

PLANTS FOR SALE

FLOWERS—Salvia, Snapdragon, Carnations, Zinnia and Aster.
VEGETABLES—Tomatoes, Peppers, Cabbage and Cauliflower.

APPLY TO
Cedarvale Gardens
R. E. MILLER, Prop.
JARVIS, R. R. 3. Three Miles South of Jarvis. ONTARIO



Health Service

OF THE
Canadian Medical Association

Edited by
GRANT FLEMING, M.D., — ASSOCIATE SECRETARY

FIT EVERY DAY

In our effort to prevent disease, we sometimes forget or overlook the fact that what we are seeking to attain is a condition of health, or to be physically and mentally fit every day of our lives.

No one wants to be ill; the sufferer who that accompanies disease is an experience that we prefer not to go through. The damage done to the bodies of those who recover may be permanent and the hand of death throughout life. There are a large number of persons, who are not suffering from any actual disease, but who certainly do not enjoy good health.

Health is not a word which we can readily define. The person who health is certainly free from disease, but, in addition, he enjoys that sense of well being that comes as the result of the working in perfect harmony of all parts of the body. There is no real reason why most of us should not enjoy health every day. Health days should not be the exception, they should be the rule. We can enjoy health every day, providing we are willing to make the necessary effort in this direction. It has been stated that public health is purchasable. This means that where people are willing to supply the money through taxation they can purchase, within limitations, protection from disease. Personal health cannot be purchased in such a simple direct manner. Money can

not buy personal health. Health is to be found in a manner of living. If you want to enjoy life and to be as useful and happy as you can be, you must spend time, not money, on your health. You must take the time necessary from work to get out of doors to play. You must take the time required to get the rest and sleep that your body needs. In addition, you must be prepared to let your intelligence guide you as to the foods you should eat and with regards to your habits of life.

To live healthfully does not mean to live a restricted uninteresting life. It may mean that you must get up half an hour earlier so that you have time to walk to the office and thus secure the exercise and fresh air that you need. It may mean that you may have to cut down a bit on some food and make sure that fresh fruits and green vegetables are part of your daily diet.

It is just as easy and pleasant to follow the simple rules of health living as it is to live otherwise. The results gained make it well worth while to do so. These results are more years of health, more years of efficiency, more days you feel the joy of living, and greater happiness through better work and service to others.

Questions concerning Health, addressed to the Canadian Medical Association, 124 College St., Toronto will be answered personally by letter.

News of the Countryside

From The Record's Correspondents

SELKIRK

Mr and Mrs. Roy Lindsay and son of Windsor, Stanley Mitchell Jarvis and Mr and Mrs. Andrew Early and wife of Wainport, and Mr. Eunice Atkinson of Chapside were recent guests at the home of Mr and Mrs. Alex Atkinson.

Elliott Hare of Hamilton spent the week-end at his home here.

Mrs. Dr. Campbell and Shirley, former residents here are visiting friends for the week.

Mrs. Hare and Marion of Simcoe were week-end guests here.

Byron Gee had the misfortune to fall last week and is laid up with a broken leg at the home of Mr and Mrs. A. A. Horst.

A social was held in the basement of the Brick Church on Friday evening in honor of 18 new members of that congregation. An excellent programme and lunch was provided.

Mr. Godenough and Miss Jean Hoover of Buffalo were week end guests here.

Mr. O. Hirst of Buffalo spent the weekend here.

THE LATE GEO. CUNNINGHAM
George Cunningham was born on December 14th, 1886, on a farm in Bitham, near Selkirk. He has lived all his life in this community. He had been an invalid since he was eight years old and died in Hamilton Hospital on July 29th, 1931, at the age of 45 years and 8 months.

He leaves to mourn his passing his father, Mr. Roland Cunningham, his mother and his wife, Mrs. Mary Cunningham. Two brothers live in Detroit and Roy Selkirk, and six sisters, Mrs. Ed Miller, Mrs. Jean Brett, Mrs. Frank Troup, Mrs. Vineland, Mrs. Wm. Nisao, Buffalo, Mrs. Thomas Reynolds, Selkirk, and Mrs. Tillman.

Several ones told at his home on Friday, July 23rd and was conducted by Rev. A. W. Smith of Selkirk Church of Christ, assisted

by Rev. G. I. Banks of the Baptist Church, interment being in Selkirk Cemetery.

ROCKFORD

In the absence of our pastor, Rev. Trueblood, the Y. P. S. had charge of the service last Sunday evening, and conducted a very successful meeting. Mr. Arthur Ferris of Watonagan gave the message for the evening from the passage in Luke "And Jesus increased in wisdom and stature and in favor with God and man." Mr. Ferris is a very fluent speaker for a young man and his delivery is very earnest and carries conviction. We feel sure he will progress far in the realm of Christian work and be a splendid help to his associates.

Mr. and Mrs. Chas Smith of Mt. Vernon, spent Sunday with Mr and Mrs. Frank Smith.

Mr. and Mrs. Wilbert Howard, Mr. and Mrs. Harry Perkins, Gordon Howard and Mr and Mrs. Eric Caswell spent Sunday with relatives in Sherston.

