail to Africa Old Tunnel Project

Manchester Guardian
The idea of a Gibraltar tunnel was first conceived by a Frenchman as long ago as 1869. It has been reborn since the war in the mind of a Spanish artillery officer—Colonel Pedro Jovenio, of the Saragossa garrison; and, fostered in its new form both by Primo de Rivera and by the Spanish Republican Government, it has for the past seven years been the object of deliberation by a public commission. This commission has just published its latest report. Technical, economic, international—all aspects of the scheme have in turn been considered. Not, indeed, that deliberation is at an end; the technical aspect is to be examined further in the Spring, and the Summer should hear of a definite answer to the question of the tunnel's technical feasibility.

Twenty miles in length, stretching beneath the Straits of Tarra on GENERAL — MAC — MAR, 28th the Spanish side to Punta Felguera, in Morocco, and plunging at times to a depth of a thousand feet, the tunnel—if it becomes fact—will be the longest and deepest in the world. Perhaps one should use the plural form; for Spanish engineers speak of two contiguous tunnels with intermittent points of communication.

Telegraph and telephone cables would be laid; automobiles would be whisked through on flat cars; and within 30 minutes of leaving the tunnel's Spanish end electric trains would discharge their passengers at the African exit.

The potential commercial importance of the tunnel springs to the eye; with Punta Felguera as the focus of a number of African trunk lines, Africa's tropical products would be conveyed to European tables by an all-land route.

Four trunk lines are dreamt of by Spanish enthusiasts of the scheme. Two would traverse the Sahara, one piercing Nigeria to join the nearly completed Cape-Cairo railroad at Stanleyville in the Belgian Congo, the other making its way towards the jungled coast of West Africa.

The construction of both railroads has been started under French direction; their completion awaits

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the day when the Bank of France has a governor bold enough and when the French investor is ready to expose his nose to cutting economic winds. There exists a slight doubt, a very slight doubt, as to the willingness of the French to carry the second line to Punta Felguera; they might prefer to make its terminal point at Oran or Algiers.

The third line, a continuation of the present rail route from Tangiers to Marrakesh, would skirt the Atlantic seaboard as far as Dakar, in Senegal. Aviation has already given Dakar geographical dignity; it is the starting point both of the German air mail and of the French air and ship mail services to South America. The fourth line, brushing the Mediterranean coast line, would prolong the French railway which now comes to a humiliatingly abrupt stop at Italy's colony of Tripolitania.

Such, then, is the vision; how possible is its realization? Economic means and technical possibility are questions that await final pronouncement. Apart from them there is that small but annoying difficulty of the seven-inch difference between the Spanish and French railway gauges. Alteration of the present Spanish track would be too costly; the construction of a new trunk route in Spain is impracticable.

What, then, can be done? Container cars might solve the problem offered by freight traffic, and there are not lacking systems permitting passenger trains to be adapted to varying gauges. Perhaps one of them will enable this subsidiary difficulty to be overcome.

What, lastly, of the international consequences of a realized Gibraltar tunnel? To Britain a British-controlled Gibraltar would acquire a new significance. To France, French colonies in Africa would be of enhanced military importance; black troops could be rushed across to Europe in a matter of hours. Spain herself would recover a meed of long-lost European prestige.

But glory has its price. Spain has liked to remain aloof from European troubles; she might still wish to do so; but a neutral Spain possessed of a Gibraltar tunnel would be a passive ally of France. Are Spanish "tunnel enthusiasts" to be checked by the thought?

The Home Merchant

The home merchant. Who is he? He is the chap who gives you credit when you are financially broke, and carries your account until you are able to pay.

He is the chap who gives you back your money or makes exchanges when you are not satisfied with what you have bought.

He is the chap who stands behind the guarantee and makes restoration of all losses that you may sustain on the goods you buy.

He is the chap who meets you at his door with a handshake and let you out with a message to the "kids" and a real come-again goodbye.

He is the chap who meets and greets you on the street every day in the year and takes a neighborly interest in your family and your affairs.

He is the chap whose clerks and book-keepers and other employees live in your town and spend their money with you and other home people.

He is the chap who pays heavy taxes to help support home schools and build your town streets, and maintain the fire department, the police department and lighting service.

He is the chap who visits you when you are sick, sends flowers to your family when you die, and follows your body out among the trees and tombs, as far as human feet may travel with the dead.

He is the home merchant—your neighbour—your friend—your helper in times of need.

Don't you think that you ought to trade with him, and be his friend and his helper in the time of his need?

