

HEALTH SERVICE Of The Canadian Medical Association

HEART DISEASE

One of the reasons which makes heart disease difficult to deal with is that, unlike tuberculosis, it is not one definite condition. In the fight against tuberculosis, we have been able to give definite instructions, and by listening to our constant repetition of such instructions, most persons have grasped the idea of how the disease may be prevented.

Heart disease is not one disease. There are many abnormal conditions of the heart due to different causes, which give rise to different symptoms and require different methods of treatment and prevention.

When some part of the heart is damaged, we say that there is organic heart disease. The significance of the condition depends upon what part of the heart is damaged, how extensive the damage is, and whether or not the condition is progressive.

These and other similar points determine the gravity of the condition and indicate the proper form of treatment.

Some hearts are improperly formed from birth. The vast majority of hearts that are damaged have suffered injury because of the occurrence of some disease. Diseases of the body due to the action of disease germs

which give off poisons, are very often the cause of damaged hearts. Rheumatism in children is serious because of the fact that it often involves the heart.

Local infections, such as diseased teeth or tonsils, are centres where germs germs persist for long periods of time, and are frequently responsible for damage to the heart.

The heart responds to every effort of the body and, within limits, it does so with ease and comfort. When the heart is subjected to strain by improper living or over-exertion, there is always the possibility of permanent damage resulting.

The prevention of heart disease begins with the building up of a sound body through attention to a proper hygienic mode of living. Proper care during an attack of disease, and particularly during the convalescence from a communicable disease, is essential. The removal of any focus of infection should not be delayed.

If a heart condition does develop, the life of the individual must be adjusted to the capacity of the heart. This does not mean that the person becomes an invalid; it does mean that he must learn his limitations and live accordingly. It never pays to abuse the healthy body and it is fatal to abuse a damaged organ.

Beware of Woman Driver

I heard a man say the other day, "There are only two things that worry me when I am driving a car, cows and women drivers, because you can never tell which way they are going. When a woman puts out her hand it means she's going to the right, to the left, straight ahead or she's going to stop." This is grossly exaggerated, of course, but there is some truth in it. There are a great many women driving cars who simply don't know what it's all about. They are either so cautious that they hold up traffic and get themselves into all kinds of unnecessary trouble or else they are absolutely reckless. There are very few women who reach the happy medium.

I am not trying to say that all men are good drivers, or even that they are better drivers than women, but most of them seem to have a greater sense of responsibility than women. Before they take a car out they want to know what makes it go, how to fix it if anything happens, and what to do in case of an emergency. Most women drivers, on the contrary, seem to have the feeling that these things don't matter because there will always be some nice man around to help them out if they get in a jam. A short while ago I saw a smart green roadster with a very pretty girl at the wheel stalled in the middle of a busy street. After fiddling with the starter for several minutes she walked across to a nearby taxi stand and asked one of the drivers if he would see what was the matter with her car. He obligingly got into the car and a moment later the engine was running. With a broad grin the man said, "It's always a good idea to turn on the ignition, lady." This girl probably had a driver's license and would have told you that of course she knew how to drive a car.

There are a lot of women drivers who do things like that. You see them out on the highway calmly watching a kind-hearted passerby who is changing a tire for them or perhaps fixing some little thing in the engine which every driver should know how to do. Changing tires is not very pleasant work, anybody will admit, but there's nothing so very hard about it. If a woman is capable of driving a car she is certainly capable of changing a tire, and it doesn't seem fair for her to sit at the side of the road with a bewildered look on her face until some man comes by and takes pity on her helplessness. What's more it doesn't sound like what women are trying to kid the world into thinking they are, capable, reliable and just as efficient as men.

In the city a lot of women drivers are a regular menace just because they won't take the trouble to obey or even to learn the traffic rules. A woman smiles sweetly at a traffic cop and gets by with almost anything. If some policeman who really takes his job seriously stops her and explains why she shouldn't be doing what she is doing, she looks insulted and reminds him that she is a lady and isn't used to being spoken to like that. It doesn't seem fair if women are going to do the same things as men that they should use their sex to get them out of the troubles they bring on themselves by thoughtlessness and carelessness. Women drivers should know something about the insides of their car, should know and

MILLER RE-UNION

The annual re-union of the Miller clan was held at the home of Mr. and Mrs. Magnus Banks on the 4th inst.

The gathering was a departure from those of former years in that it included a considerable number from the Toronto Caithness Society and a number of native Caithnessians from Paris Simcoe and Aylmer. Rev. and Mrs. Walling, adopted members of the Caithness Society were also present.

