Health Service
- of the -
..CANADIAN MED. ASSOC..

INDIGESTION

Indigestion is a term that is very frequently used and yet, it has but little meaning in so far as describing what is really the trouble or complaint. It is very much like stating that one has a pain. Just there as are many conditions of the body which cause pain, similarly, there are a large group of abnormal conditions which give rise to that condition or symptom which is called indigestion or dyspepsia.

It may be that after some years of over-eating, irregular eating, failure to eat right kinds of foods, or because of worry or over-work, or on acount of some condition such as decayed teeth, the body begins to falter in performing its regular, normal functions. One of the first evidences of this failure is an upset or disturbance of the digestive system. Usually, there is some headache, a feeling of lassitude, constipation, irregular or constant pain in the abdomen and, frequently, pain in the back, under the right shoulder.

At this stage, one of two things may happen. The first is an attempt at self-treatment, buying and using some remedy which promises relief. This is a serious mistake. The other choice is to consult a physician. It is plain that the only proper way to treat a person complaining of indigestion is to find the cause of the condition and remove it. Treatment of the stomach it self may give relief from the symptoms, but unless the cause of the trouble is removed, the condition will persist and likely become worse.

In all cases, it is much better to prevent than attempt to cure. To prevent indigestion, the right kinds of foods should be eaten slowly in proper amounts, meals should be served on clean plates, in an attractive way, under pleasant conditions. Regular toilet habits should be cultivated.

If any abnormal condition is present, such as diseased teeth, it should be attended to. If this is done, it will save pain, worry and expense. The person who neglects to take care of himself may get along for years without trouble, but trouble will come and he will suffer for his engligence.

Hear the Salvation Army Band in town this Wednesday evening.

Owen Sound has officially opened their new $90,000 wing to their hospital and the occasion was graced by the presence of Sir William Mulock and Hon. Forbes Godfrey, Minister of Health.

The Chronicles of Flesherton

A most interesting bit of humor from the yesterday of, possibly, 35 years ago has been forwarded to the Advance from a reader in Montreal. The charge is made that the article was written at that time, by one of present merchants in Flesherton.

It indicates that the youth of that day had their own frolics—and it was probably considered as much as the Editor's life was worth to publish it at that time. However, in view of the approaching Old Home Week it may revive some pleasant memories on the part of some of the folk of that day.

BOOK ONE

And it came to pass that it was the season of winter and the snow lay upon the earth and it was very, very cold and it was the first moon of the first month.

Now on the twenty-fourth day of the month divers maidens of the town of Flesher took counsel one of another and said:

"Lo, we are the stuff, and there are no flies on us. Let us go forth into the highways and gather together all the maidens, both old and young, saying unto them":

Come yet disconsolate and let us go for a sleigh ride into Dundalk and when we ae come thereunto we will skate upon their rink and heaps Coles of fire upon the heads of the young men of the town of Flesher.

And they went forth unto one who driveth the horse and tried to prevail upon him to drive them for said they in their hearts, we shall have a lively time.

But he of the horse would not, and said behold this is none of my funeral.

Therefore went they unto Ezra, the son of White, who kept a livery and many horses which the children of men call plugs, and offered him two sheckels and told him of this thing.

Now when he had heard it and looked upon their money and saw the color thereof, he thought it was good.

But all the virgins were foolish and none were wise among them, inasmuch as for one sheckle they might have bought the team.

And it came to pass about the seventh how they put on their best clothes and straightway departed.

For as a goose gathereth her goslings under her wing, so their chaperon gathered them up, fulfilling that which was written of old time, "Birds of a feather flock to gether."

Now when they were come unto Dundalk the young men thereof were astonished, murmured among themselves saying:

"Lo, this is a hen party, and the cackle thereof, will be exceedingly great. What have we done that they should appear unto us?

And they came unto the rink and went in, and those who could skate were happy and those who could not, dissembled, and an evil spirit came and dwelt in their feet and they stumbled.

So, when they had tarried some time the young men of Dundalk, for the sake of charity, said:

"Come and eat,—and they did eat.

Verily then were the young men astonished a second time for the bigness of their appetites was like unto that of a harvester of grain, and the fragments which remained were exceedingly few, and in quantity like unto a mouse's supper.

