Health Service

OF THE

Canadian Medical Association

Edited by

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

INDIGESTION.

Indigestion is a word that has no particular meaning beyond conveying the information that there is an uncomfortable feeling in the abdomen, which the sufferer attributes to the stomach or to some other part of the digestive system. Discomfort in the region of the abdomen may be due to one of many conditions. It may be caused by an ulcer of the stomach, inflammation of the gall bladder, appendicitis, constipation or to some one or the other of the many conditions, sometimes trivial, sometimes serious, which are responsible for what is popularly known as indigestion.

Ttere is only one way to treat indigestion properly and effectively, and that is to find out the cause and then remove it. The general tendency is for the sufferer to dose himself with medicines, or to try some kind of diet which his well-meaning but medically ignorant friends will suggest as a cure. Soda is often taken in large amounts, regularly and frequently, by those who think that their trouble is an "acid stomach," with the idea of neutralizing the acid in their stomachs. They ignore the fact that if digestion is to take place in the stomach, acid must be present and therefore large doses of soda merely interfere with normal digestion. A certain amount of roughage in the diet is generally desirable, but, if the intestines are irritable and are causing discomfort, the addition of roughage—so often taken by the sufferer to overcrease the irritation. It is a smooth, soft diet which is indicated in snch cases. These points are sufficient to make clear that the proper treatment of indigestion depends, first of all, upon finding the cause. Careless or improper treatment may rresult in actual harm, the condition tending to become chronic and increasingly difficult to treat successfully.

Indigestion which occurs repeatedly after the age of forty should never be neglected. The cause should always be found. This fact is emphasized because attacks of indigestion at that period of life may be the first symptom of cancer, and, if attended to without delay, there is every chance of cure. The whole trouble may be due to bad habits of eating, rather than to any internal condition. Eating too quickly, washing down food with fluid instead of chewing it properly, making mealtime the occasion for unpleasant discussions—these bad habits cause trouble. There are some conditions which reequire medical or surgical care, and when such treatment is advised it must be undertaken withihout delay. Self-medication is a mistake; drugs should only be prescribed by a physician. Much can be done, however, to prevent digestive troubles if the individual will cultivate proper eating habits and exercise care in the selection of foods.

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High School Reports

French, Form I.

Honors—Merle Allen 75. Pass—Everett Talbot 74, Mary Wilson 73 Robert Bellamy 65, Evelyn Brown 51. Fail—Mervin McFadden 48, Bill Parker 48, Marion Stafford 47, Delia Vause 47, Frances Collinson 44, Jim McCormack 42, Dick Stewart 41, Ronald Middleton 39, Helen Moore 33, Catherine Stewart 33, Angus Turney 29, Hugh Bibby 27, Robert Plester 27, Wesley Littlejohns 24, George Boyd 22, Lloyd Archibald 16, Wilfred Best 16, Harvey Croft 14, Milford Piper 12.

Form II.

Geometry—Honors—Doris Bannon 84, Monica Lambert 75. Pass—Earl Ottewell 74, Bob Phillips 70, Cecil Chard 65, Christena MacKinnon 64, Bill Fisher 60, Stanley Hunt 59, Dorothy Jamieson 57, La Verne Piper 56. Mervyn Johnson 55, Daisy McFadden 55, George McMaster 54, Rowena Magee 53, Dorothy Wolstencroft 52, Joe Gibson 51, Frank Eagles 50. Fail—Lucy MacDonald 47, Fred Fawcett 43, Almeda Hincks 42, Isobel MacMillan 40, Ed. Patton 39, Aima MacLean 23, Margaret Nichol 10

Upper School Geometry

Honors—I. Graham 84. Pass—Bert Morton 73, Evelyn Turner 63, Bessie Beard 58, Reta Fawcett 57, Marion Bibby 56, Christena Magee 56, Harold Turner 54. Fail—Leslie Ferris 46, Jim McFadden 38,

Form I.—Latin. Honors—Merle Allen 88, Mary Wilson 86, Ronald Middleton 76. Pass—Marion Stafford 73, Frances Collinson 71, Mervin McFadden 69, Everett Talbot 69, Evelyn Brown 67, Robert Bellamy 67, Della Vause 67, Jim McCormack 59, Bill Parker 54, Milford Piper 53, Wilfred Best 52. Fail—Lloyd Archibald 47, Robert Plester 42, George Boyd 40, Wesley Littlejohns 40, Dick Stewart 35, Hugh Bibby 33, Harold Croft 33, Angus Turney 31, Catherine Stewart 31, Robert Dargavel 31, George Akitt 20.

Upper School—English Literature

Pass—Alice Heard 68, Jim Haw 62, Marie Fenwick 61, Elda Frook 61, Herb Akins 60, Mildred Whittaker 60, Audrey Brown 59, Evelyn Turner 58, Sadie Carson 65, Dora Stewart 55, Bessie Beard 52. Fail—Earl Johnson 49, Patricia Morgan 49, Annie Akins 48, Bert Morton 45.

Middle School—English Literature.

Honors—Monica Lambert 76, Jean Hincks 75. Pass—Elmore Fisher 70, Estella Marshal 66, Ellen Parker 60, Mervyn Little 60, Almeda Hincks 58, Jackson Stewart 54, Emery Fisher 51, Dorothy Snell 50. Fail—Daisy McFadden 48, Rowena Magee 43, Clifford Allen 38, George McMaster 32, Monica Rae 32, Earl Ottewell 31, Murray Stuart 31, Bob Phillips 30 Jeanette McLeod 29, Verdun McMaster 27, Margaret Nichol 27, Macil Snell 26, Donald Riley 26, Jack McKechnie 22, Jim Bannon 18.

