Health Service
- of the -
CANADIAN MED. ASSOC.

HEART DISEASE

One of the reasons which makes heart disease difficult to deal with is that, unlike tuberculosis, it is not one definite condition. In the fight against tuberculosis, we have been able to give definite instructions, and by listening to our constant repetiton of such instructions, most persons have grasped the idea of how the disease may be prevented.

Heart disease is not one disease. There are many abnormal conditions of the heart due to different causes, which give rise to different symptoms and rquire different methods of treatment and prevention.

When some part of the heart is damaged, we say that there is organic heart disease. The significance of the condition depends upon what part of the heart is damaged, how extensive the damage is, and whether or not the condition is progressive. These and other similar points determine the gravity of the condition and indicate the proper form of treatment.

Some hearts are improperlyformed from birth. The vast majority of hearts that are damaged have suffered injury because of the occurence of some diseases. Diseases of the body, due to the action of disease germs which give off poison, are very often the cause of damaged hearts. Rheumatism in children is serious because of the fact that it often involves the heart.

Focal infections, such as diseased teeth or tonsils, are centres where germs persist for long periods of time, and are frequently responsible for damage to the heart.

The heart responds to every effort of the body and, within limits, it does so with ease and comfort. When the heart is subjected to strain by improper living or by overexertion, there is always the possibility of permanent damage resulting.

The prevention of heart disease begins with the building up of a sound body through attention to a proper hygienic mode of living. Proper care during an attack of disease, and particularly during the convalescence from a communicable disease is essential. The removal of any focus of infection should not be delayed.

If a heart condition does develop, the life of the individual must be adjusted to the capacity of the heart This does not mean that the person becomes an invalid; it does mean that he must learn his limitations and live accordingly . It never pays to abuse the healthy body, and it is fatal to abuse a damaged organ.

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

ADVICE TO BRIDES

A writer in the Port Rowan News gives the following parental advice to young ladies about to enter the stage of matrimony:

"A lot of lovely girls in the community are planning to marry during the coming year. Let us give them some advice. Don't quarrel until the bridal year is over. It is a shame for a good young woman to quarrel with her husband when she is still a bride. If your husband has a sore thumb, baby him and give him nice things to eat. If he is real sick send for the doctor, but nurse him yourself. Babying him and nursing are panaceas that never fail. Men are born babies, and a good man is never able to free himself from his cradle experiences. It takes a well-balanced wife with the sweetness of a loving woman to balance herself on this path. But begin early when your heart is young and your soul full of gladness and never let your hand fail in its practice. If all young women began this way Ontario would have no use for a divorce court."

MUSIC IN RURAL SCHOOLS

The enthusiasm evident at musical festivals staged by schools in various counties at the end of the school term in June shows definitely that the young people of rural Ontario are taking an increasingly greater interest in music. In Middlesex, for example, there were 150 entries including eleven school choruses, three high school choruses, and two mixed choruses. Over 1500 people were in attendance. Fifteen rural schools and three urban school choruses competed at the festival in Peel, with some 154 entries and a capacity attendance. As a result of previous musical festivals in Wellington county, a large number of rural school boards have made special arrangements for the teaching of music to their pupils. J. E. Whitelock of the agricutural representative branch declares that no activity has been taken up so wholeheartedly by the Juniors of Ontario as music and he advises leaders in counties where this feature has not been attempted to give the matter serious consideration for their 1931 programs.

Rooms to rent and garden truck for sale.—A. Shackleford, Flesherton.

"House of Quality"

Seed Bags

We have 300 No. 1 Seed Bags ata very Special Price this week

Jas. A. Stewart
GROCERIES PHONE 46
WE DELIVER IN TOWN

THE STORE WITH SERVICE

F. T. HILL & CO., Ltd.
CHAIN STORES
Markdale, Ontario

OUR BUYING POWER SAVES YOU A LOT OF MONEY

The Big Sale Continues

RAYON BLOOMERS 49c. PAIR
In panty styles plain and trimmed with contrasting colors. July sale price ..... 44c. pair

ORGANDIE & RAYON GOWNS & PYJAMAS
In various color combinations and pastel shades July Sale Price 98c.

LADIES' COATS AND DRESSES HALF PRICE
Come while these wonderful values last—$15.00 Coats for $7.50; $10.50 coats for $5.25. Dresses on new styles and shades at half price—$7.50 dresses for $3.75; $3.50 Dresses for $1.75
We have both coats and dresses here at your price and style.

HOSIERY VALUES—Unsurpassed in Quality and Price
Fine silk Hose in biege, suntax and lighter shades. Priced for July Sale at ..... $1.14 pair

IMAGINE FINE SILK HOSE
Full fashioned styles in all new shades ..... 88c.

