

## London Advertiser

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SATURDAY, MARCH 24, 1923.

### The Discouraged Pastor.

The pastor of a small church in a small town handed in his resignation during the week. It is not far from London, and is to all intents and purposes much the same as many other small churches.

The report given in the local paper, which states "there were not many out at the service," unconsciously, perhaps, tells much of the state of affairs that brought the pastor to decide that it would be better for him to hand in his resignation, and start in some place else where he could have a fresh page to write on, and where he would be free from having to build his success on the seeming ruins of past efforts.

This pastor is discouraged. It is easy enough to tell him that it is his business to go ahead and preach, and do his work faithfully, regardless of visible results. But this man is only human, and after six years' work he concludes that the results have not been sufficient. He made no complaint, as far as the report of his resignation shows, simply that he is desirous of quitting.

The pastor of the small church in a small place has his problem, and we often wonder if he gets much sympathy or prayerful support from his brother pastor in the large church in the big center.

The small church has played its part. It has watched over the young life of the village or the town; it has been a center around which clustered the best and the cleanest ideals and the loftiest and holiest of decisions and aspirations. And in turn it has handed over this young life to the larger centers, for in the very nature of things they must pass on to places that will give them an opportunity to work for their daily bread. And the large church has found its very best life coming from these little churches.

And so it is that the pastor of the small church sometimes gets discouraged. He has no great organization around him, perhaps only a handful of devout souls to stand by him and strengthen his hands. He sees no great harvest as a result of his efforts, and one by one the young people slip away to the big world outside, leaving the little church apparently no further ahead. No doubt this lack of positive increase makes the work look negative.

The sense of discouragement is not an easy thing to throw off; it makes a man anticipate failure and always look for things crumbling in a heap as soon as he lays his hands on them.

If this discouraged pastor could only see all the people together that he has reached and helped; if he only knew how many men and women, boys and girls, have come under his ministry and been blessed, he might well fall on his knees to return thanks for having shared in so glorious a work. Would to heaven that such a vision might be his.

### City Finances.

That money raised for insuring the lives of soldiers should come back in 1923 to help reduce the tax rate seems a strange turn of events. There has been more or less discussion in London about the matter, and the method is interesting.

In the years 1916-1918 London issued debentures to the extent of \$118,000 for soldier insurance. At first they insured for \$1,000, but casualties were so heavy it was cut to \$500 by the companies. This \$118,000 was all spent.

In 1916, seeing which way things were going, the city decided to carry its own soldier insurance, and raise in each year's tax rate the amount estimated as necessary. Mr. J. G. Richter and the city treasurer had much of the work in hand. The amounts raised in the tax rates were:

|      |          |
|------|----------|
| 1916 | \$12,500 |
| 1917 | \$6,900  |
| 1918 | \$1,200  |

Total .....\$170,300

Out of this 197 claims were paid, eight of them \$250 because the beneficiary lived out of Canada, and 189 at \$500, in all \$96,500. The balance not used, with interest, amounts now to \$73,800.

The original \$118,000 needed for the payment of premiums to companies was raised by debentures. Money was scarce and high then, and the city treasurer considered it better to deposit these with the banks as security for short loans, with a view to working into a better money market later on. Had he sold them outright in 1916-18, the chances are that the city would have paid from 6 to 6½ per cent for a twenty-year term. But they were not sold, but kept within reach. Now the surplus from the second insurance plan is available to wipe out the cost of the first. Very wisely the reduction is so spread that it takes off the tax rate \$11,552 each year for twenty years.

There is danger attached to having such a sum as \$103,000 come to light all at once. There might be an effort to stampede the financiers into an expenditure that was not positively necessary. Individuals

who come into large sums of money are apt to spend some of it foolishly, and councils are made up of individuals. The disposition were by a fairly large issue of debentures is taken care of, and the spreading of the benefit over a number of years is made possible, is the wisest course possible. The ratepayers in the years between 1916-18 and twenty years from then are entitled to share in the relief from as well as in the burden of taxation.

### Securing Insulin.

Is insulin only for the rich? That is the question asked by the *Kinardine Reporter*, which paper claims that it should be so arranged that it would be within reach of all. The *Advertiser* inquired at several points in London, and as near as answers can be reduced to facts, insulin is a rather scarce article. It will take time to create a large supply owing to the method now used to obtain it. Doubtless as doctors and chemists continue in their studies to simplify the methods of production, the supply will increase. Right now it costs about \$7 per dose in London, and that amount represents the cost price, and no profit is being made on it. Undoubtedly, in keeping with the wishes of the discoverer, Dr. Banting, insulin will be made available for all classes in the future. No poor patient should be kept out on account of the cost, but in the very nature of things all cannot be treated at present.

