

**THE JARVIS RECORD**  
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**SPRING**

Before we speak of spring itself, we wish to say that spring fever, which is going to be quite common during the next month or two, is not explained in the same way by all psychologists and physicians, but without regard to what these learned folk say the people who get it will heartily agree that it is a very real and not exactly an unpleasant thing.

Some writers tell us that it is nothing but a lethargic drowsiness, caused by the poisons accumulated during the physical inaction of winter. We can help nature to eliminate these poisons by taking long walks, breathing deeply of the fragrant spring air, or starting to hoe the garden.

There is reason to believe, however, that spring fever is not entirely physical. There is a good deal of the psychic in it, also. It is partly psychic insofar as it is a reaction from winter. The contrast between the first warm weather and the cold of winter unconsciously reminds us of the sluggishness of the tropics, home of our prehistoric ancestors. Or perhaps spring fever is an inheritance from the times when the cave man, after a long and monotonous winter in his den, strolled out to bask lazily in the warm spring sunlight.

Agreeable as the gentle lassitude of spring fever often is, we must not surrender ourselves to it too readily, for there is more work to be done in spring than perhaps in any other season.

With this warning emphasized, permit us to observe that the delights of spring cannot easily be exaggerated. It is then that sap starts rising in the trees. Grass sprouts green. First life buds. Chirping birds pause on their way north. The bear leaves his pit. Timber wolves stop running in packs and mate. That is spring—the sunrise of a new period of life. The backyard gardener stirs. The farmer whistles in the field. Golf bags smacks his lips. Fisherman goes over his tackle. Small boys swarm with marbles, baseballs, kites.

Spring is the time to take a new lease on life, to get a fresh start. Fill your lungs with fresh air and go to it. The best thing about spring is that it is a prelude to another round of intense human activity. Except, of course, for the gentleman who has spring fever 365 days of the year.

**HAPPINESS AND WEALTH**

In all societies man feeds more upon associations than upon facts. He is most content who finds his kingdom in his mind. Such was the teaching of the days when the right to the pursuit of happiness was written into the Declaration of Independence, and the doctrine is not yet dead. Yet the tangible and negotiable things are what appeal to most people in this age of utility and comfort.

There are any number of men and women, both young and old, in whom a happily blended theoretical and practical factors in the securing of happiness.

The right to happiness can well be viewed through the bestowments which have come through an era of prosperity and progress. The ratio of happiness may not be higher than when the dictum of the Declaration was written, but it is certainly just as high in some people.

Despite spectacular crime and pillage, there never was a day of worthwhile enterprise with higher awards than exists in this country for the young man who is willing to do one thing—buckle his best intelligence to honest work.

Not all Canadians find happiness in the accumulation of money, in increasing their business profits or in acquiring material possessions. It is

not uncommon for young men and women of the severely criticized and depreciated jazz age to choose that path in life which gives them the most mental satisfaction though less opportunity to amass a fortune. They are the true creators.

**THE CHALLENGE TO ALL**

A far worse menace than that for which we went to war now confronts us at home—

Indifference to law, the daily making of thieves and murderers, the breaking down of our social structure, license not liberty, indulgence not economy, carelessness not security.

Every young woman in war time, with tremendous zeal, helped the struggle. Her patriotism is needed now even more than then.

Millions were subscribed by our business men to win the war. Long hours of work were given with \$1 a year as the sole monetary reward for the most intense service. But we are now menaced at home, and a like devotion and a like labor are needed if life is to be at all worth living. The law of the jungle is replacing the laws of sanity and reason. The health, the morals, the very life and liberty of all are at stake.

Real patriotism is sincere service for the good of our country, which means service to fellow citizens more than to ourselves.

Every man and woman of influence in this country, for sheer safety's sake, must enlist utmost efforts to uphold the law and solve the vexing problem.

It is the duty of every one to know the extent of the law's violations now and the pernicious effects and to give every ounce of energy to help save Canada from itself.

