

THE JARVIS RECORD

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A TOWN'S BEST BOOSTER

A writer in a current magazine observes: "If the newspaper is just a little better than its town, the latter is the gainer thereby."

Towns and their newspapers usually lag or lead together. Progressive journalism is the unfailing tonic of the lethargic community, but it is equally true that a lifeless newspaper seriously retard the development of its community.

There is no better community asset than a newspaper equal to the needs of the community. While a poor newspaper is better than none to the individual reader, that does not hold true for the town.

What can a good newspaper do for its community? It can serve as the town's messenger to the outside world. It must take the leadership in all community projects if they are to be successful. It is the infallible line of communication between local government and citizen. It is to the newspaper that all organizations turn for assistance in public welfare movements and without that assistance they face failure.

The newspaper reaps the reward of its initiative by sharing in the general improvement of business and community affairs it has been instrumental in bringing about. The good newspaper deems it a pleasure to serve its community and its readers and is fully aware that it is only through giving a full measure of service that it can progress and prosper.

HELP OF ALL NEEDED

Every citizen interested in the future of Jarvis dreams of the time when it will be a bigger and better community. He wants it to have more homes, more factories, more stores and more beautiful public buildings.

These are commendable hopes but they accomplish little or nothing unless they inspire efforts aimed at fulfillment. Castles in the air are beautiful to dream about, but a "dream city" is not what progressive citizens have in mind.

To make Jarvis a bigger and better town its people must do something besides dream about it. The booster must do more than talk about the wonders of his town and other must do more than talk about co-operation.

A community grows when the great body of its citizens concentrates its mental and physical efforts and financial resources on this one idea of making it grow in size and prosperity.

There is a need for outside talent and capital, but Jarvis has not begun to tap its own resources in individual talent and capital. Men and money can be found to make existing industries and business enterprises larger and sounder and to exploit as yet untapped natural resources and advantages of the community. Local enterprise, talent and ability and local investment are the soundest and most lasting foundations upon which substantial growth of the city depends.

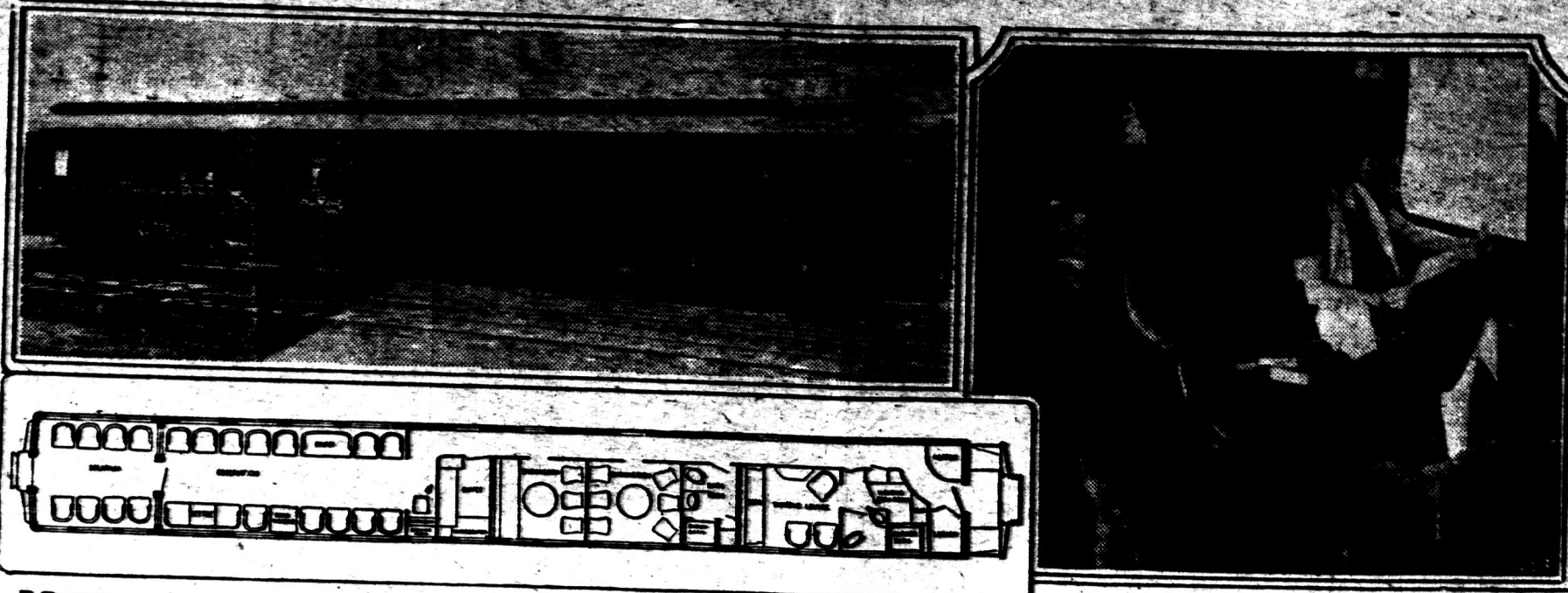
Build Jarvis by encouraging home industry, by praising and patronizing local business, by promoting real estate development, by improving employment conditions, by investing capital here.

HOW DO YOU READ?

