

ENO'S "FRUIT SALT"

**Quenches thirst!
Cools! Refreshes!
Keeps you regular!**



THE BIOGRAPHY OF AN ATLANTIC SALMON

Out of the dark, quiet depths of the cool, salt sea the Atlantic salmon lives in the midst of plenty. Strong and swift, he rushes to and fro, or up and down, wreaking havoc on the frightened schools of glass-like shrimp, the vast shoals of silver-white young herring, and wandering groups of slim, fast-moving sand eels which feed his lordly appetite. On the other side of the world, out in Pacific waters, are countless thousands of his kin, members of the same Salmonidae family, for the Atlantic fish belong to the Salmo salar while the Pacific salmon is of the genus Oncorhynchus and may be any one of four or five species, as, for example Oncorhynchus nerka, which, being translated, means the sockeye salmon, and Oncorhynchus keta, or the chum salmon.

East and west alike, the salmon is of prime importance to Canada. In British Columbia it is the basis of the most valuable fishery, from the dollars and cents standpoint, of all the many fisheries of the Dominion, while one or two species also give sport to the angler. On the Atlantic coast the fish is a source of livelihood for many commercial fishermen and as the King of Sport Fishes it attracts many anglers every year to the streams which it enters from the sea. East and west alike, the salmon's life story is full of interest, with many similarities in the biographies of Salmo and Oncorhynchus and with some differences. There is similarity, for instance, in the fact that all the salmon come in to fresh water to spawn and spawn in the same fresh water systems where they themselves were born. There is notable difference in that the Pacific coast fish spawn only once and then die on the spawning beds while the Atlantic salmon spawn several times.

Here, popularly told, is the life story of an Atlantic salmon, which, after feeding in the sea for a couple years or so on his royal fare of shrimps and sand eels and little her ring has become big and handsome—a King among fishes. He lays by a plentiful store of fat within his body for he knows that the time will come when he must make a long, arduous, and foodless journey. So he plays about and feeds and grows strong and fat until instinct tells him he must begin the journey to the fresh water stream where he was born.

He no longer is hungry, but feels a strange urge within him to begin his travels. The spirit of his youth comes back and he longs for the joy of fighting the swift, turbulent waters near the ocean's surface and the shore. He would swim in the fresh waters again.

He comes up from the cool depths into the waves, where it is brighter and warmer. He plays around, but always nosing his way wherever the saltiness of the sea is lessened by the fresh water from the rivers, until, by marvellous instinct, he finds the mouth of the stream that was his early home. He does not go directly into fresh water at once, however, but makes his way slowly to the river estuary, where the salt water mixes with the fresh. With other of his race, both male and female, on the same errand bent, he rambles and gambols back and forth, now seaward, now riverward, gradually accustoming himself to the change in water.

After playing about for a time in the estuaries and tidal portion of the rivers, the salmon finally heads boldly upstream. He swims through the broad reaches until, by his remarkable instinct, he finds the mouth of the very tributary stream in which he was hatched. Up this he goes to where it narrows and the water becomes shallower. As fall approaches, the male and female fish, whenever they may be in sea, estuary, or river, prepare for the spawning by heading for the gravel beds in the riffles of the river. Great changes take

place now in their appearance. They lose their bright silvery color, and the males develop great hooked jaws.

Choosing a clean bed of gravel at the bottom of the stream, each female salmon hollows out a trough by means of her tail and a twisting motion of her body. There she deposits her eggs—thousands of them—which are fertilized by the male fish and then covered up in the gravel by the flow of the river current. Here the eggs develop during the winter and in early spring they hatch out, when the tiny baby salmon are known as "alevins." Meanwhile, the parent salmon, lean and meagre after spawning, seek to make their way back again to the ocean. These survivors, known as "kelts," resume their former happy existence in the depths of the salt seas, feeding and growing, recovering their fatness and their silver coats. In a year or two, obeying their natural urge, they will return again to the rivers for another spawning. Individual salmon have been known to feed in the sea and spawn in the river as many as five times, and these, of course, grow to be very big fish indeed.

