

Over-Eating Affects Health

Mr. and Mrs. Alfred G. Creed of Windsor, who are both eighty years of age, celebrated the diamond jubilee of their wedding the other day and curious friends asked them how it came about that they were both so vigorous at the advanced age. The answer was, "work hard, live plainly, eat and drink what you like," observes the Galt Reporter.

The problem is not so simple, for plenty of people find that they are often assailed by illness, even when they have tried sincerely to observe regulations calculated to keep them in good physical condition. Over-eating probably contributes most to physical disability. Too many men and women are overweight after thirty-five years of age and this extra weight is due to eating too generously. One difficulty is that the majority of people abandon exercise after they are thirty years of age. They sit practically fourteen hours a day but continue to eat meals equal to those that were necessary when they were getting plenty of outdoor exercise.

Authority on statistics relating to health says that two and three tenths pounds for each inch of height ought to give the normal weight for the average man. The individual of five feet, nine and a half inches ought to weigh about 155 pounds. The six-footer ought to weigh 165 pounds. There is much incorrect information on the matter of weight. There is a general impression that normal weights ought to be higher but insurance companies have made exhaustive studies in this subject for they are betting their money on the results of their investigations and they find too many apparently healthy, forty-year-olds are too greatly overweight so that they are shortening their span of life by carrying around this extra burden. For excess weight is just as the individual were compelled to carry a sack of lead. The weight of the excess which he has accumulated by over-eating or some other erroneous method of life.

Contracts Gain In December

Awards Total \$6,118,800, Increase of 40.2 Percent.

OTTAWA.—Contracts awarded in the Dominion for the month of December, as compiled by MacLean Building Reports, Limited, amounted to \$6,118,800, an increase of 40.2 percent over the December, 1935, figure of \$4,364,900, and this despite the severe weather that spread across Canada the latter part of November. Ontario, with \$2,338,000 and Quebec with \$2,132,200 headed the list. Other provinces in order were: Alberta \$612,300, Nova Scotia \$421,600, British Columbia, \$331,000; Manitoba, \$140,500; Saskatchewan, \$123,200; New Brunswick, \$21,000. There were no contracts awarded in Prince Edward Island.

Contemplated work reported for the first time amounted to \$14,405,900, bringing the year's total to date to \$259,537,600, as compared with \$232,960,100 for 1935, an increase of 11.4 percent.

Toronto and suburbs with 152 jobs costing \$793,600 was ahead of Montreal Island, where 89 contracts were let amounting to \$576,200.

Plus-Fours Help Woman's Figure

NEW YORK. — Culottes, while they are not so strongly in evidence as last season, will be sought by smart women because of their trimness. They are exceedingly good looking when the trouser division is only at the front, the back being treated like a skirt. Plus-fours are mannish. For the first time they actually contribute to the good appearance of a woman's figure. As for pajamas and slacks—they have become narrower and generally sleeker. The new play togs seem meant to play in, and one may take to cycling, golf or tennis assured of being comfortable and pleasant to behold.

Houses Soon May Be Built Of Steel

SARNIA. — Homes of the future, selected from numbered designs and pictures and delivered by truck in sections, were visualized by Charles Grace, Sarnia contractor, in an address on "Advancements in Home Construction" to a service club. Exteriors of homes might even be of steel, such as that from which automobiles are manufactured, Mr. Grace said. Square houses with flat roofs and no verandahs and with windows on the corners were the most modern trend, he said.

The total of 15,982 clubs registered in Great Britain on Jan. 1, 1936, was 325 more than on Jan. 1, 1934, when also an increase of 359 was shown. Since 1905 the number of clubs has risen by 9,393.

The Papers Say

EDITORIAL COMMENT FROM
HERE, THERE AND
EVERYWHERE.

CANADA

Need Great Men

There never was a time in the world's history, probably, when there was a graver need for great men than there is today. Important events are transpiring today which will shape the destinies of every nation on earth. Now thought in the matter of government, economic control, religion and most other departments of human activity, are appearing on the horizon, demanding the judgment of the best minds that the world can produce. The masses look to their leaders for competent guidance, and this is the task of great men.

Which recalls the words of Matthew Arnold, who in defining the great men of culture stated they are "those who have a passion for diffusing, for making prevail, for carrying from one end of society to the other, the best knowledge, the best ideas of their time; who have labored to divest knowledge of all that was harsh, uncouth, difficult, abstract, professional, exclusive; to humanize it, to make it efficient outside the clique of the cultivated and learned, yet still remaining the best knowledge and thought of the time."—Chatham News.

