

Health Service

OF THE
Canadian Medical Association

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

KIDNEY DISEASE

Waste products are produced in the body as a result of the activities of the body. The body gets rid of waste products through the eliminative organs, of which the kidneys are two important members. The blood passes through the kidneys and there the waste substances present in the blood which are to be passed out of the body are eliminated.

The normal healthy kidney does its work readily. There is a large margin of safety and so the kidneys are able to do their work properly as long as they are healthy. Indeed one healthy kidney is capable of doing the whole work, consequently, if one kidney is diseased, it can be removed as long as the other one is healthy.

As in the case with other organs of the body, the kidneys may suffer from inflammation of the kidney. The inflammation may be acute or chronic, and so we have conditions which are known as acute nephritis and chronic nephritis.

In chronic nephritis or Bright's disease, the tissues of the kidney, which carry on the function of waste removal from the blood passing through the kidneys are destroyed. The amount of destruction and whether or not further destruction takes place depend upon the cause and upon how long it continues to act.

Chronic nephritis is very apt to be progressive because, as a rule, it is allowed to go on for a long time if it allows substances to pass out which should remain in the blood and it fails to eliminate the substances which should pass out, as a result of which they are thrown back into the body.

Chronic nephritis may follow the acute disease. The individual who over-eats or who consumes excessive amounts of rich foods or alcohol throws a heavy strain on the kidneys and this may lead to their wearing out. Hardening of the arteries interferes with the blood supply of the kidney and the tissues of the kidneys suffer as a result. Wearing out of heart, arteries, and kidneys often occur together.

The right thing to do is to protect them as much as possible. The amount of work which they are called upon to do should be reduced. This can be done by practicing moderation in diet and by taking care of the body through fresh air, sunshine and rest.

The treatment needed in each case can be decided upon after the necessary examinations and tests have shown the extent of the condition. It is chiefly a matter of how to give the kidneys as much rest as possible and so enable them to recover, or at least, not to become any worse.

The periodic health examination allows for the early detection of any abnormal kidney condition and this is one reason why such examinations are desirable.

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

News of the Countryside

From The Record's Correspondents

SELKIRK

Mrs. Culver has returned after spending her holidays at Muskoka. Maurice E. Strickler and bride of New York City, called on the former aunt, Miss Strickler last week. Miss Dorothy Botwright entertained her pupils at the lake shore last Wednesday. Mr and Mrs. Clifford Yokum and family are here on a motor trip from California. Mrs. M. A. Gee of Wheatly is visiting friends here. Elliott Hare Hamilton, was here for the week-end. Mr and Mrs. J. K. McFarlane and Dorothy are visiting in Buffalo. **MARRIED**—On Saturday, August 8th, Gertrude Nagel, of Rainham, to Orloff Hoover, of Selkirk.

PLAY BALL

A Soft Ball Game will be played on
Jarvis Park Grounds
Thursday, Aug. 13
AT 5.30 P.M.

JARVIS HARDBALL TEAM

Versus

JARVIS SOFTBALL TEAM

Considerable rivalry exists between these two teams and a fast, exciting game is assured. Don't miss it. Both teams are out to win.

Admission 10c

CANADA'S NATURAL WEALTH

(continued from page one)

"Every editor in Canada has featured the Pre-Cambrian shield for some time in his career. This huge area amounting to about 2,000,000 square miles, has produced Sulphur, Cobalt, Porcupine, etc.; therefore we are told, similar occurrences will be found throughout the entire area on such a scale as to warrant the claim that 'the future of Canada lies hidden in the Pre-Cambrian.'

"The facts are, unfortunately, that major deposits of the character mentioned occur only in what are known as Huronian and allied rocks, occupying only about 10 per cent of the Pre-Cambrian area, and not in the Pre-Cambrian as a whole. Ninety per cent of the Pre-Cambrian, equal to 1,800,000 square miles—over half of all Canada—has not produced a major mining operation, and little hope is held out that it ever will.