At the dinner hour Rev. Mr. Walling led in a Scottish grace, after which full justice was done to a meal delightfully varied by the traditional currant bun, bannocks and oat cakes.

Owing to the extreme heat the customary programme of sports was dispensed with except a few innings of soft ball by the younger element. Those of more mature years were content to remain in shady nooks and indulge in reminiscences.

Tea was served at 5.30 and was followed by brief addresses of appreciation by a number of the visitors.

The arrangement this year was made in tribute to and for a renewal of the spirit of the pioneer members of the family and will in all probability be continued next year as the consensus of opinion was that the 1930 re-union was the best yet. (30)

WELLAND CANAL FIRST SURVEYED IN YEAR 1818

It is interesting to many people to know that the first survey for the Welland Canal was made in 1818. The formal opening of the new Welland Canal, which was an event in the Dominion, was in 1930.

In the Dominion Archives there is an accurate plan of the level of land between Chipewa and 12-mile Creek which was the original survey made by George Keefer and William Hamilton Merritt. A synopsis of the survey is written by Hon. Mr. Merritt and it refers to the crude instruments used in making the survey in which he especially mentions the water level used at that time. It is remarkably accurate and clearly portrayed. In 1837 an impression of an aerial view of the Welland Canal, showing a bird's eye view of Niagara to Lake Ontario, is shown which was drawn by W. R. Collington.

SLEEP ON RIGHT SIDE, BEST FOR YOUR HEART

If you toss in bed all night and can't sleep on right side, try simple glycerin, saline, etc. (Adlerika). Just ONE dose relieves stomach Gas pressing on heart so you sleep sound all night. Unlike other medicine, Adlerika acts on BOTH upper and lower bowels. You never knew were there. Relieves constipation in 2 hours! Let Adlerika cleanse your stomach and bowels and see how good you feel! J. M. Schreiber, Druggist, Jarvis

YOUR SUBSCRIPTION TO THE RECORD AT ONCE WILL BE APPRECIATED

obey the traffic rules and should realize that by disobeying these rules they are not only endangering their own lives but also the lives of other people on the road.

THE HOUSE OF QUALITY

SPECIAL

20 lbs. Redpath Granulated Sugar \$1.20

Golden Bantam Corn
2 cans for 35c

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

Specializing In Good Taste



It's one of the things we are proud of—the unquestionable good taste of everything on our floor

It may be only a little end table; it may be a costly lounging chair, in every instance it will be a piece pleasing of line, artistic in design, worthily built. Need we add that prices are sensible and fair?

Juan W. Holmes
FURNITURE UNDERTAKING
JARVIS, ONT.



COAL OIL STOVES

"PERFECTION" or "NESCO" 3 Burner stoves

\$22.00

Success 2 Burner, Plain door Ovens, \$4.75

R. T. CARTER

JARVIS, ONT.

The farmers in this vicinity have been quite busy the past few weeks harvesting green peas for the canning factory.

W. WILLIS BARBER

Also Agent for
Spartan Radios,
Service and Supplies

MAIN ST. JARVIS

Duxbury's STORE

PHONE 47.

The next time you are in Jarvis call at our store where quality as well as quantity counts. We carry a full line of groceries, vegetables and fruit. Let us supply you with your raspberries this year.

We have harness and shoes, and do all kinds of leather repairing.

We deliver anywhere in town

MAIN STREET APPLE SAUCE

Clang! Clang! Firemen Ho!!

A merry gang last Sunday
To Kincardine they did go,
Full of great ambitions
And what else we do not know.

D. C. Allen drove his car,
And speeding on his way,
Was chased by a speed cop,
Who got lost along the way.

That night Bill tried to sleep
In his white underwear,
When all at once he woke,
And saw Jim Johnson there.

Now Jim says to Fritz
Let's pull the chief out of bed,
And Carl, who was always game,
Caught hold of Elliott's head.

The chief bounced out of bed,
And somehow stubbed his toe,
Because the room was dark
And he couldn't see where to go.

Jack Mitchell was some eater,
And strong for T-Bone steaks,
So that's the reason why
He doesn't look like a rake.

Peter Banks while sleeping,
Awoke with an awful yell,

Because a dog had licked his toe,
What Pete said—we dare not tell

Bert and Albert, Alvin and Chas
Went for a swim in the lake,
Then found their clothes in knots
And so for lunch were late.

Sam did not feel so good,
And suffered lots of pain,
Looked as though he'd lost a friend,
Or had slept out in the rain.

Hank and Earl were out quite late,
We don't know where they went
Their weary looks do not explain
Why they look so tired and spent.