Cost of Carelessness

In the first eleven months of this year, statistics show, the use of motor vehicles in this province increased 7.6 per cent., the number of traffic accidents increased 10 per cent., the number of persons injured in accidents increased 27.5 per cent. and the property damage was up 33.3 per cent. Eighty-four persons were killed in these eleven months, against eighty-two in the same period in 1935, and the record of death has been at least maintained in December. Accident, injury, damage are up far out of proportion to the increase in motor traffic.—Vancouver Province.

Mrs. Simpson

No matter what turn events may take, Mrs. Wallis Simpson remains a public figure for life. Down the years she is bound to crop up in the news and is almost certain to find a place in history. Future historians may appraise this place, future novelists and playwrights may clothe her as a romantic figure ranking with the glamorous women of the ages for whom men laid down their worldly possessions if not their souls. Most of us in Canada know little about Mrs. Simpson except what we have found out from reading. Reports from across the Atlantic suggest an intense hatred for her on the part of certain people there who feel that she has been a siren who has lured a king from his duty and carried a throne close to the rocks. But one hears little of that in Western Canada. After all, what woman might not have her head turned by attention that appears to run to adoration from one who was the most popular king and one of the most popular and sought-after men in the world?—Regina Leader-Post.

The Good They Do

Cost of maintaining legations abroad is negligible compared to the benefits which can be achieved. They are well worth the expenditures. If only to promote more friendly relations; but there are also the concrete benefits in the way of increased trade to be considered. For some time there has been talk of a trade agreement between Canada and Belgium, and setting up a legation at Ottawa should help to pave the way.—Windsor Star.

"What Is Needed"

... The truth is that the authorities, sometimes with the connivance of the courts, are themselves to blame in large part for the added dangers to highway travel in Ontario. They are today reaping the harvest of light sentences and reduced charges and unless they change their ways, there is little possibility of the situation being improved. What is needed more than anything else in dealing with the minority that persists in conducting itself without regard to the safety of others on the road is not further education, because that has been tried and found wanting; but fearless enforcement of the laws that are already embodied in the highway code and an end of all the evasions that have been practised by the Crown authorities and the courts.—Brockville Recorder and Times.

Our Indians

The Federal efforts to better the position of the Indians have had good results in the opinion as well as in the United States. But it is felt that much more could be accomplished for them and an enlarged program was announced at Ottawa the other day. The department will devote particular attention to improving their skill as trappers and to helping them to take better care of furs before these are marketed.

There are many other ways in which

they can be given assistance that will enable them to reach a higher economic plane. The working out of the plan will be followed with keen interest, as the national responsibility for the welfare of the Indian population is widely recognized.—Edmonton Journal.

Jingle In The Pocket

The year end brought with it more tangible evidences of progress in Nova Scotia than for many dreary years. There have been the additional car order at Trenton and the prospect of more to follow; the order for steel rails at Sydney and the prospect more yet to come; and all time record shipment of coal up the St. Lawrence and the anticipated continuing demand; the even and a half percent. increase in steel and subsidiary plants; the doubled Christmas bonus in the pay envelope at Westville; and now another may be added to these with the extra week's wages found in the pay envelope of the employees of the Oxford Foundry and Machine Company.

Laurier once said, folk did not need to be told when prosperity existed, they knew it by the jingle in their pockets. It would be far from the truth to say that everybody is prosperous, but this at least is true, that many have felt more of a jingle in their pockets than they have known for a long while.—Halifax Chronicle.

Ignorant Females

I have been warned by three different feminine friends that if I take any more cracks at them about not knowing what drafts on a stove are there for, the said friendships will come to a sudden end. In a humble and apologetic tone of voice I could remark (couldn't I now?) if the cap fits, wear it!

How about trying to catch them young by teaching it in the schools? They could have toy stoves and the little darlings could learn, at an early age, to shut the drafts. No more foolish than lots of the rubbish taught to the sons and daughters of the hard-working (and hard-up) parents at the present time.—Kamloops Sentinel.

Candid Admission

"These is nothing connected with the Press that has ever got me into such great trouble as the accuracy of the reports of what I have said," confides Lord Derby. And such admirable honesty and candor is worthy of a place in the records.—St. Catharines Standard.

THE EMPIRE

When War Comes

As long as Hitler and Mussolini continue to get their way without war, Europe is in no immediate danger of conflict. But this is merely another way of saying that when war comes it will be at the time and under the conditions most favorable to the Fascist cause. Peace on these terms can offer no security.—The Nation, London.