### The Curfew Again.

Bothwell has passed the curfew bylaw. Any child found on the street without the parents' consent after 8:30 will be arrested and fined.

So Bothwell is going to try to make the rising generation behave by bell-ringing. Every second town and village in this corner of Ontario has tried this out some time or other. For a while the town officer has very diligently pursued the lads of the place, but the energy waned, and the ringing of the bell became a matter of form. Finally it was dropped in nearly every case.

The ringing of a bell cannot do the work that is the duty of the parents.

### Canadian Steel.

Canada imports more iron and steel from the United States than any other country, with the possible exception of Japan. The total aggregates hundreds of thousands of tons annually. While this condition lasts, there should be every incentive to increase the output of its own mills.—*Hamilton Spectator*.

Quite right, but the fact is that the steel mills now in existence in Canada do not run to capacity as a general thing. The attitude of some of the Canadian mills may have much to do with the business going over the line.

When business was good, and buyers urgent, it was the practice to determine the price to be charged at Canadian mills by using the Pittsburgh quotation, plus duty, freight, exchange and any other charge that might be made.

When the buyer brought in Canada he paid all the traffic could pile on.

### The Rate in Mills.

It is wrong to suppose that because the tax rate of London is down a fraction of one point from last year that the actual amount of money spent by the city council of 1923 will be less than that spent in 1922. There is an increase in assessment of \$4,000,000, and on this there should be additional taxes of \$131,000.

The mill rate means nothing positively definite to the taxpayer. His real test comes in the actual amount of money he pays on the same property this year as compared with last.

### Note and Comment.

No worth-while stock proposition that we ever heard of was peddled from door to door.

Ottawa is troubled with ghosts. They probably come to play with the political nightmares that haunt there at times.

Speculators in Piggly Wiggly stock were caught short on Wall Street. They had to wiggle before some pig ran off with their holdings.

The Brunner Mond correspondent of the *Amherstburg Echo* raises a fine old query that is bound to come up in the spring:

Can somebody please tell us why Chub Hamilton is looking at furniture catalogues so much lately?

In London public schools the fine old art of public speaking is being encouraged. This is a reversion to a fine old practice, and the time thus spent is well invested. It is a great asset for any young man to be able to intelligently put his thoughts in good English.

Diamond thieves simply heave a brick through display windows now and take a chance on getting away with the spoils in the crowd. The manner in which large diamond showings are displayed, with nothing but the protection of a pane of glass, is a dangerous method of merchandising.

Confectioners and bakers in several places are complaining of the number of home-made baking sales that are being held by church societies for making money. The claim is that these people pay no taxes or licenses and cut into the business of the regular stores that do. There seems to be good grounds for the complaint.

## DIBS AND DABS

—BY HARRY MOYER



### TO THE EDITOR

#### LAW IS NEEDED.

Editor of The Advertiser: Sir—The thought has come to me so many times since the collapse of the L. K. Steel Company, why the salesmen who have sold this stock should be allowed to go free.

These men were well enough versed in business to know it was not an honest deal. They were offering the public, yet they went about and talked as though there never had been and never again would be such an opportunity to invest money. One of them called on me early last fall and spent the best part of an afternoon trying to induce me to buy stock. According to him, never would such an opportunity be offered me again.

Had it not been that I am more accustomed to business than an average woman, I would have listened and today would be among swept away.

I think the laws of our country should sentence these men to a term in the penitentiary that would put a stop to men going around selling stock for anything that is not bona fide and honest. The average one of these men is afraid to do an honest day's work to earn his living. Signed, ONE WHO WOULD NOT BUY.

#### NOVELS, CHURCHES, RELIGION.

Editor of The Advertiser: Sir—I see the press is blamed at a meeting of the London Ministerial Association for the going wrong of some of our young people. There certainly is too much false and deceptive matter in the people, as well as the press, and there is but one way of lessening it, and that is for all the reverend gentlemen who are representing the various churches with their different names, and forms, and beliefs, to come together, and get their heads together, and minds together, and their hearts together. Then let them take the notes and beams out of their eyes, bend their knees at the name of Jesus Christ to a throne of mercy, that God, perchance, may have mercy upon them for honoring this honor. We, the poor and not putting Him up above all other names, thoughts or notions that we might obtain from our ancestors, or any other source, not obtained from the Scriptures.

