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**The Land We Love**

By Frank Yeigh

B. N. A. ACT

Q. What is the British North American Act?

A. The British North American Act is the title of the Act passed by the Imperial Parliament bringing into force the Confederation of the then Canadian provinces of 1867 into the Dominion of Canada, with the Federal House of Commons and Senate. The Act sets forth the respective functions of the Canadian Parliament and the various Provincial Legislatures.

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**WEDNESDAY, DECEMBER 14, 1927**

**MURRAY HARBOR LINE**

The people along the Murray Harbour Railway, in their justifiable impatience at being so long discriminated against in the matter of railway service, recently held a public meeting to protest and to give expression to their feelings. They had been promised that their railway would be standardized if the Liberal party were returned. The Liberal party was returned and the road has not yet been standardized. The two representatives for Queens County were present at this meeting above referred to and they both made speeches and made more promises. They also declared they had been urging upon the government, even upon Sir Henry Thornton, the necessity of completing this railway. As the people of Southern Kings were very successful farmers and raised large crops which had to be shipped by rail and they, the representatives, who had exerted themselves to the last ounce of their persuasive abilities, were going to go back to parliament and give it another pull.

The people took the taffy in good humour, they knew it was the same kind of taffy they had been given before the last election and they didn't believe them, at least only those believed them who will believe anyone that a fellow Liberal will tell them.

If Messrs. Sinclair and Jenkins have done all they said they did, and we have no reason to doubt them, it only goes to show how little good they can do as representatives. Sir Henry Thornton can buy and build palatial hotels without consulting the government; he can build railways when and where he pleases. The government can spend a hundred million dollars on a railway through the wilds of Manitoba to satisfy whims of some of the western provinces, but Messrs. Sinclair and Jenkins could not prevail upon them to finish the Murray Harbour railway and so pay a debt of honour.

The excuse for the delay in this business is that it will necessitate the building of a new Hillsboro Bridge, the present structure not being considered strong enough for the standard engines which the broadened road would require. This is only an excuse and a flimsy one. What if a new bridge will be required? It may cost a million and a half dollars. What is this to the millions that are being spent elsewhere? And what is it to the holding up for years of solemn promises given before an election?

The matter now remains with the Liberal representatives. If they mean what they said at the meeting above referred to they will either get the Murray Harbour railway standardized or withdraw their support from the government. It is now a matter of honour, not politics.

**HIS MASTER'S VOICE.**

The Farmer's Sun, the official organ of the United Farmers of Ontario, editorially commends the suggestion of Premier Mackenzie King to consolidate the three Maritime Provinces into one province, and proceeds to give its readers its opinion—or that of its master—regarding the Maritimes. "The Maritimes have not been getting on well," it informs them. "The population of Prince Edward Island is a great store of knowledge, but he down to eighty-five thousand." Does who makes good use of the little he this backwoods organ of the United Farmers of Ontario know that Prince Edward Island with its population little better than a fool. But here of eighty-five thousand, produces arises the question "Who is the five times as much as when it numbered 109,000 and that, per capita, fellow is, and the other fellow thinks the people of this province are the same.

**EDITORIAL NOTES**

Some hundreds of boys and girls of all ages, from the tot of three years, to the mature child of seventy enjoyed a day's skating on Government Pond before the recent snow-fall. It seems a pity and a loss to the community health that this splendid sheet of ice should not be made available for skating throughout the whole winter. It would cost a few dollars, but it would be money well spent.

We are informed by men in a position to know that the muskrats, contrary to their usual custom, are not building dwelling places for themselves this season, and this is taken to indicate that the winter will be a very mild one. If this be so, the muskrat has a store of knowledge that his fellow humans, with all their knowing, do not possess.