But to return to the alevins. Each of the new-born fish has a yolk sac attached to its underbody which prevents it from rising much from the bottom of the stream and also contains the nourishment upon which the baby draws while it is still in this tender, helpless stage. Gradually, the sac is absorbed and the alevin takes on the shape of a true fish, having grown rapidly in the meantime. In this second stage of life the young salmon are known as "fry" or "parr." The latter name being given them because of the dark vertical bars which appear on each side of the body. Growing, but still tiny, they now swim actively up in the water, but keep their heads upstream so that they will not be carried down by the current, and they greedily devour any minute animal forms that float near.

On this sparse food they grow but slowly and they must remain in the stream or river, sometimes for only two years but usually for three, and some for four or even five years, before they are in condition to go to sea. By this time they are like small trout in size, but marked with small black spots. Their scales become silvery because of the formation in the skin of what are known as crystals of guanine, and the vertical bars of the parr are covered up. When they have reached this stage of life the young fish are known as "smolts." By this time they have become exceedingly voracious, coming frequently to the surface to snap at anything that looks good to eat, and they no longer try to keep themselves from being carried down-stream.

Rambling toward the river mouth, they come into the brackish water. Here they linger for a while to accustom themselves to the saltiness and when they can endure it they scatter out to sea, rarely to be seen again by man until they are ready to return to the river where they were spawned.

The case of the salmon is an instance of a fish which, reaching the deep seas, almost disappears from the knowledge of man until instinct fetches it back to the coastal waters and the rivers.

The Atlantic salmon's return from sea is usually made after two years. Sometimes it comes after only one year, and sometimes not for three or four years. The salmon that come back after spending only one year in the ocean are called "grilse" or "fiddlers" and are about five pounds in weight. Only the fish that have remained two years in the sea are entitled to be called "salmon" and they usually weigh ten pounds or more.

The males mature before the females, and the grilse, or one-year-in-the-sea fish, are usually males.

REDUCED FARES FOR LABOR DAY

Montreal, Que., Aug. 22—With the approach of Labor Day, which will be observed on Monday, September 3, the two railways of Canada are preparing for heavy passenger traffic during this late summer holiday period and in preparation for this event provision has been made for extra service with reduced fares, it is announced by C. P. Riddell, Chairman, Canadian Passenger Association. These fares will apply between all stations in Canada, and to certain destinations in the United States adjacent to the international border, on the basis of single first class fare and one quarter for the round trip, tickets good on the going journey commencing at 12 o'clock noon Friday, Aug. 31, until 12 o'clock noon Monday, September 3, with return limit to leave destination not later than 12 o'clock midnight, Tuesday, September 4th. Railway tickets during this period will be good in parlor or sleeping cars on payment of the regular extra charge for such service. Realizing that the advanced summer season will be an attraction to many people for travel purposes the railways are anticipating a heavy movement of holiday seekers during the Labor Day period taking this opportunity to seek their favorite resort before the close of the season or do other visiting while the milder weather prevails.

ANGLER "HOOKS" FOX

Montreal, Que., Aug. 22—R. L. Ripley, please, "believe it or not". There are anglers who have hooked and landed everything, from their fishing companions to worn-out automobile tires and marmalade cans, but it remained for Pitt Blackburn of Quebec, fishing at the Summit Club, an organization on the Canadian National Railways line between Quebec City and the Lake St. John district, to establish a real record. Mr. Blackburn involuntarily, it must be admitted, hooked, and then voluntarily, landed a young red fox which "struck" the artificial fly on the end of his fishing line.

The story is properly vouched for the fox, as proof, has been established in the Zoological Gardens at Quebec. Here are the details: Mr. Blackburn, returning from a fishing outing, left his rod with leader and fly attached, resting against the railing of the verandah of one of the cabins of the Summit Club and stepped inside the cabin for a moment. The sound of the screeching reel summoned him to action. Rushing to the verandah he found the reel twirling madly and his line snaking out into the bush. Seizing the rod he began to reel in the line. With considerable difficulty he landed his prize—a young red fox which had struck the dangling artificial fly and made off with it.

