Health Service

OF THE

Canadian Medical Association

Edited by

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HEALTH FOR ADULTS

In selecting food, adults are largely guided by their tastes. It is therefore a matter of considerable importance that they have tastes which will lead them to select the foods required to maintain the body in a state of physical fitness.

We eat because we are hungry, or because the meal hour has arrived and we say it is time to eat. We can satisfy hunger with almost any kind of food. The use of proper food, however, does much more than satisfy hunger.

Proper food satisfies hunger, and at the same time, it provides the materials which the body requires in order that its machinery may function smoothly and efficiently. Proper food also provides the requisite materials for growth and for repair of the tissues, and to generate the energy needed for every movement of the body.

An eminent authority on nutrition tells us that one very practical way to preserve the youthful appearance is by using the protective foods—milk fruits and green vegetables—freely in the diet. In general it is true that the person who does not eat the proper food will show the ill effects of his deficient diet in what are outwardly the signs of age.

A great many adults who give considerable attention to the proper feedings of their children are very careless about the selection of their own food. They apparently think that it does not matter what an adult eats. Many a clever business woman is likely to throw away her health and chances of success because she is grossly careless concerning her meals and other matters of personal hygiene.

The adult diet should include one pint of milk a day, taken as a beverage or added to various foods; one green leafy vegetable and one cooked vegetable besides potatoes; some raw or dried fruit; one egg, or meat, or fish; cereal, or bread and butter.

If the normal adult will make this the basis of his diet, it allows for great variety, which is desirable. Otherwise the diet becomes monotonous and some essential elements are apt to be missed. There is no reason why a person should not eat and enjoy the foods he prefers, providing they are of equal value, and also that they are not being used to excess and to the exclusion of other necessary foods.

The general tendency of adults is to eat much meat, sugar and starch, and too few fruits and green vegetables and to use too little milk. This tendency can be overcome by using milk more often as a beverage, instead of tea or coffee, by eating more salads and by using fruit desserts instead of pastry.

The amount of food required depends upon the activities of the individual. By being weighed occasionally, each person can keep a check on his weight. The weight of the normal person can be controlled by increasing or decreasing the amount of food consumed.

Given Scholarship

Miss Audrey Russell, eldest daughter of Mr. and Mrs. P. J. Russell of Weyburn, and grandaughter of the late Mr. and Mrs. W. J. Henderson, won a scholarship from the Weyburn Collegiate Institute to the University of Saskatchewan.

Miss Russell has been one of the leading students of the present grade twelve since she entered the collegiate for grade eight work in the fall of 1926. During the past two years out of four term reports she has stood at the head of her section of the grade three times. She was first in her section of grade twelve this year both at Christmas and Easter and is considered by the staff to be a student of exceptional ability. In addition Miss Russell has taken part in all sports and has been an active member of the Literary Society. At the University it is expected that she will bring honor to her old school and amply justify the award of this honor to her.

He Knows His Fortune

The modern Gypsies have discarded the faithful horse and now travel in swell limousines. A quartette so equipped dropped into the peaceful Scotch centre called Duntroon Thursday last and invaded the Carmichael grocery. Mr. Duncan Carmichael was their victim and when he recovered from the spell cast on him by one of the glib tongued females who read his future from the lines of his hand, which, of course, had to be crossed with some of Mr. Carmichael's silver, he discovered that a fifty-dollar roll which he had been preserving for a rainy day had disappeared.

The Provincial Police gave chase and the description was broadcast. Later in the evening the quartette was held at Grand Valley but Mr. Carmichael would not indentify them. Later, however, he believed they were the right ones alright with a new outfit of clothes, evidently purchased with his hard-earned dillar. No arrests followed and Duntroon now has a poorer but wiser citizen.—Creemore Star.

[This was the same outfit that Constable Jos. Field was on the lookout for, but they must have travelled some other route than through Flesherton.—Ed.]

PROTON STATION MAN KILLED BY FALL IN BARN

Frederick Terry, 47-year-old resident of Proton Township, died on Saturday last as the result of an accident on the farm of his neighbor, Jas. Rice, Lot 3, Con. 3, Proton. Mr. Terry was fixing a rope on the hayfork in the Rice barn and had completed the job. However, he lost his balance and fell to the ground floor,a distance of 25 feet. He received a fracture at the base of the skull and expired in about fifteen minutes. Dr. Martin, of this place was called, but the injured man was dead ere he arrived. The accident occurred about 5:30 p.m. on Saturday.