"During a quarter of a century of operation in the Cobalt district, with the examination of resources for years, the Nipissing mine, immensely wealthy, having paid over thirty millions in dividends has so far, been unable notwithstanding costly exploration, to find in all Canada another property for its operation to operate and has recently been looking into conditions elsewhere. Similar remarks apply to the Dome, which has recently bought in to a South African project, inability to find other mines with which to carry on is the rule, not the exception. This is an argument for limited, not unlimited, wealth.

"The Vancouver Island coal reserves are found mainly in the Comox and Nanaimo districts and are given as 5,738 million tons. These figures were checked over about 1922 and reduced to twenty-five million tons of actual and recoverable coal, with possibilities reaching to 236 million tons only.

"The Alberta coal reserve is given at 1,075 billion tons. The Alberta Coal Commission went into this estimate in 1925. Due to the fact that the extensive oil of Alberta is very irregular as compared with the carboniferous coals elsewhere, and for other reasons, this total was found to be far too high; and it was estimated that all the coals was safe to report as a real reserve amounted to only twenty-eight billion tons. Fortunately this is still a very large total.

"The Nova Scotia reserve of 9,718 million tons has not been checked over, but the operators have pointed out that appreciably increased production would dangerously deplete the better grades of coal, particularly the metallurgical coal.

"It is doubtful, therefore, if more than five per cent of the official estimate represents a real reserve. In other words, about ninety-five per cent of the huge total probably is make-believe.

"Continuing the inventory we find that three quarters of a century of exploration has not opened up any appreciable reserve of petroleum. In 1928 our petroleum production was only slightly over one million barrels compared with a world production of 1,488 million barrels. We are generally wasting our reserves of natural gas in order to save the trace of oil it contains.

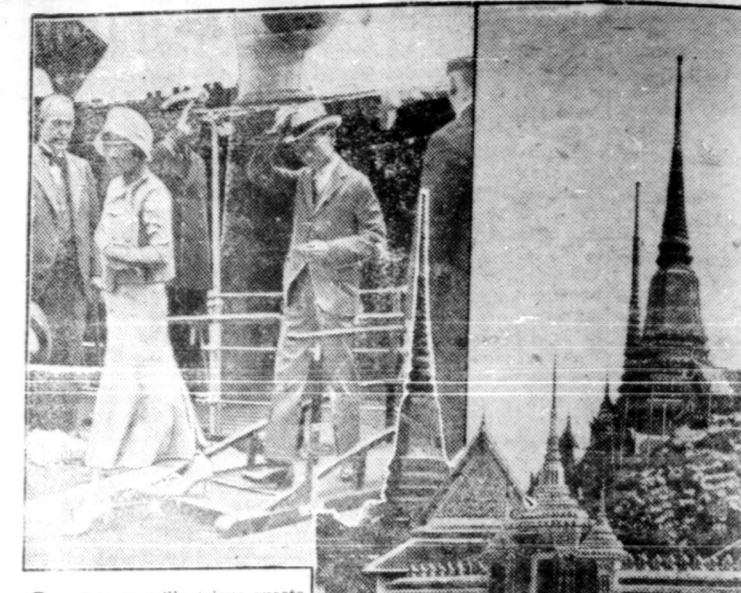
"We have no known reserves of good grade iron ore. Possibly 300 million tons of medium or low-grade ore, tributary to population, are available. This would last the world about twelve months. There are also large low-grade outlying reserves.

Roughly, Canada has copper ore representing six million tons of metallic copper blocked out, compared with about 100 million tons throughout the world. There are important possibilities beyond these figures in Canada and elsewhere. Depletion has troubled since the beginning of the century, and not amounts to two millions annually. The Canadian reserves would, therefore, last the world about three years.

"We have important reserves in gold, but there has been a marked lack of important new gold finds during the last fifteen years. New silver finds have been almost negligible. On the other hand, reserves of the platinum group metals have been greatly increased due to the development of the Froid ore body.

