

**THE JARVIS RECORD**

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**MEN AT THE HELM**

It seems that between the least and the greatest men there is a gulf as wide as the distance between the habit and fashion of common humanity. Yet history and experience prove otherwise. When Fate contrives a crisis of calamity or necessity, men rise out of the common stock suddenly rich in strength and wisdom. Ordinary men are discovered to be capable of greatness and common men reveal their right to dignity and distinction. So often has this happened in our own national history that it is beyond the probabilities of mere accident.

How are men made for leadership? In part they are born for it, yet their heritage differs not greatly from the common stock of humanity. Partly they are created by the emergency which calls for them or by the opportunity which touches the secret springs of their powers. Partly they are built up by small things to be capable of great things. Yet none of these declares the secret of the supremacy of true leaders of men.

The stuff which gives stature to the great men comes not alone from within him. Much of it is conferred upon him by his fellows. They turn over to him their own loyalty, their labor, their strength. They put power into his hands. He becomes the symbol of other men's hopes, convictions and purposes; his strength magnified and his spirit upheld by the gifts of those that follow him.

As best we can we put good men at the helm of our affairs. Into their hands we give power and on their shoulders we place responsibility, dignity and honor. Those that use such gifts and wisdom and humility earn title to leadership among men.

**FIGURES MAY BE MISLEADING**

There is no reason why the facts in regard to unemployment should not be made known and there is every reason why they should be. But in a hasty survey there is possibility of obtaining data that is seriously misleading and publication of which may have unfortunate consequences. So care in making a national unemployment survey in connection with a federal census is quite as essential as the survey itself. To be useful the survey must be accurate.

Census enumerators obtain their information by visiting homes. Obviously there is opportunity here for misunderstanding and error. There might even be confusion of the meaning of unemployment. There are many reasonable occupations and persons engaged in them are always unemployed during certain periods of the year. There are many who neither toil nor spin and who consequently should not be enrolled among those who are out of work.

The forms used in making the survey should be carefully prepared to overcome the possibilities of error set above. But there remains, in spite of these precautions, the probability of mistakes being made.

Under the circumstances the census figures on employment conditions will have to be carefully scrutinized and analyzed if the nation is to learn the true state of affairs.

**READING IS NOT ENOUGH**

A professor in a theological seminary once remarked to a group of upperclassmen, "Gentlemen, read the Bible. You will find it a pretty good book. Something like this might be said of the Constitution of the Dominion of Canada."

It is notorious that this great document remains unperused even by those whose official position should

require an intimate knowledge of it. But reading is not enough. Neither is reading accompanied by Confucius-like pondering and meditation. It is not a body of abstractions from which thought alone can evolve its application. It is a practical instrument of active element, which, like nature, abhors a vacuum. It functions in the current of events, not in poetic solitudes.

Hence there has arisen a large body of constitutional law, a sort of moving picture of the play of the Constitution through years upon the life of the nation. It is a part of history, but it also has made history. Most misunderstandings, both on the part of Canadians themselves and of foreigners, come from a lack of knowledge of its actual and literal provisions. But not knowing how it has functioned through the years in its practical application is also a source of much error. The study of life is the most fascinating of all studies. The Constitution is a living thing. Only so regarded can it be adequately and effectively known.

**PULL WEEDS NOW**

Now is the time to improve your seed crop by the pulling and destroying of all weeds. A great deal can be gained by doing this work while the crop is growing rather than leaving it to the seed merchant at the seed-cleaning plant. In most cases a bigger price can be realized for the seed which is clean and there is a great deal less shrinkage. This work should be done systematically, taking a portion of a field at a time and pulling all weeds and in particular those which are difficult to clean from the crop being grown. Before cutting the field for seed, it is always wise to trim around the edges with a mower, as well as around the low-lying spots, stumps, stones, etc., leaving the portion for seed to be standing out by itself.

**RECORD RAMBLINGS**

Simile for today: As inappropriate as grey hair in a rumble seat.

Perhaps the nations could get better results by holding a conference for the limitations of ambitions.

A New York lady who punched her husband in the eye probably was

only exercising her matrimonial right.

There's one born every minute, as Barnum said; doubtless for the same reason that rabbits are more prolific than wolves.

Tigers in India killed more than 1000 people last year. But the blind in the States killed even more than that.

Science has learned how to cook germs by radio. But in some restaurants they were doing it long before radio was ever thought of.

The wife doesn't hold his arm because she loves him, but because that is the easiest way to stop him when she sees a shop window worth while.

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

**BABY'S FOOD**

Every baby should be breast-fed. There are few mothers who cannot nurse their babies if they try to do so, and there are few mothers who would not make the effort if they understood how important it is that the baby should have his natural food. There is no other milk, or no preparation which is just as good as breast milk. Breast milk is purer, cleaner and more easily digested than any other food, and it requires no preparation.

Mothers sometimes wean their babies because they think that they have not enough milk, or that the quality of their milk is not good. This is a serious mistake. Every effort should be made to keep up the quantity available, and it is much better for the baby that he receives some breast milk than none at all. If there is not sufficient breast milk, the necessary supplementary amount of nourishment is given after the formula given by the physician.

