



# OUR HOME PAGE



## HOUSEHOLD NOTES

### EXERCISE IN THE TREATMENT OF HABITUAL CONSTIPATION

Exercise plays a very important part in the successful treatment of habitual constipation. The object is to secure a stimulation of peristalsis and an eventful permanent increase in the tone of the intestinal musculature and strengthening of the abdominal muscles.

Various forms of exercise are suggested, such as walking, rowing, golfing and particularly horseback riding but they are not always applicable in every case. Some sort of exercise in the very bedroom is desired and we are grateful to Dr. L. P. Hamburger for his valued suggestions in this respect. He says that after taking cold and sweetened water, the following exercises should be taken early in the morning:

1. Standing erect, bend the trunk forward without flexing the knees until the tips of the fingers touch the floor. Resume the erect position in a similar manner.
2. With hands clasped behind the head in an erect position, rotate the body on the hip.
3. In the same attitude the thighs and legs are flexed and extended as if a squatting position were to be formed, but return promptly to the erect position.
4. Lying on the bed with hands folded across the chest and the tips of the toes under the head of the bed to keep them down, the trunk is raised to a sitting posture and then slowly lowered.
5. Exercise 4 is reversed by raising the stiffened limbs until at right angles to the body, then lower.
6. Stand up and lean forward, then draw in the abdominal wall by deep inspiration, following it by a deep expiration.

### SOUND TEETH

The Forsyth Dental Infirmary, of Boston, has been doing some very interesting work in the prevention of diseased teeth. Dr. Percy Howe has a laboratory there which every physician should visit if in that locality. Howe has demonstrated that monkeys can acquire cavities in the teeth when on a diet deficient in calcium. Conditions similar to pyorrhea alveolaris are also produced in guinea pigs on the same diet.

The poor children of Boston have free dental treatment, and the object in view now is to prevent cavities from appearing in the teeth. A great deal depends upon the prenatal care; mothers should have a diet rich in calcium as found in the leafy vegetables. The first teeth depend upon the diet of the mother before the child is born; the permanent teeth are influenced by the diet during the first few years of life.

Dr. Harold Cross, director of the Forsyth Dental Infirmary for Children, has shown in the Nation's Health (September 15, 1923) that clean teeth are not always sound teeth. He stated that according to his investigations 96 per cent of the children arriving in America from the northern part of Europe have sound teeth, while 9 per cent of American children possess defective teeth.

The mother should have a diet of leafy vegetables and milk, as well as other sources of calcium, phosphorus and other minerals. In fact, the American diet in general is apt to be lacking in calcium; one must watch this very carefully. The greatest problem of civilization is to return to the health conditions of the savage.

### New Bridge at Atherley

The construction of a new bridge across the Trent Valley Canal at Atherley, Ontario, was brought a step nearer realization when Hon. Geo. S. Henry, minister of public works, informed a delegation from Simcoe that the province would bear a share of the expense and that he would have the engineering department consider the project at an early date. The deputation informed Hon. Mr. Henry that the dominion government had agreed to bear half the expense of construction.

### Indian Trade Union Congress

The All-India Trade Union Congress recently held its fifth Congress at Bombay. P. J. Ginwala, the Secretary submitted a report on activities. Since the last meeting a strong Working Committee has done energetic propaganda work for the national trade union centre, with the result that some 39 unions have affiliated with the Centre, the chief trades represented being the chemical industry, engineering, the printing and paper trades, the textile industry and transport. Among the activities of the Congress Executive during the year have been the starting of "The All-India Trade Union Congress Bulletin," the monthly organ of the Centre. The rules of the organization have also been redrafted, and were submitted to the Congress, which also passed resolutions in favor of the eight hour day, and in depreciation of "untouchability," recommending that "the workers of India should not treat any section of the population as untouchable in as much as untouchability impedes solidarity of the working classes in the country." The Congress also authorized the Secretary to forward to the Government the Congress views on the Trade Unions Bill, urging i.e., that there must be no restriction on the power of the Trade Unions to dispose of their funds as they please. (The present bill limits such expenditure.)

Jack than under any other flag on earth.

Others declared the Communist 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 Soviet Russia. There was no room for freedom in the latter country, as the Soviet leaders were despots.

The Council also reaffirmed its faith in public ownership of public utilities, but it was not prepared to support any movement for the socialization 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 wanted it on equal terms for manufacturers and labor.

The Provincial Government and the management of the Toronto Penny Bank came in for criticism for having certain printed matter from the United States. It was stated the Penny Bank pass books, and certain labels used by the Forestry Department of the Government, were obtained from United States firms and were marked "Made in U.S.A." A resolution of protest was passed, and copies are to be sent to Premier Ferguson and to the Bank directors. The Bankers' Association, it was alleged, was furnishing its new offices in the city with furniture made in the United States, when Canadian products of equal value and workmanship 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 Port William. The company will be compelled to build the plant as quickly as possible unless it has a good reason for the unexpected delay.

Berlin, Germany.—As a measure of economy, the German railway administration announces 30,000 employees will soon be dismissed. The railways now employ 765,000 persons.

