

# THE JARVIS RECORD

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THE RECORD PRINTING COMPANY, LIMITED

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## THE POSTMAN'S DAILY MILEAGE

A California postman started something when he gave the result of some figuring he had done in connection with his regular daily week-day work.

Counting the number of steps in the average city block taken by himself in the daily delivery and collection of mail, he estimates that he has taken at least 7,322,000 steps each year during his tenure as postman.

Averaging each step at two and one-half feet, this runs into the staggering total of 18,300,000 feet of ground actually covered per annum. At 5,280 feet to the linear mile we find he has walked 3,481 miles per year, between 10 and 12 miles per working day.

That is a great deal more mileage than many horse-drawn vehicles used to make in the olden pre-auto days. It compares favorably with the automobile made by many persons whose driving is between the home and the office, and short week-end trips.

There may be some truth to the story of the motorman who spent his vacation riding around on the trolley cars, but no one has ever heard of a postman who spends his off-days training around his beat for purposes of relaxation.

## BETTER THAN WE KNOW

Whatever the people of our community do for better conditions and at the line of public improvements is often counted only for the immediate benefits it brings. But to build for this year alone, or even for the next five years, is not the end. Undertakings, to be of lasting value, must be those conceived and accomplished in the light of future as well as of present needs.

We are inclined to want to spread more optimism than pessimism concerning the things that have been done in Jarvis because results of the past years are already showing up on the side of good. Nor do we refer only to the material improvements such as roads, bridges, streets buildings and other public works. Especially can the people of Jarvis commend the work that has been done among its truly great assets—its boys and girls who, in that higher and finer definition of youth have ceased to be considered as "problems," but more as normal human beings seeking the right knowledge of life and the proper expression of their talents and energies.

But whether it is a street being paved, a building erected, a hand gapped, a song being sung or a soul being reconstructed, there is a mighty hope for the future if the process is one that makes for lasting and good effects in the days and years that are to come. Sincerity of purpose is one cornerstone to permanency.

## A SHARE IN SUFFERING

Through modern miracles of transportation and communication the world is brought to our doorstep. We take our profit and our pleasures from the offerings of a continent and from beyond the seas and all corners of the world. We are no longer citizens of a single town or city but of a mighty nation and, indeed, of the world. Everything that concerns the world for good or ill in some way concerns also ourselves.

We must take our share in the sorrows of the world no less than in its generous gifts. We cannot close our eyes and ears when our neighbors at the far end of the land or across the seas are stricken with disaster and suffering. To do so is to deny our citizenship in a nation and to evidence a selfishness which

will accept the benefits of civilization but refuse its responsibilities.

It is not sentiment or sympathy which makes a claim upon us when tragedy sets its heavy hand upon a corner of the world. Our clear duty is also involved. All the advantages of civilized society depend upon the fact that the blessings of life are shared. It is equally clear that all must share the sufferings of society and contribute to bearing and easing its burdens.

## FAIR PLAY

In these days of widespread interest in games and athletics, fair play and good sportsmanship have become something of a creed. The crowd roars its approval of the man who is modest in victory and smiling in defeat and is quick to detect and blame the spirit of personal bitterness in the strife of sport. It glories in the contest but insists that fair play shall govern it.

We are likely to be less sensitive and sensible when the conflict is one of ideas. We are too ready to accuse a man of insincerity, double-dealing and ignorance simply because we do not agree with him. We allow our prejudices to bring a sinister note into our debates and controversies.

This sort of thing denies the spirit of fair play in the province where we need it most. When a man announces his opinion or doctrine, he offers it to the public test of the truth. It should be sufficient that it stand or fall by that test alone.

To cloud the issue with bitter passions and personalities is to prove ourselves disloyal to the truth which we profess to seek. It is neither fair play nor good sportsmanship, and it wins no victory that is worth while.

## RECORD RAMBLINGS

Unfortunately the Fool Killer assigned to motor accidents never rests on Sundays and holidays.

Heridity is a great influence. The harder dad's nose is pressed on the grindstone the more kids' noses turn up.

Maybe one way to protect the pedestrian from the over ambitious automobile speedster would be to paint the pedestrians red.

Synthetic sunshine is being prescribed for ailing children in Chicago. Let us hope that it has a better effect than synthetic moonshine does on some of the elders.