Come now, saith the Lord, let us reason together, for in the multitude of counsel there is wisdom, and wisdom is justified of her children, and as Moses lifted up the serpent in the wilderness, God help us to lift Jesus Christ, the chief cornerstone, to the head of the living church.

ROBT. N. WILKINS.

#### CITIES OF CANADA.

Editor of The Advertiser: Sir—What are the cities of Canada having 20,000 people or more?

Answer—In the following list the cities are grouped together by provinces, and not according to size:   
Gloucester, Ont., 20,000; Hamilton, Ont., 20,000; St. Thomas, Ont., 20,000; St. Catharines, Ont., 20,000; Hull, Que., 33,000; Montreal, Que., 80,216; Quebec, Que., 106,246; Sherbrooke, Que., 22,212; St. John, Que., 20,000; Three Rivers, Que., 25,000; Verdun, Que., 30,000; Brantford, Ont., 22,786; Fort William, Ont., 22,000; Hamilton, Ont., 114,766; Kingston, Ont., 25,000; Kitchener, Ont., 23,000; London, Ont., 60,000; Ottawa, Ont., 135,154; Peterboro, Ont., 23,000; Sault Ste. Marie, Ont., 22,000; St. Thomas, Ont., 20,000; Toronto, Ont., 541,000; Windsor, Ont., 35,800; Winnipeg, Man., 272,000; Moose Jaw, Sask., 24,000; Regina, Sask., 40,000; Saskatoon, Sask., 30,000; Calgary, Alta., 60,000; Edmonton, Alta., 65,000; Vancouver, B. C., 200,000; Victoria, B. C., 65,000.

#### IN LIGHTER VEIN.

Unnecessary. A Scottish collier who had become rich through the death of his uncle, bought a motor car, and also hired a chauffeur to drive it.

One day while driving through a busy town he became so annoyed at the chauffeur putting out his hand at every crossing that he turned to him and said:

"Get on your work. Ah'll tell ye when it's rainin'."—*Tit-Bits*.

#### Not a Picnic.

A woman came into a car with five children. She busied herself seating them. A benevolent old gentleman arose and gave her his seat.

"Are these all your children, madam?" he asked, "or is it a picnic?" "They're all mine," snapped the woman, "and it's no picnic!"—*Parrakeet*.

### Your Health

WHY YOU SHOULD REMEMBER THAT MILK IS A FINE FOOD.

By ROYAL S. COPELAND, M.D., United States Senator from New York, Former Commissioner of Health, New York City.

Just now I received a report on the weight of children who visited the January Health Exposition in New York city. In all, 18,139 children were carefully measured and weighed.

It was not believed that every child who fails to conform to the accepted standards is of necessity an abnormal and diseased person. But where the underweight is marked, it raises the suspicion of chronic malnourishment and proper feeding.

There is remarkable uniformity in the physical development of children. For a given height and age, the weight is pretty definitely determined. If the weight is materially different from the average, it should lead the parents to investigate the possible causes for such a deviation.

At the health exposition 9,973 boys were measured and weighed. Of these 4,186, or 42 per cent, were under-weight.

Of 8,157 girls measured and weighed 4,424, or 46 per cent, were below the average weight. Of these 4,186, or 42 per cent, were under-weight.

I wish we might feel sure every child on this continent, every child in the world, is sheltered and fed as the child of the affluent. We should have this confidence. On the contrary, we know that many a child is deprived of essential foods.

When we look for the causes of under-nourishment and under-weight it is found that ignorance and neglect are almost as common as poverty. We find, too, that it is not the poor and the illiterate parents who are the chief offenders. Under-nourishment is almost as prevalent in the homes of the rich and the intellectual.

One of the great mistakes of child feeding is the substitution of "cambric tea," weak tea and coffee and other beverages for milk. You see, we do not give milk to children for beverage purposes. We give it to them because milk is a food—a vital, health-giving and growth-promoting food.

I wish I could get every mother to understand that every child, no matter what his age, needs milk. Every child needs milk every day. Each child needs quantities of milk.

Try to get this idea firmly fixed in your mind. Milk is not a beverage—it is a food. It is the most important food a child can have. Every child should have one quart of milk each day. No matter what its price may be, this food should be bought, and without it, the child will be unlikely to attain his greatest possible growth.

If you want your boy to be big and strong—if you want your girl to be plump and red-cheeked—if you want them to have good teeth, firm bones and enduring muscles, buy the purest and best milk you can find.

