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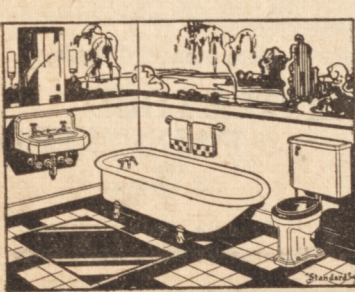
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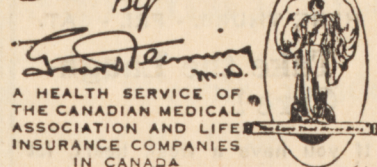
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HEALTH



MANY HEALTHY PERSONS SUFFER VARICOSE VEINS

By JAMES W. BARTON

The examination of recruits during the World War brought to light the large number of individuals who are afflicted with varicose veins. Many of these men were big, strong policemen and motormen, whose work of being on their feet for long periods with very little movement of the legs was the cause of the varicose veins. Generally speaking, no one should have varicose veins because when the heart pumps the blood down to the legs and feet it is supposed to pump it with enough force to not only send it down but to bring it all the way back again.

Unfortunately just as an individual can inherit the color of the hair or the eyes so can he inherit this weakness of the vein system. Thus on questioning recruits with varicose veins it was found that in most cases one or other of their parents also suffered with varicose veins.

The blood vessels carrying the blood down to the legs (the arteries) are heavy and elastic with nothing in their path to stop the flow. The vessels carrying the blood back to the heart—the veins—on the other hand have thin walls and in order to prevent the blood from flowing backward when it is on its way back to the heart, they have valves which force the blood just in the one direction—toward the heart.

If the veins get overstretched by having too much weight upon them or because the muscles are not exercised due to standing too long at any one time, then these valves will not hold the blood and it flows backward or downward instead of upward toward the heart. Thus as these veins hold only impure blood it is considered wise to remove them by the knife, or injecting a substance which shrinks them up.

Fortunately although these veins are no longer able to do their work properly, Nature has provided another set of veins deeper in the tissues between the muscles. When the muscles work or exercise the blood gets squeezed or pushed upwards in the proper direction.

If the varicose veins are severe in that the legs are tired all the time or eczema or an ulcer appears then something to help the circulation is needed. Thus bandages, or elastic stockings have been popular for many years.

However now that the injection of these veins has proven so successful in causing them to shrivel up into hard cords instead of tubes, tiredness, eczema, ulcer swelling and other symptoms disappear.

Injection means a few trips to the physician's office instead of days or weeks in hospital when surgery is used.

Apple Varieties

The problem of choosing satisfactory varieties of apples for planting purposes is receiving more serious consideration at the present time than ever before. In order to aid in the solution of this problem, the following observations on a number of varieties of apples, most of them comparatively new, are herewith presented.

L. C. Young, of the Dominion Experimental Farm here says: McIntosh continues to be the premier variety and is definitely recommended for further planting. This variety, as grown at the Dominion Experimental Station here, suffered considerable winter injury, largely in the form of bank splitting on the trunk, during the recent test winter. This combined with the fact that even during a normal winter this variety suffers some injury in the form of sun scald and crotch injury, suggests that the practice of double-working McIntosh on a hardy variety such as Antonovka Charlamoff or Hibernal possesses distinct possibilities.

Melba, a fall variety, may be planted in sufficient quantity to supply the local market.

There are a number of new varieties of considerable promise, which should be planted fairly widely but only on a trial basis.

Sandow still appears to be the most promising of the winter varieties. Although the two original trees in the Station orchard suffered severe winter injury in 1933-34, grafts of the same variety on Alexander and Yellow Transparent, came through in comparatively good condition. It should be mentioned that the two original trees have been practically stripped of scion wood for a number of years, and moreover, both trees bore a heavy load of fruit in 1933. Sandow grafts in the Shediac, Port Elgin and Long Reach districts are in excellent condition. Inasmuch as Sandow thrived in the Station Orchard until the winter of 1933-34 during a period when Northern Spy failed to prove profitable, it is believed that it should give a good account of itself at least in districts which, in the past, have been attempting to grow Northern Spy. Its performance to date is sufficient to warrant orchardists giving it an extended trial.