TOWELS
Fine quality Bath Towels, large size in white with contrasting trim or plain shades, 69 & 79 a pr.

LADIES' FOOTWEAR
These shoes come in dongola, patent leather and kid, with combination trim, July Sale .... $1.95 pair

LADIES' SMART FOOTWEAR
Shoes priced from $5 and $6 per pair in combination lasts and many different styles to select from. July Sale Price ..... $2.45 pair

TENNIS AND OUTING SHOES
Our large stock of these lines have been all reduced for this outstanding sale, and we are able to feature such prices as—
Girls' Tennis Shoe, boot and oxford, sizes 11 to 2. Sale Price ..... 98c.
Boys' Tennis Shoes, boot and oxford styles, sizes 1 to 5. Sale Price ..... 98c.
Children's Tennis Shoes, oxford and strap styles, sizes 5 to 10. On Sale ..... 79c.
Boys', Girls and Little gent's assorted styles and combinations, sizes 5 to 10 and 11 to 5. July Sale Price ..... 59c pair
Men's Tennis Shoes, boots and oxford styles, Sale Prices ..... 98c., $1.19 and $1.39

MEN'S WORK SOCKS
All wool plain grey. Sale Price .... 3 for 49c.

MEN'S FINE COTTON HOSE
In different shades and designs. July Sale Price ..... 6 pairs for $1.00

MEN'S WORK SOCKS, 3 PAIRS 25c.
Men's Work Socks and fine socks, odd lines. July Sale Price ..... 3 pairs 25c.

MEN'S SUITS
Our large stock of Men's Suits are all reduced $35.00 suits are $23.75 and a good range of tweeds, priced special for July Sale at $12.75

HARDWARE SPECIALS
ODD CUPS & SAUCERS—in Clover Leaf and other flower patterns. Special at 5c. each & 3 for 25c

SPADES! SPADES! 89c.
Our entire stock of spades reduced from $1.25 to special price of ..... 89c.

SCREEN DOORS $1.69 & $2.89
We have reduced our best quality panel doors to $1.69 and 2.89. These doors are exceptional in value and would merit their purchase now for next season's use.

BUY FOR CASH AND SAVE MONEY

Mortality Among Young Pigs

One of the most serious problems confronting swine breeders now, is undoubtedly the high mortality among the very young pigs, sometimes called "Anemia in suckling pigs." For some tibe the staff of the Ontario Veterinary College in co-operation with the Animal Husbandry Department of the O. A. C. have been studying this problem and they are frank to admit that many phases of the disease still baffle them. The disease can be prevented by keeping the pregnant sow and then the litter in an environment which includes plenty of air, sunshine and green feed, but in winter time when these conditions are out of the question, the disease is much more difficult to control. In a test recently made a number of young bacon type sows were placed through the province for breeding purposes and a check made on their growth and production of young pigs. Records of 39 gilts farrowing this spring show that the average litter contained only 10.9 pigs of which 6.5 were saved to grow to commercial age and weights. The greatest cause for loss is said to be too often carelessness and inexperience on the part of the owner both during pregnancy and after. Many losses might be prevented with a little care and extra watchfulness.

The report of Hon. John S. Martin, Minister of Agriculture, for the year ending October 31st, 1929, has been released. It contains a very comprehensive review of all activities undertaken during the preceding year.

HEALTH UNITS

Mr. H. E. Spencer, U. F. A. member for Battle River Alberta introduced a motion in the last parliament asking the Government to take into consideration the advisability of making grants to the provinces equal to one third of the cost of establishing and maintaining Health Units. In that debate it was pointed out that in 1900 the death rate in Canada per thousand, was 19 in the cities and 15.2 in the country. In 1920 the urban death rate had fallen to 13 per thousand, while the rural rate had only fallen to 14. Dr. Howden of Manitoba gave it as his opinion that Health Boards, Health Inspectors, Health regulations and proper supervision in the cities was the cause of the lower death rate there. Mr. Spencer outlined the result of the work of several health units which had been established. In one district in Quebec a unit began functioning three years before and in that year (1926) there were 648 deaths from general causes in the district served by it. Last year the figure had dropped to 487, a saving of 156 lives. The death of infants had decreased from 213 to 160; deaths from tuberculosis had dropped from 56 to 51; and deaths from contagous diseases from 86 to 27. A health unit usually comprises six municipalities and is staffed by a medical doctor a public health nurse, a sanitary inspector and a secretary.