The wise man is not he who has trees with milk from day to day, thus rendering an important and indispensable service. Every reader of the monthly reports to the City Council must have been impressed with regard to the wide difference between the class of milk supplied by some of these milkmen and others, both with regard to the content in butter fat and the purity of the milk. The latest report shows a

**Notes by the Way**

An increasing trade in Christmas trees has grown up between the Maritimes and New England. New Brunswick is the largest exporter, which totals hundreds of car loads. Occasionally some newspaper correspondent complains that this endangers the future of our forests and the lumbering industry. This idea springs from the millions of small spruce trees or bushes that are being shipped away; but these would never, except in very rare cases become of any value as lumber or even as pulpwood. The spruce tree suitable for Christmas use is one that is grown in the open field, with branches on every side, the longest branches growing close to the ground so that the tree when it becomes five to twelve feet in height, is cone-shaped, with the point at the top. Such spruce trees are never found in a thick forest. The forest-grown spruce valuable for lumber or pulpwood, loses all its lower limbs as it grows. In nine cases out of ten the cutting of Christmas trees is the beneficial removal of a nuisance from the farmers' back fields.

It is noteworthy the pulp and paper industry in Canada has doubled within ten years past. At the beginning of this year there were 115 mills engaged in this industry and they are steadily increasing in number. Quebec has 50 of these mills and Ontario 45, the remaining 20 being distributed throughout various Provinces from the Maritimes to the Pacific coast. Collectively they make up Canada's most important manufacturing activity as regards gross and net value of production, as well as to total value of wages and salaries. Newsprint paper is the principal product but Canadian paper mills turn out every variety of paper used in the country and that of a superior quality. Canada leads the world in the manufacture of newsprint paper and exports more of this commodity than all other countries combined. This year Canada is producing over 60 per cent more newsprint than the United States and more than one-third of the entire world-production.

British Columbia stockmen are breeding goats, and leads all other Provinces in that line, just as Prince Edward Island leads all the world in breeding silver foxes. Goats do not approach silver foxes in value per head, but they give milk and their flesh is eatable. Largely as an experiment some 200 head of the best breeds of goats were imported to the Pacific Province a few years ago. In 1921 they had increased to 5,000 and now number some 12,000 or more. A Goat Breeders' Association was formed to promote and regulate the industry and the provincial Government encourages it. Milk production is the chief source of profit and great care has been taken to improve the herds to that end. Official records tell of 2,000 to 3,000 pounds of milk per goat per annum, and goats are domestic animals that can be very cheaply maintained.

Good progress has been made in live stock marketing since the Maritime Co-operative Marketing Board was established less than five months ago. All three Provinces show marked gains and the shipments during that brief period exceeded the total of twelve months previous. "The Prince Edward Island record in hogs is particularly striking," says the Saint John Telegraph-Journal, "that little Province marketing more than New Brunswick and Nova Scotia combined." A car load of bacon hogs sent to Toronto by the Maritime Swine Breeders' Association, while only winning fourth prize in the Inter-provincial Swine Exhibit, brought the same price as the Ontario hogs which won first prize. All of which speaks well for co-operation among the three Provinces in the sale and distribution of live stock.

The Maritimes are entitled to the entire fulfilment of the recommendations of the Duncan Commission's Report, and they will be satisfied with nothing less. It is a case for a strong and united pull until that result is secured. The issue is not party-political. It is simply one of economic justice and its early success will be best attained by keeping partisanship out of the discussion.

Some 35 vendors supply our citizens with milk from day to day, thus rendering an important and indispensable service. Every reader of the monthly reports to the City Council must have been impressed with regard to the wide difference between the class of milk supplied by some of these milkmen and others, both with regard to the content in butter fat and the purity of the milk. The latest report shows a

**That Body of Yours**

By James W. Barton, M.D.

**INTESTINAL DISTURBANCES AFTER REMOVAL OF TEETH AND TONSILS**

Perhaps you have an attack of rheumatism, or arthritis as it is called, and your doctor has discovered that you have had tonsils, infected teeth or infection of the sinuses adjoining the nose.

However even after these infected conditions have been corrected, you still have trouble with the joints and muscles, and you begin to wonder if the removal of teeth, tonsils, or draining of the sinuses have been in vain.

As pointed out before, certain glands of the body absorb some of the poison, and pass it out gradually into the circulation, and it is possible that there is still too much of this poison passed out into the circulation at one time.

However Sir Wm. Willcox tells us that in a great many cases the poison travels to the large intestine, and infects the last portion thereof. In fact a study of more than 1000 patients showed that an infection of the intestine followed an infection of teeth, tonsils, and sinuses, in over 90 per cent of the cases.