It may be difficult at first to get the children to drink the milk. It is not uncommon for a child to get the idea it is "babyish" to drink milk. You should make clear why milk is needed.

Let them understand that plumpness, rosy cheeks, strong hair, fine teeth, good brains and long life depend to a great extent on this particular food. Milk is vital to health. I am convinced that the community is doing its full duty to the cause of health unless the consumption of milk averages one quart a day for every person. Of course, we cannot have that, but we can get very close to it.

Answers to Reader Questions. N. S.: Q.—Will you kindly tell me whether olive oil is helpful to the general health? If so, how should one take it?

A.—Massaging your face with any good cold cream, using an upward motion, will tend to reprove wrinkles. N. S.: Q.—Will you kindly tell me whether olive oil is helpful to the general health? If so, how should one take it?

A.—Olive oil is a very good tonic. Take one-half a wineglass of olive oil before meals. A. K.: Q.—I have been having trouble with my eyes. In the morning especially

they burn, and also after reading. Will you kindly tell me what causes this?

A.—This is undoubtedly due to eye-strain and it is necessary for you to wear rest-glasses. Therefore you should consult an eye specialist for an examination and advice.

CONSTANT READER: Q.—Will you please tell me the correct weight of a girl 15 years old, who is 5 feet 3 inches tall?

A.—A girl of the age and height you mention should weigh about 115 pounds. READER: Q.—Will you please tell me whether it is harmful to paint my child's neck with iodine? I thought he had tonsillitis, but he has mumps.

A.—No, this is not harmful, but will probably prove beneficial. He should, of course, be under the care of your family physician.

BEATRICE D. Q.—Will you kindly tell me whether cancer is hereditary and whether it has hereditary tendencies?

A.—There is no doubt about cancer being hereditary, but many doctors believe the tendencies are hereditary as cancer often occurs in several members of the same family.

M. F. Q.—What are symptoms of worms in the system?

2.—What causes a constant itching of the lower part of the nose?

A.—There may be no symptoms of worms other than gastric and intestinal irritation, foul breath, nausea and disturbed sleep.

CONSTANT READER: Q.—Will you kindly tell me what to do to make my eyelashes grow?

2.—I have a lump on my nose. Will you kindly tell me whether it is possible to have this removed by an operation?

A.—Apply yellow vaseline to the eyelids at night. This will help to increase the growth of your eyelashes.

2.—Yes, this condition can be remedied by an operation. Consult a nose specialist for an examination and have him advise you.

### DIET and the TEETH

Authorized by Ontario Dental Association in the interest of Public Health.

Before birth, and long before the teeth come into the mouth, they are profoundly affected by food. The teeth commence to form as early as six months before birth. The first permanent molars do not come through until the sixth year, commence to form as early as two months before birth. What is true of the teeth, is equally true of the rest of the body. The body grows more during the period before birth and immediately after birth than at any other like period.

FOODS TO EAT. At birth, modern diet is deficient in bone and tooth-forming elements—lime and phosphorus. A baby is born and also while nursing the demands of Nature are so much greater for these elements that with the average diet, both mother and child suffer. Frequently the mother's health is impaired and her teeth are seriously affected, or entirely lost.

The teeth cannot be formed without Lime and Phosphorus. Natural foods, such as milk (whole skimmed or butter-milk), green vegetables of all kinds, and fresh fruit, high in Lime and Phosphorus should be taken in abundance. Figs are particularly high in bone-forming elements as is also cheese. In diet, one element cannot take the place of another; it is therefore necessary to use sufficient of these bone-forming foods.

An abundant circulation of blood through the jaws is imperative. This is accomplished by exercise of the jaws. When baby is bottle-fed special care is necessary in selection of a nipple to ensure sufficient exercise. After the teeth come through, and throughout life plenty of exercise should be secured through the thorough mastication of food.

The foods mentioned above increase the alkaline salts in saliva and thereby maintain the hard surface of the teeth, and neutralize the acids that may cause tooth decay.

EAT LESS OF SUGAR AND SWEETS. Acids in the mouth result from the fermentation of starches and sugars, therefore people should eat much less of these foods. The total per capita consumption of sugar increased last year to the alarming point of 103 pounds per year, that is, an average of almost 2 pounds per week for every man, woman and child, or about 4½ ounces per day.

The retention of sugar in the mouth, which may cause tooth decay, is not the only danger. Too much sugar perverts a natural taste for other foods and the whole diet is thereby seriously upset. While the tooth brush is a toilet necessity, actual PREVENTION of tooth decay depends mainly upon diet and correct habits of living.

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