

DOCTORS FIND ESKIMOS FREE FROM DENTAL DECAY

Cancer Almost Unknown Among Them Also,
Local Men Discover on Trip

Why do Eskimos have no tooth decay? How do they utilize their diets of fats when they eat little carbohydrate food to help burn them? Do they suffer from hardening of the arteries? Their diets suggest that they should. And why . . . why have physicians of long experience seen no cancer either among the Eskimo or among the fish-eating Indians of Canada's Pacific Coast?

Two Montreal physicians are asking these questions this summer. They are asking them in the Arctic and here in this city. If they find answers that seem to be promising then they will try to establish an experimental hospital in the Arctic, from which studies of the Eskimo's health, life and digestion may be better made than is possible this summer from a trading ship.

LOCAL INVESTIGATORS

The two investigators are Dr. C. C. Birchard of the Montreal General Hospital, lecturer at McGill University and medical advisor to the Sun Life Assurance Company, and Dr. I. M. Rabinowitch, head of the Department of biochemistry at the Montreal General Hospital and assistant professor at McGill.

Equipped with the first biochemical laboratory ever to have been taken into the Arctic, and an X-ray apparatus as well, Dr. Birchard sailed from Montreal some two months ago aboard the Nascopie, supply ship of the Hudson's Bay Company.

He examined Eskimos at every stop made by the ship all the way around the tip of Labrador on Southern Baffin Land and through the Straits until the Nascopie turned sharply south and called at Churchill railroad of the Hudson Bay Railway.

There Dr. Rabinowitch relieved him while he himself came back to Montreal.

Scrupulous against personal publicity made Dr. Birchard reluctant to tell of the research work among the Eskimos but the interest he had in the subject eventually persuaded him to speak guardedly.

HAVE OWN DIET

"The nomad Eskimos who do not live near the trading posts and consequently rarely get the white man's food have practically no natural carbohydrates in their diets," he said.

"That is, they have no sugar, they have no flour except when the Mounted Police distribute some in case of famine. They eat few of the foods which break down to sugar in the ordinary process of digestion. Their diet consists of proteins in the form of raw fish and lean seal meat,—and of huge quantities of fat."

"Now with us," Dr. Birchard explained, "it is necessary to have carbohydrates in order to burn the fats we eat. Otherwise acetone is formed in our bodies with evil results to us. But the Eskimo does not have the carbohydrates to eat and yet escapes the evil results. How does he do it—that's the question."

Dr. Birchard pointed out that as a physician he would look for diabetes and consequent hardening of the arteries among people who lived long on an Eskimo diet. He admitted that he did look for them among the natives he examined—and that he found no signs of either.

"The raw fish and seal meat in the Eskimo's diet provide him with proteins, part of which break down to sugar," Dr. Birchard said. "But even so an Eskimo's diet would certainly not be normal to us."

HEALTHY LOT

On the whole, Dr. Birchard found the Eskimos of the Eastern Arctic to be a very healthy lot. He heard reports of much tuberculosis among the Indians south of Ungava Bay and found some among the Eskimos, but not a great deal. Many, however, suffered from injuries to the eyes.

"One amazing thing is that I saw not a single sign of tooth decay among all those whom I examined until we came to Port Harrison on the Hudson Bay, where the Eskimos are on a white man's diet because of lack of seals there. Elsewhere their teeth were very much worn but there was no evidence of dental caries."

"Eskimo women," Dr. Birchard pointed out, "chew their mates' seal-skin boots to soften them after they have been water-soaked and have dried hard. As a result the women's teeth are generally much more worn than are the men's."

"But, again, why should wear at all?" Dr. Birchard asked. "The tooth is harder than a seal-skin, and though we have not tested them yet I do not think that there is any sand to be found in the skin boots."

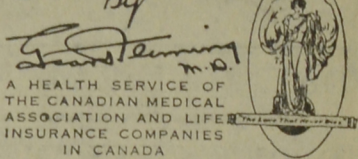
Allied to these problems of diet and mode of life there still remains the problem of the absence, or, at least, extreme rarity of cancer among the Eskimo, and among the fish-eating Indians of the British Columbia coast.

"So far we have heard of no cancer at all," Dr. Birchard said. "He preferred, however, not to discuss this subject at any length."

CLEAN AND HEALTHY

"The Eskimo generally strikes me as a clean, healthy, laughter-loving people," Dr. Birchard said. "They are not dirty or morose like the Indians of the North. They are trustworthy

HEALTH



EAR TROUBLE

The special senses means so much to us every reasonable care should be given to keep them in good condition. It is during the summer season that the ear is exposed to certain peculiar dangers which may lead to damage of this precious sense of hearing.

The external ear canal which is over one inch in length, and which leads to the ear drum, is covered with fine hairs, from the follicles of which comes a waxy substance. If water gains entrance to the ear, which is a common occurrence during swimming and if wax has collected in the ear, which also often happens, the wax absorbs the water, swells, and, partially or completely, shuts off the ear drums.

It is this swelling of the wax and possibly the collection of a drop of water behind the wax which pressing on the ear drum gives rise to the sensations known as "water in the ear." The proper way to get rid of the trouble is by using more water, only it must be used by some competent person as a douche to wash out of the ear canal the collected wax, and so get rid of the "water on the ear."

