



Health Service

OF THE
Canadian Medical Association

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

VARICOSE VEINS

The blood is carried throughout the body by arteries, and is brought back to the heart by veins. The blood current in the veins is much more slow than it is in the arteries, and from the lower part of the body the flow in the veins is uphill. For these reasons, it is not difficult to check or interfere with the flow in the veins, particularly those of the lower part of the body.

Varicose veins are enlarged veins. Enlargement of the veins occurs when, for one reason or another, the flow of blood through the veins is sufficiently checked to cause the veins to become extended. If the distention is severe, or if it is repeated the veins become permanently enlarged and lose their normal shape and condition.

The legs and the rectum are the parts of the body where varicose veins are most commonly found. Constriction of the legs by tight garters may be responsible. A tumour in the pelvis, a bowel that is overloaded as a result of constipation or pregnancy may cause pressure on the veins in the pelvis and bring about enlargement of the veins.

Certain forms of heart disease, in which the flow of blood is not normal, may act as a cause of varicose veins. Again, if the tissue surrounding the veins is not healthy, the veins may not have proper support and as a result they become extended. Long standing, which causes the

blood to stagnate in the lower part of the body, predisposes to the occurrence of varicose veins, as does also overweight, which calls for extra force to circulate the blood through the excessive amount of tissues.

In order to prevent varicose veins normal weight should be maintained. The muscles of the body should, by regular exercise, be kept in good condition to support the veins. Those who are required to stand for long hours may be helped by lying down each evening and having their legs gently massaged from the feet to the hips.

Constipation is the most common cause of varicose veins of the rectum which are called haemorrhoids or piles. Prevention of these lies in the avoidance of constipation through proper toilet habits, diet and exercise. Constipation cannot be corrected by cathartics; in fact, the cathartic habit is one of the most frequent causes of constipation, and so leads to haemorrhoids.

It is much easier and more satisfactory to prevent varicose veins than it is to cure them. Once the condition has developed, relief may be secured through proper treatment, but in many cases, the cause of the condition must be removed, or a relapse will occur.

Keep the muscles healthy and the weight normal, and avoid constipation if you would escape varicose veins.

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

NANTICOKE

Misses Stella Pratten and Alma Wakes returned to Windsor on Sunday last to resume duties as teachers.

The picnic of the two Sunday Schools was held at Hickory Park on Tuesday last. The weather was fine and all reported having an excellent time.

Mr. J. C. Manuel of Detroit spent the week-end at the home of Mr. T. Fraxton.

Mrs. E. C. Poritt and children have returned to Toronto.

Mr. Clyde Corrigan of the Hamilton Herald Staff is home on his holidays.

Mr. E. M. Harris presciently attended the West Branch, Michigan, after returning home after a three weeks' visit with his sister, Mrs. Gerrigal.

ROCKFORD

Too late for last week.

The regular meeting of the Women's Association will be held on Thursday afternoon at the church.

Victor Thompson of Hartford has been visiting his cousin Clarence Gilbert.

Miss Dorothy Anderson has returned home after spending some holidays at the home of her grandparents, Mr. and Mrs. Jos. Moerschbacher of Rainham Centre.

Mr. and Mrs. Harvey Caswell and one of Simcoe spent Sunday with Mr. and Mrs. Ira Caswell.

Mr. and Mrs. David Petherson are visiting with friends in Muskoka.

Mr. and Mrs. Allan Phillips have a new baby boy. Congratulations.

Miss Mearle Hepburn of Patalay is on her way.

VARENCY

Miss Helen McKenzie of Toronto spent the holiday at her home here.

Mr. and Mrs. Dimond and family spent the week-end at Mr. R. K. Mill's on Sunday.

Evelyn Saunders is spending weeks vacation with friends in N. Y.

Mr. Chas. Ferguson and Catherine were in the Park on the 10th.

ROCKFORD

The regular meeting of the L.Y.L. will be held next Sunday after Misses Vera Oufriehuck of Toronto and Mary Oufriehuck of Waterford spent the week end with their parents Mr. and Mrs. George Oufriehuck.

Mr. and Mrs. Wm. Hoskins of Jarvis visited with Mr. and Mrs. Ralph Kenny a few days last week.