Mr. and Mrs. Walter Griaka Detott spent the week-end with Mr and Mrs. N. R. Miller.

Mr. and Mrs. Allen Phillips visited with Mr and Mrs. Dave Sykes of Villa Nova on Sunday.

Mr. Geo Edwards and daughter Fanny spent Sunday with Mr and Mrs. Floyd Leffer.

Mr. and Mrs. W. E. Lemon and daughters of Toronto spent the week end with Mrs. J. A. Priest and Bob Priest.

Mr. and Mrs. Dorothy of Jarvis visited with Mr and Mrs. Frank Hamby on Sunday.

Mr. and Mrs. Roy Snell and children of Toronto spent the week-end with Mrs. Margaret and Mr. Wm. Richards.

Miss Leah Edwards of Hagersville is holidaying at her parents, Mr and Mrs. Geo Edwards.

Here and There

"What could we ar. ers hope to accomplish without our railways?" asked a local tourist recently. He added that no agency had contracted more to the proximity of the farmer than the railways.

"I have never yet found any place where the almost falling could compare with New Brunswick," said Arthur Train, well-known novelist, speaking at a camp dinner given in his honor recently by the New Brunswick Tourist Travel Bureau.

Encouragement came to western Canada's farmers and agriculturists with the return to normal temperatures and varying rainfall of mid-July. In the drought areas of Manitoba and Saskatchewan and to a less extent in Alberta very great benefit has been felt.

Authentic rainbow trout weighing 7 1/2 lbs. were taken six miles below the Luperon camp, the first ever caught there according to the oldest guide. It was caught by E. A. Farintosh, of New York, a yearly agent at the camp.

Since the split up of Canadian Pacific Railway common stock into four for one, this issue has taken on great popularity with the general public of investors. Between September and June 1931, the number of shares increased from 21,186 to 84,872, an increase of 13,686.

Over 250 members from Ramsey Temple, Toronto, went to Cleveland recently by Canadian Pacific special to attend the annual convocation of the Ancient and Noble Order of the Mystic Shrine. This convocation was held last year in Toronto.

A great influx of tourists is coming into the Province this year, the chain of the Canadian Pacific and Kenzie providing strong inducement in promoting the traffic. The 1931 season expense Canada on the tour to the Toronto Exhibition was increased from 1,200,000 to 1,500,000, a 25 per cent increase.

Grain exports from the port of Vancouver this year will probably reach 7,500,000 bushels, 10 to 15 per cent above shipments amounting to 6,500,000 bushels in 1930.

Modern deep sea vessels has increased from 12 years in 1920 to 20 years in 1931, the Canadian elevator capacity has increased from 1,200,000 bushels to 1,500,000 bushels.

An lad at a Scotchboy's land at which the leader was also a school-teacher and in which the instruments were mouth organs, canoes and other music makers was one of the features of the 1931 tour to the coast of the Pacific, which was organized by the Canadian Pacific Railway.

Six First Aid championships and five second place medals to Canadian Pacific Railway teams across Canada according to the recent annual report of the St. John Ambulance Association of these three First Aid and one second place medals by the Railway's Montreal Police Team.

The second was in the coveted Montmartre Trophy, representing the championship of Canada for all corners in which they were only five points behind the winners, Royal Canadian Army Medical Corps of Kingston, Ont.

A new species of the Pacific will be introduced August 24 to a former terminus of the Canadian Pacific Railway, the Pacific Express of Vancouver, British Columbia, through the Narrows to receive Vancouver's vociferous applause.

The new Express, gay with flags and bunting, will dip her ensign to the dragon-carved figurehead which rests on its pedestal in Stanley Park overlooking the waters of Burrard Inlet. The figurehead is that of the old Express of Japan, scrapped and sold in 1923 after 31 years of service between Canada and the Orient.

Impressively simple ceremonies were held at Port William recently for the late P. E. Trautman, for the last 18 years Canadian Pacific Press representative in Western Canada. He was buried in the city where a large part of his career as a pioneer western newspaperman was passed as editor of the Port William Times-Journal.

The cities of Port Arthur and Port William were officially represented as was also the railway company while a large number of private citizens paid their last respects.

S.S. Francis Jones, new 4,000-ton steamer of the Canadian Pacific Railway's British Columbia coast, is expected to arrive at Vancouver recently when 455 members of the Grand Masonic Lodge of British Columbia celebrated ahead for their 50th annual convention at Powell Hotel.

The Algonquin Hotel at St. Andrews-by-the-Sea, has opened ahead of its usual time with three conventions booked prior to the official opening of the St. Andrews season the last week in June.

Fifteen years ago the average bus in Canada laid 500 eggs annually, according to Professor E. A. Lloyd of British Columbia. This year the average bus laid 70. From extra eggs alone, Canada has produced an increased revenue of more than \$200,000,000.

SOFTBALL TO-NIGHT

Thursday, August 6th
Hagersville vs. Jarvis

At Exhibition Park, Jarvis
Starting at 6 p.m. sharp.