Firemen! Firemen! Everywhere
They sure were a happy gang,
Full of fun and laughter
But ready for the firebell's clang.

The feminine sex of Jarvis are becoming more Scotch every day and in every way—hosiery sales are at a low ebb. Our modern lassies are wearing nature's best.

NOTICE

The Fire Chief, of the Jarvis Fire Dept., sends out this request, that everyone take special precaution to prevent any fires during this intense dry spell. Carelessness and neglect to take this advice, may cost you the loss of home or place of business.

Signed—Wm. Elliott.

Hot Weather Toilet Necessities

TALCUM POWDERS that are soft and refreshing
Duska, Jontee, Orange Blossom, Etc.
FACE POWDERS that stay on
Duska, Jontee, Cherish, Etc.
TO CHECK PERSPIRATION, AND DEODORANTS
Odorono, Mum, Deodo
DEPILATORIES
Odorono Cream Depilatory, Neet, Delatone, Bath Salts
Toilet Water, Perfumes.

Get them at

The Rexall Store

Phone 77 J. H. SCHREIBER, Pharm. Jarvis

TRAVEL VIA LAKE ERIE
Between Buffalo, N.Y. or Pt. Stanley, Can. and Cleveland, O.
LET THE C & B LINE be your host for a delightful night's trip.
Every comfort of a modern hotel awaits you. Autos carried.
CLEVELAND-BUFFALO DIVISION
Steamers each way, every night, leaving at 9:00 p.m., arriving at 7:30 a.m. (E.S.T.)
April 15th to November 15th, FARE \$5.00 One Way
\$8.50 Round Trip Auto Rate \$6.50 and up.
CLEVELAND-PORT STANLEY, CANADIAN DIVISION
Steamer leaves Pt. Stanley, 4:30 p.m., arriving at Cleveland, 9:30 p.m.; returning, leaves Cleveland at midnight, arriving at Pt. Stanley, 6:00 a.m. (E.S.T.) June 21st to Sept. 7th, FARE \$3.00 one way; \$5.00 Round Trip Auto Rate \$4.50 and up.
Write for free folder and Auto Map. Ask your agent or C & B Line Traveler, Clevel. and All Eastern Travel, also 1930 Cruise Schedule to Chicago, via South St. Mar. 1st.
THE CLEVELAND AND BUFFALO TRAMIT COMPANY
Port Stanley, Canada Buffalo, N.Y.



Free Flowing Fertilizers

It's here at last! . . . An entirely new, Free Flowing Fertilizer that can't clog in the drill . . . That saves you time and labour . . . That gives you greater and more even coverage!

C-I-L Mixed Fertilizers, made in Canada.

Let us tell you about them.

Kept in stock by

F. W. REICHEL

Jarvis Ontario

CIB-30

"BOUGHT IN CANADA IS NOT ENOUGH" "BUY AT HOME" THAT'S THE STORY

52nd Year

VARENCY

The August meeting of Women's Institute was held at the home of Mrs. T. Reynolds, 8th, with an attendance of 15. The meeting opened with the singing of hymns and then correspondence was discussed. After the business meeting a good time was had. A violin solo by Mrs. Lundy, accompanied by Mrs. Lundy, followed. The following papers were given: "The Haldimand" by Mrs. G. Haldimand; "Historical Res. of D. Parkinson and a res. by Mrs. B. Lundy."

Mrs. E. Buck of Sashan, an interesting talk on the west. A song by a "Demonstration of E. added to the program. It was decided to have a Party at S. S. No. 1, August 19th.

The regular September meeting was withdrawn as the joint meeting with the date of this meeting later. The October meeting held at the home of Mrs. D. Parkinson on Thursday, Sept. 10th. At the close of the lunch was served.

FAMILY PICNIC

The Jackson and family held their annual picnic at Park on Thursday. A goodly number present from various places, Chicago, Ontario, Hamilton, Grimsby, Simcoe, Port Dover, Rowan and Jarvis.

After partaking of dinner provided by the family, the afternoon was spent in reading and from absent members.

The various sports, a ball game both young and old, of fun and after a 10 o'clock, all left for the picnic an enjoyable time and hoping to be wearing the first Thursday, 1931.



START your Kodak making right with the new Kodak Film in low box—the film in the picture. Then the exposed rolls develop and print.

First Class

36-hour Se

John Brown,

Phone 55

TO DELIGHT LITTLE TO



Baby's COMMUNITY

A curved handle Spoon right for chubby hands the delightful new hat-box.

WINGER Hagersville