Dr. A. T. Young, Medical Provincial health officer for British Columbia was quoted as having said "that the functioning of a county health unit in his province saved one community six thousand dollars in a single year, in isolation hospital fees. Agnes Macphail the Member for Southeast Grey drew attention to the prevalence of goitre in Grey county and the need of some such organization for preventing it. She said in part "In Grey county we are great sufferers from this dread disease. The individual and family unit cannot efficiently cope with it. We need some larger unit more generously financed . If a very simple preventative were taken in the early years of the child's life the goitre would possibly never develop. These measures are not taken and the result is great economic loss, much suffering and nerve strain and many deaths. The experiment in preventing goitre was made in 1916 in Akron, Ohio, by Drs. Kimble and Marine. It was so sucessful that Switzerland, a country that suffered much from goitre, recommended in 1918, through the Goitre Commission of Switzerland, the uses of iodine as a preventative. The result has been a very great lessening of goitre. Miss Macphail also pointed out that due to the fear of the cost children often suffer from tonsils and adenoids with the result that their chances of succes in life are adversely affected. She quoted the Medical Health Officer of Owen Sound as having said: "Owen Sound now has free clinics for the early diagnosis of T. B.,X-rays included, free clinics for the treatment for venereal diseases, free baby clinics and last year a free dental clinic for school children. Last year Owen Sound had the lowest death rate of children under one year of age, in Ontario, only Victoria in British Columbia excelled us. That is the fruit a municipality can pick as a result of preventative methods applied to diseases.

I regret to say we are away behind the Mother Country in such matters and, as a matter of fact, we are behind some of our own Western provinces, where clear vision is being used, old shackles of custom are being broken, and wonderful results are being obtained."

Consult your doctor regarding prevention of goitre.

An Indian stumper, while making a speech, paused in the midst of it, and exclaimed: "Now, gentlemen, what do you think?" Instantly a man rose in the assembly, and with one eye partially closed, modestly with a strong Scotch brogue, replied: "I think, sir, I do, indeed sir—I think if you and I were to stump the country together we would tell more lies than any other two men in the country, sir, and I'd not say a word myself during the whole time, sir!"

NOTICE

Come to Durham Town Hall Friday evening, July 2nd. to a social evening featuring Paramount Blue Water Boys Orchestra of Hamilton, Catholic Women's Society, Durham.

Voters' List 1930

TOWNSHIP OF ARTEMESIA

Notice is hereby given that I have complied with Section 7 of "The Voters' List Act" and have posted up in my office at Flesherton on the 19th day of July, 1930 the list of all persons entitled to vote in the said municipality at Municipal elections, and that such List remains there for inspection.

And I hereby call upon all voters to take immediate proceedings to have any errors or omissions corrected according to law the last day for appeal being the 9th day of Aug. 1930.

Dated this 22nd. day of July 1930.
W. J. BELLAMY, Clerk.

Small Advts.

FOR SALE

FOR SALE—3 burner coal oil stove; cheap. Can be seen at The Advance office.

FOR SALE—About 25 squares of first class Ont. cedar shingles at $4.50 per square.—F. G. Karstedt, Priceville.

FOR RENT—A good six roomed house, cistern, 2 lots, good garden, stable, hen house and garage, opposite high school.—W. J. Caswell, Proton R.R. 3.

FOR SALE—Barred Rock Cockrels from Registered blood tested stock, 4 and 5 months old, $1.50 each if bought this month.—W. J. W. Armstrong, Government Breeding Station, Flesherton.

FOR SALE—Reg bull, "Ringleader Chief" No. 191018; dark read, born July 22, 1927; choice animal; bred by Frank Taylor, Markdale; also M.-H. fertilizer drill, 11-disc nearly new.—John Meads, Phone 21 r 2, Priceville.

FOR SALE—Frame church 28 x 40, and shed 75 x 22, situated on lot 9, con., 10, Osprey. Church will be sold with or without furnishings. For particulars apply to W. F. Dean or John Izzard, Feversham, or Hugh Wright, Eugenia.

FOR SALE — Bran $1.40 cwt., shorts $1.50, Low grade flour $1.90; Prairie Pride Pure Manitoba Flour per bag, $3.90; salt 75c. per cwt.; Barley, $26.50 per ton, also oats, wheat, chop, coal, etc. Phone 38r3, A. C. Muir, Ceylon.

FOR SALE—House and lot in Proton Station. The lot is a good one and on it is comfortable dwelling house, a good stable and a never failing well, also a good sod plough and household furniture that is going to be sold privately.—Neil McCannell, Administrator.

