

THE JARVIS RECORD
Published every Thursday morning
at its office in The Record Building,
Main Street, Jarvis, Ontario.

**THE RECORD PRINTING
COMPANY, LIMITED**

THURSDAY, AUGUST 9, 1928

THAT VACATION

Well, you are home again from your vacation. Or, if you have had no vacation, at least you have been out in the open on numerous occasions. How did the experience strike you?

Did you find yourself in a class with those people who never ask the why of anything, but simply accept the marvels they see and give them no second thought? There are many like that. They have eyes to see, but they see not; minds to reason with, but they think not.

Or were you one with those who see and hear and reason, but who sum up the whole matter by saying "that's the way, and all there is in it," has come about by chance or accident? No design, no intelligent purpose, but just a happy coming together of favorable circumstances, and here we are!

Or were you among those whose answer to the great riddle of the universe is a Creator? In your heart, then, is written the truth, old 4,000 years ago yet ever new—"The sea is His and He made it, and His hands prepared the dry land."

If you are in this latter class you have made the most of that vacation. That is the spirit in which one should reach after coming back.

Maybe your vacation did not inspire thoughts like these. But you will admit, if you look back over it, that the failure was not in the experience of that tour, or that stay by the sea or in the mountains, but in yourself.

TOLL OF THE WATER

Daily reports of drownings disclose the considerable hazards of swimming time. The toll of the old swimmin' hole and the beach is being added that of the bathing pool. The week-end drowning list is as inevitable as the week-end toll of automobile fatalities.

Seemingly, it is impossible to make swimming wholly safe. The best of swimmers may be attacked by cramps and sink as helplessly as the worst swimmers. And yet most drownings could be prevented with the exercise of a little caution. Lovers of the water take too many chances.

If no one went swimming in deep water, that alone would greatly diminish swimming casualties. There would be a further diminution if no one went swimming alone. Going with companions, bathers are assured of help in emergencies. There are few drownings in crowded pools or on crowded beaches.

Carelessness in the water and while bathing is inexcusable. The appalling number of fatalities should be a warning enough. Water sports are among man's finest pleasures and recreations, but they are, at the same time, a constant menace to human life. Danger lurks where least expected.

Because to be reckless is human, life guards cannot be too watchful and too many precautions against drownings cannot be set up.

AUGUST

Originally, Sextilis, the month named for the Emperor who was no better than he should have been, is here.

When the Roman Senate changed the name of Gaius Julius Caesar Octavianus to Augustus, the said Augustus, observing that Julius Caesar had a month named for him, conferred his new name on a month of his own. In its thirty-one days the last, lingering and delayed tourist takes to the open road. The hitherto discouraged resort hotels take heart and hope.

Grass grows high on the lawns "back home," but the beaches swarm. The aroma of the "hot dog" is abroad in the land, and on Western highways two "barbecue" stands flourish where but one flourished in July. The corn tassels, the black-eyed Susans burgeoise and the first pale goldenrod faintly illumines the roadside. The dog-fennel fades, but the smart weed, poison ivy and the mesquite hold their own.

August was once the sixth month in the pre-Julian Roman year, but in these degenerate days it is the heyday of the vacationer, is notable for its rich mahogany sunburns, its "chiggers" and for the amount of gasoline burned between sunup and sundown on each of its thirty-one days.

RECORD RAMBLINGS

Most of the wildest stock is sold to people who don't count their change because they're afraid to seem rote.

Horse racing is a sport supported largely by the kind of chaps who think they can guess what their wives are thinking.

The only satisfactory reducing exercise consists in opening the mouth and saying: "No more, thank you."

Usually you can tell by looking at a man whether he's the type that worries about a coal strike in August.

Nobody knows the exact number of aliens in America, but they seem to average about three to a hold-up stand.

Once the groom got careless about shaving after the honeymoon, but now it's time to get married again by the time he needs a shave.

The advantage of a rented house is that you suffer less when guests strike matches on the wall.

The man who can tell you just what the Wall street market is going to do, still has seven payments to make on his car.

"Eventually man will solve the problem of distribution." It will be nice if he can do it with the weather.

Two very pretty girls met at the O'Connell's picnic Monday and kissed each other rapturously. Two men watched the meeting. "There's another of those things that are so unfair," said Pete Banks.

"What's that?" said his friend.

He pointed to the scene: "Women doing men's work!"

HEALTH SERVICE
of the
CANADIAN MEDICAL ASSN.

CARE OF THE BABY IN SUMMER
More babies are sick in summer than at other seasons. This may be prevented by proper care, which includes:

BREAST-FEEDING - Every baby should be breast-fed by his mother. Breast milk is the best milk for babies. It contains all those things which the baby's body requires. It is fresh; it is free from germs. Mothers should never wean their babies excepting when advised to do so by their physicians.

SAFE MILK - If the baby is not breast-fed, or after he has been weaned, he must have safe milk. Pasteurized milk should be procured or, if it cannot be bought, the milk that is supplied should be boiled for three minutes, or it can also be pasteurized at home. The milk should be kept on ice, covered, and so protected from dirt, flies and insects.

WATER - The baby should be given plenty of water. He cannot ask for it.

FRESH AIR - The baby should practically live out-of-doors, on the porch, or in the yard. If he sleeps indoors,

the windows should be wide open.

BATHING - The baby should have a bath once a day. In hot weather, an extra sponge-off is good.

