

## JARVIS RECORD

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### "HORSE SENSE" RULES

A life insurance company has offered seven "horse sense" rules for keeping fit. The rules are not given as cure alls but a plan for co-operating with nature in her ceaseless efforts in prolonging life and preserving health.

The seven "horse sense" rules are: Learn to play; don't eat too much; take proper exercise; don't work too hard, either mentally or physically; don't worry, fuss or lose your temper — the best tonic in the world is optimism and cheerfulness; seek some healthful amusement that diverts the mind and exercises the muscles; once a year have your family doctor examine you for health, not for disease.

Ordinarily seven rules of conduct would not be so difficult in observance, but here are given seven rules which regulate every act of every day of our lives. By the exertion of a little will power we would probably not find them much worse than a stern taskmaster in spite of the broad field they cover.

How many men and women past thirty know how to play? Are there any in this community who never overeat? Regular exercise is observed by only a small minority. Most people work too much or not enough. The most optimistic among us worry too much and lose our tempers too often for the good of our health. More people are, to be sure, participating in the many diversions, fads and amusements offered them by modern civilization and yet too many

do not. And as for the seventh rule, where are there men and women who think of the doctor when they are well?

### LIVING MORE INTENSELY

The tempo of Canadian life rises and the nervous tension of the Canadian people tightens with the increasing velocity of production, business and living. Modern devices to hurry up the body, intensify the emotions and accelerate the mind have come into general use. Business work, a network of telephone and telegraph wires. Automatic bookkeeping machines, typewriters and card indexes enable individuals to control vast areas of industrial operation, involving billions of dollars. Even in the home and on the farm electrification and the gasoline motor have quickened the pace.

Emotionally the nation is ever under high pressure. The motion picture compresses into two hours the whole range of human adventure and excitement for thousands. The radio is concentrating millions on one thought and at one time. Huge stadiums throughout the country gather with ease and safety crowds numbered in tens of thousands, permitting them to enjoy the magnetic thrill of concentrated mass emotion.

All this speed and size is an accepted part of the atmosphere of the Canadian city. It causes people unconsciously to quicken their pace and to feel themselves part of a huge confederation of success. Is it any wonder that "high-voltage" temperaments are becoming so common? What more logical fruit for a "high-voltage" age to bear?

### THE OPTIMIST

One of the encouraging evidences of the sanity of the public mind is the growing impatience with so-called "Pollyannaism." Genuine optimism

does not consist in disregarding the unpleasant parts of life. Neither is it a thoughtless satisfaction with present conditions without thought of the future. Still less is it that state of mind that distinguished Mr. McCawber, who was always "waiting for something to turn up."

Antecedent to a justifiable attitude of optimism must be an unprejudiced and thorough analysis of the situation; in which both dark and bright sides must be equally clear; then a profound conviction, based on the evidence of history and personal experience, of the slow but irresistible conquest of right over wrong, of truth over falsehood, not yet fulfilled, but eternally fulfilling.

But no one who has merely a passive faith in the rightness of things is entitled to the name of optimist. His belief must be quickened into action, and here the pragmatic modern attitude manifests its sensible demands for consistent living. The old proverb, "All things come to him who waits," has received a characteristically modern supplement, "But it comes a whole lot quicker if he goes after it."

### "HOLDING OUT" ON GOD

Ten cents a week, or the price of a soda, is enough for the Lord in the opinion of some of the families in a church in Montclair, New Jersey. There are other families who attend the church, and think it can get along without any financial help from them at all. The church budget, according to a pamphlet recently issued, is \$35,000. There are 408 families in the parish, and 145 families contribute nothing, leaving the total burden to others. It is equally interesting to learn that there are 431 automobiles in the 408 families, or more than one automobile to each family. Here are some other interesting items, which may have a familiar ring to the real

workers in some other churches:

"Forty families pledge per year less than the cost of one tire.

"One hundred and nineteen more families pledge per year less than the cost of two tires.

"Five families pledge per week just the cost of two packages of 'Life-savers.'

"Seven more families are happy to contribute per week the cost of one soda.

"Twenty-eight more families estimate the Church's blessings per week equal to one admission to a Montclair movie (if one sat in the balcony).

"Forty-six more families prize their religion in terms per week less than half a pound of candy.

"Twenty-two families are content with a weekly gift of the cost of two and a half gallons of gas. How far will the car go on that?"

"Fifty-one more families count it a joy to subscribe per week a sum equal to what men spend for smoking in one day.

"Forty-nine more families are satisfied with a weekly pledge of the amount spent for one luncheon at a moderate-priced restaurant.

"Why go further? Oh, yes. One hundred and forty-five more families have pledged nothing. Their church membership being totally carried, their church dues entirely paid by others."—Literary Digest.

### In The Melting Pot

Clergymen live longer than anybody else in England, being the best risk both here and hereafter.