Of all the friends you possess, it is safe to say that you think most of the one who says the least unkind things about others. The sarcastic person, the gossip, the tale-bearer, rank below those who have pleasing dispositions. The most of us like to hear a bit of gossip—even though we shun and fear the one who brings it. If you would be popular in your crowd, say no unkind things about anybody. If you can't say nice things, be silent. The world will learn to like and to respect you.

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END OF COUNTY COUNCILS

Mayor Ben Johnson, the stormy petrel of Orillia, invaded the holy of holies at the Simcoe County Council and said a few things. Amongst his statements were that the "end of the county councils is just around the corner". This was accompanied by the advice to make hay while the sun shines. Whether the demise of these county bodies is just as close as Orillia's chief magistrate would have it believed, none can tell. The fact is that throughout Ontario there is much agitation for their elimination. As the Acton Free Press says: "The constant piling up of the county rate in all counties has had the effect of forcing the attention of the ratepayers to these bodies." Further, in continuing the discussion, the Free Press, while admitting that "the county councils have long been the goats for making the direct levy against the municipalities," intimates as its belief that the ratepayers are out to "get" them. Still further, it points to the unrest as borne testimony to in the county of Wellington, where, at the recent elections, but one reeve who went to a vote, was returned, and concludes "more and more will this same movement be noticeable in other counties unless the county and bodies high up desist from their practice of shoving the burden back on the ratepayers.—Collingwood Bulletin.

Georgetown United Church congregation gave a special contribution of $1,086.00 to help Mission fields in the West.

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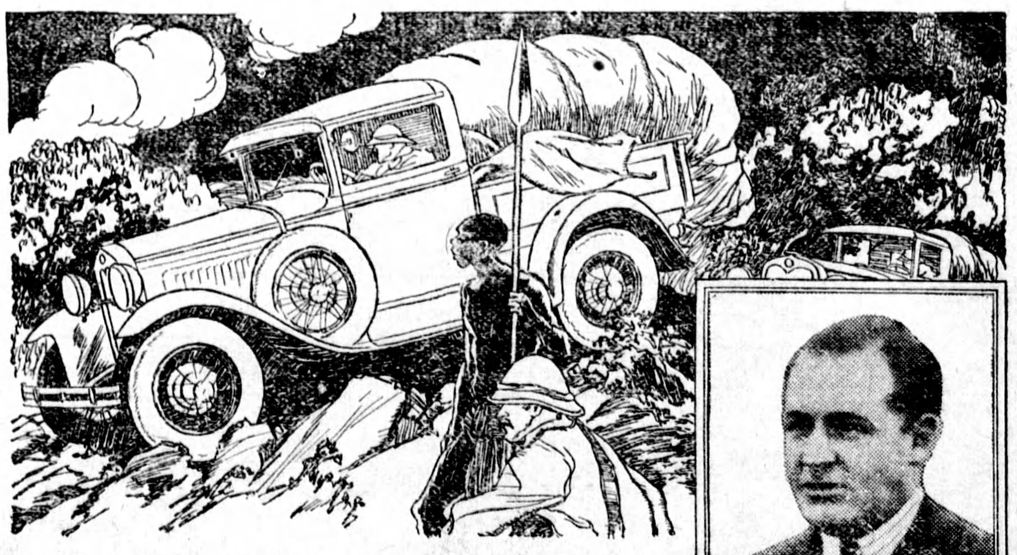

Lieutenant Commander Glen Kidston

LIEUTENANT Commander Glen Kidston, millionaire British sportsman, racing motorist, big game hunter and airman, has just returned from a 4,000-mile safari in East Africa, frankly astonished at the perfomance against "incredible" odds of four Ford cars which hauled his equipment.

Lieutenant Commander Kidston is famed for his almost miraculous escapes from death. He was the only survivor of the crash of the German passenger plane which was wrecked and burst into flames last year when it struck tree tops in Surrey after departing from Croydon for a cross-channel flight. On another occasion, his racing automobile, travelling at high speed, struck a telegraph pole, yet he escaped with only a few bruises.

"Having just completed my safari, I feel I must tell you of the wonderful behaviour of the four Ford light deliveries which I purchased from you last year," Lieutenant Commander Kidston wrote to Nairobi Motors, Limited, Ford dealers, at Nairobi, Kenya Colony.

"I motored almost 4,000 miles over Kenya, Tanganyika and Uganda on safari and I thought I had a pretty good idea of what a car could do. Frankly, however, I have been astonished by the remarkable and unfailing performance these four little cars have put up.

"Loaded right up, if not more often grossly overloaded on account of cars of another make being bogged and their loads having been transferred, these cars have been driven through incredible places, suffering the most violent joltings without murmur. The Narok Kilamafeza road has regularly been reported as 'impassable' for almost the past two months, yet these cars have managed to get through, passing other cars bogged, stuck in rivers, and in many cases giving them a helping hand.

"I have driven cars in Canada, Australia, New Zealand, China and other countries, and am acquainted with the gruelling they are generally put to, but the performance of these four little cars has been a revelation and I want nothing better."