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Lv. 8.11 Hartland	Lv. 6.49
Ar. 8.35 Woodstock	Lv. 6.25
Lv. 8.45 Woodstock	Ar. 6.15
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We all know people who "go at full
speed all day long without stopping,"
who are "so irritable they could throw
things," who are "ready to flare up at
the least little thing," who are being
"driven to distraction."

They need to learn to relax. The
state of relaxation for the human or-
ganism is necessary for health, for at
least some part of each day. The more
we can relax in both mind and body
the more rested we are for intensive
physical and mental exertion.

Authorities on the subject of re-
laxation claim that there wouldn't be
the number of people in our Canadian
mental institutions, and the long wait-
ing list, if people learned how to re-
lax.

Relaxation provides us with a period of
relaxation, but additional short pe-
riods of relaxation are beneficial dur-
ing our working hours under modern
conditions of living.

What does such relaxation do for
us? It rests our muscles, improves
our digestive system, reduces the
work the heart has to do, and relaxes
our arteries.

Not only does relaxation do these
things—it removes fear, anxiety, wor-
ry, anger and dissatisfactions. The
more we can keep our minds clear of
these disturbing emotions the greater
is our poise, our mental calm, our
capacity for reason and good judg-
ment, and the greater are our chan-
ces for avoiding a nervous breakdown.

What state are you in right now?
Are you in suspense, expectant, alert,
concentrating intently, anxious, fear-
ful, annoyed, irritable, angry, or dis-
satisfied? Why don't you sit back
and relax?

Relaxation is healthy. To let down.
To become physically quiet and pas-
sive, to relinquish responsibility and
to forget the future, to clear away the
confusion of ambition and frustration
and to cultivate a mental calm—this
is the way to rest the body and
mind. Do it several times a day—
preferably after meals. It won't be
easy at first. The trick of letting the
world slip by without your doing any-
thing about it for a moment or so is
hard. But by practice it can be learn-
ed, and with the habit will come
moments of happiness and a longer,
stronger life.

MEXICANS ARE STRONG ON THE PATENT MEDICINES

Mexico goes in strong for patent
medicines and foreign brands sell
more readily than the domestic ar-
ticle for the reason that the foreign
type is considered superior. Not only
do the majority of the people pre-
fer great reliance in patent and prop-
rietary medicines, but the medical men
show a preference for them. The fact
that the people have in the patent
medicine is one reason for this and
another is that the medical men know
for a certainty that the particular
medicaments required are present
and in the necessary quantities. An-
other feature of this trade is that
during the past year or two both doc-
tors and others appear to be con-
vinced that medicines which can be in-
jected either intravenously or sub-
cutaneously are superior to those in
tablet or liquid form, taken inter-
nally; so many of the foreign medi-
cines are put up to be taken in that
way. There are several Canadian pa-
tent and proprietary medicines sell-
ing on the Mexican market. The ma-
jority, however, come from France,
about 40 per cent, with about 30 per
cent of German origin, according to
the Industrial Department of the
Canadian National Railways. Swit-
zerland, the United States, Austria,
Hungary, Great Britain and the home
industry together make up the great-
er portion of the balance of the large
Mexican consumption.

Overheard in a crowded NBC eleva-
tor at 8:59 a.m.—Dr. Walter Dam-
rosch: "Hurry, hurry, hurry, we must
all punch the time clock!"

... OF ...

Interest to Women

DISTINGUISH FRANKNESS FROM MERE RUDENESS

(By Ruth Cameron)

"She is one of those people who
confuse frankness and rudeness," I
heard someone say in describing a
woman who, while admitted to be
brilliant and interesting, is not gen-
erally liked. I asked for examples. I
was given plenty of them.

"Well, she came in the other night
and Beth had on a new dress. It has
those new sleeves and Beth doesn't
think they look awfully well, she was
considering having them cut over and
we asked Ellen what she thought,
whether it could be done, and would
it be a good idea, and she said, 'I
wouldn't bother, I think that dress is
rather a mistake anyway.'"

Didn't Have to Say It

"Well perhaps it was true, though I
didn't think it so bad, but I know it
was like a slap in the face to Beth.
She will probably never feel the same
about that dress. I suppose that's
what Ellen thought, but good heavens
she didn't have to say it, did she?
What good did it do anyone?"

"And then one day I was showing
her my new kitchen that I have done
in green and yellow, and I asked her
if she liked it and she said: 'Well, to
tell the truth I'm so fed up with yel-
low and green and blue and yellow
and all those obvious colors that I
could scream when I have to go into
a room that's done in them. Maybe I
shouldn't say it, but you know how I
am. I always say just what I think
and you asked me.'"

