Health Service
- of the -
CANADIAN MED. ASSOC.

THE DRINK HABIT

There is one thing we can use in abundance, without fear of harm, and that is water. Used freely, both within and without, is helps to keep the body fit.

The body is largely composed of water, and in order to maintain the correct percentage of fluids in the body tissues, water must be consumed. Many of the foods we commonly use contain a surprisingly large amount of water, and thisis one way the body obtains the water it requires. In addition, we should drink water regularly.

Everyone knows that on hot days and, as a result of physical effort, we perspire freely. We know too that some persons perspire more than others. Because of these differences, it is quite evident that it is impossible to set down a hard and fast rule concerning how much water we should drink each day.

We should drink a glass or two of water with our meals. Of course, water should not be used to wash down food; a drink should never be taken when there is food in the mouth. A glass or two of water before breakfast and between meals will held to supply the needed fluids, and tends to promote regular elimination.

No doubt many resorts noted for their health-giving waters were of benefit to their clients by teaching them to drink water. There are many persons who now neglect the use of water and who would find them selves much nearer the goal of health if they were to make it a practice to drink several glasses of water daily.

During the summer, there is an insistent demand for ice-water. We should use cool water, but it is a mistake to shock the stomach with a flood of iced or very cold water. It is particularly undesirable to drink ice-water just before a meal as this interferes with the increased circulation needed for the digestion of the food which is about to be eaten.

It is a very simple habit to develop—the drinking of water between meals. It costs no money: it is within the reach of everyone. The proper functioning of our bodies requires fluid. If we desire health, we must secure a sufficient amount of pure drinking water.

More people would have more health if more people drank more water!

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

May Refuse Farm Insurance

A continuing increase of barn and farm fires may result in a total abolition of insurance policies on this class of risk, according to E. P. Heaton, Ontario fire marshal. Submitting his report for 1929, Mr. Heaton calls attention to the fact that old line insurance companies have already been forced to refuse these risks. This has he says, brought about a severe strain on the mutual companies and may, he believes, necessitate the withdrawal of insurance on all farm dwellings and buildings.

EMBARGO HELPS CANADA

The government of the United States is placing an embargo on all grades of United States barreled apples except fancy and number ones, from August 1 until November 15, according to reports cabled to apple shippers. This is the period during which the English home grown apples are going on the market and their own product will thus be safe guarded from an influx of United States export of apples to Great Britain, great quantities of which usually go on the English market at this time, as the fruit ripens considerably earlier in the States than in Canada. This embargo, it is estimated, will remove half the American competition from the Canadian apple during the period.

He (bragging about ancestry) "Yes, my father sprang from a line of peers."

Bored Listener.—"Did he drown?" —the Owl.

"Where did you get those big, tender sympathetic eyes." she cooed.

"Oh," replied the sailor "they came with my face."—Our Navy.

"So you asked Geraldine to marry you?"

Better Business Tone Expected to Follow

Irrespective of whether or not the outcome of the election meets the approval of the individual, there is a nation-wide relief that it is over and that the country can resume business on as broad a scale as home and foreign economic conditions will permit.

An election campaign, with its attendant uncertainties, invariably affects business. It makes a bad business period worse and a good business period poor. There is the uncertainty as to what platform policies leaders will embrace to the voter, and then the uncertainty of the effect and time of the application of such policies.

Very seldom in history have the policies of even a new ministry been so revolutionary in nature or so sudden in application as to throw the economic machinery out of gear, but, despite that fact, "business" is a decidedly nervous institution that appears willing to shy at any possible innovation.

There is no question but that business in Canada has been badly out of gear this past eight months; and in "business" may be included the basic industries of agriculture, mining and lumbering, as well as industries based upon our raw products, or upon imported materials.

Indications are not wanting, however, that a swing towards better times is in prospect. Both parties were more or less in accord on many items of policy which should aid employment, and employment is the fundamental factor in the economic life.