**In The Melting Pot**

The grin worn by a "good loser" is chagrin.

On the showdown, a crook is always shown up.

There are countless tollgates along the road to success.

Reform will continue as long as there is money in it for reformers.

**Try the Record for Results**

**HEALTH SERVICE  
of the  
CANADIAN MEDICAL ASSN.**

**MILK AND TUBERCULOSIS**

The value of milk is not limited to the first year of life. As the child grows, he needs to enlarge his diet, but milk continues to be the most important article in this diet during the years of growth. Every child should have one pint of milk a day to provide the necessary growing substances for the body.

Young children have very little resistance to tuberculosis. In their earliest years they are easily overcome by this disease. There are two types of the tuberculosis germ, two members of the same family as it were, which cause tuberculosis in children—the human and the bovine type. By far the greater number of cases are caused by the human type. The bovine type is responsible for

**Record Ramblings**

Bezazian—"I'm working hard so that I can get ahead."

Miss McKim—"You certainly need one."

"Tiny" wants to know which is the most important—a man's wife or his trousers?"

Answer—"Well, there are lots of places a man can go without his wife."

"The only sure way to prevent cracks and breaks in the front of the car," advises Albert Lang, our local garage man, "is to put the alcohol in the radiator—not in the driver."

"Remember," said Alvin Mitchell, "when 'Harold, Oh Harold' was all the rage?"

"No, it was 'It's Three O'clock in the Morning,'" said 'Crobie' Winger. "Nothin' doin'," says Chas. Powell, "it's 'Four or Five or Six O'clock' down our way."

Willis, our local barber, believes in advertising but he says that it is hard to advertise a business such as his. So here's a suggestion. This ad was taken from an English language paper published in India;

"Mahommedsman, hair-cutter and clean shaver. Gentlemen's throats cut with very sharp razors, with great care and skill. No irritating feelings afterward. A trial solicited."

about 25% of all tuberculosis occurring amongst children. In children, tuberculosis often attacks the bones and joints, and so is responsible for much crippling.

The bovine type of the tuberculosis germ comes from cows suffering from tuberculosis, and reaches the child through the milk. As a large percentage of milk cows have tuberculosis, it follows that a large percentage of milk is infected with the bovine type of tuberculosis germ. From this it is evident that, unless the necessary precautions are taken, milk is a real factor in the spread of tuberculosis to young children.

It is part of any campaign against tuberculosis or towards the improvement of child health to see that the milk supply is safe and pure. A safe, pure milk supply, free from all danger of carrying tuberculosis or any other disease to human beings, particularly children, comes from healthy cows, is produced and shipped in a clean way, is pasteurized to kill any disease germs, is kept cold and covered until used.

Is this the kind of milk you and your children use?

Questions concerning Health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered. Questions as to diagnosis and treatment will not be answered.

**BETTER SEED CAMPAIGN  
IN HALDIMAND COUNTY**

A series of six meetings were held in Haldimand County during the week of March 12th at Cayuga, Canboro, Hagersville, Caledonia, Fisherville and Dunnville. The attendance ranged from seven to 18 with a total attendance of 65 for the six meetings. This was not very encouraging in view of the fact of the importance of the use of better seed as a factor in increased yields and profits from farming. It is hoped, however, that the farmers will give very careful attention to the selection of varieties and the use of large seed, clean their grain thoroughly before sowing it and, if possible, treat it for smut.

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Filled with good things  
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**MARGARET GRACE WYCKOFF**

The death of Margaret Grace Wyckoff, second daughter of Mrs. Margaret Wyckoff and the late Joseph S. Wyckoff, occurred at the home of her mother, 351 Norfolk St. South, on Sunday morning last. On Tuesday last Miss Wyckoff had been in apparent good health, when she was suddenly seized with a stroke late in the afternoon from which she never regained consciousness. Mrs. Wyckoff and family have the heartfelt sympathy of their many relatives and friends in their sad and sudden bereavement.

