



View at Opening of the Memorial Park, at the Centennial of Lobo Township, Middlesex Co., Ont.

The photograph shows only one of the brick gate-posts, as it stands awaiting unveiling. Tablets, with the names of Lobo soldiers who fell in the war, are to be affixed to these posts.

Your Health.

"MEDICUS."

Eat More Oatmeal.

Oatmeal contains carbohydrates (starch, cellulose), protein (similar to meat, eggs, fish,) a small amount of fat, and inorganic salts. To be a complete diet, it requires more fat and is lacking in vitamins. Some add butter and we all eat it with milk (which contains vitamins as well as fat). Oatmeal porridge and milk, then, supplies all the necessary constituents of a diet.

Watson Chambers of the Edinboro Infirmary did some experiments with young rats. Some he fed on oatmeal and others on meat, milk, etc. The oatmeal-fed rats were larger and more rugged than the others. He thinks this explains some of the characteristics of the long-lived Scotch who are reputed to have been raised on porridge and the Shorter Catechism. He recommends that beginning at 3 years of age the child should have oatmeal and milk for breakfast every morning.

At the Nutritional Clinic of the Hospital for Sick Children, Toronto, oatmeal is placed at the head of the list as the best and cheapest food for children. "Shredded wheat, force, corn flakes and puffed rice are most expensive and should not be used." ("Milk gives the most food for the money, even when very high priced.")

Doctor Luden of the Mayo Clinic has been studying the cause of cancer, and she feels satisfied that diet is an important factor in the cause and cure of this disease. While visiting her laboratory a year ago, a doctor's wife came to see her about a cancer of the breast, and Dr. Luden was

quite hopeful that she could help the patient by treatment other than operative, diet, radium, etc. The one article of diet that she insists on is oatmeal porridge, and meat is practically forbidden. Some time, perhaps, we will talk about cancer and its treatment.

Arterio-sclerosis and high blood pressure are becoming familiar household names. Why do we hear so much of high blood pressure? Why is it so common? Our excessive meat diet for the last generation or two can account for a great deal of it. It is regrettable that Canada and the United States are probably the largest meat-eating countries in the world. For instance an enquiry by the Federal Government at Washington a few years ago brought out the fact that out of every \$100 spent by 2,500 families with a moderate income, \$23.85 was spent on meat and only 60 cents for rice and less than 80 cents for cheese, the latter two being excellent substitutes for meat. If we ate more oatmeal and less meat we would suffer less than we do from high blood pressure. If you have high blood pressure eat oatmeal. If you want to prevent high blood pressure eat oatmeal.

Constipation is a worry to many of our patients. Oatmeal again is a very useful article of diet to prescribe for such patients.

Preparation.—Cook 2 to 3 hours the night before in a double boiler or fireless cooker. In the city the use of gas for 2 or 3 hours makes porridge rather expensive although not as expensive as some of the prepared cereals. In the country this perhaps is not so serious an objection. The best way to overcome it is the fireless cooker. "Junia" can tell you how

to make one, cheaply. Our grocer gave us a large lard pail; we bought some galvanized iron and made a sort of container for the dishes, stuffed paper around it, and lo and behold we called the contrivance a fireless cooker. Anyhow it works, and that is the most important thing. It certainly is a greater saving of fuel.

Heating.—You have heard of excuses for not cooking oatmeal. You have made them yourself. Your most overworked one is "I haven't time." In the summer when the kitchen is hot and you are tired I can readily understand why cornflakes, etc., are a sort of godsend. And it must be a considerable source of comfort to know (?) that oatmeal is "too heating" during the summer. The only thing it heats is the kitchen (and perhaps your disposition, if you have one left). Oatmeal should be used the year around. When you send water to the men in the field don't forget to add some oatmeal. It is good for them. Buy it by the bag (96 lbs.) and it will keep,—or rather it shouldn't keep.