In due season when they were satisfied, they departed singing. And the people of the town were disturbed thereat and said with one accord: Peradventure it is cats, and blessed them (W)right heartily.

And it came to pass after the son of White had received his hire, there was a dearth in the land, and the offerings in the synagog on the Sabbath were a little shy.

Here endeth the reading of the first book of the Chronicles of Flesherton; the second book is yet to be published. "Flesherton Batchelor's Club."

WHO'S GOT A WORM?

There was an old fisher named Fischer
Who fished from the edge of a fissure
'Til a fish with a grin
Pulled the fisherman in,
Now they're fishing the fissure for Fischer.

98 Years of Age Was in Parade

It was thought that Mr. S. E. Bebee of Meaford was the oldest Orangeman in Ontario, but right in the immediate district there is a man a little the senior of Mr. Bebee in age and in membership in the Orange Lodge. When Mr. Bebee went to Thornbury on the 12th of July, he met Robert Carscadden of Ravenna, who is 102 years of age and has been connected with the Orange Order for 87 years. Mr. Carscadden is surely the oldest Orangeman in Canada.

The ages of Mr. Carscadden and Mr. Bebee total 200 years as Mr. Bebee is 98. Both have been Orangemen since they were young men. Mr. Bebee joining in St. Vincent in a lodge meeting held in a log cabin. Mr. Carscadden is a member of Ravenna L.O.OL. 1396 which was given first prize at Thornbury for being the biggest and best dressed lodge on parade. There were five Orangemen at Thornbury who have been in the lodge for more than sixty years. Besides Mr. Carscadden and Mr. Bebee, there were Robert Abercrombie and John Craig of Thornbury, Ed. Galloway, Ravenna and Joshua Larter, Sarawak.—Meaford Mirror.

Come and hear the music given by the Salvation Army band in town tonight, Wednesday.

NEARLY LOST HEART

Probably the most outstanding of all reliable points about Phosforon, the old and long-tested nerve medicine, is that it reaches the limit of its power when pitted against obstinate complications that have baffled all ineffectual treatments.

The records of Phosforon are congested with glowing testimonials from men and women in the eighties, young people and children who are indebted to the tonic. Probably this remarkable success may be ascribed to the fact that the ingredients work immediately upon the deranged nerve fibres, internal organs and blood, promoting them to normal action by their concentrated food qualities. Phosforon also relieves the whole system of any tension.

Mr. Thos. Hamill, the celebrated Scotch tenor, actor of the principal roles in Maritana, 11 Trovatore, Faust, Aida, Rigoletti and Bohemian Girl, with Carl Rosa Opera Co., and winner of the National Festival, 1918-19, has written "I was so temperamental that I was ashamed of myself. My nerves became like coils of hot wires and after performances my face would be marked with tell-tale branding of nervousness. I soon lost heart. Following a three bottle treatment of Phosforon, however, I swiftly regained my composure, increased my weight and lost all traces of nervous suffering. Hoping that my experience may benefit some one else, I am, yours very gratefully, (Snd) Thomas Hamill.

So it goes — the same splendid story of success wherever the master remedy is given a chance.

Sold direct at $1 a bottle by Phosforon Laboratories, (Canada) Niagara Falls Branch, 2321 Bellevue Ave., Niagara Falls, Ont.

Build Up a Monthly Income by Investing Your Funds in Royalties.

An investment in Second Standard Royalties Ltd. yields 12%. Payable 1% monthly. Dividends are payable on the 1st of each month to shareholders of record of 25th of the previous month.

FOR FULL INFORMATION SEE

Dr. E. C. Murray - Flesherton

Going Home for Dinner

What Will Your Home-going Be Like Ten or Fifteen Years from Now?

The subject of the above sketch made proper preparation in youth by getting a thorough Business Education at the Northern Business College. This enabled him to meet the problems of life successfully and enjoy the fruits of his labors later on.

The subject of this sketch no doubt had a "good time" in his youth but he neglected to get the necessary education that would have helped him to get a lighter job at larger wages. How many young people have missed the good things of life by neglecting to get a little education in youth?

