

HEALTH SERVICE

Of The Canadian Medical Association

THE WAY TO HEALTH

"Give me health and a day, and I will make the pump of copper efficient," wrote Emerson. There is no other single item of greater importance in our lives than health, because health is necessary for success in practically everything which we undertake.

Health is not merely a matter of avoiding disease. We do, of course, seek to avoid disease, but in order to enjoy health, we must give attention to our manner of living. A condition of health is a moral condition which accompanies right living. Disregard of the needs of the body, abuse or neglect of the body, sooner or later result in a loss of health, if not in actual disease.

The benefits of good health are so obvious that it is not necessary to present arguments in their favour and take time to discuss what everyone is willing to acknowledge. The question of importance is how all may acquire and enjoy the benefits which good health has to offer.

The way is not difficult. It requires that a simple, sensible regime be the regular habit of life. The habits which lead to health are neither numerous nor difficult to understand, and they can readily be made the habits of our own individual lives.

We come into this world with a body which has been given to us. It may have certain imperfections, but what we are interested in are its potentialities. Physically and mentally we have possibilities, and whether or not these are developed to the full, determines what measure of our attainable physical and mental health we enjoy.

Some have a more difficult task than others, but practically all can arrive at a condition which makes life a pleasure, providing the effort is made. Like everything worth while, health represents an effort, but also like things worth while, it is worth striving for.

The beginning of the road to health is marked by a sign-post pointing out the need for an understanding of our own body. The road you will follow depends somewhat upon your condition as you start out. You should have an appraisal made of your body to know if there are imperfections that require attention; your capacity should be known so that you may gear your pace to it.

Start out with a Periodic Health Examination so that you may know yourself and your needs. From that go on to a full measure of health

The covey are sipping in the April sun;
Covey musky meadows the rivulets run;
There's a surfeit of song from the birds of song;
Joy to the world 'tis the spring re-born;

The day starts up in the first dead tree;
There's a soulful sigh in the soft south breeze;
The fringed frogs coming back to life
Fill the evening air with a thrifty strife.

The willow shoots take a golden hue;
While the pussy buds burst out new;
There's a tender green 'round the sudden swirl,
And a heartening hope in the first leaf's veil.

The ice moves out from the land-locked lake;
There's a swirl on the bar where the salmon break.
Come the waited call to the sportsman's ear:
"Pack up! Pull out! The fish are here!"

Blackville, Ont.

—GEORGE A. WRIGHT.

WISE AND OTHERWISE

Why not get the big fellows that fill them?—There is a movement on now for bigger and better jails, and presumably when we get them, we'll have a better class of criminals occupying them.—*Bruckton Times*.

Breach of Promise:—Woodman, do not spare that tree; Put your axe right through it; I carved my heart with here right there, She wants to hold me to it.

When somebody yells "Fire!" in Chicago, people don't make for the nearest exit, they just duck and lay low.

The Editor spent the week end on the farm, at Mr. Dick Parkinson's. Dick is an old acquaintance of his, from seven years ago, when the Editor came to Jarvis, with the Linotype machine for the Record office. A very pleasant day was spent, and one of the pleasant events of the day was gathering some of the first May flowers.

The wheat championship of the world, won by Canadian farmers fifteen times in the last sixteen years, has again returned to Canada, after being held for two years by the state of Montana. This year it was awarded by the unanimous decision of judges at the International Grain and Hay Show at Chicago to Joseph E. B. Smith, of Wolf Creek, Alberta, and farmer of Leicester England. His farm is 600 miles north of the International boundary and 130 miles west of Edmonton. He won with a sample of Canadian wheat developed at the Canadian Government Experimental Farm at Ottawa and put on the market in 1923.

by living according to the simple rules of health.

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

CASE OF THIEVES

Mr. and Mrs. J. Martin & wife to thank their friends and neighbors for their kindness and sympathy in their recent and heavy loss.