Besides her mother, two sisters and two brothers, Mrs. Robt. A. Cameron, Saskatoon, Sask.; Annie at home; Allen, of Detroit, and Roy of Victoria, are left to mourn.

The funeral took place from her late residence, Norfolk Street South, on Tuesday afternoon at 3:30 o'clock. Rev. Wray L. Davidson, assisted by Rev. Mr. Brooker, Dr. A. L. Howard and Rev. Percy Deeth, officiated.

The pallbearers were: Allen and Roy Wyckoff, Bert Williamson, Percy Lonson, D. C. Allen and Dr. Sidney Lonson.

The large attendance of relatives and friends and the numerous beautiful floral tributes gave expression of the very high esteem in which deceased was held. Interment took place in the family plot, Oakwood cemetery.

Relatives were present from the following distant parts: Detron, Saskatoon, Jarvis, Port Rowan, Beamsville, Norwich, Dundas, Toronto and Hamilton, as well as those from most every section of Norfolk County—Simcoe Reformer, March 15.

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**GAS MADE HER CROSS,  
CANT EAT OR SLEEP**

"When I ate I would bloat up with gas. I couldn't sleep, was cross and nervous. Adlerika has given me real relief."—Mrs. M. Meyer.

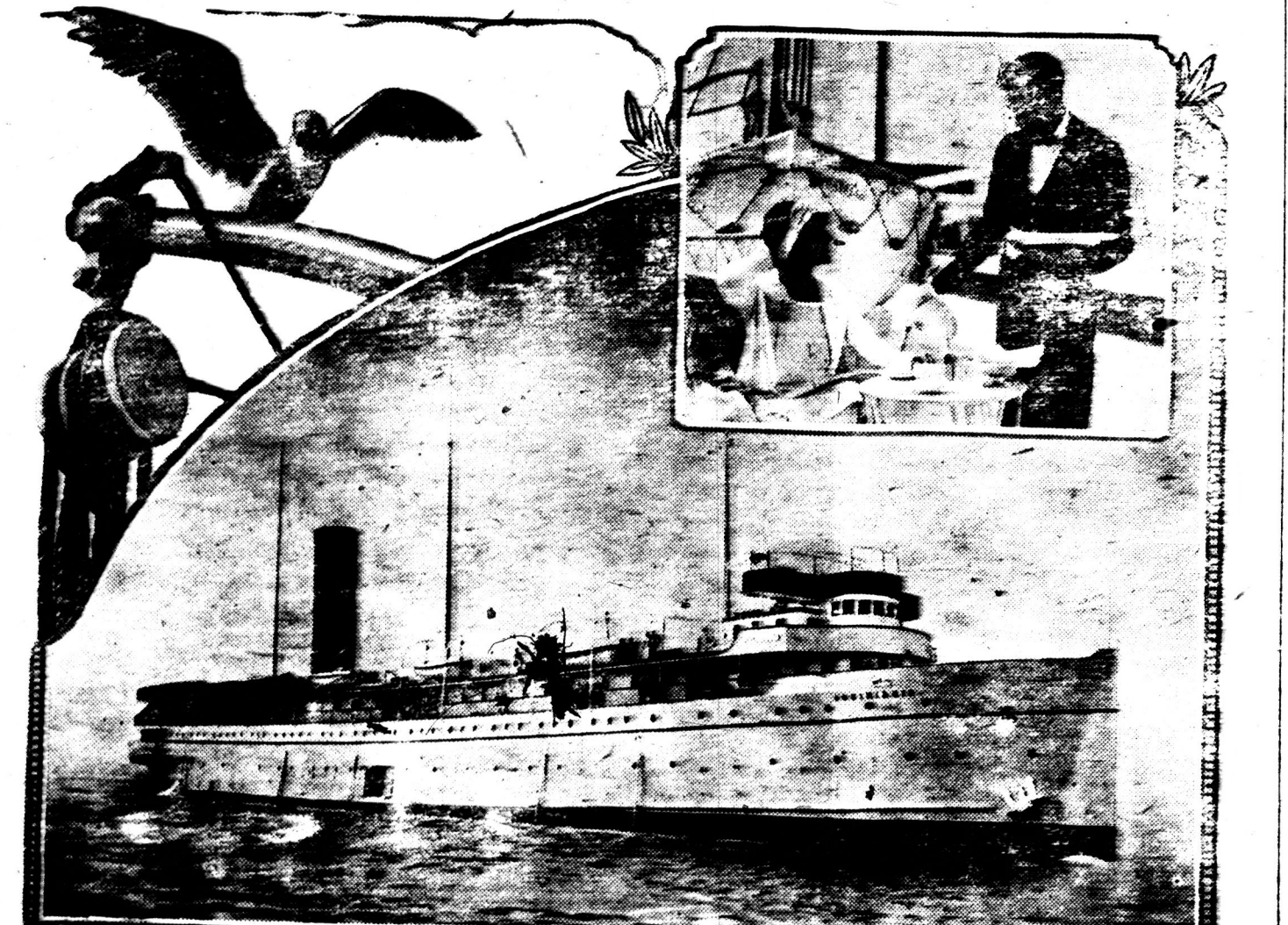
Adlerika relieves stomach gas and sourness in TEN minutes. Acting on BOTH upper and lower bowel, it removes old waste matter you never thought was in your system. Let Adlerika give your stomach and bowels a REAL cleansing and see how much better you feel. It will surprise you! J. M. Schreiber, Druggist.

