

## MAPLE

Rev. D. J. and Mrs. Davidson, of Scarborough and who are home on furlough from India visited over Sunday at Mr. A. C. Robinson's. Rev. Mr. Davidson gave an address on Hinduism in the United Church on Sunday evening.

The pupils of the public school took a number of first and second prizes in writing and art at Woodbridge fair last week.

Rev. A. S. and Mrs. Kerr left on Friday for Pittsburg, Pa., to attend the Harmer — Kerr wedding on Monday.

There was a large congregation at St. Stephen's Church on Sunday evening. Service next Sunday at 11 a.m. and 7 p.m.

Miss Gwynneth Arnott, of Toronto, visited over Sunday at Mrs. J. Watson's.

The teachers of the public school attended the convention held in the Normal School, Toronto, on Thursday and Friday.

Mr. and Mrs. W. Buckle, Miss Mary and Mr. Carl Buckle, of Oakville, visited friends here on Sunday, Mrs. Buckle remaining until Tuesday.

Mrs. Barlow, of Belleville, is spending several days at the Parsonage.

Next Sunday evening, Rev. C. H. Bowman will preach in St. Andrew's Church to the Brethren of A.F. & A.M. The service will begin at 7 o'clock.

## Anniversary Services

The anniversary services of St. Andrew's Church will be held on Sunday, October 27th. Rev. James Hagen, of King, will preach both morning and evening. The choir of St. Paul's Church, Vaughan, will sing at both services.

## Teacher Training Course At Markham

The Markham Township Religious Education Council is offering to Sunday School Workers of the Township an unusual opportunity for training through its first annual Standard Teacher Training School. The details of the plan as determined so far follow. The place and time of meeting will be St. Andrew's United Church, Markham, on Monday and Thursday nights, November 18, 21, 25, 28, and December 2 or 5. On these five nights the program, commencing promptly at 8 o'clock p.m., will consist of two study periods of forty minutes each, separated by a demonstration worship program of ten minutes, the school closing sharply at 9:35 p.m. Two courses will be offered, a special course in children's work, two periods a night, to be taught by a specialist from Toronto; and a general course for all others on the Principles of Teaching taught for one period by Rev. Stuart Woods, of Markham, illustrated the second period each night by a demonstration of those principles by Rev. W.R. Auld, Markham, using the International Sunday School Lessons. The demonstration worship program will be conducted by Rev. W. H. Fuller, of Markham. Credit toward a Teacher Training certificate may be obtained as the result of faithful attendance and work in the school. The registration fee of fifty cents might well be paid by the Sunday School from which each delegate comes. Those persons or schools interested in further details are invited to write Mr. E. J. Stiver, Unionville, Ont. Secretary and Registrar.

## E. YORK NOMINATION MEETING SATURDAY

The official nominations for the Provincial Riding of East York, will be held in the Town Hall, Markham, on Saturday, October 19, Frank Barchard, returning officer for the constituency, will receive nominations between the hours of one and two o'clock in the afternoon.

After nominations have been closed the candidates will be given an opportunity of addressing the electorate. It is thought that many will avail themselves of this opportunity of hearing all three candidates from the same platform. George S. Henry will again contest the riding in the interests of the Conservative Party, he having been chosen at the convention held in the R.H. McGregor School, East York Township, some time ago. H. A. Sanders, barrister, of Stouffville was selected by the Liberals in convention at Agincourt to carry their banner, while it is understood that Allan McDonald, of Scarborough Township, will run as an Independent. Mr. McDonald is Secretary of the English Language League and will wage a campaign about the fate of Regulation

## HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION

## DO NOT WHIP THE TIRED HORSE

It is natural for us to become tired as the result of our day's work. After a rest, we feel refreshed and ready to start again. Activity and rest are the normal rhythm of life. If, however, tiredness or fatigue is increased by more activity, we reach a stage of exhaustion which is not normal, but harmful, and which may have very serious results.

Over-fatigue is not usually caused by over-work. It is usually due to work which is unsuitable for the worker, by bad working conditions, by monotony of the employment, or because the individual concerned is not taking care of himself during the hours he spends away from work.

It is necessary that rest, whether it be taken sleeping, or lying down, or relaxing, or simply in a change of work or of play, be used to prevent over-fatigue. To some people, it seems to be a matter of pride that they drive themselves on to more activity when their bodies are tired and calling out for rest. Exercise or play is certainly fine and most desirable, but it must be indulged in regularly if it is to do good. The man who attempts to crowd a week's play into one day generally exhausts himself, and harm results. He should stop when he is tired.