THE CALL

Here and There

England is intensely interested in reciprocal trade possibilities with the Dominion. Although a satisfactory trade between England and Canada has been carried on in the past, an even greater interest is being shown by well-established firms in Great Britain in Empire trade. Mr. R. R. Galbraith, British exporter, at Saint John recently on landing from S.S. Duchess of Richmond. Mr. Galbraith is touring Canada in the interests of his firm.

There is no feeling of resentment against the Canadian Wheat Pool in Great Britain, stated Rt. Hon. Lord Eustace Percy, seventh son of the seventh Duke of Northumberland, on landing from S.S. Duchess of Athol at Saint John recently. "The consensus of opinion in the British Isles is becoming increasingly conscious of a serious economic problem which both British and Canadian farmers are called upon to face," he added.

Covering nearly 90 miles, leading into rich agricultural territory in Saskatchewan and Alberta, the Canadian Pacific Railway has just let contracts for grade construction of four branch lines, it is announced by D. C. Coleman, vice-president in charge of western lines. These contracts cover less than half the railway's present grading programme.

Receipt of the first entry in the world's grain exhibition and conference to be held in Regina in 1923 has been credited to William Hudson of Kathryn, Alberta, with an exhibit in the Reward wheat class. Mr. Hudson, who has been exhibiting successfully in provincial fairs in the past three years, came to Canada from the Old Country in 1912.

Announcement is made by the Canadian Pacific Railway Company that on and after Wednesday, April 9, they will accept shipments of freight at eastern points destined to points in the north-west, via Port McNicoll, Ont., and their lake and rail route, subject to delay at Port McNicoll pending the first sailing. There will be five steamers in the company's lake service between Port McNicoll and the head of the Lakes during the coming season.

NOTICE TO CREDITORS

In the matter of the Estate of Alfred Russell Collins late of the Village of Jarvis in the County of Haldimand, Veterinary Surgeon, deceased.

NOTICE is hereby given in pursuance of R. S. O. 1927, Chapter 159 that all creditors and others having a claim or claims against the estate of the said Alfred Russell Collins, deceased, who died on or about the 18th day of April, 1929, are requested to deliver or send post paid to Arrell and Arrell, Caledonia, Ontario, the solicitors for the Executor on or before the 10th day of May, 1930, their names and addresses and a full statement of particulars of their claim or claims and the nature of the security, if any, held by them.

AND FURTHER TAKE NOTICE, that immediately after the said 10th day of May, 1930, the Executor will proceed to distribute the assets of the said deceased among the parties entitled thereto having regard only to the claim or claims of which notice shall have been received and the said Executor will not be liable for the said assets or any part thereof to any person or persons of whose claim or claims he shall not have had notice at the time of such distribution.

Dated at Caledonia this 4th day of April, A. D. 1930.

George Lumsden Miller,

By Arrell & Arrell, His solicitors.

NOTICE TO CREDITORS

IN THE MATTER of the Estate of Thomas Harris, deceased, late of the Village of Jarvis in the County of Haldimand, Butcher.

NOTICE is hereby given in pursuance of R. S. O. 1927, Chapter 159 that all creditors and others having a claim or claims against the estate of the said Thomas Harris, deceased, who died on or about the 23rd day of August, 1929, are requested to deliver or send post paid to Arrell and Arrell, Caledonia, Ontario, the solicitors for the Executor on or before the 10th day of May, 1930 their names and addresses and a full statement of particulars of their claim or claims and the nature of the security, if any, held by them.

AND FURTHER TAKE NOTICE, that immediately after the said 10th day of May, 1930, the Executor will proceed to distribute the assets of the said deceased among the parties entitled thereto having regard only to the claim or claims of which notice shall have been then received and the said Executor will not be liable for the said assets or any part thereof to any persons or persons of whose claim or claims he shall not have had notice at the time of distribution.

