Health Service

OF THE

Canadian Medical Association

Edited by

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

STOMACH TROUBLE

Discomfort in any part of the abdomen is apt to be blamed on the stomach. Those who frequently suffer from such discomfort usually say that they have "stomach trouble".

When the stomach goes on the rampage, most persons place the blame on the last thing which they have eaten, and make up their minds that this or that food does not agree with them.

Whether or not we enjoy health does depend, to a considerable extent, upon the food we eat. We know that in order to have health, we should use a balanced diet, which included milk and potatoes, fresh green vegetables and fruits.

We know also that we should not eat to excess. It is not to be expected that the stomach can be abused by an excessive or indiscriminate use of foods or beverages without causing trouble. The abuse of any organ of the body leads to the breaking-down of the organ sooner or later. The whole body suffers as the result of such carelessness as trouble in one part affects the whole.

However, pain and discomfort in the abdomen are not, by any means, always traceable to the stomach or to the food taken.

The upset stomach may be due to worry, nervous strain or anxiety. The business man who rushes through his lunch, his mind occupied with office worries, and who does not take time to relax, will almost surely have his stomach "go back with him".

Loss of appetite, nausea and vomiting are the symptoms which usher in the onset of many of the acute diseases. In such cases, the stomach is affected by the diseases which are attacking the body, and the stomach as one part of the whole body reflects these conditions. This is particularly noticeable when it is some other abdomonal organ, such as the appendix or the gall bladder, which is involved.

The stomach may be upset as the result of heart disease. In order to do its work properly, the stomach requires an adequate supply of blood. If this supply fails because of heart disease, digestion is interfered with, but the cause, in such case, is to be found in the heart, not in the stomach.

These conditions are mentioned because they indicate that while we know that pain or discomfort in the abdomen means that there is something wrong somewhere, even if there is nausea or vomiting it does not necessarily imply that it is the stomach which is primarily at fault. It does mean that the real cause must be found and treated if the condition is to be corrected.

A True Dog Story

Many stories have been published concerning dogs, to show their devotion to mankind. This is the story of a dog who gave his life in an effort to save members of the bovine tribe from death in a blazing barn. Recently the barn and implements owned by Norman Awerbuck, near Centerville, Waterloo county, were raked by fire.

When it was discovered that fourteen cattle were in the barn, the dog, Fido, was sent in and soon emerged with them. Likewise he brought out eight pigs on a second trip into the barn. Then it was discovered that one calf still remained in the stable, tied and unable to escape. Fido again entered the blazing inferno, but this time he did not come out. When the ashes cooled sufficiently that the ruins could be explored, the charred body of the dog was found beside the remains of the calf.—Arthur Enterprise.

The importance of the dairy industry in the historical development of Canada is about to be recognized by the erection of a cairn on the site of the first cheese factory in Canada, which was located in Oxford County, Ontario.

The Modern Trend

When the men of today were lads the school teachers and others grabbed the Diamond Dick and other vivid yarns from their hands lest they might become tainted and dare to go and do likewise. But the fiction of that day had nothing on the facts of today. For example did Diamond Dick or any of his followers do anything more daring than that of the young men in the Sunday night capture of a policeman at Walkerton and with him as their enforced chauffeur, and a hold-up thrown in, continue a merry race of two hundred miles about the province. Not a bit. Yet what teacher or others are telling Johnie to lay off reading the account of it. Truly the world doth move?—Collingwood Bulletin.

The ease with which raw milk can become contaminated owing to unsanitary conditions was recently demonstrated in the town of Burlington, where complaints had been made regarding the milk supply in that locality. Two officials from O. A. C. visited the district and found that the bad flavor of the milk was due to fly spray material used in the barns.

Dundalk Celebration

Large numbers from here have attended the Dundalk Old Home Week celebrations and have enjoyed the program of music and sports provided. The Old Time Village Quartette which appeared in Flesherton at our celebration two years ago, gave a sacred concert Sunday evening, assisted by the Meaford band.

On Monday the Governor-General's Body Guard band of Toronto headed a splendid parade of floats, decorated autos, etc. A band composed of twelve players from Markdale and Flesherton, in comic costume, joined in the parade and provided music (?) quite different from that supplied by the highly equipped organization heading the parade. Anyway, their efforts in providing an extra attraction seemed to catch the fancy of the crowd and the management were kind enough to treat the players to dinner at that fine hotel run by Charlie Maxwell, the Queen's Hotel. Their kindness this way was certainly appreciated by the boys. Those who joined the band were: from Markdale, A. E. Colgan, Jack Colgan, Walter Perkins, Jack Perkins, Milton Perkins, H. Dennison; from Flesherton, Frank Duncan, Chas. Bellamy, Barney Welton, Rus. Wilson, Emerson Bellamy, and F. Thurston.

The weather for the celebration has been very good, although rain fell on Sunday, but with the large crowd of old boys and girls home for the event this indiscression on the part of Jupiter Pluvius had not the expected effect, due to the enthusiasm displayed by the participants.

The citizens of Flesherton are pleased with the success of the Dundalk celebration and the wish is that they come out on the right side of the ledger. It is a tremendous undertaking to stage an event of this kind, and if their efforts in providing entertainment are rewarded with a credit balance we will be only too pleased.

COLLINGWOOD STREET IS ENTIRELY PAVED

Collingwood street is completely paved, the King Paving Company finishing with the laying of concrete and curbing Wednesday morning. The mixer and outfit is now busy laying the cement at the west end of Durham street and will likely have that street finished by this week end. The base for te concrete wall in front of the Phillips property has been laid and the wall will be erected when the roadway has become sufficiently hardened.