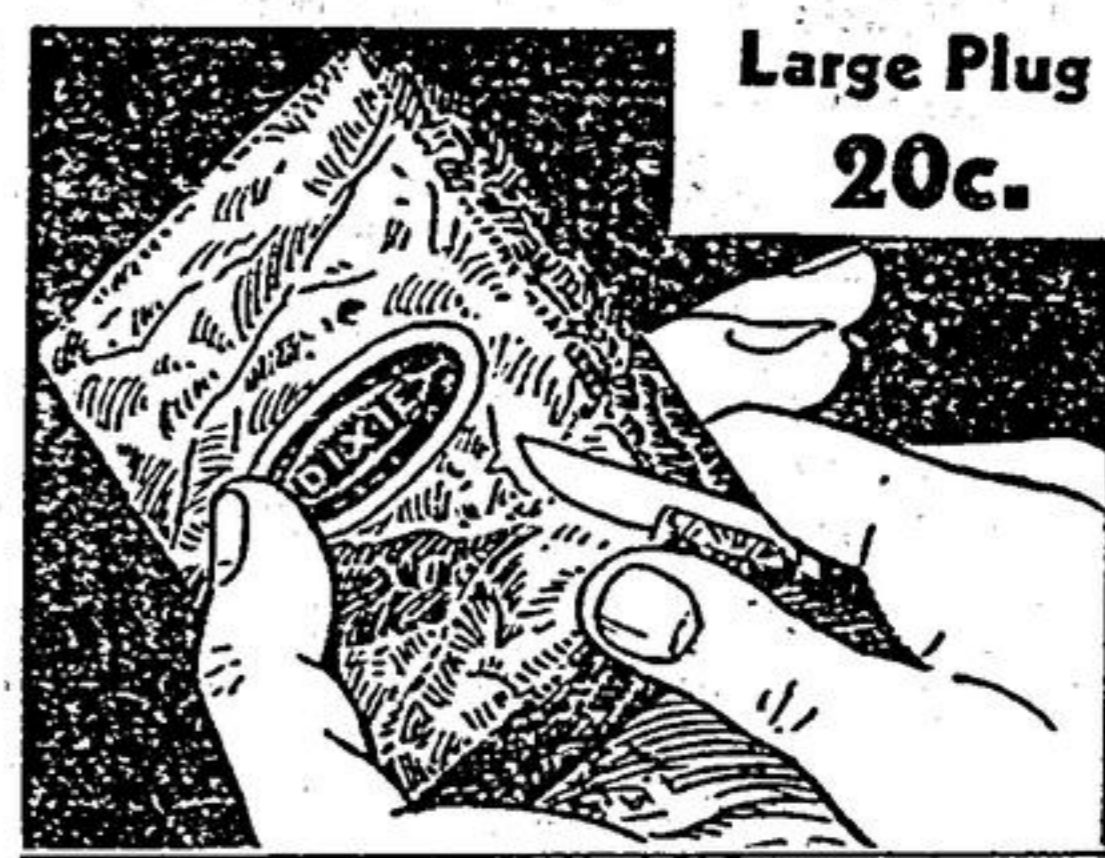
Don't you know that every dollar you send out of your town for merchandise is sent to strangers—to the men who never spend a dollar there to men who would not trust you for a box of matches.

Aid to Coal Industry Has Cost \$6,781,176

Ottawa.—Since 1928, Canada has paid \$6,781,176 in subventions and other forms of assistance to aid the coal industry in the Maritime Provinces and Alberta, a return tabled recently in the House of Commons said. Of that amount \$4,457,992

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went to the Maritimes and \$1,859,958 to Alberta.

Payments made generally by the Trade and Commerce Department to assist in placing Canadian coal used in the manufacture of iron or steel on a basis of equality with imported coal amounted to \$465,273, while "additional payments" made under the Domestic Fuel Act to the Maritime coal industry totalled \$87,953. From 1931 to the present the amount of bonus paid on wheat was \$12,708,576. The outlay in the year 1931-1932 when the five-cents-a-bushel bonus was in effect was \$10,908,428.

The Wolf Bounty

Louis Johnson, trapper, of Felix, Ont., thinks the bounty on wolves should be higher than it is. Indeed he advocates one of \$50 instead of the present \$15 and declares that this Spring a very large number of deer have been killed by wolves.

"All year round the wolves have killed large numbers of deer around Felix," he said in an interview with a reporter "but recently the slaughter that took place was awful. The hoofs of the deer can't grip the ice or crust, and they can't get away at all. The wolves are light, and manage to get about even in icy weather. They made quick work of the helpless deer recently."

"The average person," Johnson went on, "does not realize how many deer the wolves kill. With the bounty at \$15, trappers don't bother trying to trap wolves. They go after other animals because they get more money for them. It hardly pays us to trap wolves. We only get \$15 a pelt, and out of that we have to pay our fare to the Crown lands office before we can collect. That's the reason wolves are on the increase."

And with wolves on the increase, deer will be decreasing.—Sault Ste. Marie Star.

Pig's Stomach Patches Man's

Geneva, O.—In the midst of news about upside-down stomachs and disarranged organs, H. P. Williamson, 68, of Cork, near here, has come forth to proclaim that for 23 years he has been digesting his food with a stomach part of which was once a pig's.

Williamson, more than two decades ago underwent two operations in Cleveland for ulcers of the stomach. The second time, surgeons found it necessary to do some patching.

A part of a stomach removed from a pig was used as the "patch," Williamson said.

Williamson's health has been good during the 23 years, though he has been unable to stand much exertion. He said his appetite had been normal except during two illnesses.

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Son—Papa, vot is do deefrance between prosperity and depression?

Papa—Vell, my boy, in prosperity you had vine, vimmen and song, but in depression all ye got is beer, momma and the radio.

British Ford Pays Dividend Of 5 Per Cent.

London, Eng.—The Ford Motor Company of Great Britain, Limited, has announced a dividend of 5 per cent. for the past year of £8,669,000 (\$43,250,000) of ordinary shares of capital. No distribution had been made for the previous three years.

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If you suffer periodic pain and discomfort, try Lydia E. Pinkham's Tablets. In most cases they bring welcome relief. As Mrs. Caroline Newman says, "They ease the pain." Mrs. Raymond Chaput, Route 4, Tibury, Ont., says, "I suffered something terrible. Had such backaches and headaches I was worn out. Your Tablets helped me." Let them help you, too. Ask your druggist.

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