FOR SALE—HOUSE AND LOT, situated in Ceylon village on highway, good frame house, well built, containing six rooms, nicely located one and a quarter acres of well cultivated land with barn; make offer.—Charles Melia, 79 Caithness Ave., Toronto.

FARM FOR SALE—100 acres, lots 166 and 167, 1st range west of No. 10 Highway, Artemesia Tp. 2 miles from Flesherton, ¼ mile from school, 70 acres under cultivation, balance swamp and pasture. Any reasonable offer will be considered. For particulars apply to —L. R. Thistlethwaite, 24 Conner Ave., Toronto 6.

BUNGALOW AT EUGENIA—Modern 6 roomed bungalow with summer kitchen and wood shed, hardwood floors throughout, hot air furnace in A1 condition, soft water cistern in basement, electric lights, spacious porch with sleeping porch adjoining, large lot with barn in rear. Will sacrifice for quick sale. For terms apply—J. E. Large R. R. No. 1, Niagara Falls, or P. Munshaw, Eugenia.

MISCELLANEOUS

NOTICE—Any persons trespassing on lots 4 and 5, con. 3, Euphrasia, do so at their own risk.—Fawcett Bros., R. R. 1, Duncan.

FOR RENT—Village lot to rent—1½ acres on which is house, hen house and garage. Apply to Geo. I. Graham in care of E. A. Graham, Clarksburg.

NOTICE

All Trespassers on lot 37, con. 3, Artemesia, will strictly be prosecuted.—Thos. Fenwick, Eugenia P. O.

BULL FOR SERVICE

Registered Jersey Bull for service on lot 127, 2nd. Range S. W. Terms: $2 and $3.—B. A. Hargrave, Markdale.

BOAR FOR SERVICE

Purebred Berkshire Boar for service at lots, 151-153, 1st in 15 months class at Royal Winter Fair 1929 and reserve grand champion. Fees, $2.00 at time of service.—H. C. Radley.

FARM FOR SALE

100 acres, being lot 37, Con. 4, Artemesia, 80 acres under cultivation. Good house and large barn with good stabling and out-buildings. For further particulars apply on premises.
—ALB. BLACKBURN,
Phone 42 r 6 Maxwell.

FARM FOR SALE

In the Township of Artemesia 120 acre farm, lots 143-46, 3rd range S. W.T.&S.R., half mile from station, 1½ miles from Flesherton. Good buildings, 12 acres of bush. Sold on easy terms.
—J. L. McMULLEN, Ceylon.

PROPERTY FOR SALE OR RENT

The property of the late Ella Gibson, lot 10, Collingwood street, Flesherton. On this property is a comfortable dwelling house of 9 rooms, with electric lighting. Barn 25 x 33 ft., with stable and driving house thereon, also a good well on the premises. This property is in a good location and will be sold reasonably. For further particulars apply ti the administrator.—W. J. Meads, Flesherton, Ont.

FOR SERVICE

Registered Yorkshire Bacon hog for service on lot 136, West Backline, Artemesia.—G. H. Cairns.

BOAR FOR SERVICE.

Registered Yorkshire Boar for service by Flesherton Bacon Hog Club, the property of the Ontario Department of Agriculture.
—C. STEWART, Caretaker.

GEO E. DUNCAN
DUNDALK
LICENSED AUCTIONEER

For the County of Grey. Terms: 1 per cent. Satisfaction guarnteed Dates made at The Advance office.

SHORTHORN BULL FOR SERVICE

Registered Shorthorn bull for service at lot 5, Con. 9, Osprey, "Merry Marquis" No. 179,135; Sire, Bonnie Marquis 142,381; Dam, Red Butterfly 131,078. Terms — Purebreds $5.00. grades $2.00. Cows not returned will be charge full price.
—S. R. HAWKINS, Eugenia.

MIDDLEBRO & BURNS
Barristers, etc.

Ofices -- Owen Sound, Durham and Flesherton. Flesherton every Saturday afternoon and evening.

BUSINESS CARDS

Dr. W. D. Bryce, L. D. S., D. D. S. dental surgeon, graduate of University of Toronto. Gas administered for extraction. Office at the residence of Dr. E. C. Murray, Toronto street, Flesherton. Phone 69.

Prince Arthur Lodge, 333, A. F. & A. M. meets in the Masonic Hall, Armstrong Block, Flesherton every Friday on or before the full moon. W. M, C. N. Richardson, Secretary, R. A. McCauley.

Wm. Kaitting, Licensed Auctioneer for the counties of Grey and Simcoe Farm and stock sales a specialty. Terms moderate, satisfaction guaranteed. All arrangements and dates may be made at the Advance office,or addressing me at Eugenia. telephone 43 r 11, Flesherton or by