Linda is a winter variety which is under trial in the province of Quebec. Although comparisons under existing conditions are difficult, our experience to date has been that this variety, although possessing excellent quality, is distinctly less hardy than Sandow and definitely shorter in season. In spite of these observations which time may alter, every wide-awake grower should have at least a few trees.

Lawson is a highly coloured, good quality variety, but probably not quite so hardy as McIntosh. To date its season has not been found to extend beyond that of McIntosh. This is contrary to the experience in Quebec, where it is being considered as a later winter variety. It is said to possess a narrow picking range, which may in part account for its failure to keep longer under local conditions.

Cortland is a very hardy and vigorous variety. Its season is possibly two weeks later than McIntosh. It is definitely inferior in quality to McIntosh and there is some doubt concerning its yielding ability. Moreover recent cold storage investigations at the Central Experimental Farm and elsewhere have indicated that the marketing season of McIntosh can be extended two months quite easily. It is doubtful, therefore, if extensive planting of Cortland is justified, especially if cold storage facilities are available.

A CATNIP "JAG"

Friends, I have made a discovery. I have discovered that catnip affects cats in exactly the same way as whiskey affects humans. It makes them drunk. Yes, sir. It makes them drunk. If you're inclined to be sceptical, listen to my story. The other day, having nothing better to do, I went out into the fields and picked a bunch of catnip in order to give my cats a treat. And this is how they reacted. After feasting on the catnip and rolling in it to their very hearts' delight, they lay down on their sides stretched out at full length, with eyes closed, and that smug "I told you so" expression that so well becomes the feline countenance. Then like a certain wicked generation mentioned in the Bible they rose up to play. But alas! alas! when "the wine" is in, the wit is out, and it wasn't long before they got into a free for all fight, which might have had serious consequences for Greeba had I not been at hand to separate them. I am mighty glad I was at hand. For Greeba, be it known is not anywhere near as young as she used to be. Moreover she is weighted with flesh as well as with years, and now at all able to handle herself in a situation that calls for swift movements. Now I have heard of a moth being killed by dissipation while attending a camphor ball, but to have to say of a sedate and well-behaved cat like Greeba that she was killed in a drunken brawl, at a catnip ball—is just too horrible even to think of.—Ellan Vannin.

... OF ...

Interest to Women

YE MODERNS, PLEASE SAY THANK YOU

No Matter How Small the Gift, is the Courtesy Extended?

Here is a letter from a gentleman high in the professional and social life of Montreal, which voices a complaint I have heard from every class of society:

"Last spring I sent presents to four brides—gifts worth at wholesale prices from \$15 to \$25 each—and I have not had a word of thanks from any of them. Last fall I sent gifts to two brides, and, not having heard from either in two months, I asked my desire to check up—the result was two letters to my wife by the next mail.

"This morning when purchasing a wedding gift I seriously considered writing on the card 'Thanks or appreciation neither solicited nor expected', or This gift is sent merely because I happen to like your parents."

Early in June I sent a gift in my own name to a bride to whose wedding we had not been invited—I am an intimate friend of the groom's father. I suppose she got it, because my dealer is reliable, but I haven't heard.

"When the next wedding invitation comes in, it is quite probable that I shall not be included among the subscribers—only the bride won't know why!"

THE GIFT HORSE.
What is the matter with the modern bride? Has she completely forgotten her manners or doesn't she

know any better? The old fashioned girl kept a book of her presents, with the name of the donor marked opposite the gift and she acknowledged them as soon as she could after they were received, checking off each one as the 'thank you's' were written. If you write your thanks in the first flush of pleasure over the receipt of a gift the letter always sounds more spontaneous and sincere, and it gives the donor a warm little glow of satisfaction to know his taste was appreciated. After all, if people are good enough to spend the money and time picking out a present for you the least you can do is to spend five minutes and a stamp in expressing your gratitude.