Mr. and Mrs. Frank Hamby spent Sunday with Mr. and Mrs. W. Dougherty at Sandhill.

Mr. and Mrs. Chas. Friendly of Ohio have been visiting with Mr. and Mrs. Harvey Paskins.

Mr. and Mrs. Roy Snel of Toronto spent Monday with their mother Mrs. Margaret Richards.

The young people enjoyed a pleasant evening at a corn and wicker roast at the home of Eric Gilbert on Wednesday evening.

PATIENT SANDY

The annual trout-fishing match between England and Scotland took place at Loch Leven and was successful enough to prove the truth of the old adage that "trout will out". The secretary of the Society for the Propagation of Truth among anglers told a good story of the event. It seems an Englishman and a Scotchman had a bet that the first one to catch a fish should pay for drinks. After fishing for nearly an hour the Englishman caught a fish and lost the bet. Then the Scotchman decided to put some bait on his hook.

BUSINESS IS BUSINESS

The manager of an automotive office in Montreal is telling a funny one. One of the dealers in the metropolis was selling a car to a young man who was about to be married. Just a week before the day set for the ceremony a difference of opinion between the young couple developed and the wedding was called off indefinitely. The disappointed bridegroom felt that under the circumstances he had no immediate use for an automobile and at the same time he felt very badly about having invested money in a new blue with a wing collar and a white necktie. Originally the automobile dealer had no interest in the bridegroom's material investment, but he did want to sell the car and in order to finally finish the deal he took in trade the blue suit, wing collar and white tie and a respectable value on

JARVIS BOOSTER CLUB

DANCE

TO BE HELD IN

JARVIS ARENA - FRIDAY SEPT. 18

DANCING 8.30 P.M. TO 1 A.M.

Norm Brotherton And His

BRANT TROUBADORS

Assisted by HERBY POLLAR, Vocal Soloist, formerly of the Dumbells Concert Party.

Single Tickets, 40c Couple, 75c

-Boost The Boosters-

TRY

"THE RECORD"

for high-class

Job Printing

JARVIS RECORD

Published every Thursday morning in The Record Building, Jarvis, Ontario.

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PHYSICIANS

Wetherdale, M.D.
Office Hours
11 to 12 p.m.
1 to 4 p.m.
5 to 8 p.m.

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JARVIS FALL FAIR

Tuesday & Wednesday
September 29th & 30th
Make your entries before
the Fair with the Secretary
Geo. L. Miller.