Dated at Caledonia, this 4th day of April, A. D. 1930.

George Lumsden Miller
By Arrell & Arrell, Executor
Solicitors for Executor.

THE HOUSE OF QUALITY

SIMPLICITY PATTERNS

The Best

DRESS PATTERNS

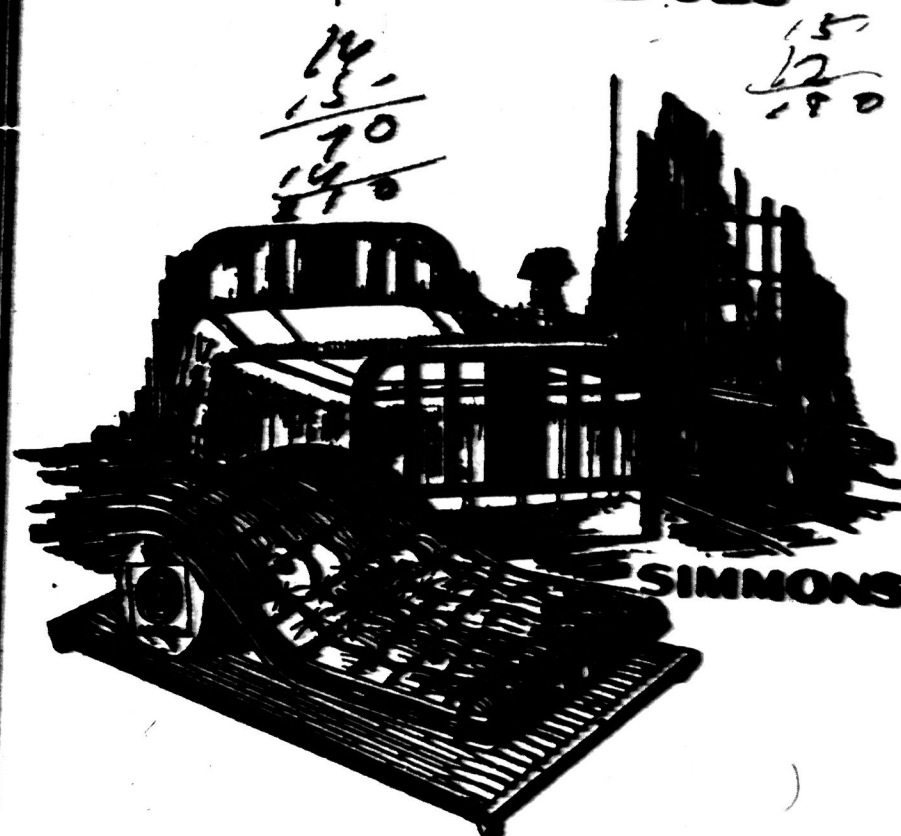
for the money

15c

USE ONE AND YOU WILL WANT ANOTHER

J. A. BURWASH Phone 13-2 JARVIS, ONT.

We are Specializing in Simmons' Beds



INSPECTION INVITED

Joan M. Holmes
FURNITURE UNDERTAKING
JARVIS, ONT.

BUXBURY'S STORE

Wouldn't that team, of horses, look nice with a new set of hand-made harness on them? They would look spic. Bring in your old harness and have them repaired. Bring them in early and avoid the rush. All kinds of harness repaired.

We handle all lines of work boots, fine shoes, rubber boots, running shoes & etc. We have some new lines of summer mitts. We also handle a full line of groceries, fruits, meats & etc. Give us a call.

Chas. W. Buck
Builder & Contractor

WHEN in need of estimates in any line of Building or Cement work, consult me for prices before letting your job.

