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YEARS ADDED TO LIFE.

Sir Arthur Newsholme, one of the world's leading contemporary authorities on public health administration, confirms recent assurances of American medical men that longer, healthier and happier lives await the application by governments of known public health measures.

"Years are already being added to the life of each member of the community," says Sir Arthur Newsholme. "Every advance in curative and in preventive medicine implies an enhancement in the general standard of life."

Sir Arthur was entertained in New York, before he sailed for England, on Friday, after a tour of inspection of demonstrations in public health administration in New York State and elsewhere in the United States.

In his address he said that American medical men who recently dedicated their efforts to increasing the average life span twenty years within the next half-century, are on the right track.

During the past seventy-five years not less than fifteen years have been added to the average duration of life in several countries. During the past twenty years the gain in length of life has been greater than in the previous fifty years.

The average expectation of life for every infant at birth is fifty-eight to fifty-nine years. A large part of this improvement is directly due to the increased care of health now becoming more general, both by personal effort and by the work of health authorities and of voluntary agencies.

In promoting the welfare and health of the mother and her child in the early years, one can most easily anticipate disease, and bring the work of hygiene out of the region of pathology and disease into that of positive attainment and enhancement of health.

Satisfactory care of the mother during pregnancy and of the infant, by means within the reach of all (including a regulated diet, fresh air and sunshine, avoidance of exposure to the infectious colds of adults, and other medical preventive measures), will prevent rickets and many serious ills of childhood.

Maternal and child health are especially indicated in the prevention of two great scourges of humanity, tuberculosis and venereal diseases. No work for the mother and her child can have more than a fractional result, which does not constantly aim at minimizing and eventually eliminating these two arch-enemies of mankind.

Evil environmental circumstances which cause excessive mortality also cause illness and permanent deterioration of health in a vastly greater number of persons. Dr. Newsholme continued. In the battle of life, there are always more maimed and wounded than there are killed. There are those who contend that in a prolonged life we do not really live longer, but are merely longer in dying. To them we throw back the burden of proof of their assertion and maintain that each advance in the civilized pursuit of health means not only a temporary salvation from death, but an enhancement of the general standard of life.

A government statement is that immigration into Canada from the United States has been higher in every month from, and including August last, than in the corresponding months a year ago.

BIBLE THOUGHT

THE WAY OF A FOOL IS RIGHT IN HIS OWN EYES, but he that hearkeneth to counsel is wise.—Proverbs 12:15.

A REAL JOILY ROW.

The Toronto Mail and Empire has fallen foul of Mr. T. L. Church, M.P., who in parliament declared, "There are no two greater enemies of the Conservative party and the working classes than the Michigan-controlled Toronto Star and the Montreal-owned Mail and Empire, the biggest load the Liberal-Conservative party are carrying to-day in Ontario." The Mail denies the accusation and insists that Mr. Church "can plead no excuse, except it may be a deficient sense of moral responsibility. The statements themselves are brazen falsehoods which Mr. Church passes on from the scurrilous newspaper that speaks as familiarly of him as if it were his wife. The Mail and Empire is not, and never was, a load on the Liberal-Conservative party, but it will feel bound to do what it can to disencumber the party of some loads it has been carrying in the persons of certain ungrateful politicians. If The Mail and Empire can be held to owe any apology to the Conservative party, it is only for countenancing the candidature of Mr. T. L. Church."

What a real jolly row is in prospect!

CALLING FOR UNITY.

Right Rev. D. T. Owen, Bishop of Niagara, at a Synod service in Toronto, urged the members of the Church of England to get together to face the greatest problem it has ever had in Canada. "I believe," he said, "that this church in face of its special task and its peculiar opportunity, is called upon now to make a choice between allowing its strength to be dissipated in internal conflict or arising in the fulness of its power to meet the situation. We must not allow the old schisms and quarrels of long ago to turn us aside and rob us of that God-given opportunity. We must choose to forget; we must choose to love, to understand. We must choose tolerance, charity and often silence in order that our full strength may be with us for the task ahead, a task which is crying out to be done. A great price has been paid in years gone by for bitter words and bitter feelings in the church. It is the price of an unbelieving world, the price of an opportunity missed."

The words of wisdom of Bishop Owen are not alone meant for the Church of England, as all Canadian churches needs to heed the appeal made.

EDITORIAL NOTES.

June has arrived: "Here Comes the Bride." A lot of us fall because we put off till tomorrow what the other fellow does to-day.

Mother worries about her figure at home while father worries about his figure at the bank.

Quebec during the last year has made \$19,000,000 out of the liquor business under government control.

It will soon be time for the girls to begin planning what extra clothing they will put on to go in swimming.

A stingless bee would be a great discovery, one that wouldn't scare motor drivers when it lights on the end of his nose.

A contemporary says autoists should show the greatest courtesy to railroad trains allowing them the full right-of-way at crossings!

It may be a long time before Britain and Russia will make a treaty as Russia will not recognize its pre-war private debts. Britain insists.

The Independent Labor party comes out strongly in favor of government control and local option. We know where the party stands.

Jack Frost nipped off twenty-five per cent. of Ontario's fall wheat, but that is only an incident in the agricultural possibilities of the province.

Mr. John Easton, President of the Dominion Football Association, Montreal, has resigned from the association as a protest against the introduction of Sunday football.

Let autoists dim bright lights for approaching cars and keep to the right of the road on curves and straightaway, and not race when a car starts to pass.