"The only way to make a pair of trousers last," said Dave, "is to make the coat and vest first."

Some of the biographies of the departed great, now on sale in the book stores, suggest that the writers got their information from campaign speeches of the opposition.

## HEALTH SERVICE of the CANADIAN MEDICAL ASSN.

### MILK

It is an accepted fact that milk is the most valuable article of diet we possess. Because there is no other article of diet that can take its place it may be called, without exaggeration, an essential food.

Milk is a food. Milk is a complete food. Milk contains all the substances needed for building up bone and muscle in growing children, and replacing the worn-out tissues in adults.

It is wrong to think of milk as a sort of accessory to be used in tea or coffee, or on foods, or merely as a beverage for children. Milk is an economical, complete food. Milk and milk products should be part of the diet of everyone, young and old, but particularly of growing children. Every child needs at least one pint of milk a day in order that he may accumulate sufficient of the materials for building up a strong, healthy body. No other food can give the child which will supply, in such quantity or quality, these necessary building materials.

There is no difference of opinion, amongst those who have studied the question of diet, on the subject that milk and milk products are the most valuable foods and should be used by everybody.

If children are to grow into adult life with strong, healthy bodies, they must drink milk during their years of growth.

## DEXBURY'S STORE

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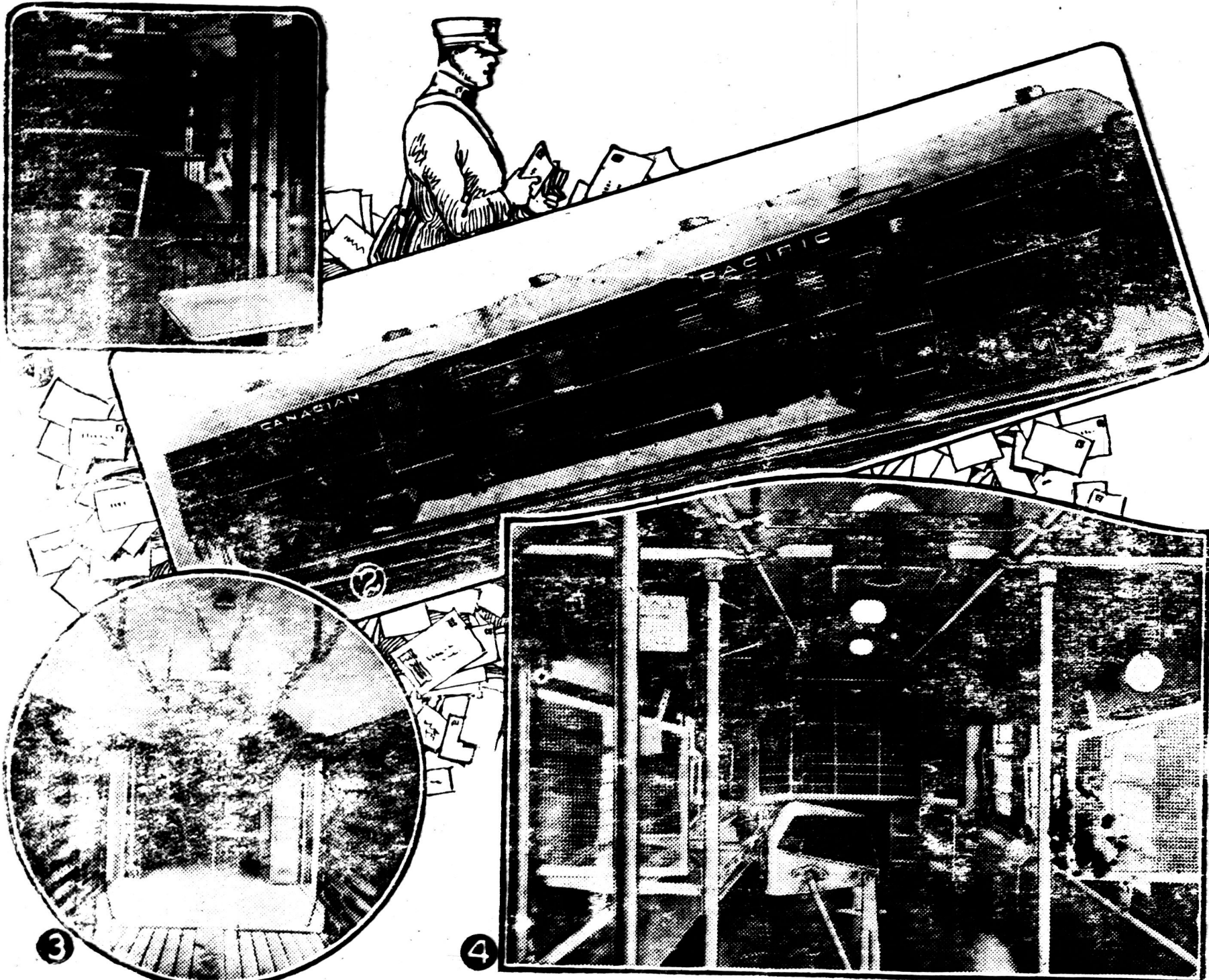
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## HIS MAJESTY'S MAILS ON CANADIAN PACIFIC



1.—A comfortable corner of the Baggage Car.  
2.—Exterior of one of the new Canadian Pacific Mail and Baggage Cars.  
3.—Another view of the Baggage Car.  
4.—This is where the mails are sorted.