This then explains why symptoms persist even after the removal of the infections about teeth, nose and throat.

And not only does rheumatism or arthritis persist owing to this re-infection in intestine, but a low sort of fever, resembling a mild case of Typhoid, may develop.

This would account for an unexplained, a daily rise in temperature, with a feeling of weakness and depression.

In fact what is commonly called intestinal influenza may be due to this infection of the lowest part of the large intestine.

Another point brought out, we think, is that this intestinal infection would increase the severity of any other ailment that was present.

Skin ailments particularly may be increased in severity by this means.

What should be done?

The treatment is obvious. Everything and anything should be done to tone up the intestine and stimulate natural movement.

Foods that will help to stimulate intestinal movement, such as fruits and cereals, light massage of abdomen, abdominal or bending exercises, and washing out of intestine by means of injections are all useful.

Therefore it would be always good sense to make sure of a real systematic cleansing of intestine for two or three weeks after removal of teeth, tonsils, or draining of sinuses.

**HOUSEHOLD SCRAP BOOK**

By ROBERTA LEE

**Fruit Stains**

Fruit stains can be removed from a linen napkin or tablecloth by holding it over the fumes of a small piece of burning sulphur. This will also remove ink stains if done immediately. Don't fail to dampen the napkin before igniting the sulphur.

**Pressing Silk**

Always press silk under a piece of damp muslin, using a moderately hot iron, until the muslin is quite dry. This prevents the silk from cracking or becoming hard.

**Onion Odor**

If onions are kept immersed in cold water while they are being pared, they will leave practically no odor on the fingers or hands.

range of 3.5 to 4.8 in butter fat, and that sediment was found in 16 out of 35 samples tested. We are told that this shows an "improvement" over the previous month. Surely a further improvement in regard to the purity of the milk supply is not only important but must be insisted upon. If this nauseating condition, dangerous to young children especially, is not speedily improved, examples should be made of the offenders. The City Fathers deserve credit for their determination to grapple with this matter and see that the milk supply is made wholesome.

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**Your Child in School**

By Dr. Frank W. Ballou

(Superintendent of Schools, Washington, D. C.)

No. 19. Visual instruction.

Visual instruction in its broadest sense covers not only the most recent provisions for the use of motion picture reels and lantern slides, but also those other means of education which bring the actual objects to be studied within the vision of the children, such as excursions, museum collections, pictures, models, and blackboard drawings. Many schools in Washington have been provided with projectors for slides. These have been purchased largely by the parent-teacher associations. Forty-eight elementary schools and six junior high schools now are provided with such projectors. This work is handled by the respective classroom teachers.

By far the most interesting and most important aspect of visual instruction in Washington relates to the use of motion pictures. This work is being carried on at a minimum of expense, and with a maximum of educational results. Since September, 1923, nine motion picture houses making up a circuit of neighborhood theaters have been placed at the disposal of the school department without expense. Operation service, electricity and all other expenses are met by the theater company. Other theater owners likewise have offered the use of their theaters for this purpose.

Each theater is used once a week. The pupils of a given grade in the elementary school in the immediate vicinity are brought together in the theater for the lesson. The number of pupils in attendance varies from 150 to 300 at a given lesson.

A different grade of pupils attends the theater for visual instruction each week. An individual pupil attends upon such instruction approximately once in every four weeks. During a given week two or three thousand pupils are in attendance upon visual instruction in the several theaters.

In anticipation of the visual instruction lesson in the theater, each teacher prepares her class for the lesson. The teacher in charge of visual instruction announces well in advance the date on which a given film will be shown. The teacher of the regular class then adjusts her instruction accordingly.

Pupil participation in the discussion which forms a part of each lesson in visual instruction is provided for in the theater as far as this is practicable. This procedure is based on the general principle that there should be some prompt expression as a result of the impressions from the film. Passive viewing of films is not necessarily educative.

The teacher in charge of the film makes a general introductory statement about the film and what the children are to see. After this has been done the film is shown. During the showing of the film comments on it are made in order that it may be certain that the children will direct their attention to the important features of the piece of burning sulphur. This will also remove ink stains if done immediately. Don't fail to dampen the napkin before igniting the sulphur.

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