FOR JARVIS AGRICULTURAL SOCIETY — 1931

- By Howard Hager, Hagersville, for best cult under shown by boy under 16 years of age. 1st, \$3; 2nd, \$2; 3rd, \$1.
- By M. C. Wible, Manager Royal Bank, Hagersville, for best broken Spring Cows, any class. \$3.00
- By 'Jarvis Record' for best display of local Soap Shota. 1st. Two years subscription to 'Record' value \$3.00 2nd. One year subscription to 'Record' value \$1.50
- By Geo. W. Webb, for best 4 lbs Dairy butter (retained) \$3.00
- By A. S. Blight, for best bushel of Fall Wheat, white. 100 lbs 'White Astor' Flour (retained) \$2.50
- By R. A. Nelles, for best 5 dozen brown hen eggs (retained) \$2.50
- By R. A. Nelles, for best 5 dozen white hen eggs (retained) \$2.50
- By J. M. Schriber, Rexall Drug Store, Jarvis, for best bushel Northern Spy Apples, (retained) Mrs. Ada Harris, second prize, (retained) \$2.75
- By Dr. E. M. Jones, for best bushel Northern Spy Apples, (retained) \$2.50
- By Peter S. Banks, second prize, (retained) \$2.50
- By W. Willis, Radio Dealer, for best bushel Irish Cobbler Potatoes, (retained) \$3.00
- By W. J. Hodges, for best bushel potatoes, (retained) One box Cigars, value \$2.50
- By John Brown, Druggist, for best bushel Irish Cobbler Potatoes, (retained) \$2.50
- By Anderson's Garage, for best bushel Irish Cobbler potatoes, (retained) Credit value at Garage \$3.00
- By R. A. McCarter, for best 10 lbs. extracted honey, (retained) \$1.50
- By J. A. Duncan, for best bushel McIntosh Red Apples, (retained) \$2.50
- By J. Gordon Miller, for heaviest dozen hens eggs (retained) \$1.00
- By Hamilton Dairies, for best Dairy Calf under one year, (retained) 1st, \$2; 2nd, \$1; 3rd, \$0.50
- By J. A. Burwash, for best 5 dozen hens eggs, (retained) \$2.50
- By P. M. Hewson, for best 10 lbs honey in comb, (retained) 1st, \$2.50; 2nd, \$1.50; 3rd, \$1.00
- By S. R. Leatherdale, for best Devils Food Cake, (retained) 1st, \$2.50; 2nd, \$1.50; 3rd, \$1.00
- By W. Durbury, General Store, for best yeasting colts, Agricultural, One halter, value \$3.00
- By Ivan W. Holmes, for best bushel McIntosh Red Apples, (retained) \$3.00
- By W. J. Elliott, for best 5 lb pail Clover Honey, (retained) \$2.50
- By D. C. Allen, Reo Sales, for best half bushel of Hickory Nuts, (retained) \$2.50
- By D. C. Allen, for best bushel Snow Apples, (retained) \$3.00
- By D. C. Allen, for best pair dressed Chickens, (retained) \$3.00
- By J. H. Brown, Manager Canadian Bank of Commerce, Jarvis, best 3 lbs. home-made candy, (retained) & \$2.00
- By Carl R. Smith, President of the Society and Geo. L. Miller, Secretary, for best display of home grown farm products, 1st, \$5; 2nd, \$3; 3rd \$2; 4th, One year subscription to Jarvis Record value \$1.50
- By F. W. Reichel, Chevrolet Garage, for the best looking lady on the grounds the last day of the Fair, award to be made before 4 p.m., and winner to be announced at the dance in the Arena last night of the Fair. \$2.00
- By A. P. Head, Ford Sales and Service, Hagersville, for best half bushel Yellow Onions, (retained) \$2.00
- By Kett Bros., Hagersville, for best 3 lbs. Dairy butter, (retained) \$2.00
- By C. S. Brown, Hagersville, for best Angel Cake (retained) \$1.50
- By Ira Whitehead, Hagersville, for best dozen bag of cabbages, (retained) \$2.00
- By Frank Sheldrick, Hagersville, for best 6 lb pail of extracted honey, (retained) \$2.00
- By Leslie Reid, Hagersville, for best one pound home-made candy, (retained) \$1.00
- By Dr. R. G. Hyde, Hagersville, for best display of Dahlias, \$3.00
- By H. Courtnege, Hagersville, for best bushel of King of Tompkins apples, (retained) \$2.00 Box of Cigars, value \$3.00
- By E. D. Holliday, Gents' Furnishings, Simcoe, for best knitted wool sweater, ladies', \$2.50
- By H. S. Falls' Co., Simcoe, for best 6 blooms of Dahlias, show, \$1.00
- By Walker Stores, Simcoe, H. R. Crabb, Manager, for best collection fancy work made by the exhibitor. 1st, \$2; 2nd, \$1
- By Pursell & Goodlet, Gents' Furnishings, Simcoe, for best bushel Irish Cobbler potatoes, (retained) \$2.00
- By Martin Bros., Simcoe, for best bushel Irish Cobbler Potatoes, (retained) \$2.00
- By T. A. Ivey & Son, Port Dover, for best 2500 Pears, in season. One dozen boxes

- By J. H. Misner, Port Dover, for best half dozen squash, (retained) \$1.00
- By J. H. Misner, for best 11 quart basket of pumpkins, (retained) .75c
- By J. H. Misner, for best and heaviest half dozen Hen eggs, (retained) .50c
- By J. H. Misner, for best half dozen Muskmelons, (retained) \$1.00
- By J. H. Misner, Warden Norfolk County, for best 1/2 bushel Yellow Onions (retained) \$1.00
- By J. H. Misner, for best half bushel Hickory Nuts, (retained) \$2.00
- By C. G. Ivey, Port Dover, for best Plymouth Rock Cochlear & Pullet, One case of Sunera Breakfast Food, value \$3.00
- By Port Dover Canning Co., for best 2 baskets of Tomatoes, (retained) One dozen cans peas
- By Port Dover Canning Co., for best half bushel of medium sized Yellow Onions, (retained) One dozen cans of Peas.