Almost every day we rely upon His Majesty's Postal service for the delivery at certain hours of letters and parcels which are of value and which would lose their value were they delivered tardily. Seldom have we cause to complain of the service rendered in exchange for our few cents and we have come to expect the efficient regularity of that service regardless of the natural or economic disturbances which affect other services. The letter was stamped and placed in the postal box. It must be delivered, and with dispatch, rain or shine.

Due to the increasing use of His Majesty's Mails, the Canadian Pacific Railway has found it necessary to add to its rolling stock, twelve new Mail and Baggage coaches. These, being up-to-date in every respect, provide every facility for the handling of the mail, and a number of conveniences for the clerks which the older type of cars could not boast of. The "All Steel" cars are some of the finest used by Postal authorities in the world, and the Company is to be congratulated, in that providing every facility for the quick handling of postal matter, it has kept an eye to the comfort of the clerks.

The forward end of the travelling Post Office, for such it is, is used mainly for storage purposes. On one side, movable iron stanchions separate the bags destined for the various towns en route, and on the other is the gas stove, for cooking purposes; for water supply, lavatory, wash basin, and clothes cupboard — innovations which have been introduced by the clerks.

The rear end of the mail compartment is the business end. A long reversible table, running lengthwise, allows the clerk to face either side of the car in order to sort his parcels into the bags which are supported by folding racks, and into the boxes conveniently arranged above the bags for the accommodation of newspapers, and which can be quickly emptied by the simple expedient of raising the front. At the rear end is a table, the full

width of the car, and behind this are the hundreds of pigeon holes into which the clerk must distribute the letters for the various towns, quickly, almost automatically. At his feet as he stands at his table, the clerk has a tray into which the letters posted when the train is at a station, drop. These letters he stamps and distributes with those put on the train at the terminal. Cord with which to tie the letters into bundles is conveniently at hand, and if some of the bundles contain registered mail they are placed into the pigeon holes on one side, over which a wire grating is fitted and locked. Everything is scrupulously clean.

The baggage and express end of the coaches is also the last word in car construction. As with the mail section, the doors open in the centre of the compartment, one half of which has a solid floor, the other half being fitted with fish racks. In addition to the conveniences afforded the mail clerks, the baggage men have a folding table which fits tightly against the wall when not in use, and which may be utilized as a dining table and — but not there is too much business to talk of cards.

The twelve new cars were designed by C. H. Temple, Chief of Motive Power and Rolling Stock, Canadian Pacific Railway, and were constructed by the Canada Car and Foundry Company, Ltd., Montreal. They are designed to carry 30 tons of express matter and 10 tons of mail, a total of 40 tons compared with 30 tons, the capacity of the old type of coach. The Company has adhered to the six wheel truck, but heavier journals have been provided, 5 1/2 by 10 in place of the 5 by 9 inches. Another feature of the new coaches is the diaphragm seats. This eliminates the danger of people "riding blind".

Until now we constructed the new coaches will operate between Montreal and Toronto, Montreal and Sudb. Ste. Marie, Toronto and St. John, N.B., and Winnipeg, and Edmonton on Canadian Pacific lines.

## The Walker Store

### SIMCOE

For many years the merchants of Simcoe have held "Dollar Day" somewhere near the 17th of March, but this year they decided to "Cut it out." However, so many of our customers have been asking for dollar day, that we have decided to hold a

## 3 Big Day Carnival of Bargains Sale

The Firms of

PURSEL & GOODLET, Simcoe's Greatest Clothiers

J. AUSTIN & CO., Proprietors of the Rexall Drug Store

J. AGNEW, Shoe Merchants and THE WALKER STORE

have mailed 6000 four-page circulars, containing many special Bargains on seasonable goods that means GREAT SAVINGS to you. Be sure and shop in Simcoe at all of these Stores during this

## GREAT 3 BIG DAY CARNIVAL OF BARGAINS SALE

THURSDAY, MARCH 15

FRIDAY, MARCH 16

SATURDAY, MARCH 17, St. Patrick's Day

A bill has been mailed to you. If you do not received one, it will pay you to borrow your neighbors and come to Simcoe during this great Sale.

THE WALKER STORE

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