"Of course I had asked her, but if
she didn't like it, couldn't she just
say something noncommittal, the same

as the rest of us would. Say it was
cheerful or dainty or something like
that. That wouldn't have hurt her
and wouldn't have made me feel so
horrid.

"And she told a girl I know that
she thought her new brother-in-law
was a mess, and she really couldn't
see how an intelligent girl could have
married him.

"Will you tell me what good any of
those things do? Beth had bought the
dress and I had fixed up my kitchen
and couldn't change it, and Kather-
ine's sister was married. And why
does she do it anyhow? She's always
boasting that she tells people what
she thinks to their face instead of
behind their backs, but I can't see
that it's such a hot thing to do. Why
do you suppose she does it?"

She is Different

I suspect the answer to that is in
the sentence before that. They say
the critical things behind people's
backs, she says them right to their
faces. She calls it frankness, my
friend calls it rudeness. I am not
sure I don't call it close to brutality.

A person who went around slap-
ping faces would be called brutal (if
he lived that long). And slapping
people's feelings isn't so very different.
It would be a good thing if some-
body could only convince Ellen (and
all the other Ellens) that the reason
other people don't say things like
that, is not because they aren't as in-
telligent and courageous as she is,
but because they are kinder and
have more sympathetic imagination.

DO NOT GIVE IN TO THE BABY—NO, NOT EVEN IF HE HOLDS HIS BREATH

Spartan Advice of the Children's Bureau of the United States Department of Labor

Good habits for the baby are found-
ed on regularity in eating, sleeping,
and emptying the bowels and bladder.
Training in regularity in feeding and
sleep should begin on the third day
of life, when regular nursing is es-
tablished. Bowel training should be
begun by the third month and blad-
der training by the eleventh.

As a rule a young baby should be
fed every four hours, from 6 a.m. to
10 p.m., unless the doctor orders
otherwise, and, usually, if he is sleeping
when his feeding time comes he
should be wakened and fed. Until the
baby is two months old he may be fed
also at 2 a.m., but not unless he
wakes by himself, says the Children's
Bureau, U. S. Department of Labor.

A very young baby sleeps most of
the time and can be trained early to
have his longest sleep at night. As he
grows older he needs less sleep, and
the mother should see that his wak-
ing hours are in the daytime, pre-
ferably in the late afternoon, so that
he will not be wakeful at night. The

daytime naps should be planned with
this in mind.

Put the baby in bed about 6 o'clock.
Do not play with him after that time
nor allow him to stay up to amuse
the family. Make him comfortable.
Have the room in which he is put to
bed, quiet, cool, and dark. Shut the
door and let him go to sleep by him-
self.

Do not spoil the baby by picking
him up every time he cries. Crying
may mean that he is hungry or un-
comfortable or merely that he wishes
to be noticed. Find out whether he
is uncomfortable, but do not rock
him nor pick him up nor feed him
before his regular time just to stop
his crying. A certain amount of cry-
ing is not harmful. It even gives him
some exercise.

Do not give in to the baby if he
holds his breath or cries, or shows
temper in other ways. If he does this
he is already being spoiled.

Father and mother should work to-
gether to teach the baby good habits.

THE TOO ACTIVE WOMAN

There is a type of woman who an-
noys me greatly—the woman who is
always busy. Of course it may be
just jealousy on my part. We all
know women who are never idle. They
must always be doing something. If
they sit down they have to have a
piece of work of some kind in their
hands. It might be called a mental
St. Vitus dance. Anything to be busy.
You seldom find a woman who is al-
ways busy that is a thinker. We had
a neighbor once whom another neigh-
bor called "crazy clean." She had a
small apartment and she worked day
and night. She polished her floors
and then kept them covered with
newspapers. She cleaned her furni-
ture and kept the chairs covered with
dust protectors. Her children could
not play in the house and her hus-

band was seldom home except for
meals. Unless she was going out she
was never out of a house-dress. I
often talked to her as she worked on
her steps or veranda and the first
time I saw her in her street clothes I
did not recognize her. She had a flair
for clothes and had exceptional style
(her grandmother was French, per-
haps that had something to do with
it). Most pretty women who can
wear clothes like to dress, but not
she. She had to work. If she sat down
she had some sort of work in her
hands. Her children had some lovely
clothes but seldom were allowed to
wear them. Very often a woman
who is always working is the saving
kind. The worst of it is, they pride
themselves so, on being such workers
and are forever talking about it. I
heard a rich woman say the other
day, that she never was very well but
she knew the reason. She worked so
hard and was never idle a moment.
Every once in a while she had to go
to bed for a few days to get rested
and then she was all right again. I
say moderation in all things. Even in
work.