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**Through Canada's Inland Ocean**



1. The Great Lake Steamer S.S. Assiniboia, of the C.P. Fleet which carries its passenger through the land of charm. 2. Serving a little bovill during the trip. 3. The passengers' companions and well-wishers of a bon-voyage.

The Great Lakes for a summer holiday have no equal. Contrary to the generally prevailing opinion that the automobile and touring and camping are a greater attraction, these large bodies of fresh water, really inland seas, are holding their own, indeed, by those who know it is said that they are doing more.

From Port McNicoll to the Head of the Lakes, is practically an ocean voyage. The great white steamers of the Canadian Pacific Railway are operated the same as the huge ocean liners. At Port McNicoll the visitor sees a man made harbor, surrounded by a village which has been developed from the original within the last twenty years. About an hour and a half after leaving port, a bugle sounds the dining call, and going below the traveller finds the dining-room spacious and comfortable which greatly whets the already huge appetite.

After dinner a promenade of the broad white decks, as motionless as the city streets, but with what a difference! The fresh clean breeze stiffens, the sun strikes the horizon and sinks in blazing splendour leaving behind a sense of peace and well-being. Host upon host of graceful white-spread wings appear over the stern, crying the poignant call of the hungry gull. So still they are as to appear motionless, a floating opening of the cooks galley port-hole brings them swooping down, screaming with the wildness of the blizzard, with a strength and speed that is amazing.

Land slowly disappears, and the island: are lost in the soft enfolding darkness. Stars come out, and a white moon floods the lake with an ethereal beauty. All is quiet—a friendly intimate quiet—broken

here and there by a merry laugh, a passing footstep, the throb of the great engine and the spark on the wireless up above. A little later we pass the protruding Bruce peninsula, then the Manitoulin Island, the home of the Great Spirit. In the distance can be seen the blinking light of the mariners' guides, the light-houses at Cabot's Head, Lonely Island, the Flower Pots and in the furthest distance an ad. Cove Island, the marking point of the entrance to Lake Huron.

These steamships, the "Keewatin," "Manitoba," and "Assiniboia" of the Canadian Pacific service are first-class in every way, and ply these inland waters from May 21st to September 28th. The journey occupies the better part of three days, with every wave bringing further charm and amusement at the unfolding beauty of the trip.

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