Those who pose as authorities on economics in the Dominion are not anticipating any overnight return of the piping times of 1927-28 and early '29 but they do see improvement on the horizon. The disturbing factor perhaps, is that the outlook for the backbone industry of the country, agriculture, is at least bright. There is the matter of regaining lost overseas and foreign markets. This has to be accomplished in the face of universal depression and against a degree of competition not met for sixteen years. Perhaps it has never been met, for a new factor has entered and that is the intelligent application of cheap labor and the most modern machinery to agricultural production in such countries as Russia.

An aggressive campaign to meet these conditions is to be launched by the Government as soon as the smoke of election battle has cleared away. It will be needed.

WOMEN'S INSTITUTE RUNNING HOSPITAL

Duringthe past six years excellent work has been done by the Women's Institute in the Peace River country and at the present time the Fairview Women's Institute owns a hospital which was established in 1924. It is the only hospital owned and operated by a women's Institute.

At the time when Canada's high maternal death rate is a much discussed problem at women's meetings it is interesting to note that this society has carried on an attack against maternal death by opening a hospital For many years the need of a hospital in the frontier settlement was a serious handicap. The nearest was 60 miles away in the village of Peace River and in wet weather and winter the roads were practically impassible. The railway was then an unfulfilled dream. The very fact that Fairview was an organized municipality was a hindrance for very little help could be expected from outside. it was too far away and too much of an uncertain financial responsibility for any large outside voluntary service organization.

But in 1924 some of the pioneer women, banded together since 1917 in the "Fairview Women's Institute" in the small settlement of Waterhole, decided to take the initiative for the women were the greatest sufferers especially in maternity cases. At first a cottage was rented and one of the members, a wife of a soldier settler with four years experience overseas nursing, took charge and was dependent on the fees of the patients for her salary. The venture proved so successful that at the end of six months the cottage was purchased. Extensions have been gradually made and it is hoped soon to have a ten bed hospital. The hospital is now on the approved list and receives the usual grant of 50 cents per day for patient.

Last year 176 patients were admitted. There were 35 babies born there, 40 major and 25 minor operations performed. It is the proud boast of the Institute that there has not been one instance of maternal mortality.

A Narrow Escape

When Mr. Alvin Reinhart drove his truck into his yard last Monday, Harold Mathers, the young son of Mr. Jno. Mathers of Vingstreet, who had been playing about, suddenly darted out from a clump of shrubs and was struck by the advancing vehicle, but outside of the shock was uninjured. Were it not for the skill and presence of mind of Mr. Reinhart there might easily have been a different story to tell. Parents cannot be too careful in impressing upon their children the necessity of looking before crossing any street or driveway.—Stayner Sun.

BLINDNESS

I used to grumble at the noise,
The muddy footprints on the floor;
The litter made by all his toys
The constant slamming of the door
So blind was I—I could not see
How precious was God's gift to me
Alas, that I could hurt him so,
His baby eyes with tears were wet
At my harsh words—how I would show
My fondness if I had him yet.
The house is still—across the way
My neighbor's children are at play.
The little toys are laid aside,
The floor is always clean and bright,
The shining floor that was my pride
My heart is breaking—yet what right
Have I, to murmur or complain,
Because God took him back again?

—K. Frampton

If any of our readers contemplate going in for the largeh species of livestock, the following list of average prices quoted by the London Zoo may be of interest: Rhinoceros, $5,000; hippopotamus, $4,500; elephant, $3,500; giraffe, $3,000; zebra, $250; bear, $350.

ADVANCE ADVTS. PAY

Gasoline Automat

What to do when the gas tank runs dry at midnight, that is the question. Whether to rouse the nearest inhabitants or sleep in the car is a puzzling problem sometimes. A device designed to help out in such emergencies is being tried out on the Pacific Coast. A gasoline dispensing automat delivers a gallon container of gasoline to any stranded motorist who deposits 50 cents. The sleep of the gasoline service station man who lives near his pumps, is much less disturbed, it is reported, where the automats have been installed.