We understand that the contract for the paving of the 20 foot strip on highway north and south, to be done by the Provincial Department of Highways, was signed on Saturday and work will commence shortly, the cement to be laid from the south boundary of the village first, thence to the north end.

Surrounded by her family of 7 children, their 26 grandchildren and 18 great-grandchildren, Mr. and Mrs. S. Allen, Glen Williams, celebrated the 60th anniversary of their wedding

HAS IT HAPPENED TO YOU? by P.C.1

In our childhood, most of us learn to greatly dislike the words "don't do that" but of course when we grow up we learn that most "don'ts" have a lot of reason behind them.

However, some of us never do learn.

For example there's the man who habitually exceeds the speed limit. I followed one of these chaps for about 3 miles yesterday on the Lake Shore Road. He didn't hit less than fifty at any time. Luckily traffic was light. He was indignant when I waved him to stop.

"Sure, I know I was driving fast," he said, "but the road was clear and I'm in a hurry."

I had to explain to him that no man can drive a car at excessive speed and get away with it . . . always.

You see, in the city a driver runs at a much lower speed and his mind and motions are keyed to that speed. In an emergency he knows what to do, and does it instinctively.

Occasionally on the highways he "steps on it" and at the first emergency he's in trouble almost before he knows it.

No two ways about it. I know. I've seen it happen often enough. The fast driver always gets his . . . eventually, sometimes even through so simple a thing as a blowout.

Better slow down, before you get yours, brother.

Well, I'll be seeing you.

Calf Raising Without Using Skim Milk

Quite often, some breeders or farmers cannot feed skim-milk to their calves because the milk is sold unskimmed or is converted into cheese, or else the rules governing accreditation forbid feeding unpasteurized skim-milk. In such cases the following system of feeding is recommended, as it has given very good results at the Experimental Station of Ste-Anne de la Pocatiere.

This system consists in feeding whole milk up to the age of four or five weeks and gradually leaving out all milk thereafter to feed only good clover or alfalfa hay and a mixture of special meal made up as follows: 50 pounds ground corn, 75 pounds ground oats, 50 pounds bran, 50 pounds oilcake, 50 pounds dried blood meal, 4 pounds of bone meal, 4 pounds finely ground limestone and 4 pounds salt.

The calves should get used to the meal, as soon as they are one week old; to this end, rub some of it on the nose or drop a little in the bottom of the pail after the animal has taken its milk. This mixture is kept constantly before the calves until the age of thirty days, that is until the feeder begins to cut out the milk, and the meal is fed only twice a day after weaning. Tepid water is given to replace milk. This system must be followed until the age of six months.

The calves raised by this method may appear thin during the first thirty days after weaning. The farmer must not be alarmed, for the calves though not fat will be growing good frames and if he weighs the calves he will notice that their weight increases regularly and they will soon be strong and of very good apppearance, with a lustrous coat.

Calves raised by this system at Ste-Anne weighed, on an average, at birth 57 pounds, at one month 91 pounds, at two months 130 pounds, at three months 176 pounds, at four months 228 pounds, at five months 280 pounds, and at six months 333 pounds.

ADDITIONAL LOCALS

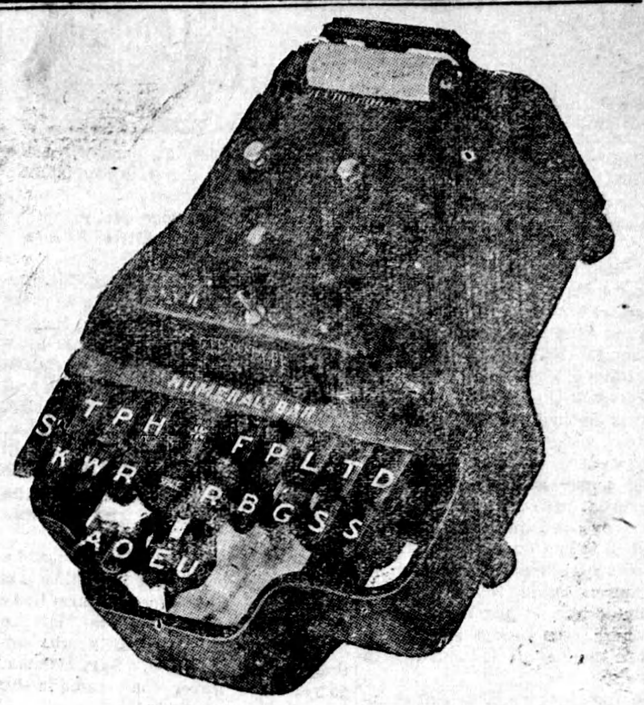
Mr. adn Mrs. T. W. Findlay of Meaford were in town on Wednesday.

Miss Annie Howard of Toronto is visiting her brother, Henry, here.

Flesherton won a softball game from Ceylon this Wednesday night. The return game is to be played in J. D. McLeod's field on Friday night.

And now we have a real Scot coming forward with an alibi story for the Scots. Last week editor Samson, of the Elora Express, published the following story: Among the train passengers were an elderly Highlander and a young lad. The former was holding a watch in his hand and was studying it with intense interest. Suddenly he seemed satisfied and he beckoned the conductor to him. "What is it?" the latter asked. "I want to replied the Highlander. "He has become 12 years old." Now we know that it is only a fairy story.

Send The Advance to a friend.



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Priceville Memorial Monument

on

Sunday, Aug. 9th

at 2:30 p.m.

The two resident ministers, Rev. Stewart and Rev. Bartlett, assisted by Rev. Father McHugh of Mark-

Hon. Dr. Jamieson has consented to act as chair-
dale, will take part in the service.
man. Music by Mass choir.

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