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### The Labor Movement in Japan

Very little is known in Europe about the conditions of the Labor Movement in Japan. The peculiarity of the Japanese conditions will be evident from the geographical situation of the country—an island with the circumference of Great Britain with a population of 57 millions, which is about 10 millions more than the population of Great Britain. Of 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 problem of over-population is a permanent one for the Japanese. The standard of culture is high and illiteracy is practically unknown.

Conditions have improved in the Japanese Labor Movement as a result of the legislation which followed the Washington Labor Conference of 1919. It has resulted in the introduction by law of the 9 1/2 hour day, which meant a considerable reduction of the old working day, cutting down working hours by about 20 hours per week. Wages vary considerably in the different trades. The Trade Unions are organized within the Japanese Federation of Labor, to which about 300,000 industrial workers (including workers in the big State factories) are affiliated. Also affiliated to the Federation is the Peasants' Union, comprising about 60,000 families, 49 per cent of the entire population being agricultural workers. In 15,000 villages this Union runs no less than 4,000 candidates.

Before the war there was a short period of quick development in the Labor Movement, but the political movement was soon diverted in the direction of mere radical republicanism. After the war the Japanese Labor Movement was subject to very strong Communist influence and now all shades of bolshevism, anarchism and syndicalist tendencies are mixed up with a mere anti-monarchist movement. Communist propaganda is forbidden by a special law. Communist papers appear irregularly, whilst the Federation of Labor publishes a regular fortnightly paper, with a circulation of 20,000 copies.

Not until lately have there been signs of real reorganization within the movement. There is a certain tendency to get away from the leadership of the intellectuals in favor of another type of organization. The great task now confronting the Japanese Labor Movement is that of founding a real Labor Party, which will unite the various branches of the movement and efforts are actually now being made to create a party of this description. The big question now is on what basis the Party is to be constructed, whether after the pattern of the British Labor Party, or in the more rigid style of the older European Socialist Parties.

The real consolidation of the Japanese Labor Movement will only be achieved when the working class will have learnt how to use the legal and

democratic weapons which up till now have been withheld from it. Now that Japan has got universal suffrage this will be, as in every country, the first step in the irresistible march of a powerful Labor Movement. So far Japanese Labor has had no representative in Parliament. The next elections (and the first under universal suffrage) will not be held for three years, but there is every reason to expect that they will constitute a veritable advance in the Labor cause of the Far East.

### 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 immigration law, unless a citizen is found to do this work the alien must be admitted to the country, Charles Hartenberger, a native of France, who has been detained here for some weeks by the United States authorities, together with his wife, are going forward to Eastport, Maine. Their release has been ordered by the Department of Immigration at Washington.

### Machinery Smashed at Mines in Sydney

Sydney, N. S.—Two cases of damage done to mining property of the British Empire Steel Corporation were reported recently. Machinery supplying water for numbers one, five and ten collieries was put out of commission, and the hoisting apparatus of a small mine was wrecked.

Miners of the British Empire Steel mines have been on strike since May 1, as the result of a wage dispute.

The pumping machines wrecked are located half way between the towns of Reserve and Dominion, in an isolated spot, and had been used only one or two days a week since the tie-up of the mines took place, operating steadily during normal times. On reporting for work at the pump house this morning the maintenance men found the door broken in and part of the machinery broken. Gauge glasses were broken, valve connections smashed and pipe lines battered and bent. Two sledge hammers were found among the wreckage.

Company officials said that the mines affected by the incident would be in no immediate danger.

### RUN TRACTOR FREIGHT TRAINS

St. Thomas, Ont.—Railroad competition from an entirely new quarter is soon to make its appearance here, a charter being granted at Ottawa recently for the incorporation of the Mumme Railway Transportation and Storage Company of St. Thomas with capitalization of \$200,000. The company will operate a fleet of ten motor tractor freight trains on the highway between Windsor and Toronto.

### C.P.R. Official Declares for Open Door

Ottawa.—An open-door immigration policy could not harm, and would benefit to some extent the development of Canada, was the opinion expressed 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 1,500,000 aliens every year. He believed if Canada was less rigid in its regulations, Canadian industry would greatly benefit. Asked if a transient population was desirable, Mr. Maughan stuck to his guns. Such a population could not deprive Canada of anything many of them would stay, and all of them leave some money in the country.

### Labor Men Repudiate Red Doctrines

Delegates to Labor Council Against Severance of British Ties

The District Labor Council passed a resolution by almost unanimous vote repudiating the motion adopted at the recent convention of the Ontario Branch of the Canadian Labor Party, favoring complete independence of all parts of the British Empire. It was declared the motion did not represent the sentiments of the workers of Canada or of organized labor, all of whom were proud of British connection. The Comrades were responsible for the vote at the Labor convention and they had no other thought than of revolution, forgetful of the fact that progress came through evolution and education alone, said delegates. Independence had never been attained by revolution nor without spilling blood. Delegates Merson, Russell, Cox, Watt and James Simpson said they were quite satisfied to remain British subjects, as organized labor enjoyed greater freedom under the Union

## Milk-fed Children Are Healthiest And Sturdiest

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