CHARGES TO FOLLOW RAIDS

Provincial Constable McClevis and Traffic Officer Whitty of town, together with another Provincial officer, journeyed to Mildmay on Saturday afternoon and visited the home of Henry Schultheis, alongside his blacksmith shop, in the kitchen of which, it is claimed, Schultheis was observed treating friends to home-brew beer. As permits to make home-brew allow the suds only to be consumed by the holder of the permit and his immediate family, a charge of violating the Inland Revenue Act will, we understand, be laid against the Mildmay smithy. John Frederick, at whose home near the C.N.R. station, Walkerton, the police paid an unannounced visit on July 9th, will also probably be charged under the same act.

Teacher: "What is the difference between a flea and an elephant."

Tommy: "Well, an elephant can have fleas but a flea can't have elephants."

"Yes, but I didn't have any luck."

"Why didn't you tell her about your rich uncle?"

"I did. Geraldine's my aunt now."

CANADIAN INDUSTRIES C-I-L LIMITED

Free Flowing Fertilizers

TIMES have changed! No more waiting for fertilizer delivery! For your Fall Wheat we will carry C. I. L. Mixed Fertilizers *in stock!* Come in . . . get the facts about these improved, *Free Flowing* Fertilizers that can't clog in the drill!

A. C. MUIR
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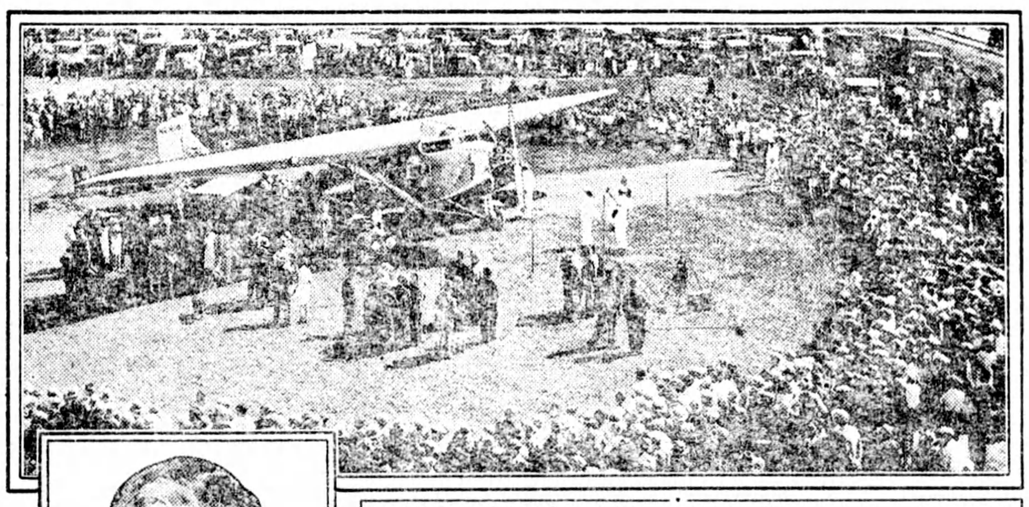
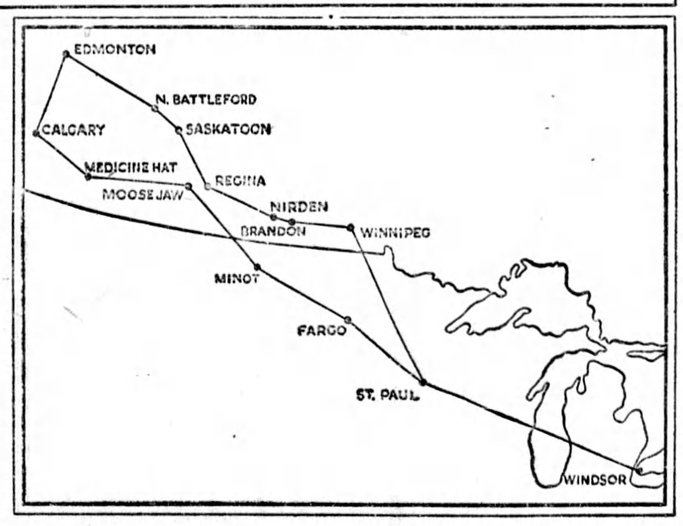
CIF 3D