Mr. Terry is mourned by his widow, formerly Miss MacIntosh, of Proton.

The funeral was held on Monday. Interment was made in Walker's Cemetery, Proton.—Dundalk Herald.

ADVANCE ADS. PAY

Tonight is the family re-union. It has been a weekly event ever since the young folk scattered to various towns, each to make his or her own way in the world.

It started when Dick left to work in a neighboring city. Dick was full of enthusiasm, but apt to be just a little bit wild. So Dad started the habit of calling him once a week just to keep him under the parental influence.

Then Helen was married and moved away, and mother must needs make weekly voice visits with her.

And now Betty has taken a position in another town. Her voice comes home each week too.

Dad and mother gather all the news and pass it on to the others. It keeps the family together — and the cost of the three evening calls is less than a dollar.

Evening rates on "Anyone" (station-to-station) calls begin at 7 p.m. (local time). Just give "Long Distance" the number you want — it speeds up the service. If you don't know the distant number, "Information" will look it up for you.

THE BELL TELEPHONE COMPANY OF CANADA — LONG DISTANCE TELEPHONE

An added Feature to our July Sale. New Low Prices.

3 BIG DOLLAR DAYS

THUR., JULY 23 · SAT., 25

For Three days we are Featuring Merchandise at New Low Prices. Get your wants during these 3 Days

Nothing sold at these prices before or after July 23, 24 and 25

LADIES' READY-TO-WEAR

Our entire stock being featured at new low prices during these three Big Dollar.

DRESSES $1.00

This group is composed of our regular $1.29,, $1.39 and $1.59 lines. All tub-fast materials. Each **$1.00**

FACTORY COTTON 10 YDS. $1

Good quality fine cloth 36 in. wide, 3 days only at a Bargain Price of, 10 yards **$1.00**

BABETTE CREPE, 4 YDS. $1.00

This is an exceptional fine cloth in all wanted shades, suitable for children's wear, 4 yards **$1.00**

PRINTED PIQUE, 4 YDS. $1.00

This is big value in heavy quality cloth with attractive patterns, 4 yards $1.00

PRINTED FOULARDS, 4 YDS. $1.00

In attractive patterns of navy and black with dot, 36 inches wide, reg. 35c a yard, 4 yards **$1.00**

MEN'S WEAR DEPARTMENT—Offers you values at Prices below replacement cost

SPECIAL SALE—MEN'S TIES, 2 FOR $1.00

Out they go regardless of price. Thalias, Magdelines, Foulards, etc., in new coloring and patterns. Big offering for Dollar Days ..... 2 for **$1.00**

MEN'S PANAMA HATS $1.00 EACH

Latest styles and shape, season clean-up, regular $3.50 and $4.00 hats, each **$1.00**

MEN'S WOOL WORK SOCKS, 7 PRS. $1.00

This is an exceptional good buy, all wool, good weight, Dollar Days, 7 pairs for **$1.00**

MEN'S FINE HOSE, 4 PRS. $1.00

These are taken from our regular 50 and 60c hose. Big Special, 4 pairs for **$1.00**

POLO SHIRTS $1.00

The new thing in Men's Summer Shirts priced specially for these 3 Big $ Days, each **$1.00**

FOOTWEAR VALUES THAT ARE AT THE LOWEST PRCES OF YEARS

MEN'S WORK BOOTS, $1.00 EACH

All sizes, some have Panco soles, good heavy uppers, Special, each **$1.00**

MEN'S TENNIS SHOES $1.00 PAIR

This comprises our regular $1.25 line, 3 days special **$1**

Child's Shoes, pair 69c
Men's Shoes, pair **95c**
Boys' Shoes, pair **79c**
Youths', pair **69c**

FLOUR! FLOUR! FLOUR!

Do not forget our low prices on Flour—White Seal **$2.35**; Cream of Wheat **$2.40**. Every Bag is guaranteed.

F. T. Hill & Co. have contracted for the output of a large flour mill, hence new low prices; every bag guaranteed on a money refund basis.

THESE ARE JUST A FEW OF THE MANY BARGAINS TO BE FOUND IN THIS STORE DURING THE 3 DOLLAR DAYS. VISIT OUR STORE

F. T. HILL & CO., Markdale