"The fact that our public men do not hesitate to endorse 'fabulous wealth' propaganda indicates that they believe their action will in some way benefit Canada. Possibly they have a vision, and think it only a matter of detail to make it a reality. Such a procedure sometimes works in the physical world. It cannot be applied to a sawmill so that it will produce bridge timber from second growth fir. We may have faith that no faith that will produce a mountain of ore that does not already exist. That Canada may become a much greater country than it is now may be true, but it will not be brought about by the continued increased export of mineral wealth based on the

Man's Kuers Visit Canada



The beautiful Wat Po temple, at Bangkok, capital of Siam, shown in a special example of the country's architecture. Here, their Majesties King Bhumibol and Queen Rambai Barni, landing from the Canadian Government steamer "Lady Gray", at Montreal, where they were accorded an enthusiastic welcome.

Canada's most illustrious guests for the present week are undoubtedly their Majesties the King and Queen of Siam, who, with a party of relatives, officials and servants from their own land, are at present making their way across this country and visiting few if any of the sights that should be seen by the intelligent tourist in our midst.

His Majesty King Prahaladok, pronounced Pra-chi-pok, with the accent on the second syllable, is the descendant of Buddha, and holder of half a dozen striking Oriental titles, and furthermore, the unquestioned master of the destinies of ten million people.

Naturally, then, one looks toward Siam with keen interest, and all unprepared for the shock when a well-groomed gentleman steps from his train and with smiling courtesy and in English speaks quite unambiguously from that spoken by cultured Canadians greets those who await him. Later we understand it: An Oxford education and a term or two at a French military school as well as visits of study to the United States and other educational countries have had their effect upon a naturally active mind of an outstandingly intelligent nature.

Siam is fortunate in her King. Under his enlightened guidance she is moving slowly out of Oriental medievalism into such modernism as is good for the country's welfare and happiness, not by revolution or the sudden casting away of long-tried things but by the gradual assimilation of the things that are found good among the modern.

This ruler of men takes his

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INSIDE NEWS, Continued

ROCKFORD

Mrs. Jack Paul of Toronto is spending their holiday at the home of Mr. and Mrs. J. A. McNeill and Mrs. Ernest Hocking. Mrs. Paul is spending a few days last week with Mrs. J. A. McNeill and Mrs. Ernest Hocking. Mrs. Paul is spending a few days last week with Mrs. J. A. McNeill and Mrs. Ernest Hocking.

QUEBEC

The W.M.S. of Chalmers held the August meeting at Mrs. G. McBurney's home on Friday afternoon. Peggy Merrill is holidaying at her Aunt's, Mrs. G. Pond. Miss Mae Kohler and Mrs. W. Lint spent Monday evening with Mrs. Silverthorne. Mrs. Sitter is spending some time with her son and daughter Mrs. Ernest Hocking. Mrs. Sitter is spending some time with her son and daughter Mrs. Ernest Hocking.

DRIVE FAST—SEE OUR MAUSOLEUM

Citizens of Brantford, Ontario, recently saw a cartoon enacted in real life, when a visiting motorist took a flier and came to a standstill beside a tombstone in Greenwood Cemetery. The driver of the car came down a steep side street and turned left, but not left enough. He missed a tree on the boulevard and the car dived through the cemetery fence and nestled among the tombstones. The granite caused a few facial injuries and bruises to the driver, and he should be protected in some way (continued on page eight)

JARVIS RECORD

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some of the damage to the tombstones. The production of a prize winning sample of seed grain in these days of keen competition, demands that all factors which have a bearing on the production of highly developed grain, must be taken into consideration.

First of all the seed chosen to produce the exhibition sample must belong to a variety which is well adapted to the district and which is likely to present a good appearance when mature; then the land on which this seed is sown should be in particularly fine condition as regards soil and fertility, while the resulting crop should be watched carefully during the growing season and all heads or panicles which appear to differ from the prevailing type to any marked extent, should be removed. Where registered seed has been sown the amount of roguing necessary should be negligible.

Some exhibitors prefer to cut their grain somewhat on the green side, but our experience at the Central Experimental Farm seems to indicate that it is usually more desirable to let the crop become fully ripened.

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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

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