A nail will go no further than its head will let it. A young man or a young woman will go no further than his or her head will allow. People do not succeed by chance or by luck but by getting a practical education and using their knowledge.

THE Very Best

The very best place to go to get up-to-date Business Education is the Northern Business College, Owen Sound, where thousands of young people have been educated for successful business careers.

If you are interested in having a good dinner in a comfortable home just reach for your fountain pen and fill in and mail the attached coupon

COURSES COVERED

Stenography	Business Management	Typing	Banking
Accounting	Penmanship	Bookkeeping	Auditing
Dictaphone	Commercial Law	Preparatory course in public school subjects	
Office Management			

Trained Effort Forges ahead

Mail this COUPON Now

Northern Business College
Owen Sound Ont.

Gentlemen:
You may send to me, without obligation on my part, your Prospectus.
The course in which I am particularly interested is:

Name .....
Address .....
Post Office .....

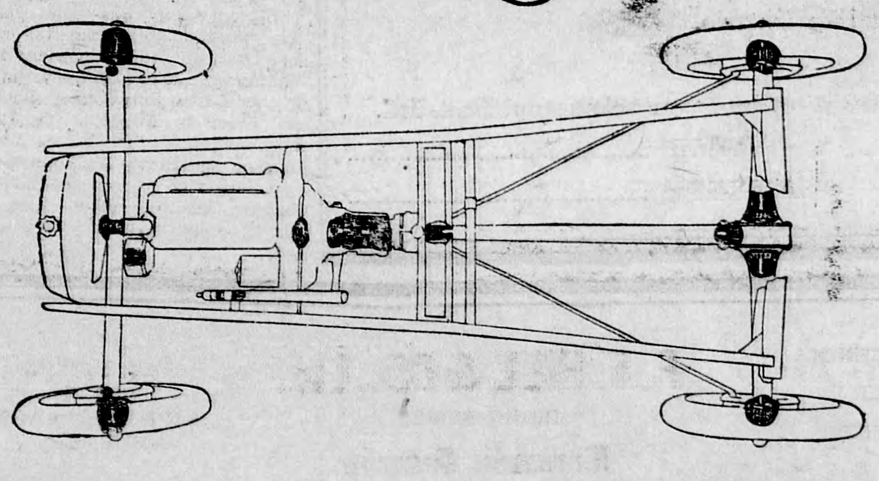
NORTHERN Business College

Owen Sound, Ont.

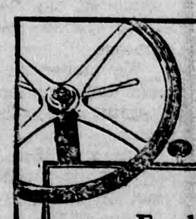
C. A. FLEMING, F.C.A.
Principal

24 BALL and ROLLER Bearings

Ford



Reduces Friction and Makes for Ease of Operation



Drive it Yourself—there is no Better Test

Ford Car Features

Choice of colours
55 to 65 miles an hour
40-horse power engine
Full balloon tires
Fully enclosed six-brake system
4 Houdaille hydraulic shock absorbers
20 to 30 miles per gallon of gasoline
Shatterproof glass windshield
Theft proof ignition lock
Reliability and low upkeep

LAVISH use of ball and roller bearings in the Ford car greatly reduce friction and contribute to easier operation and longer life of the car. Note the coasting ability of the Ford car as compared to any other automobile in its weight class.

Examination of the chassis will at once show the advantages of these bearings. On the rear axle pinion and differential all the taper roller bearings are held to such close limits that adjustment is unnecessary, pinion and ring gear always being held in proper mesh.

Spiral roller bearings are used in the rear hub because of their large bearing surface and ability to carry heavy loads. One is also used on the drive shaft at the universal joint end, to assure perfect alignment.

Taper roller bearings in the front wheels have a simple adjustment. Roller thrust bearings on the spindle bolts make for easy steering. Two bearings, one above and one below, take up the thrust on the steering worm.

The fan shaft operates on a roller bearing. The generator, the transmission, the connection between the spline and drive shafts, the clutch, the flywheel—all these important parts are made more efficient and enduring through the use of ball and roller bearings.

These bearings form a striking illustration of the engineering skill and care used in building the Ford car.

Arrange for your demonstration ride with the nearest Ford Dealer

H. DOWN & SONS

FORD DEALERS -:- FLESHERTON, ONT.