"Mickle Makes Muckle"

The moderate investments of our thrifty classes have piled up Britain's

Beauties in New York with Ballet Show



Anna Maria (left), and Antonita are two of the ballerinas who will appear with the Ballet "Español" when it opens in New York. They're pictured going through paces during rehearsal.

Don't Blame the Teachers; It's the Department at Fault

("One of Them" in Toronto Saturday Night)

It is high time that someone came to the defence of Canada's teachers of English, who are being blamed for something they alone cannot remedy. At the Canadian Book Fair, Wilson MacDonald used his poetic license to attack the teaching of literature in the Province of Ontario; and recently the editor of Saturday Night criticized—more guardedly, it is true—the English teachers who had hardly recovered from the crippling attack of Mr. MacDonald.

There can be no doubt that English literature is taught badly in Ontario. There can be equally little doubt that the blame should rest not with the teachers, but with the Department of Education.

Although the aim in teaching literature (to use the terminology of the pedagogues) should be Appreciation,

principal assets. Well over £1,000,000,000 is invested in the Post Office Savings Banks, and National Savings Certificates, and there are many hundreds of millions more in life assurance policies and in the keeping of building societies. Analysis has shown that the average holdings of stocks and shares in the railway companies, the big banks, and many of our great industries do not exceed a few hundred pounds. Like the army of workmen which reared the pyramids, the hosts of the "small men" have reared the great edifice of British wealth.—London Daily Mail.

Teachers are required to prepare the pupils for departmental examinations which demand detailed knowledge. Hence they must spend their class time ruthlessly dissecting poems and plays, and putting them, line by line and word by word, under a microscope. Because of the length of the courses, they have no time to do anything else.

Under the circumstances, not only does the pupil acquire a distaste for good literature, but the teacher, driven day by day to the horrible mutilation of poems he loves, eventually loses his own passion for good literature; or at least he loses any urge he may once have had to inspire a similar passion in his pupils.

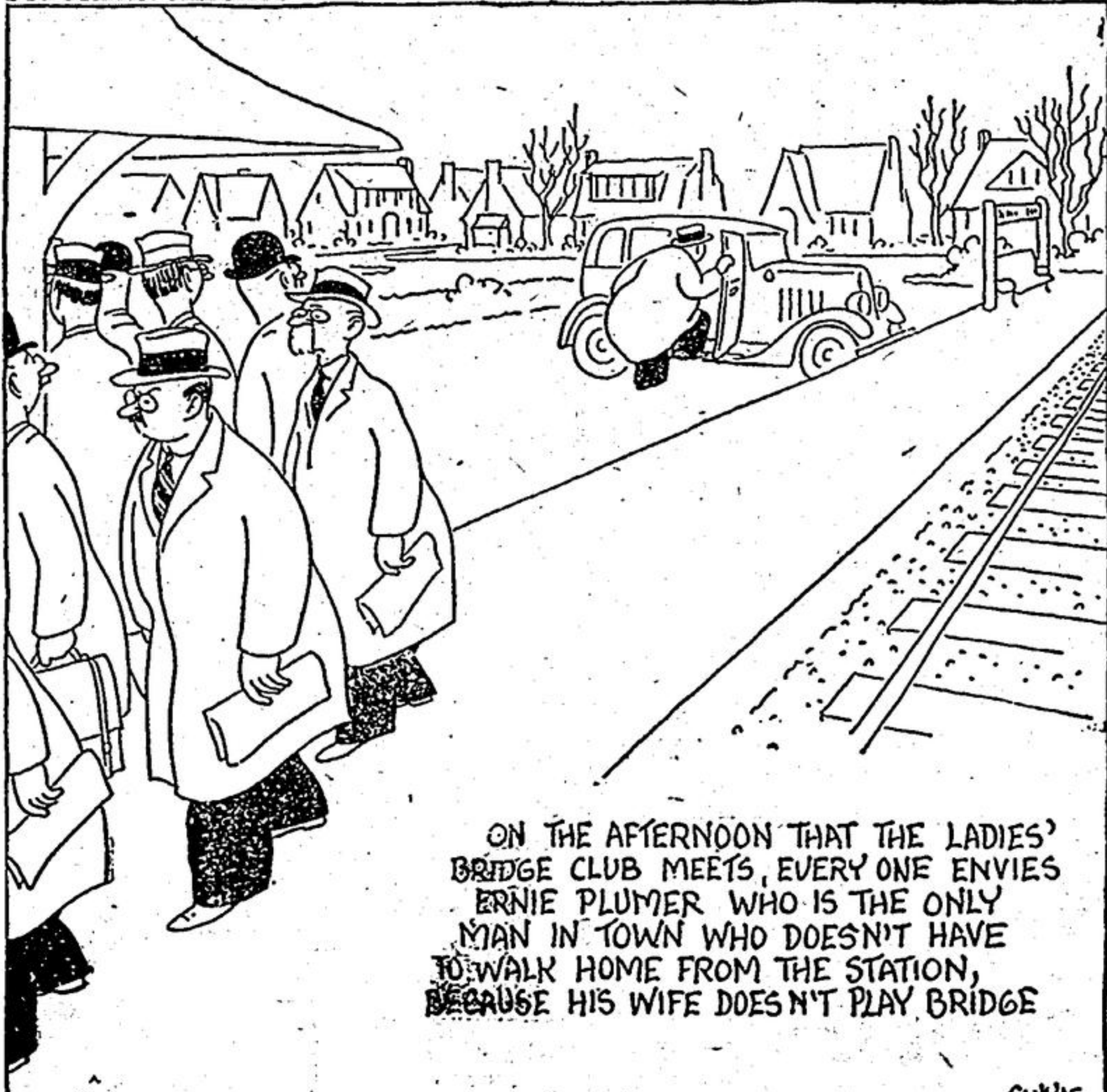
He just stuffs their heads full of facts, as he would if he were teaching history or geography; and after spending a day in the literature-dissecting laboratory, he returns home not to his Ruskin or his Browning, but to a detective story which will demand nothing more from him than a guess concerning Who Did It.