Permission was obtained from Game Warden Boisvert to retain the fox and ship it to the Zoo at Quebec. The Summit Club was formed by an organization of Canadian National employees and word of the unusual catch was received by C. K. Howard, head of the Railway's Fish and Game Department, but there are a stack of affidavits to support its authority. Now Mr. Blackburn and his fishing companions seek information as to the best type of artificial fly to lure a bull moose.

WHERE HEPBURN STANDS ON EXPENSE CUTTING (Financial Post)

The interview with Premier Mitchell F. Hepburn of Ontario that appears in this issue of The Financial Post is important. It indicates the basic philosophy of Mr. Hepburn's economy campaign.

1. They can administer departmental work more efficiently and economically, particularly by dropping political appointees and applying business-like methods.

In this direction most of Mr. Hepburn's moves to date indicate that his intentions are thoroughly sound and sincere. He is striving for business-like administration.

2. They can modernize their administration by eliminating jobs, departments and bureaus that have outlived their usefulness.

It is difficult for governments to do this, but Mr. Hepburn has indicated an intention of subjecting each and every item of expenditure of his government to the sharpest scrutiny to see if it is necessary under modern conditions or is merely a relic of a former era, carried on because of the vested interest that always develops in every government department.

3. They can restrict the steady expansion of the function of government and restore to private enterprise and individual initiative a larger measure of responsibility and opportunity.

What this means is the dehydrated of the Socialist influence from modern governments, a swing back from paternalism. It involves a lesser number of social welfare services; and not so much control of the activities of individuals and corporations.

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50 YEARS A MARTYR TO CONSTIPATION

But Kellogg's ALL-BRAN Brought Welcome Relief

Read this splendid letter from Mrs. Haynes:

"For 50 years I have been a martyr to constipation. Have tried every remedy under the sun.

"One day I read an account of some one who had been relieved by ALL-BRAN, but I thought, 'What was the use of me trying anything more when all else had failed?'"

"A while after, I read it again. That time I thought I would try it, it would do no harm anyway."

"I began with a small dish of your ALL-BRAN for breakfast, and wonderful to say, I never need to take any physic at all now. How I wish other poor sufferers from constipation could be persuaded to try it."—Mrs. Sarah Haynes (address, furnished upon request).

Tests show Kellogg's ALL-BRAN provides "bulk" and vitamin B to aid regular habits. Also iron for the blood.

This "bulk" in ALL-BRAN is much like that in leafy vegetables. It's so much safer than taking patent medicines! Two tablespoonsful of ALL-BRAN daily are usually sufficient. Severe cases, with each meal. If not relieved this way, see your doctor.

Get this delicious ready-to-eat cereal from your grocer. In the red-and-green package. Made by Kellogg in London, Ontario.

THE DEATH ANGEL

Last year two people at Hantsport, Nova Scotia, were victims of poisoning from toadstools. These were later identified at the Field Laboratory of Plant Pathology at Kentville as the death angel, our most deadly toadstool. This tragedy affected people deeply and the demand for information has increased greatly.

There are probably over a thousand different kinds of mushrooms and toadstools in the province, two hundred of which are common, the others more or less rare. It takes careful study over a number of years to become familiar with even two or three hundred so it is impossible in a short article to give rules that separate all edible mushrooms from the poisonous, and as most people in the Maritime Provinces eat the common mushroom and its larger cousin the horse mushroom, the points that will be stressed are those that can be used to separate these two from the death angel.

First turn the mushroom upside down and look at the gills. The gills of the death angel are white. Those of the common mushroom are pink when young and brown to black when old. Second, examine the base of the stem. The common mushroom has a smooth even sized stem growing from the soil. The death angel has an enlarged club-like base that is buried in the soil or loam. This base is covered with a sack or sheath that is known as the death cup. The death cup is the remnant of the outer covering or skin that enclosed the young death angel in the button stage and was torn into a sack-like form when the cap of the mushroom enlarged. The base of the stem has to be dug up carefully to see the death cup as it can be torn off easily if the toadstool is pulled up.