A colorful phrase for a grateful mi-
crophone—Dr. Angell of Yale Univer-
sity: "If I may interrupt my own elo-
quence—"

FIGHT CANCER

The major forms of cancer which
cause most of the deaths are due to
controllable factors, generally some
form of chronic irritation.

Cancer does not as a rule develop
suddenly in previous normal tissues,
but nearly always slowly in tissues
that have been altered by inflamma-
tion and disease.

Both physician and patient usually
have definite and ample warning of
approaching cancer.

Most of the factors tending to pro-
duce cancer belong among the per-
sonal habits of the individual, which
are more or less necessitated by the
stress of modern civilized life.

The most effective plan of avoiding
cancer is to practice moderation in all
things, to live as simple a life as pos-
sible, to attend to any minor persist-
ent disturbances in the functions of
one's organs, and to consult a physi-
cian at least once a year, with spec-
ific reference to the hazards of can-
cer.

Cancer is not a single disease, but
a great group of diseases of very dif-
ferent causation and course. Cancer
is simply an excessive destructive
overgrowth of some cells, producing
the many forms of cancer.

Among the most obvious prevent-
able cancers are those affecting the
lip, tongue, floor of the mouth, and
throat.

Nearly all these are the result of
chronic irritation by bad teeth, tob-
acco, and the late results of vener-
eal disease. Eliminate these factors
and this type of cancer will largely
disappear.

Cancer of the skin develops in plain
sight of the victim for many months
and even years.

Stomach cancer is the most fre-
quent form of the disease, but there
is an embarrassing lack of clear
knowledge of its causes.

Eleven hundred people died in Can-
ada from cancer last year.

TRINIDAD IS BUYING MORE FROM CANADA

The island of Trinidad, largest pro-
ducer of crude oil in the British Em-
pire and the source of most of the
natural asphalt used throughout the
world, is buying more goods from
Canada, particularly fresh vegetables,
paper manufactures and oats. The
chief item, however, in imports from
Canada is flour, followed by dried,
salted, smoked and pickled fish; mo-
tor cars, lorries and vans; fresh vege-
tables; wood and timber; oats; paper
manufactures. There is an increas-
ing number of Canadian manufactur-
ed products being sold in this market.
The bulk of the full-fashioned silk
hosiery is of Canadian manufacture,
and other items of apparel such as
shirts, ladies' dresses and hats, but-
tons, lingerie, etc., are selling in
greater quantities. Canada has re-
cently entered the oilfield supplies
trade and prospects are very favor-
able in this regard. The island of
Trinidad is on the direct route of the
cruise liners of the Canadian National
Steamships in the Canada, Ber-
muda, British West Indies, British
Guiana service, sailing from Halifax,
and of the passenger-carrying freight-
ers in the vagabond cruise service
operated by the company from Hal-
ifax in winter and Montreal in sum-
mer, to these Empire colonies in
southern waters.

Canada Supplies 85 p.c. Newsprint Imports of Japan

Newsprint and wrapping paper make
up more than half of the paper pro-
duction of Japan and newsprint alone
78.45 per cent of the total import ton-
nage of paper of all kinds; wrapping
paper accounts for 8.54 per cent. Can-
ada supplies 85 per cent, of the total
newsprint imports which is 90 per cent
of the total paper imports from Can-
ada, although increasing quantities
are being supplied by the United
States, Norway, Great Britain and
Holland, according to the Industrial
Department of the Canadian National
Railways. Imitation parchment paper
is the third largest item in paper im-
ports, chiefly from Germany and Swe-
den. It is used in the manufacture of
lamp shades, etc. Keen competition
among the leading daily newspapers
in Japan, particularly Tokyo, has led
to a greater number of special edi-
tions and enlarged daily news sheets
which, in turn, has resulted in in-
creased sales of newsprint paper.
Wrapping paper also recorded in-
creased sales reflecting greater buying
capacity of the general public. Strange
as it may seem, Japan imported 26-
225 cwt. of imitation Japanese and
tissue paper during 1935, an increase
of 89.9 per cent over the previous
year. Sweden was the principal source
of supply, followed by Norway, Ger-
many, Canada and the United States.
Smaller quantities were imported
from Holland, Great Britain and other
countries.

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