The root of the trouble is the departmental examination, with its demand for facts and for detailed knowledge of the content of the course. Only when these examinations in English are either abolished or modified will the teacher be free to devote his time to leading boys and girls to a love of letters.

Fortunately, a trend in this direction is now apparent in the department, and the day may come when the school children of Ontario will be permitted to enjoy what they now detest.

SUBURBAN HEIGHTS

By GLUYAS WILLIAMS



ON THE AFTERNOON THAT THE LADIES' BRIDGE CLUB MEETS, EVERY ONE ENVIES ERNIE PLUMER WHO IS THE ONLY MAN IN TOWN WHO DOESN'T HAVE TO WALK HOME FROM THE STATION, BECAUSE HIS WIFE DOESN'T PLAY BRIDGE

11-16

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Boys Like Girls, Not Too Smart

Don't Be Book of Knowledge, Is Advice To Co-eds

If you want to be the most dated co-ed on the campus don't be a book of knowledge. It has a rightful place under a man's arm during the day, but after class he likes to get away from the librarian type. So if you were voted the class poet or the senior most likely to succeed, don't let your best beau find it out, advises Alice Ward-Hughes in the New York Sun.

The boys do like them smart, but in a subtle way. In talking to the girls they find: "Yes, I know," hardly an adequate response. "Oh, really?" goes over much bigger.

The boys have their high pressure jobs and stiff classes (maybe both) during the day, and so when evening comes they look for relaxation in the company of some girl. They do not want to be kept on the alert.

Perhaps boys are fundamentally more forthright, honest. However, they deplore an over-supply of those same fine qualities in a woman.

They like a good joke, but not if it is on them. They are always the most unwilling target of a joke that reverts to them; it is quite all right to laugh with them, but not at them ever.

One day two seniors were discussing books and authors. The young man mentioned "Good-bye, Mr. Chips," and "Lost Horizon," but said he could not remember the name of the author. "I know who you mean, but I can't think of his name either," she procrastinated. Out of class, she simply did not want to "beat him to it."

So if you want to be the all-American sweetheart be a diplomat, because we think he knew what he was talking about—the poet who said: "Be good, sweet maid, let those who will be clever."

Bedtime Census Is Enlightening

Sleep Found More Essential Than Homework

BURY, La.—Teachers in elementary schools of this place have conducted a "bedtime census" in an effort to find out the cause of children's listlessness and their inability to enter fully in physical training exercises and games.

Questions put to the children, aged from five to 14, revealed that 4,000 of them went to bed after 8 o'clock, and 3,000 after 9 o'clock.

Nearly 1,000 children were still up at 10 o'clock and 99 at 11 o'clock.

Seventy-one infants aged five went to bed after 9 o'clock, and 11 after 10 o'clock. One five-year-old child gave her bedtime of the previous night as 11 o'clock.

The teachers, who have conducted the census point out that the results provide an indication of the growing practice of "late nights" among school children.

Miss H. L. Evans, headmistress of Camborne School, has appealed to parents to see that their children get sufficient sleep in the interests of their physical fitness.