Jarvis R. R. 2

Phone 8-12



Paints, Varnish, Enamels

S. W. P. Paint—Reg. Colors D. G. W. Paint—1/4 Pt. 30 Cts
Qts. \$1.45, 1/2 Gal. \$2.75, Gal. Pts. 55 Cts. Qts. \$7.00
Sherwin William Family Paint 1/4 Pt. 35 Cts. Pts. 60 Cts.
Reg. Colors—1/4 Pts. 35 Cts. Qts. 80 Cts.
Floxalene—4 Hour Enamel Qts. 80 Cts.
Pts. 90 Cts. Qts. \$1.60. Household Varnish Stain—
Floxalene—4 Hour Floor Varnish 1/4 Pt. 35 Cts. Pts. 60 Cts.
Pts. 85 Cts. Qts. \$1.50. Household Ground Pts. 50 Cts.
Mar-Not—Floor Varnish Qts. 80 Cts.
Qts. \$1.65. House Paint—Green & Brown
Low priced Paint & Stain. 1/50 Gal. \$1.50 Gal.
Lemon Oil—15 Cts. 25 Cts.
Floor Dry Map 60 Cts. \$1.15
Floor Wax 50, 75, 90 Cts. lb.

Bucheye Coal Brooder 350 Chick size.....\$16.50
500 " ".....\$21.50
100 " ".....\$26.50
Bucheye Incubators & Supplies
Chick—Feeder—
Chick—Waterers—

R. T. CARTER

JARVIS, ONT.

"Give and Take" Coming Here at Canadian Festival



SCENE FROM POPULAR COMEDY "GIVE AND TAKE"

"Give and Take," great Broadway comedy which has been sensationally popular because of its hilarious fun and shrewd delineation of character, will be one of the outstanding dramatic features of the coming Canadian Christmas Festival here. This notable play, which has kept audiences from coast to coast in gales of laughter, has a universal appeal. Whether you are a busy man, a wife and mother, or one of the younger set, you will find an evening of solid enjoyment when you see "Give and Take."

An epic of modern business absurdities is "Give and Take," with the most amusing situations possible constantly presenting themselves, and a delightful love story unfolding as well. It will be presented here by the widely known Martin Erwin Players.

In Peacock's Hall, Jarvis, Saturday, April 19th

2nd Year

Splendid Made

Joan Abbecherk
Haldimand, Ont.
by her present owner
Charlottetown, P. E.
in the last four years
test 82,940 pounds of
75 pounds of butter
dust for each lb.
20,737 pounds of
than 1,000 pounds
ifying for the four
a-day-milking in the
of the R.O.P. this
which her last lacta-
20,900 pounds of m-
of butter and an av-
per cow's fat.

Joan Abbecherk
by King Pontiac S.
R.O.P. and R.O.M.
Hilbert Ormsby De-
Admiral Ormsby.
daughter already qu-
year-old on twice-
the 306 day division
ion of 12,444 pounds
543.75 pounds of but-

No. 3 HIGHWAY

Mrs. Robert Br-
her daughter Mrs. B.
Lancaster last week
Mrs. C. Rodgers h-
to Mr. Mathews
arrived from England
Mr. and Mrs. Ch-
Simcoe spent Sunday
Mrs. John Parsons.
Allan Groves who
hospital for an eye
pendicitis.

Miss Mary Hair of
Miss Doris Lindsay
Wilfred Krosne h-
inity to work on
near Montreal.

Rev. Leo Kelly of
Wm. Kelly of Strat-
the home of their
Mr. and Mrs. Robert
and Mrs. C. O'Mahony

Do not be down-
is just around the
your smile working;

REGAL

Friday and

April 2

Ken. Mayn

"The Can

of Adven

The story deals with
days of the dons and
when it was under
Spain, and also p-
with plenty of opportu-
play his skillful and d-
manship.

Tues. and

April 29

Elliott Nuge

Sally Star

"So This

Col

A fast, rollicking
about campus life
sprinkled with d-
moments and com-
smashing climax d-
big football game

Fri. and Sa

May 2

Garry Cooper

Richard Arle

"The Virgin

Patronize the Home Paper. Advertise