An alleged burglar up in Main was charged, among other things, with stealing 30 pints of elderberry wine valued at 50¢ a pint. It is to be understood, of course, that the district attorney valued it at pre-war prices.

Folks certainly grow disillusioned as they grow older. For instance, we can remember the time when we thought the girls with the carnival company that set up its shows on Main street were the most beautiful creatures in the world.

We believe that the best cure for any man that fears death is Hazlitt's essay on death. Briefly Hazlitt says that, since we don't worry because we were not alive 100 years ago, we should not worry because we won't be alive or conscious a hundred years hence.

## 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 Ormrod, 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 SERVICE of the CANADIAN MEDICAL ASSN.

### WHY DIPHTHERIA SHOULD BE PREVENTED

Year after year, diphtheria takes a toll of human lives. In Canada, during the year 1927, 1,010 lives were lost on account of this disease. In addition, the toll entails pain and expense, as well as more or less damage to those who suffer and recover.

There is no disease about which we know more than we do about diphtheria. The germ which causes it is known. The manner of spread of the disease is understood. It is one of the few diseases for which a specific cure is available, providing the remedy is used very early in the disease. In addition to all this, we know how the disease may be prevented.

This means that we know that all the cases of diphtheria which now occur can be prevented. We can say that the thousands lives lost in 1927 because of this disease would have been saved if our knowledge concerning diphtheria had been used. The prevention of diphtheria is based upon the plan of making each individual resistant to the disease. This means that he is rendered immune—that his body is given the forces with which to overcome diphtheria germs and the poisons which these germs give off when they have gained a foothold in the human body.

It is not only possible, but it is practical to secure this power to resist, called immunity, through the process of diphtheria immunization. When diphtheria toxoid is injected into the body, it stimulates the body to produce its fighting forces against diphtheria. These fighting forces are then ready to be called upon in case the diphtheria enemy appears. Diphtheria immunization is preparedness against the disease.

Because diphtheria takes such a large toll amongst young children immunization should not be postponed after the first birthday. A wide experience enables us to say that in children six years of age, the injections do not cause any upset, and most satisfactory results are obtained.

Now is the time to have your young children immunized in order to protect them against this disease. Do it now!

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

## SANDUSK W. I.

The Sandusk branch of the W. I. held their July meeting at the home of Mrs. Frank Booth with the President in the chair; attendance, 37.

The meeting was opened by singing the opening ode, followed by the reading of the Lord's Prayer in unison. The minutes of the last meeting were read and adopted. Mrs. J. C. Eush reported on school work. Four dollars were divided between the children: boys for building bird houses; girls—darning socks. First, Vernon Tyrrell; 2nd, Edward Tyrrell; 1st, Rena Awde; 2nd, Fern Pond; 3rd, Ruth Tyrrell; 4th, Verna Awde. A discussion on school equipment for the playground and a school nurse, resulted in \$10 being voted for same; \$1 for home in Tobermory, \$3 for county judging competition and 75¢ for school medal. Letters of acknowledgment were read from Mrs. H. Dougherty and Mrs. E. S. Pond. Miss F. Nicol was put in as 2nd vice president on account of the retirement of Mrs. H. Dougherty. Baby Edna May Awde was presented with a silver cup. It was decided that we have a lunch committee. The roll call was answered by all on a Canadian writer. The topic was very interestingly answered by all "What It Is to be a Canadian." Community singing, "Oh Canada." Mrs. J. Walker gave a splendid report of the annual meeting. An explanation and description of the Union Jack was given by Miss L. Booth. Mrs. E. Pond gave a paper on Canadian Resources. The meeting was then brought to a close by singing the National Anthem. The hostess served a dainty lunch and a hearty vote of thanks was tendered her for her hospitality.

The next meeting will be held at the home of Mrs. W. Tyrrell on Thursday, August 1st, at 2:30 p.m. Lunch Committee: Miss F. Nicol, Mrs. H. Pond, Mrs. J. R. Pond, Mrs. J. Awde.

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

## VARENCY W. I.

The Varence Women's Institute met at the home of Mrs. H. K. Saunders on Thursday, July 4th. The meeting was opened in the usual manner. After the adoption of the minutes business was discussed.

The following standing committees were appointed:

Historical Research—Mrs. H. K. Saunders.