"Tell me what you eat, and I will tell you what you are," has cried a publicist so often that he has coined a household axiom. Well might another say: "Tell me what you read and I will tell you what you are!"

The mind is the house in which we live more truly than in the body. If we furnish the mind garishly we do not live in a garish house. If we furnish the mind carefully, we

The Sun-Bath — Shower-Bath Limited



HIGH officials of the Canadian Pacific were much relieved when Dr. Ernest French, the Harley Street specialist, refuted the statement originating in London to the effect that mustard plasters were as beneficial as ultra-violet rays. During a long winter the Company has been engaged in building for use on the Trans-Canada special Solarium-Lounge cars equipped with "vita glass" windows which will admit the most beneficial sun-rays. It almost came to the question of whether the Company would scrap the new equipment and issue plasters to its patrons.

The new cars, designed for the rear end of the limited trains, will be the most magnificent cars ever to be used on a non-premium train on the continent. Given over entirely to the free use of the passenger, the lounge cars, besides the Solarium feature, have the added attraction of bath-rooms for men and women, completely and lavishly

equipped, separate lounge and smoking rooms, a buffet and a large observation room with tapestry covered chairs, divans and settees. There are, of course, ample writing facilities and a small library. The sleeping cars designed for this train are also "different." Finished in brown, a color note which is carried out in the upholstery, curtains and carpets, these cars contain in addition to the usual public space, two compartments, a drawing room and eight sections. Each section, as will be seen from the illustration above, is separated from its neighbour by a permanent head-board, which gives an added degree of privacy to the occupant.

With the locomotive, and complete with every modern comfort and safety appliance and device, the new Trans-Canada trains each represent an investment of well over a million dollars.

RECORD RAMBLINGS

Unity is another grand ideal un-realized only because the other fellow will not concede all we claim.

A preacher says some folk would leave heaven to get a drink of boot-leg liquor. That statement may be predicated on a false premise.

must live in a slovenly house. If we take our mental furniture only from the past, we shall live in the past alone. If we take it only from the faddish notions of the present we shall live amid fads and follies, which wish e'er we know them.

But if, instead, our mental diet is balanced, comprised of the foods tested by time and sauced and spiced by the piquancy of the present, we may live a balanced, ordered life.

We can with impunity pour poisons and dark, wild, disordered thoughts into our minds no more than we can day after day find strength and health in spurious foods, hastily prepared, indigestible.

To read well, read discriminatingly, widely, thoroughly.

What we read becomes part and parcel of us.

The specialists are doing some great work in their lines, but thank heaven none of them is trying to find a substitute for the old sweat gland.

Be sure you're right, then go ahead. You'll be able to collect damages if another car hits yours in the intersection, provided you have 20 or 30 witnesses.

French movie men say actors who play Napoleon on the screen are obsessed for months afterward with a Napoleonic complex. Is it possible, then, that our much-married Holly-

wood heroes at some time in their careers have portrayed Solomon?

History shows that a surprising number of big things had been accomplished in the world before the high-pressure boys dug up the phrase, "coordination of effort."

There was a young lady of Ryde Of eating green apples she died. Within the lamented They quickly fermented And made cider inside her inside.

High Visibility Doctor Jones—"Where shall I vacillate you?" Jarvis Girl—"Oh, anywhere; it's bound to show."

Are You Ready for the Question? When are sidewalk improvements at an asset to the town but not to pedestrians? For the answer apply to Jack and George.

That's Worth a Drink Les Jackson is working on a new improvement in highway construction. His idea is that riding would be even easier if the tarred road were also feathered.

Continuation Notes How do you like Bruce? Oh, he's real nice, I like him, he's darned funny. Have you got your Ancient History done? I haven't, I have a spare this afternoon. Are you going to the dance on Friday? I got new lugs to match my dress.

Once upon a time when a girl at a dance wore "beautiful long silk ones," it meant gloves. You expect a letter from Hager? —and so far into the afternoon!

HEALTH SERVICE of the CANADIAN MEDICAL ASSN.

CANCER

Cancer is an old disease. It is described in the writings of the ancients which have come down to us. Only in comparatively recent times has it been understood that the various tissues of the body are made up of the one type of cell, all coming from one parent cell. Similarly, cancers arise from each type of cell and remain of that type. If the cancer begins in the stomach and spreads to the liver, the growth in the liver will resemble stomach cells, not liver cells.

Under normal conditions, the cells of the body divide, grow, mature and die. At present, we do not know what controls this process. Apparently when this control is lost or disorganized, growth occurs which, in some cases, is cancerous or malignant.

There are many theories concerning the cause of cancer, which is another way of saying that there is no satisfactory or generally accepted theory. The disease is not hereditary. In most cases, it occurs after some sort of chronic irritation. This irritation may be mechanical and be produced by broken teeth, teeth which do not meet properly and have sharp edges, and by poorly fitting plates. The irritation may be due to a chronic inflammation, such as infected teeth or sinuses, or of the lining of the

uterus. Habitual abuse of the stomach may produce a chronic irritation of that organ. Constipation is probably a factor in cancer of the rectum.

It has not been shown that any particular type of diet has any influence on cancer. Our present knowledge permits us to say that its prevention lies in the prevention or removal of types of irritation above referred to. By regular health examination, these sources of infection may be found and the need for their correction pointed out, which is one excellent reason why everyone should be examined regularly by his family physician.

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