The baby should be fed at regular intervals. Not only is this desirable from the standpoint of his digestion, but it is important as the start of proper habits in the child. If he is asleep at nursing time, he should be awakened, and he should not be allowed to fall asleep while he is at the breast. The feeding takes from 10 to 15 minutes. After feeding, the baby should be held up over the shoulder in order to allow him to get rid of the air which he has swallowed.

During the hot weather particularly, the fact that babies become restless should not be forgotten, and the baby should be offered cooled water, previously boiled if there is

any question of purity, between the feedings.

Under ordinary conditions, the baby is nursed for eight or nine months; longer periods are not good for the child. The baby should not be weaned excepting upon the advice of the doctor who will advise as to what diet he is to receive. As a rule, babies are not weaned during the hot summer months.

Breast-feeding makes for stronger, healthier babies, and it protects them from the dangers of disease. Artificial feeding, even of the highest quality, is, at the best, an attempt to imitate the natural feeding.

Questions, concerning Health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by correspondence.

**THE JULY ROD AND GUN**  
and Canadian Silver Fox News

In line with the season of the year, the July issue of "Rod and Gun and Canadian Silver Fox News," Canada's national outdoor magazine, is devoted largely to the fishing and camping interests of outdoor life.

In addition to the regular Fishing Notes department capably conducted by G. P. Sladen, a couple of splendid yarns by N. Milton Browne and Rene de la Bruere appear in this issue. The contents include many excellent stories and features by Edward Ormerod, Bonnycastle Dale, C. S. Landis, J. W. Winson and W. C. Motley, providing a wealth of entertainment and information for the reader. Fox ranchers will find valuable information in the articles of the Canadian Silver Fox News section.

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

**HEALTH HINTS**  
By Mrs. C. Erwin

**MEASLES**

Measles is an acute, epidemic and contagious disease, due to a specific micro-organism. It is a disease of childhood, although adults may take it.

One attack of measles usually though not always, confers immunity. The period of incubation is from 10 to 14 days. Symptoms with chilly sensation to a severe chill followed by fever, headache, soreness of the muscles are present; an intense catarrh, the eyes are watery and red; tears coming in spite of all efforts to keep them back; throat sore and swollen; cough, nose-bleed may occur; fourth day eruptions breaks out like a lot of flea-bites. Keep the patient warm, out of drafts, also in bed prior to two

days before the rash breaks out the patient is highly infectious.

**BLACK MEASLES**

Black measles, or what they may call the hemorrhagic measles, is more severe as it involves the lungs and the eruption is dark due to the pulmonary invasion. The management of measles requires care to be taken to prevent complications, for these are more serious than the disease. These complications are bronchopneumonia, which is liable to occur when the eruption is at its height. Whooping-cough is frequent and the danger of pneumonia is greatly increased. Laryngitis of the throat, it effects the swallowing. Inflammation of the eyes and ears, which has caused blindness and deafness. Keep the patient from the light; watch the ears for discharges, and last but not least, for if they have bronchopneumonia it may easily turn to tuberculosis. Isolate the patient; ventilate the room well, but keep the patient from drafts. Hot drinks, hot packs and hot baths are recommended to bring out a delayed rash. If the eyelids itch, apply a cold cloth or put sweet oil on them. If a discharge comes from the eye, use a solution of boric acid (1 teaspoon of acid to 1 tumblerful of hot water), when cool, frequently wash the eyes. Let no light come direct to the eye. Do not keep the head too low, it may cause coughing, elevate head and shoulders. Hot milk will sometimes stop the cough. The diet must be liquid, nourishing and light. Bathing commences from the beginning of the attack until disinquation has ceased. While the temperature is high the water should be cool or slightly warm. Ask the physician, he will tell you, as the heart has to be in the right condition when cool water is used. All discharges should be disinfected, as the treatment of all fever requires the same care where the disease is contagious. Remember, where there is fever, cool drink must be given unless the eruption is not breaking out properly, then they must be hot and the bath will have to bring down the temperature by many or if the bath is carbolized for itching, as it has a

tendency to cool the body also. Vinegar in water helps to cool the temperature; this must not be used unless by the doctor's orders. Carbolyzed vaseline is useful where the eruption has turned to crusts, as with some patients a creamy pus will sometimes form in the eruption and the carbolyzed vaseline is healing, disinfecting and will loosen up the crusts which very often will itch that the patient wants to scratch them with their finger nails. This must be avoided. Watch the patient so he will be unable to do this. Keep the finger nails short and clean and if they persist in scratching, put bag mittens on their hands to prevent them.

**GERMAN MEASLES**

German measles is a milder form of measles. They are highly contagious. Eyes are watery and the

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**Car Load of Live Muskrats Take Long Trip**



1—Freight car that carried the consignment. 2—Large cage on board S. S. Beaverford where the rats had more space and liberty. 3—Specimen of muskrat enjoying a carrot.

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