Ford Executive Solves Problem of Travel Time With Airplane



Crowd Examining Ford Tri-Motored Plane, the First Air Transport Seen in Many of the Western Provinces.

—Mr. Wallace R. Campbell, President, Ford Motor Company of Canada, Limited.



WHEN the modern executive plans a hurried inspection trip to his branch factories and dealers he turns to the airplane for rapid transportation and quick jumps over long distances.

When Mr. Wallace R. Campbell, president of the Ford Motor Company of Canada, Limited, found two weeks which he could devote to a long-deferred survey of his western Canada branches he chose a Ford tri-motor club plane as the vehicle best able to cover the territory in the time available. Travelling in the great luxurious air yacht was as comfortable as riding in the best Pullman train and thrice as fast. During the 12-day tour which carried the Canadian industrialist as far north as Edmonton and as far west as Calgary the plane travelled 3,700 miles in a total flying time of 36 hours, 10 minutes.

The tour enabled Mr. Campbell to inspect branch factories, confer with dealers, study economic conditions in the Prairie Provinces and shape the plans of his company for future activities in those areas. He found economic conditions improving, favorable prospects for a fair wheat crop and business men generally fighting vigorously to restore prosperity.

During the tour, Mr. Campbell had as his guests on plane flights Hon. J D. McGregor, lieutenant-governor of Manitoba, and Hon. W. G. Egbert, lieutenant-governor of Alberta, the latter flying with the party from Edmonton to Calgary. Miss Edena Newlands, daughter of the lieutenant-governor of Saskatchewan, flew with the party from Regina to North Battleford, piloting the big plane herself part of the way.

The first day's flight from East Windsor, Ontario, carried Mr. Campbell and his party via St. Paul to Winnipeg, a distance of 929 miles, in 8 hours, 45 minutes, much of the time against head winds. The same jump by train would have required 36 hours, or the total time consumed on the 3,700 mile flying survey trip.

The route of the tour from Winnipeg was via Brandon and Virden to Regina; Moose Jaw, Saskatoon and North Battleford to Edmonton; thence to Calgary and through Medicine Hat, Moose Jaw, Minot, North Dakota, and St. Paul, back to East Windsor. Only once did weather conditions delay the party and that was when a violent dust storm raged over the prairies, forcing the plane back to Regina after it had fought its way against the storm and a 35-mile wind to a point 25 miles north of Moose Jaw, when all other planes, including the mail planes, were grounded.

Mr. Campbell found the people of Western Canada very air-minded and actively supporting the development of some of the finest airports to be found in the Dominion. Crowds of 10,000 to 15,000 persons turned out in some of the larger cities to greet the party and view the Ford plane, the first tri-motor transport to be seen in those provinces outside of Winnipeg.

GIGANTIC

FIELD DAY

will be held at

Feversham

Frid'y, Aug. 1

Softball Tournament
Minessing vs Collingwood Clerks
Williamsford vs Creemore

Horseshoe Pitching
Prizes $6 and $4, Open to all

Tug of War
Osprey 'Bulldogs' vs Artemesia 'Strongmen'

Dance in Evening
Music supplied by the Fun-Makers Five Piece Orchestra. Admission 75c a couple. Extra lady 25c.

Refreshment Booth and Lunch Counter
on the grounds

Admission to Grounds
Adults 25c., Children under 12, 15c.