Tea and coffee, used in moderation, are apparently not harmful for many adults. When they are used as stimulants, to whip up a tired mind and

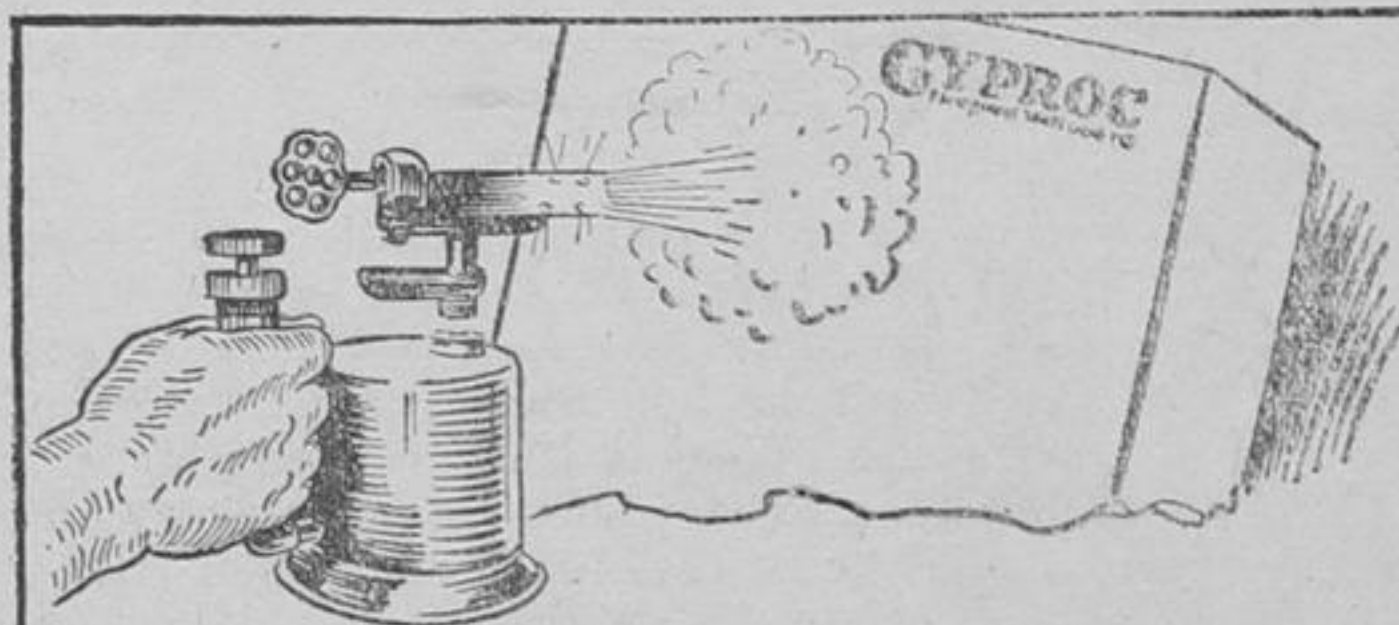
body to more activity—either work or play—when what is needed is rest, they are being misused. Such stimulants do not relieve fatigue; it may seem to the user as if they did so, but the sensation is false and misleading.

Many may feel that because they cannot change their work or their working conditions, information such as that given above is of no value to them. The truth is that we can all do a great deal to prevent over-fatigue by being sensible about how we use our time outside of work hours. Remember that a tired horse should not be whipped.

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

The province of Alberta has adopted Old Age Pensions, the funds for which are provided by co-operation between the federal and provincial governments. The scheme has now been adopted by all Canadian provinces from the Quebec boundary westward.

Though crops in several parts of Western Canada would be benefited by rains, crop outlook on the whole is very promising. Reports from all parts of Saskatchewan are generally encouraging. The Alberta report is good, especially the Peace River country where present prospects indicate one of the best crops on record. About 25,000,000 acres are sown to wheat in Canada this year. Last year the Dominion harvested over 533,000,000 bushels of wheat, the largest crop in the country's history.



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# RICHMOND HILL

## Buy-at-Home Campaign

## COMMUNITY BUYING DIRECTORY AND BUSINESS GUIDE

Through the co-operation of the Business Men listed below, we will reproduce a series of educational articles endeavoring to bring about a better business relationship between resident and merchant in the town, and thus bring about a more progressive community in which to live.

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## COMMUNITY CO-OPERATION

ONE of the biggest words in business today is co-operation, and simple as it is to say, its accomplishment is a difficult feat. Man is a predatory animal who arrived through the ages by defeating his neighbor in the race for the good things of life. The understanding of selfishness and its disastrous effects came slowly with civilization, and even up to the present time is not entirely universally recognized, but in business today it is admitted that the one looking for self alone is doomed. Your community today points with pride to its success, and when asked the reason you remark that it is due to the unselfish spirit of its merchants and residents, one looking after the other's interests. The more prosperous your merchants are the more enriched you become—your dollars spent among them reverts back to you continuously. It enhances real estate and is the one thing that creates the desire in others to locate among you. Community Co-operation is good. It is necessary. Don't play alone. Eliminate selfishness from your community by co-operating with your merchants and all business interests. Buy in Richmond Hill and keep yourself big in the thought that it is your community and you are a big factor in making it what it is. Nuf Sed.

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