CANADIAN BANK OF COMMERCE, Jarvis, J. H. Brown, Manager. \$10.00

SPECIAL—By Simcoe Reformer, for the best bouquet of Cut Flowers. One year subscription to the Simcoe Reformer.

SPECIAL School Children's Parade

For best School Children's Parade and Drill, open to all schools, and each school to be in charge of the teacher, judging to be 50% for parade and 50% for drill.

First Prize — \$12.00
Second — \$10.00
Third — \$ 8.00
Fourth — \$ 6.00
Fifth — \$ 4.00
Sixth — \$ 2.00

Parade to be formed at 1 p.m. sharp on the Jarvis School Grounds and to parade to the Fair Grounds, and the drill will be on the Baseball diamond. The parade will be led from the School Grounds by the Band.

Geo. L. Miller, Secretary of the Society will offer for the best 5-minute address by a boy or girl attending the above parade, the subject to be "Best Methods of Farm Fire Prevention."

First — \$5.00
Second — \$3.00
Third — \$2.00

LOCAL STOCKMAN AGAIN SUCCESSFUL AT C. N. E.

T. H. Pencock, was successful in carrying off a goodly number of the honors at the Canadian National Exhibition on Monday last, with his Oxford Down Sheep. He obtained 1 First, 9 2nds, 1 3rd, 1 4th, 1 5th. Mr. Pencock has a perfect right to be proud of this showing considering the high competitive class in which he was showing.

50,000TH CHEVROLET PRODUCED IN JAPAN

A group of distinguished guests, including the Premier and many members of his cabinet, saw the 50,000th Chevrolet produced by General Motors, Japan, Limited, come off the assembly line at the factory in Osaka not long ago. It was an event significant in many respects and not least for the picture it gives of the remarkable developments of commercial developments of a country in which Canada has a great economic interest. No other manufacturer has produced as many as 50,000 cars in Japan. There are only slightly more than 91,000 cars in use and General Motors has more than half of them. When General Motors began manufacturing in Japan four years ago, there were only 40,000 motor cars in use in the country. Since then General Motors has produced 50,000 cars and motor car ownership has increased more than 100 percent.

ALL SET NOW

A very congenial gentleman had dined overall at the house of a friend. After midnight when the guest decided it was time to depart, it was so dark that the host doubted if he could find his way home, so he armed his friend with a large electric torch and sent him on his way. Some two hours later the host was awakened by the violent ringing of his doorbell. When he looked out his friend gave him a grateful smile. "Just thought I'd bring your torch back, old man."

WOMAN 87 NEVER TIRED

"I am 87 and go to church twice on Sundays, take long rides and attend parties, but do not get a bit tired," Mrs. M. E. Beaudry.

Old people get quick benefit from iron, lime and cod liver oil peptone as combined in "The Very First" bottle brings appetite and soundness. Equally good for run-down men and women of any age. Tastes delicious. Get a bottle today. J. M. Schriber, Druggist.

SAGO TEHONIATARAKAWA!

"Greetings, Chief Swiftest Rider of Mighty Waters"



Honours have been heaped upon Captain R. G. "Jack" Latta, commander of the trans-Atlantic vessel Empress of Britain since his new 42,500 ton Empress of Britain was launched. The British Empire by all classes of people has been more sincerely offered than the recent tributes of the Six Nations Indians.

Encamped at Lovettsville, Quebec, where they are establishing a village in which the ancient arts of the redman are practiced, members of the Six Nations under the leadership of 81 year old Chief Wolverson recently honoured the Canadian Pacific Commodore by adopting him into the tribes and conferring chieftainship upon him as a tribute to his feats of seamanship with the big white "Empress." Meeting the Empress of Britain in the American Home and Princess White Eagle, danced the ceremonial dance on the Green Deck, and the old Chief stood in reverent silence while the new Chief lavished the great spirits and sent the air with their whoops as Princess White Eagle and Chief Wolverson crowned the new chief with a war bonnet of eagle's feathers.

Photos show (left) Chief and braves in their ceremonial robes and (right) the big ship as she arrives. The final ceremony, and the door is open to the new chieftain.