Many older people—and they are the ones who have the money to spend—are getting pretty tired of the 'wedding present racket' as they express it and if you're not careful, you 'young moderns,' you're going to kill the goose that laid the golden egg.

And while we're on the subject, how about that 'bread and butter' letter for the jolly weekend you spent with your very best friend at her mother's summer cottage? You are much more likely to be asked again if you write a charming little note to the matron thanking her for her hospitality. Courtesy costs very little in time or money yet nothing pays such big dividends. Try it and see.

THE DOG DAYS ARE VERY DIFFICULT FOR YOUR PETS

Keep Water Bowls Filled and Clean—Feed the Animals Properly—Don't Allow "Teasing"

Goodness only knows what started the name "Dog Days." There are as many explanations for it as there are days, almost. One is that the dog star was in the ascendancy. Another that the sacred dogs of somewhere or other were let loose at this time to ferret out sinners and bite them. But our conception, and nearest to the truth perhaps, is that heat makes dogs mad and that mid-summer heat is the worst.

All of them are, of course, nonsense. But the last has enough foundation to teach us a few lessons about dogs.

Dogs are like people. They suffer from nerves. If they are sick, hurt or thirsty, they won't be gracious. Neither are we.

The other day a friend shut the car door on her good old dog's tail. He turned at once and bit her. All dogs are tempted to bite, their only defense when they are suffering. Dogs perspire through their mouths. They do not let off excess poisons through their pores as we do. Long-coated dogs bred for cooler climates suffer extremely when the thermometer gets over eighty.

For some reason or other we expect these poor animals to be far more patient and long suffering than we are. We permit ourselves to kick things when our tempers and nerves explode. But let Chito snarl or Rolf show his teeth and the first thing we think of is rabies. How silly!

If we treated dogs half as well as they treat us on the whole, they wouldn't have to show their disapproval. Teeth and voice are all they have to protest with.

Too many people who have dogs have no business to have them because they haven't the slightest idea about how to care for them. Or they are too lazy to keep them comfortable. Other people have the wrong kind of dog. If a dog is known to be dangerous and too quick to bite, he has no place in any community. But, of course, his testy temper may be due to neglect.

Give all pets a break during the warm weather. Keep waterbowls filled and clean. Feed them the right kind of food. This is easy to learn in this day of liberal literature and propaganda; and to those owners who can afford it, one may recommend prepared foods. However, this is not necessary if masters take some pains to learn what is dog diet and what is not.

Don't let children tease their pets. A dog at rest wants to be let alone, not tormented, or tugged at, or rolled on. There is a limit to good nature, either human or canine. Rabies is no myth in itself. There is certainly such a thing, but there is this to say also, that it is far less prevalent in this day and age than heretofore. However, watch for the

quiet dog that acts peculiarly or perhaps froths at the mouth. This is not a sure symptom, because other things can cause frothing, but don't take chances.

Keep sick dogs segregated. Keep really cross dogs away from children. Don't let your's roam at random. Get him a license. Put him on a lead if he scares others. Don't tie him on a short rope in the sun. If you are not sure of him muzzle him as is compulsory in many places. You may not like muzzles, but children must be safe.

Dog days are what we make them, largely. Actually much of our sympathy is with the dumb creatures who can't tell us their sorrows.

HOPE FOR THE CREATION OF NEW SPORT MINISTRY

OTTAWA, July 30—Creation of a ministry of sports or a commission "deserves the real consideration of the sport-loving public." William P. Foran, secretary of the Civil Service Commission of Canada and former prominent athlete, said today.

"I think there are many things which the Government devotes time to which are not as necessary and important as sport," he said in an address to a local service club.

"The supervision and promotion of sport might very properly and advantageously become a function of Government. Up to the present time the Government's only contribution to sport has been towards sending Canadian athletes to the Olympic games."

Among the things a ministry of sports could establish was golf courses for the use of the public.

"It has been done in a municipal way and there is no reason why it could not be done by the Government of Canada," he said.

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