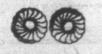
Man AT with for all Baturday, May 30, 1925.



HOUSEHOLD NOTES

EXERCISE IN THE TREATMENT OF HABITUAL CONSTIPATION

Exercise plays a very important part in the successful treatment of bitual constipation. The object is to secure a stimulation of peristalsis and an eventful permanent increase a laboratory there which every phyin the tone of the intestinal musculature and strengthening of the abiominal muscles.

Various forms of exercise are sugrested, such as walking, rowing, golfing and particularly horseback riding are also produced in gninea pigs on pense of construction. but they are not always applicable the same diet.

in ever case. Some sort of exercise the morning:

the floor. Resume the erect position first few years of life. in a similar manner.

body on the hip. .

and legs are flered and extended as teeth. erect position.

of the toes under the head of the bed teeth. to keep them down, the trunk is raised to a sitting posture and then slow- leafy vegetables and milk, as well as were submitted to the Congress, which ly lowered.

5. Exercise 4 is reversed by rais- and other minerals. In fact, the eight hour day, and in depreciation of ing the stiffened limbs until at right American diet in general is apt to angles to the body, then lower. 6. Stand up and lean forward, then draw in the abdominal wall by be lacking in calcium; one must watch this very carefully. The great-est problem of civilization is to redeep expiration

The Labor Movement in Japan

Very little is known in Europe about the conditions of the Labor march of a powerful Labor Move funds as they please, (the present istration announces 30,000 employes Movement in Japan. The peculiar-ity of the Japanese conditions will be had no representative in Parliament. evident from the geographical situa. The next elections (and the first untion of the country-an island with circumference of Great Britain held for three years, but there is with a population of 57 millions, every reason to expect that they will clares for Open Door which is about 10 millions more than constitute a veritable advance in the the population of Great Britain. Of Labor cause of the Far East this surface, however, partly covered by high volcanoes, only about one tenth is fit for cultivation. It is clear that these circumstances are bound to promote industrialization at a high speed and, in spite of that the blem of over-population is a permanent one for the Japanese. The

standard of culture is high and itliteracy is practically unknown. Conditions have improved in the Japanese Labor Movement as a result of the legislation which followed It has resulted in the introwhich meant a considerable redushours per week. Wages vary considerably in the different trades. The Trade Unions are organized within the Japanese Federation of Labor, to

The construction of a new bridge SOUND TEETH across the Trent Valley Canal at The Forsyth Dental Infirmary, of Atherley, Ontario, was brought a Boston, has been doing some very step nearer realization when - Hon. interesting work in the prevention of Geo. S. Henry, minister of public freedom in the latter country, as the diseased teeth. Dr. Percy Howe has works, informed a delegation from Simcoe that the province would bear a share of the expense and that he

OUR H

New Bridge

would have the engineering dpartsician should visit if in that locality. ment consider the project at an early Howe has demonstrated that monkeys can acquire cavities in the teeth when date. The deputation informed Hon. on a diet deficient in calcium. Con- Mr. Henry that the dominion governditions similar to pyorrhea alveolaris ment had agreed to bear half the ex-

The poor children of Boston have in the very bedroom is desired and we free dental treatment, and the object Indian Trade. are grateful to Dr. L. P. Hamburger in view now is to prevent cavities for his valued suggestions in this re- from appearing in the teeth. A great spect. He says that after taking cold deal depends upon the prenatal care; and sweetened water, the following mothers should have a diet rich in exercises should be taken early in calcium as found in the leafy vege-

ed across the chest and the tips erican children possess defective letin," the monthly organ of the The mother should have a diet of tion have also been redrafted, and other sources of calcium, phosphorus also passed resolutions in favor of the

be lacking in calcium; one must deep inspiration, following it by a turn to the health conditions of the savage.

working classes in the country." The Congress also authorized the Secredemocratic weapons which up till tary to forward to the Government now have been withheld from it. Now the Congress views on the Trade Unthat Japan has got universal suf- ions Bill, urging i.e., that there must frage this will be, as in every coun- be no restriction on the power of the try, the first step in the irresistible Trade Unions to dispose of their

Centre.

(iiil limits such expenditure) der universal suffrage) will not be C.P.R. Official De-

Holder of Trade Secret Admitted to U.S.

Quebec .-- Because he holds a secret for the manufacturing of artificial pearls from fish scales, and because, according to United States immigra-

tion law, unless a citizen is found to mitted to the country, Charles Hartenberger, a native of France, who has tions, by the United States authorities, toduction by law of the 91% hour day, gether with bis wife, are going for- Maughan stuck to his guns. down working hours by about 20 partment of Immigration at Wash- stay, and all of them leave som ington.

which about 300,000 industrial work- Machinery Smashed Labor Men Repuers (including workers in the big at Mines in Sydney diate Red Doctrines **Delegates to Labor Council Against** Sydney, N. S .- Two cases of dam Severance of British Ties age done to mining property of the British Empire Steel Corporation The District Labor Council passed were reported recently. Machinery a resolution by almost unani supplying water for numbers one vote repudiating the motion adopted five and ten collieries was put out at the recent convention of the Onof commission, and the hoisting aptario Branch of the Canadian Labor paratus of a small mine was wreck-Party, favoring complete independence of all parts of the British Em-Miners of the British Empire Steel pire. It was declared the motion did mines have been on strike since May not represent the sentiments of the f, as the result of a wage dispute. workers of Canada or of organized labor, all of whom were proud of The Commun British conenstion. ists were responsible for the vote at the Labor convention and they had no other thought than of revolution forgetful of the fact that progress ating steadily during normal times. came through evolution and education nist papers appear irregularly. On reporting for work at the pump alone, said delegates. Independence had never been attained by revolu tion nor without spilling blood. De part of the machinery broken. Gauge legates Merson, Russell, Cox, Watt Not until lately have there been ins of real reception into a state with the state of the state and James Simpson said they were Not until interior material and beat. Two sledge hammers the movement. There is a certain were found among the wreckage. quite satisfied to remain British subjects, as organized labor enjoyed greater freedom under the Union Company officials said that the