This is the play-off game of the finals. Each team has won one game by only 1 run, so these teams are certainly well-matched and will put up a battle worth seeing.

ADMISSION - - 10c

SAFE DRIVING

will save money

A new plan of Automobile Insurance, sponsored by two Canadian companies, provides reduced premium rates based on the individual merit of drivers.

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15% REDUCTION for three years driving without accident.

20% REDUCTION for four years driving without accident.

Discount applicable to Public Liability, Property Damage and Collision Premiums.

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Our merit rating policy is offered with a sincere desire to encourage careful driving and to foster a keen regard for life and property. Remember, it's the man at the wheel that counts—in his hands lies the safety of children, pedestrians and passengers.

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The SAFE DRIVER Comes Into His Own
Our merit rating policy rewards every safe and sane driver for his care, courtesy and common sense. He is no longer classed with reckless motorists. Instead, his premium rates are adjusted in accordance with his personal record of careful driving.

Under the New Financial Responsibility Law, no matter how careful you may be, you need the complete protection of our Automobile Policy.

"It's the man at the wheel that counts"

If you can qualify for this policy, see us today. Full details issued gladly on request.

GEO. L. MILLER
Main St. Jarvis

CANADIAN GENERAL INSURANCE COMPANY

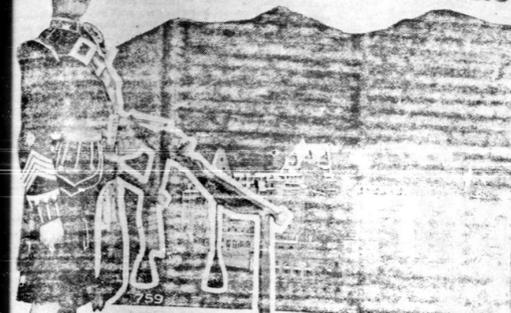
TORONTO GENERAL INSURANCE COMPANY

Delegates to the convention will include the Ministers of Highways of the various provinces, together with their officials. Newfoundland will be represented by its Minister of Highways and probably by its prime Minister. Several delegates are expected from Great Britain and many from the United States. The various industries concerned in the building and use of roads will also be well represented, as well as other transportation interests such as the steam and electric railways. The tentative programme will be announced shortly. Lacrosse is on the agenda. Traffic officers are given full authority to arrest drivers who

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CANADIAN ROCKIES ECHO WI' SKIRL O' THE PIPES



From the four corners of Canada and from across the seas, men, women and children of Scotch ancestry are preparing to meet at the Canadian Pacific Railway's annual Highland Gathering, August 27-30, 1931. The event, which has become historic, is under the auspices of H.R.H. the Prince of Wales and will be formally opened by H.R.H. the Prince of Wales and will be formally opened by H.R.H. the Prince of Wales and will be formally opened by H.R.H. the Prince of Wales.

Here and There

ing tobacco to sheep is the device to check internal sale in the proportion of ten of salt to one of crushed leaf.

est available estimates place the forest resources at 224,000,000 cubic feet of standing timber, capable of yielding 424,675,000 feet board measure of lumber and 11,199,300,000 cords of pulpwood. Live poles other smaller materials.

ern Canadians are showing interest in the Canadian industry, was the comment made by Grant Hall, vice-president, Canadian Pacific Railway, in his return from a recent visit to the company's western

riding in the Canadian West has made a strong appeal to the Dominion, says of His Excellency the Governor-General, the Hon. Arthur Power, and Major Dillman have been laying at the Banff Springs

of the Co-operative Society of Great Britain who recently concluded a tour of Canada have expressed themselves as interested in the World's Fair show to be held at Regina, Sask., and have indicated that in the near future they will visit the Exhibition and Conference at that

Believed to be the largest salmon ever taken by fly on the Midway River, Cape Breton, Archie Jodrey, Banquoite Club guide, took a fish recently that weighed 22 lbs., was 45 inches long and with a girth of 21 inches. The fish has been photographed for reproduction in the Saturday Evening Post.

The railway grade crossing problem is not a problem of the railway's making but essentially a "road" problem and responsibility for its solution rests upon society as a whole. In the opinion of W. P. Borland, Chief of the Bureau of Safety, United States Interstate Commerce Commission.

JARVIS RECORD
Every Thursday morning in The Record Building, Jarvis, Ontario.

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100 St. Nicholas, Hagersville
Phone 121
HAGERSVILLE

Opening Dance

Jarvis Booster Club

Will be held in the

Jarvis Arena

FRIDAY, AUGUST 14th

In connection with this dance there will be an 'Old Time Fiddler's Contest' with prizes as follows

1st, \$5.00; 2nd, \$4.00; 3rd, \$3.00
4th, \$2.00; 5th, \$1.00

This contest will be supported by a short program before dancing starts

First Class Old Time Orchestra

CONTEST STARTS AT 8:30 SHARP DANCING FROM 9:30 TO 1 A.M.

A REAL OLD TIME OF FUN & FROLIC

Admission 25c

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