A number of other points should be considered when gathering mushrooms. Mushrooms grow in fields, pastures, dykes, orchards and woods. The death angel only grows in or near woods under the spread of the limbs of the trees. The death angel and the mushroom both have a ring or veil on the stem. Many people depend on the fact that mushrooms can be peeled but great care should be taken because the death angel can be peeled as well although the peel is not so thick. Cooking tests cannot be relied on to separate edible mushrooms from the poisonous.

Those who gather mushrooms should absolutely avoid all mushrooms with white gills, a veil or ring on the stem and a swollen base with a death cup attached.

Unless the death angel is known positively never collect near bushes or trees. The safest place to gather mushrooms is on dyked land, in open fields and pastures well away from trees and bushes where the death angel does not grow.

This article is necessarily short. A full account with clear photographs of over 100 mushrooms and other common fungi can be obtained in "Mushrooms and Toadstools", a recent publication of the Division of Botany, Central Experimental Farm, Ottawa, price \$1.00. Local information can be obtained from the Field Laboratories of Plant Pathology in the various provinces.

MATURITY—MATERNITY MIDDLE AGE

At these three critical periods a woman needs a medicine she can depend on. That's why so many take Lydia E. Pinkham's Vegetable Compound. 98 out of 100 say, "It helps me!" Let it help you, too.

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BABY CREEPS

Babies cry because crying is one of the few ways they have of expressing their feelings, or of securing the attention they need. Just how often or for how long a baby will cry will depend upon number of things.

The new-born baby sleeps most of the time, waking only to be fed and then going off to sleep again. As the child grows older, he sleeps less, and if he is to sleep throughout the night, then he must be trained, from birth, in regular habits of sleeping, feeding, elimination and bathing. It is much more simple to establish the proper habits from the first than to have to correct bad habits later on.

The baby will not sleep regularly unless he has other daily habits which are also regular. "Feed by the clock" is good advice which might be extended to bed-time, bathing and elimination. It is helpful to the child's development to have these habits established early so that they become second nature to him, requiring no attention, and leaving him free to develop other activities.

The baby who is upset when feeding time comes is apt to swallow a great deal of air with his food; this may mean that he will not secure sufficient food, and the result is a restless sleep after such a feeding. Holding the child over the shoulder and gently patting his back helps to expel the air from the stomach.

Keeping him warm enough, but not too warm, and turning him so as to give him a change of position, encourage sound sleep. The baby has not the same ability as the adult to adjust the body temperature, hence the importance of providing him with just the right amount of clothing and covers, depending upon the temperature. The baby who is over-clothed is irritable and restless because he is uncomfortable.

Colic gives rise to severe pains; it is due to an irritation of the bowel from some cause. The baby with colic usually lies with his legs drawn up, and the pain gives rise to piercing cries. Bowel movement gives relief and the baby will be willing to take some food.

A cold in the head not only interferes with breathing, but, in the case of the baby, it interferes with his sucking, so it is to be expected that his sleep will be restless if he has a cold. Fever is another cause of poor sleep. As previously stated, the control of body temperature is not well established in the baby, and so babies run high temperatures very readily.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

Let those who thoughtfully consider the brevity of life remember the length of eternity.—Bishop Ken.

Look's Regulating Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1.00; No. 2, 50¢; No. 3, 25¢ per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE LOOK MEDICINE CO., 1080 BAYVIEW AVE., (Formerly Windsor).

THAT DEPRESSED FEELING IS LARGELY LIVER

Wake Up Your Liver Bile... Without Calomel, And Feel Like a Million Dollars.

Nothing can put your system out of kilter more quickly than your liver. All it has to do is stop pouring its daily two pounds of liquid bile into your bowels—and life certainly gets grey. Just sluggish flow of bile slows up digestion and elimination and makes you "feel punk". Your stomach gets up—gas, bloating, sourness, pain. Your breath is bad and the taste in your mouth is nasty. Your head aches. Skin is blotchy. All, of course, because your system is full of poisons.

More bowel movers like salts, oil, mineral water, kaffee, laxative candy or chewing gum are not good enough to correct this condition entirely. You're livery and you must wake up your liver bile to be happy again.