Immigration—Mrs. Chas. Buck.

Education—Mrs. W. Doughty.

Health—Mrs. Geo. Saunders.

Home Economics—Mrs. Wm. McNeilly.

Publicity—K. Miller.

Community Activity—Mrs. Ed. Miller.

Relief—Mrs. J. Clysdale.

Agriculture—B. McCarthy.

Legislation—Mrs. Thos. Brown.

The roll call was answered with "Canadian Writers." Everyone joined in singing "When You and I Were Young, Maggie." Mrs. Neil Brown gave a paper on "What It Is to be a Canadian." Mrs. Ed. Carpenter demonstrated the making of the Union Jack. Miss Helen Miller rendered a piano solo. Mrs. D. Parkinson gave a paper on Canadian Industries.

The August meeting was invited to the home of Mrs. Geo. Saunders.

The meeting closed with the National Anthem, followed by a lunch. Attendance 24.

## HEALTH HINTS By Mrs. C. Erwin

### CHICKEN-POX

Chicken-pox is a febrile infectious disease of childhood. Commences with mild fever, thirst, loss of appetite, constipation.

The eruption delay about 24 hours, appears on the body and extremities in the shape of elevated vesicles which are like small water blisters. The blisters are surrounded by a narrow bright ring, the fluid in these blisters is clear and either dries up or is absorbed or a crust or scab is formed which drops off at the end of a week. The disease is so mild it hardly ever requires special treatment.

The diet should be light, constipation corrected. Sponge the body once daily with warm water. Give liquid drinks. Keep the bowels open daily with salts or senna. Tempt the child's appetite with something special as orange, albumin or as egg-in-the-nest (take the yolk of an egg beat with a little salt and milk, beat to a soft custard. Take white of the egg and beat it firm and stiff to a foamy froth, then place in a small dish, place the yellow custard in the center, place in oven a minute, or until it is slightly brown, then serve on a nice tray or plate, etc.)

Now, the child is not well but just ill enough to be cross or listless as a rule. Keep their strength up by eating. A child can't tell you how it feels or does not.

Distinctive characteristics and periods of incubation:

Scarlet Fever—1 to 7 days. Eruption usually appears in 24 hours.

Measles—10 to 14 days. Eruption usually appears in 4 days.

Chicken-pox—10 to 16 days. Eruption usually appears in 24 hours.

Smallpox—7 to 14 days. Eruption usually appears in 3 to 5 days.

In any of these diseases the physician should be called early as he is the one who can diagnose the case and if the disease should be a serious case, as scarlet fever, the sooner he is called the better, as also in case of it proving to be smallpox or measles. With chicken-pox, if not dangerous, the child it is better to have it diagnosed as the appetite is fickle and the strength must be kept up in a mild disease as in a serious one. But higher the fever, lighter the diet must be. Fever will feed itself on your bodily flesh, many persons getting over a prolonged fever being somewhat like a scare-crow—the bones project nearly out of the covering of their skin—but with a careful diet they soon pick up and gain their health.

## 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 prepared to be standing out by itself.

Scientists say that pretty soon man will be able to live to the age of one hundred. This won't be possible until they put cowcatchers on automobiles.

## DUXBURY "THE BUSY STORE"

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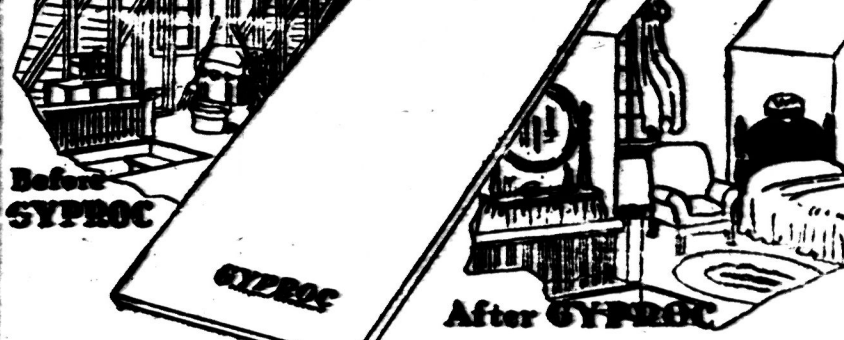
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