Boils in the external ear canal are very painful. Any injury to the membrane lining the canal may lead to a boil because the injury gives a chance to pus-producing germs which may be lurking around. They invade the tissues and set up an infection. It is important to heed advice not to poke at your ears with such things as hairpins and matches. Removal of wax requires the gentle care of skilled hands.

There is an idea held by some people that if you have a cold in your head it is a good treatment to go in swimming, particularly into salt water. This is an error because bathing, especially diving or swimming under water, is apt to force infection up the eustachian tube from the nose.

and they really are very much trusted by the fur companies of the North.

"But," he added, "I frankly do not know what would happen to them if the trading companies left the Arctic. The Eskimos have forgotten how to use the bow and arrow when they go hunting. They are dependent on the companies for rifles and ammunition now."

Dr. Rabinowitch is expected to return to Montreal next month when the Nascopie arrives at Halifax. The two physicians will then collate their work and decide whether or not it will warrant the establishment of an Arctic clinic to continue their researches.

WHAT A SUN-SPOT LOOKS LIKE

A Solar Cyclone Spraying the Earth — A Whirlwind of Leaping, Flaming Gas.

What would you see if you could look closely into the new giant sun-spot that has appeared, asks a writer in the London Sunday Referee.

A solar cyclone spraying the earth; a whirlwind of leaping, flaming gas that could swallow up the earth many times over; a vast tornado of the heavens besides which the fiercest earth tornado that carries away cities and sucks wells and lakes dry would appear as a mere summer evening zephyr.

The scientist's knowledge of sun-spots and their effect on this earth, is increasing enormously since the advent of giant telescopes and vastly improved apparatus.

The new sun-spot is said to measure 670,000,000 square miles, but that is not the largest sun-spot we have had recorded.

Let us then look at one of these huge volcanoes of gas that appear periodically—the cycle is slightly more than eleven years with a lasting period of from four to five years.

At first glance we shall see a central dark patch, known as the umbra, and all around it is a wonderful display of solar fireworks tossing plumes and lace-like filaments of intense white incandescence—listed as the "penumbra."

The eustachian tube connects the middle ear, lying behind the ear drum with the back part of the nose and throat. It also acts as a drain for the middle ear, but it may reverse its action if the pressure in the nose is raised by forceful blowing of the nose or when in swimming. If there is infection in the nose and throat at the time it will be forced into the middle ear where it will likely set up an infection known as otitis media which reveals itself in earache. Earaches must receive prompt attention if serious damage is to be prevented.

Swimming is a fine exercise and it is most desirable to get out in the fresh air and sunshine in a bathing suit. It is also desirable however, to safeguard your hearing, so keep out of the water if you have a cold or if either your nose or your ear is running.

WOOD PULP AND PULPWOOD

The export of wood pulp and screenings in July was valued at \$32,128,188, most of it going to the United States. This was slightly less than a year ago. Pulpwood export was 118,686 cords compared with 155,626.

Immediately the impression is obtained of a huge cauldron boiling fiercely, something like the seething hole in the crater of an erupting volcano.

The patch in the centre for long was considered to be a deep hole, but now scientists know that it is something very tangible, and although black in appearance is actually tremendously luminous. The reason it appears darker than its surrounding surface is that it is lower in temperature.

These "holes" are intense cyclones millions of times more powerful than the worst wind cyclone we know on our earth, masses of whirling elevated funnels of hot hydrogen—tremendous storms of gas on a heavenly body that is of itself one enormous and continual storm.

From out of these "holes" are tossed fiercely burning gases which, as they reach the surface of the sun, cool suddenly by a drop of two thousand degrees—hence the reason they look black against the normal surface heat of the sun of six thousand degrees.

Little wonder, then, that when these cyclones of the sun begin to play and spray the earth with their influence all manner of strange phenomena occur—magnetic storms are reported; compasses go wrong; the telegraph service and wireless radiation are greatly interfered with and the auroras shine with extra brilliance.

Definitely, then, something more than mere extra light and heat waves are sent out by the activities of these solar volcanoes that we know as sun-spots.

Science is now learning more and more of what that extra something is. Electros is the solution.

The spots spray the earth with electrons and these cause the magnetic troubles that follow.

But what of sun-spots and rain? you will be asking.

It is another remarkable fact that there is a definite relation between the appearance of the sun-spots and variations, especially rain, in our weather. How does this come about?

It can now be proved that when sun-spots are in action the sun is at its hottest.

This causes greater evaporation of dox that when the sun is hottest the moisture on the earth, resulting in earth's atmosphere is coolest.

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more clouds, and, therefore, more rainstorms.

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SATURDAY, SEPTEMBER 7TH

The exhibition will be officially opened at 8 o'clock p.m. by Premier Dysart. Admission free; everybody welcome.

MONDAY, SEPTEMBER 9TH

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TUESDAY, SEPTEMBER 10TH

Horse Racing over Canada's Fastest Half Mile Track; Judging of all classes will begin.

WEDNESDAY, SEPTEMBER 11TH

Horse Racing, Judging, Open Air Attractions, Band Music and Vaudeville—Fire Works.

THURSDAY, SEPTEMBER 12TH

Horse Racing, Judging, Music Thrills.

FRIDAY, SEPTEMBER 13TH

Farmers' Day, Boys' and Girls' Club Program, Judging and Showmanship Contests. Vaudeville and finish of the Horse Races if any postponed—Fireworks.

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