Avoid calomel (mercury). The thing for you is a box of Carter's Little Liver Pills. They never upset you because they're purely vegetable, gentle and safe; but how they do change your view on life!

Don't waste your money on substitutes. Be definite. Ask for Carter's by name—and get them! Look for the name, Carter's, on the red label. 25¢ at all druggists.

DAMAGE IS SLIGHT

Some damage was done to the residence of Mrs. Charles Feeney, Richmond street, by fire at noon Thursday. The fire was caused by sparks from a chimney igniting the roof, which was well alight by the time the firemen arrived. Ladders were raised and the blaze distinguished with one small stream, but not before it had burned a hole through the roof. The alarm was the first which the department had answered this month.

THE LIVE STOCK PRODUCTS ACT

The amendments to the Live Stock Products Act passed at the last session of Parliament provide for the licensing of cattle exporting agents, as well as exporters, with regard to the exportation of live cattle to Great Britain, and define the procedure for bringing exporters and exporting agents' under licence. Control regarding the quality of cattle exported may be exercised under this provision, and security may be required from exporting agents. Authority has been given for requiring operators of public commercial vehicles transporting live stock or live stock products for sale to guarantee the proper return of the proceeds from sales to the persons entitled thereto, in order that the owners may be assured of payment for their stock marketed by truckers.

Provision also is made for securing a complete record of live stock purchased at assembling points and at auctions, comparable to similar records required concerning live stock marketed at stock yards and packing plants may be available. The period of time which a live stock exchange is given for compliance with a Ministerial order is reduced from sixty to thirty days in order that quicker action may be secured, and the responsibility of banks and of commission merchants and co-operative associations with respect to the handling of shippers' trust account funds has been more clearly defined. With regard to poultry, the Dominion Department of Agriculture has been given the necessary authority to proclaim regulations for the control of the chick hatchery industry in any province requesting such proclamation. Certain provinces have asked for such action.

Honor is purchased by deeds we do; honor is not won, Until some honorable deed is done.—Christopher Marlowe.



The Woodstock Indians defeated Hodgdon, Me., in a snappy eight inning game at the Island Park diamond Friday evening by a score of 5 to 2. High lights in the Indians' win were clever battery work, neat fielding by "Honey" Pothis and Sapier's batting. The batteries for the winners were Oliver and Pete, and for the losers Murchie and Howard.

HAWS 6 SENATORS 4

In the final league game of the season the Hawks took the Senators into camp by a score of 6 to 4. The game which was scheduled for 7 innings only lasted 5, the game being called on account of darkness. Both teams had only about 3 regulars on their lineups, many substitutes being used. Reuben Johnson playing second base for the Hawks connected for a home run in the 3rd bringing in 3 runs.

The score:

	R. H. E.
Hawks	6 7 1
Senators	4 8 1

Batteries for the Hawks,—Dymond and Porter.
Batteries for the Senators,—Neal, Sapier and Hamilton.
Umpire,—H. Carr.

FINAL LEAGUE STANDING

C. P. R.	P. W. L. D.
Hawks	9 6 1 2
Senators	9 4 5 0
Indians	9 2 4 3
	9 3 5 1

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CANADIAN AND BRITISH BEEF PRODUCTION

Since the beginning of the century, the Canadian meat packing industry has developed on a large scale, with a progressive concentration into a smaller number of establishments, and, according to the Empire Board Beef survey just completed, it is of interest to compare the beef production of Canada and Great Britain in view of the similarity in numbers of cattle. The total production of beef and veal in Canada in the five years 1928 to 1932 has averaged 291,000 tons per annum compared with an average

of 552,000 tons produced in Great Britain. The difference becomes smaller, however, if allowance is made for cattle exports from Canada, and the imports of store cattle into the United Kingdom. Before 1930, Canadian live cattle exports might be reckoned, at a moderate valuation as equivalent of the 500,000 head of store cattle and dairy cows shipped annually from Ireland represent approximately 100,000 tons of beef, an appreciable proportion of the meat output of Great Britain. On this basis, beef production in Canada may be reckoned as approximating to two-thirds of that of Great Britain.