She said: "Children come to school tired and yawning unable to concentrate, because they lack the freshness and vitality to be gained from the long night's rest that every child needs. In after life they will reap the evil effects of this lack of sleep."

An extra hour's sleep is advocated as a "prescription" for better health and efficiency by the principal of the Kendall High School, in a report to parents. She thinks sleep more essential than homework.

Country Doctors

Observes the Halifax Herald:—The "country doctor" gradually is disappearing in this province, as elsewhere. The word-picture of the man who, Winter and Summer, behind a faithful horse carried health and healing and advice into the isolated farming and fishing and lumbering settlements seems to mean little to today's generation—a generation accustomed to the specialist in the larger centres, the village doctor with much more science but much less opportunity to mingle and be one of his people.

The latest to drop from the ranks of the old-time practitioners is Duncan Andrew Murray, of River John in Pictou County. A school teacher first, he later had a brilliant university career which might have carried him to wealth and fame in the cities. Instead, he chose his old county, and there for more than 40 years he was present at births, he warded off deaths so long as he was able; he comforted the pain-ridden, the worried and the harassed in the country roundabout; in his own store he compounded those medicines which childhood and age alike know. He was a member of every family.

Would Revive Marriage Trade

Stamford J. P. Offers to Perform Ceremony On Instalment Basis

STAMFORD, Connecticut. — Franklin Mittau, podiatrist and one of the 21 justices of the peace elected in November, is making a valiant effort to revive the dying "marriage business" in Stamford.

He is offering to perform marriage ceremonies on the instalment basis—so much down and so much when you feel the urge to pay the rest.

Mr. Mittau, who says that he campaigned for the Republican party in the recent election, did not have to chance defeat, for nomination was equivalent to election for justices of the peace.

He said that he had not yet performed a marriage ceremony but that he was hopeful.

"I won't charge any fixed fee, but will leave it to the parties who desire to be married," he said.

"Suppose they forget about the instalments?" he was asked.

"I haven't looked up the law, but I suppose there'd be a way to make them pay," he replied. "However, I'm willing to leave it to their own conscience. It would hurt them more than it would me to cheat. Besides, all I'd be giving would be my services."

Mr. Mittau has sent cards to newspapers and organizations letting it be known that he is willing to tie nuptial knots on the above basis. He neglected to explain that the blood test law and the five-day wait are necessary before a license could be issued, but said:

"I'd make that plain to any prospect when he called me."

Before the operation of the new Connecticut marriage law, which prescribes a blood test and prohibits the marriage of people whose tests disclose a social disease. Justices of the Peace here picked up considerable money performing marriages.

For instance, Joseph Davidson, a lawyer, who was perhaps the champion marrying justice of Stamford, counted it a poor year when he did not receive from \$600 to \$800 in marriage fees. This year, under the operation of the new law, his fees dropped to \$15.

New York State town justices are getting all the business that formerly went to Greenwich and Stamford.

Rural Homes Recommended

For War Veterans — Commission Hears Ottawa Legion Officers

OTTAWA. — The establishment of rural homes for Canadian war veterans physically unfit for occupational employment was urged upon the War Veterans Assistance Commission at a public session here today.

Col. J. G. Rattray, C.M.G., commission chairman, presided and evidence was heard from officers of the Ottawa branch of the Canadian Legion.

Other recommendations were that a corps of commissionaires be formed, in small units to operate in large urban centres, and to be recruited from both married and single war veterans. Captain Gordon H. Rochester, who presented the case for the Legion, urged that such a corps should offer a means of permanent employment "at a rate of pay that assured a reasonable standard of living."

Unemployed veterans should be utilized in reforestation "or other useful national development work," said Captain Rochester. Other recommendations submitted asked that Dominion Government give assurance that no war veterans would be dismissed from the public service except for cause, and that the "soldier preference for government employment" be continued.

Federal relief in lieu of municipal relief for non-pensioners and training opportunities for men whose profession no longer provided remunerative employment were points also pressed on the commission.

With regard to creating rural homes, Captain Rochester admitted that the idea of "soldiers' homes" was what he had in mind. He believed that under a co-operative system costs of maintenance could be so reduced that such establishments, provided they were situated on good land close to cities, could be made self-supporting.

No Mannequins For Her

W. L. Clark writes in Windsor Star. — When Queen Mary buys a dress she goes usually to one of two well-known firms in London. Taking the garment, she holds it against herself, looks in the mirror and she quickly decides yes or no. "They used to try and have mannequins and models parade for the Queen Mother, but she does not go for that. And, she rarely pays more than \$100 for a dress."