Others declared the Com party, composed largely of those of foreign birth, had but one desire, namely, to smash the British Empire and place the world under the heel of There was no reas Soviet Russia. Soviet leaders were despots.

earth.

at Atherley

THE CANADIAN LABOR PRESS

| Jack than under any other flag on

The Council also reaffirmed its faith in public ownership of public utilities. but it was not prepared to support any movement for the so cialization of industry. From this point of discussion changed to tariff issues and the need for supporting home industries. The delegates favored protection in Canada, but want-

ers and labor. Union Congress The Provincial Government and

he management of the Toronto The All-India Trade Union Congress Penny Bank came in for criticism recently held its fifth Congress at for having certain printed matter he morning: 1. Standing erect, bend the trunk the diet of the mother before the tary submitted a report on activities the Penny Bank pass books, and cerforward without fleying the knees child is born; the permanent teeth Since the last meeting a strong Work- tain labels used by the Forestry Deuntil the tips of the fingers touch are influenced by the diet during the ing Committee has done energetic partment of the Government, were propaganda work for the national obtained from United States firms Dr. Harold Cross, director of the trade union centre, with the result and were marked "Made in U.S.A" 2. With hands clasped behind the Forsyth Dental Infirmary for Chil- that some 30 unions have affiliated A resolution of protest was passed, and copies are to be sent to Premier r on the hip. & Health (September 15, 1923) that presented heing the chemical indus-In the same attitude the thighs clean teeth are not always sound try, engineering, the printing and The Bankers' Association, it was al-Ferguson and to the Bank directors He stated that according to paper trades, the textile industry and leged, was furnishing its new offices if a squatting position were to be his investigations 96 per cent of the transport. Among the activities of in the city with furniture made in formed, but return promptly to the children arriving in America from the Congress Executive during the the United States, when Canadian the northern part of Europe have year have been the starting of "The products of equal value and work-4. Lying on the bed with hands sound teeth, while 9 per cent. of Am- All-India Trade Union Congress Bul- manship were available.

Probe Pulp Default

According to Premier Ferguson the government is about to enquire into the defaulting in the obligations of the Great Lakes Pulp and Paper Company to construct a paper mill at Fort William. The company will be compelled to build the plant as quickly as possible unless it thes a good reason for the unexpected delay.

Berlin, Germany .--- As a measure of onomy, the German railway adminwill soon be dismissed. The railways now employ 765,000 persons

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The rules of the organiza-

"untouchability," recommending that "the workers of India should no:

treat any section of the population

as untouchable in as much as un-

touchability impedes solidarity of the

Ottawa .--- An open-door immigration policy could not harm, and would penefit to some extent the development of Canada, was the opinion ex pressed by Walter Maughan, of the Canadian Pacific Railway passenger department before the Ocean Rates Committee of the house of commons recently. The United States before the war, he said, had admitted about 1,50,000

do this work the alien must be ad- aliens every year. He believed if Canada was less rigid in its regula industry Canadian would the Washington Labor Conference of been detained here for some weeks greatly benefit. Asked if a transsient population was desiarble, Mr ward to Eastport, Maine. Their re- a population could not deprive Cantion of the old working day, cutting lease has been ordered by the De- ada of anything many of them would oney in the country



MAY 23rd-30th STEEPLECHASING RACING First Race 2.30 p.m. Daily. General Admission \$2.00 Including Government Tax

E. Dyment, W. P. Fraser, President Sec.-Treas

PAGE

This



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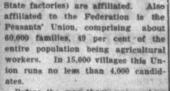
MUTTER PLANE

PAGE THREE



A PIANO OF THE HIGHEST GRADE AT THE COST OF A CHEAP INSTRUMENT

UPRIGHTS-PLAYERS-GRANDS



Before the war there was a short period of quick development in the Labor Movement, but the political ed. movement was soon diverted in the direction of mere radical republicanism. After the war the Japanese The pumping machines wrether the towns Labor Movement was subject to very located half way between the towns all shades of bolahevist, anarchist of Reserve and Dominion, in an and syndicalist tendencies are mixed isolated spot, and had been used only up with a mere anti-monarchist movement. ⁶ Communist propaganda one or two days a week since the tie-up of the mines took place, operis forbidden by a special law. Comwhilst the Federation of Labor pub-lishes a regular fortnights paper men found the door broken in and lishes a regular fortnightly- paper, with a circulation of 20,000 copies.

the movement. There is a certain tendency to get away from the leaderahip of the intellectuals in favor of another type of organization. The in no immediate danger. great task now confronting the Japanese Labor Movement is that of tounding a real Labor Party, which will unite the various branches of the movement and efforts are actually RUN TRACTOR FREIGHT TRAINS MILK-fed Children now being made to create a party of this description. The big question titlon from an entirely new quarter is now is on what basis the Party is to soon to make its appearance here, a in the more rigid style of the older Mumme Railway Transportation and

Curopean .Socialist Parties. The real consolidation of the Jap-tapitalization of \$200.000. The com-European .Socialist Parties. ancese Labor Movement will only be achieved when the working class will tractor freight trains on the highway have learnt how to use the legal and between Windsor and Toronto.

St. Thomas, Ont .-- Railroad compe

be constructed, whether after the pat-tern of the British Labor Party, or cently for the incorporation of the tern of the British Labor Party, or cently for the incorporation of the the in the God given heritage—the right to be healthy and useful in body and mind.

The growing child MUST have milk or it will perish.





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