SUNLIGHT - The baby should have a sun-bath every day, beginning with short exposures until the whole body is exposed to the benefits of the sun's rays.

CLOTHING - The baby's clothes should be according to the weather. Many children are over-clothed. On very warm days, all the clothes except the diaper can be removed.

FLIES AND INSECTS - Because they spread disease, all flies and insects should be kept away from the child. Netting should be used.

In case of any digestive upset or irregularity of the bowel movements, a physician should be consulted at once. At the beginning, such conditions respond promptly to proper treatment; if allowed to continue, the condition may become serious and difficult to cure.

Questions concerning Health, ad-

ROD AND GUN AND CANADIAN SILVER FOX NEWS

The August issue of "Rod and Gun and Canadian Silver Fox News," which is just published, contains a highly interesting collection of yarns and stories of outdoor Canada and hunting and fishing. In the list there is a very good story of a more unusual humorous type in "So This Is Hunting Moose" by John Richmond. The contents also include several articles of a conservative note, as well as useful information for hunters, fishermen and campers.

The Guns and Ammunition department, edited by C. S. Landis, includes much useful material for the gun crank, while anglers, outdoorsmen, campers and dogmen are well catered to in the special departments edited by well known authorities. "The Canadian Silver Fox News" section contains a very complete report of the annual meeting of the Canadian National Silver Fox Breeders' Association.

"Rod and Gun and Canadian Silver Fox News" is published monthly by W. J. Taylor Ltd., Woodstock, Ont.

The Canadian National Exhibition grandstand stage is one thousand feet long.

Here and There

(107)
Quebec, Quebec. - The most successful meeting of the Canadian Seed Growers Association closed at the Chateau Frontenac on Saturday, June 16th, with a record demand for registered seed for all Canada, given as follows: Wheat, 77,919 bushels; oats, 56,815 bushels; barley, 16,637 bushels; and alfalfa, 18,748 bushels.

Montreal, Quebec. - Fur prices have advanced since the early spring, as reflected in the three-day fur auction sale recently concluded here. Nearly 50,000 ermine pelts sold at 20 per cent above the level of the previous sale, with a top price of \$3.90; mink was also up 20 per cent, with the highest sale at \$46.50, while wolf pelts brought a ten per cent advance over the price level of early spring.

Canadian dinners in the Old Country are not considered complete without Canadian ice cream for dessert. Thus, for the High Commissioner's annual dinner in London on July 29 two eight-gallon tubs of the delicacy were ordered and these were delivered by Canadian Pacific Express in ample time for the dinner. The same thing was done last October for a special Canadian dinner held at Manchester by the Canadian Trade Commissioner there.

Ottawa, Ontario. - By the end of the season 15 flying clubs will have been established throughout Canada, according to advices from the Air Board. A total of \$170,000 is being spent by the board this year in the promotion of these clubs for civilian flying. Clubs have already been established at Montreal, Toronto, Ottawa, Hamilton, Halifax, Saskatoon, Regina, Moose Jaw, Edmonton, Victoria and Granby. One at Halifax and another at London are about to enter the list.

Transportation of small but valuable packages by air from Canadian Pacific liners at Rimouski to Montreal and Toronto, thereby saving about 24 hours in time is becoming increasingly popular. After Montreal, Toronto, London and Chatham, Guelph had its turn with a parcel of Irish linens going to a department store there and the shipment being welcomed by Mayor Robson and other prominent citizens of the town. These parcels are handled by the Canadian Pacific Express Company.

A tablet in memory of men of the Seventh Royal Fusiliers who served with the Quebec garrison during the siege of 1775-76 by the Americans under Montgomery and Arnold, was unveiled on Dominion Day on the Wall of the Chateau Frontenac by His Excellency, the Governor-General. Present at the ceremony were officers of the Fusiliers from England and a detachment from the Canadian Fusiliers of London, Ontario, who are affiliated with the English corps. The Chateau Frontenac occupies the site of the old Chateau St. Louis which was the military headquarters during the siege.

Inspection of the "Duchess of Bedford," new 26,000-ton Canadian Pacific liner, which recently made her maiden trip to Montreal, at once disclosed the extreme suitability of these "Duchess" ships for tropical travel. Ventilated under the hull-Leuvre system of individually controlled sections, cool air is forced under gentle pressure to every part of the vessel. Broad sun-decks and an open-air swimming pool add to the luxurious appearance of the ship and it has now been decided that the "Duchess of Atholl" shall be used on the South America-South Africa cruise next year.

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ATTENTION!
Ex-Teachers and Normal Entrance Candidates!

Do you know that in answer to an advertisement in a Toronto paper, the Secretary of a School Section in Norfolk County received 800 applications? This is an extreme case, doubtless, but scores of School Boards have received from 150 to 300 applications.

What does this mean?

Simply this: That the Public and High School teaching profession is overcrowded. As a result, several ex-teachers and Normal Entrance Candidates in Southern Ontario are arranging to enter some one of the nine branches of the

Robinson Business College, Limited
to train for teachers of Commercial and Shorthand work or to become high-class office assistants.

Mr. O. U. Robinson, Secretary-Treasurer of the Robinson Schools, and Principal at Waterford, has received several calls for commercial and shorthand teachers in Business Colleges, Residential Colleges, etc., that he cannot fill. If he had had one dozen more ex-teachers or Matriculants with Robinson training this past year, he could have placed them into teaching positions at from \$90.00 to \$200.00 per month.

Arrange NOW to enter the Waterford School at the
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