The good old Globe had an editorial the other week on oatmeal. If it can be made fashionable this stable article of diet will replace wheat and flour. The editor led me to believe that the world is facing a famine in wheat and this will become more acute this coming winter, especially if there is a poor crop this year.

A Rural Event in Southern Ontario.

LOBO Township, Middlesex County has solved the problem of honoring the memory of the township lads who fell in the Great War, by establishing a Memorial Park. The idea originated among the Poplar Hill Picnic Committee (the Poplar Hill Picnic has been, for some years, an annual event), and the undertaking was carried out under the auspices of that committee.

A fine plot of land, eleven acres in extent and including an orchard of well-grown trees, was secured, and its entrance marked by a very handsome gateway built solidly of brick, with a space left in the massive posts for Lobo's roll of honored dead who gave up their lives in France and Flanders. In these spaces, while awaiting the completion of the permanent tablets, blue print facsimiles were placed, and the posts veiled with flags until the time of the dedicatory ceremony.

This took place on June 2nd, on the centennial of the founding of Lobo Township, when, after short appropriate addresses by Rev. Mr. Trickey (Baptist), Rev. Mr. Campbell (Presbyterian), and Rev. Mr. Marry (Disciple) who lost two sons in the war, prayer was offered by Rev. Mr. Marry. Immediately afterwards the prints were unveiled, the one by Mrs. Tuckey, sister of the two McArthur lads whose names appeared on the roll, the other by Mr. Colvin, brother of Duncan Colvin, whose name was also there. There were ten names in all.

After a moment of touching silence, when tears could be seen coursing down the cheeks of many present, the pipers, playing the grand yet heart-breaking dirge "Scots Wha Hae Wi' Wallace Bled" led the way back to the speakers pavilion, where addresses were delivered



The Oldest Inhabitants of Lobo.

As the event celebrated the centennial of the Township, especial honor was paid to the oldest inhabitants.

words, taught to young men and women in the colleges, taught to men and women doing the work of the world,—taught everywhere, by suggestion by precept—"There goes a fine, good man! Welcome!"—"There goes a mean, selfish man! Away! We will have none of him!"

What a difference in the conduct of life within a hundred years! (See what Germany taught along a wrong line in forty years!) For people work more than they are aware for the approval and admiration of their fellows. Germany taught war for forty years, and by war Germany fell. Many a nation is teaching commercialism by hook or by crook, steadily, insidiously. Will those nations, by their commercialism, fall? For commercialism is not the highest thing that can engage an individual or a nation. And only the highest can ultimately stand. Just enough commercialism is needed to ensure that every individual has enough—enough to enable him to live comfortably, even artistically, and to do those things which are needed for his highest mental and spiritual development. Enough of the material is needed—not too much. When a man gets so much that he becomes selfish, spends in a riot of extravagance, or, on the other hand, gloats over his possessions with the gleaming eyes of a miser, his heart meanwhile becoming hard and deaf to the world's cry as the gold in his coffers—then he has too much.

Yes, after all, the poet's dream is true. But it must be sung:

"God's in His heaven, All will be well with the world."

Evolution is an established fact, but, without the help of man it is ages slow, and often the step forward is only taken after terrible catastrophe and terrible sacrifice, repeated again and again until even a callous world becomes sick of carnage and suffering. Men and women, filled with the fire of the Golden Rule given by the Carpenter of Nazareth, can help on with the work of evolution if they will, if they will set to work in earnest about it, every mother's son and daughter of them. They can help on with the work of evolution, and they can forestall catastrophe.

Thank heaven there are enough people with ideals to leaven the whole lump—if they will but recognize their importance. "Peradventure ten righteous men shall be found—". But the ten must be awake and doing; they must not sleep.

"No, sah, ah don't neber ride on dem things," said an old colored lady looking in on the merry-go round. "Why, de other day I seen dat Rastus Johnson git on an' ride as much as a dollah's worth an' git off at the very same place he got on at, an' I sez to him, 'Rastus, I sez, 'yo' spent yo' money, but whar yo' been?'"—Boston "Transcript."