Kingston's per capita expenses for 1924 were \$31, the lowest in the province. Ottawa and Brantford spent \$45 per head. Toronto, Hamilton and London, \$55; Guelph, \$49; Galt, \$43; Kitchener, \$42; Oshawa, \$40.

There is much truth in a remark made by Rev. A. H. Sovereign, Vicar of St. Thomas.

When women cut off the bottom of their dresses and started wearing them shortened to their knees they added five years to the length of women's lives. When they cut their lingerie in half and declared it style to go out in the cold with only two layers of clothing, they added another five years.

In the opinion of Dr. Roger Andrieu, of Paris, it was the most sensible thing style dictators have ever thought of and for that reason the style will probably not last long.

"Men should take a lesson from women and cut down on their clothing," declared Dr. Andrieu. "Women, within another generation or two, will be having a span of life ten or fifteen years longer than that of men. The sensible way they dress will be largely the cause. Men would suffer less from throat ailments if they wore kilts and could smoke as many black cigars as they wanted to, in return, they would eliminate the stiff collar and neck-ties. More clothes only make cold weather seem colder and less clothes makes a hot day seem hotter. The trick is in carefully choosing the clothes best corresponding to the climate and their wearing as few clothes as possible."

MORE TYPHOID PREVALENT.

There has been an increase in typhoid fever in the United States in the last three or four years. A health publication suggests that it may be due partly to "the wearing out of the protection given 4,000,000 Americans during their military service." Anti-typhoid vaccination is supposed to be effective for three years.

DAILY LESSONS IN ENGLISH

BY W. L. GORDON

WORDS OFTEN MISUSED: Don't say "the patient is some better." Say "somewhat better."

OFTEN MISPRONOUNCED: catch. Pronounce the a as in "cat," not as e in "let."

OFTEN MISSPELLED: chargeable; ea.

SYNONYMS: conversation; talk, chat, conference, discourse, intercourse, communion, communication.

WORD STUDY: "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. To-day's word: ATTRIBUTE (verb); to ascribe; assign. "He attributes his remarkable success to a clean life."

this danger in mind. It is possible to immunize oneself against this serious disease before starting on a tour, by an injection of the vaccine. Those who do not want to take such treatment will do well to carry their own water supply, obtaining it from sources known to be safe—usually the regular water supply of the cities they pass through. Any water they take from a private well or spring, unless well vouched for, should be boiled.

toris, B.C., who said that "supervised playgrounds have always decreased juvenile crime, and in many places made it an unknown thing, for juvenile crime only represents energy expended in the wrong way. Teach the boy to play the game, how to play them, and how to "play the game" in every sense of the term, and he will not go wrong.

News and Views.

It Is Generally So. Manitoba Free Press: The trouble with a lot of those fellows who go around shaking hands is that they may have something up their sleeves.

Chance For Development. Norfolk Daily News: The Moro outlaws are still far from the civilized standard maintained by our own enlightened gunmen.

Proud Inferiority. Ohio State Journal: Often when in the presence of the sort of person whom the women consider a real nice man we are reconciled to being regarded as a lost soul.

A California Expedient. Niles Register: There's a man over in the next township who hangs a quarantine sign in the front of his house the first of every month and hasn't been interviewed by a bill collector in three years.

The Vanity of Women. Border Cities Star: So many vain women are powdering their noses in the reflection from store windows these days it's almost impossible for a fellow to see how he looks in his new straw hat.

Why He Saved His Life. Dundalk Herald: Dr. Crossley pulled an amusing joke in one of his addresses here. A man had attempted to drown himself by jumping from a bridge into the river below. A passerby saw the act and, jumping after him, managed to bring him ashore. On recovering his breath the rescued man blurted, "I wish you'd mind your own business." "I am," was the quick retort, "You're every bit as much right to live and pay taxes as I have."

Oh! Those Back Yards

(Clayton-on-the-St. Lawrence). There are some folks who have energy enough to keep their front yards fairly well cleaned up, but they have the feeling that anything will go in their back yards. Consequently these rear places become receptacles for every kind of disorder. Hoops of ashes, decayed weeds and vegetable stalks, grass that was never cut, litter from the house, tumble down sheds and chicken coops, these are common sights in many cities, and some such places can be found in Clayton.

These back yards are much more visible than the people who occupy them think. They have the same effect on the appearance of a family as is given to a man when he goes out without shaving and with soiled and ragged clothes.

QUEER QUIRKS OF NATURE

How a Giant of the North Gets a Meal.

By Arthur N. Pack. Somehow the polar bear in the zoo always seems pitiful to me. He belongs to the icebergs and barrens of the arctic.

I often have wished to spend time in his native haunts, but the talk I had the other day with Capt. Johan Mesander, the explorer, was almost as good as an arctic trip.

The good captain, incidentally, ran away to sea when just a lad and has made many trips to the frozen lands of the north that are such a center of interest to me.

Locked in the pack ice east of Spitzbergen on one of his trips, Capt. Mesander was aloft in the crow's nest. He spied a mother bear and two white cubs, apparently out looking for dinner.

"At times," the captain said, "the mother would rise on her hind legs in an upright position to get a better view. Finally she located a seal, fully sleeping on the edge of an ice floe, about a half mile from the ship. The mother seemed to hold a conversation with the cub, instructing them to lie down and keep quiet, while she went away to get their dinner."

"The two little ones did as they were told, and the old lady snatched up towards her prey. First one of them stood up and then the other.



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Certain beetles that live in swamps have four eyes.