Health Service

OF THE

Canadian Medical Association

Edited by

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

USES AND ABUSES OF LIGHT

Appreciation of sunlight is nothing new. The ancient Romans had their sun_rooms or solaria in which to relax or enjoy sunshine. Animals look for a sunny spot in which to stretch out and the plant turns itself towards the sun.

Common experience has shown us that life in the out of doors increases our sence of well-being. Part of this feeling comes from living in the sunshine. Extensive research has shown the ill effects, upon animal life, which follow the elimination of sunshine.

During recent years,, artificial sources of light have been made available in the various forms of lamps which are now being maufactured. Almost every new scientific discovery becomes a fad, and so the really legitimate claims and the value of light thereby have been rather lost sight of among the over-enthusiastic and extreme statements which are commonly made.

The light which we see comes from the luminous rays. In addition, there are rays which are invisible, the infra-red rays, or heat rays, and the ultra-violet rays, or actinic rays. The ultra-violet are not the violet rays which we can see, for the violet are luminous, or light rays, whereas the ultra-violet are beyond the violet or light rays, and are invisible.

Anything which cannot be seen and which is associated with electricity in any form, gives a general feeling of mystery and so is impressive to many people. It is for this reason apparently that the indiscriminate use of lamps, for any and every condition, has become a popular pastime.

If one or other form of light treatment is to do good, it is necessary that the proper form be selected, and that it be given in correct amounts and at the right intervals. Sunshine lamps are infra-red, ultra-violet and luminous rays in varying proportions, depending upon the lamp. A general tonic effect is secured, but the part played in this by the exposure of the body to the air—the air bath—must not be overlooked.

Infra-red rays have a soothing effect and stimulate the circulation. It is obvious that if the treatment required is an ice-bag, harm will result from the improper sse of infra-red rays. The ultra-violet rays which cause the pigmentation of the skin, or sun-burn, have their great value in the prevention of rickets and in the promotion of good growth.

Lamps may be much stronger than the sun, and, therefore, there is need for extreme care in their use. It is not a case of more the better; the right amount does good, and too much does harm. Lamps should not be used indiscriminately, but upon the advice of someone who is competent to give advice.

Cow Had 5 Calves In 10 Months' Time

Stanley Hill, living just north of Orangeville on the old Joe Miller farm has a Guernsey cow, coming 6 years old in the spring, that for a producer of calves can't be beaten.

On Feb. 4, 1931, ten months ago she gave birth to twin heifer calves and they lived and grew to be fine animals. Dec. 3, 1931 she gave birth to triplet heifer calves, all healthy, normal and growing fine. That is a feat seldom heard of, five calves, all heifers, in ten months. Mr. Hill is taking splendid care of this increase to his herd and is looking forward to some good results from the calves.—Dundalk Herald.

FLESHERTON HIGH SCHOOL REPORTS

FORM 1

CANADIAN HIST. — HON. — Ian Filshie 90, Ted Dixon 86, Betty Murray 75.

PASS — Lesley Seeley 69, Susie MacKinnon 67, Douglas Stuart 67, Murray Fisher 61, Velma Fisher 53, Argyle Martin 52, Eric Stafford 52, Robert Dargavel 51, Wesley Littlejohns 51, Ruby Akitt 50.

FAIL — Marie Chard 49, Viva Roberts 48, Delbert Smith 46, Angus Turney 43, Jack English 42, Mary Sheardown 42, Doris McRae 38, Lilian Magee 31, Stewart Foster 29, Percy Smith 15, Harold Johnson 4.

FORM 2

ENG. LITERATURE — HON. — Mary Wilson 72, Phyllis Graham 69, Evelyn Brown 65, Dick Stewart 61, Marion Stafford 57, Della Vause 56, Lloyd Archibald 54.

FAIL — Jean Wolstencroft 48, Bill Parker 46, Catherine Stewart 46, Frances Collinson 45, Gordon Patterson 42, George Akitt 41, Bob Bellamy 37, Jim McCormack 37, Margaret Nichol 36, Neil Aldcorn 34, Martha Ostrander 34, Jessie Ostrander 33, Besie Cairns 32, Bill Welton 32, Milford Piper 29, Mervin McFadden 26, Hugh Bibby 20, George Boyd 19, Everett Talbot 17.

MIDDLE SCHOOL

ALGEBRA — HON.—Ellen Parker 85, Eleanor Mather 84, Monica Lambert 81, Dorothy Snell 76.

PASS — Daisy McFadden 66, Almeda Hincks 64, Donald Reiley 60, Jeanette McLeod 59, Irene Martin 55, George McMaster 54, Murray Stuart 52, Annie Akins 51, Joe Gibson 51, Mervin Little 50.

FAIL — Hazel McKillop 43, Robert Phillips 41, Dorothy Wolstencroft 39, Ed Patton 36, Stanley Hunt 34, Jean Hincks 31, Gordon Stuart 29, Fred Fawcett 27, Mervyn Johnson 27, Cecil Chard 20, Isabel Anderson 11.

UPPER SCHOOL

CHEMISTRY — PASS — Earl Johnson 67, Elda Frook 55, Marion Bibby 52.

FAIL — Mildred Whittaker 44, Jackson Stewart 42, Harold Turner 35.

Love is funny. You fall in because you are together too much and fall out for the same reason.

Dr. Jamieson Speaks To County Council

Dr. D. Jamieson of Durham, chairman of the Provincial Board of Old Age Pensions and Mothers' Allowances, addressed the County Council on Friday afternoon. In spite of the prevailing depression, Canada, and especially the province of Ontario, is enjoying many privileges. In this connection he called attention to the old age pensions, the mothers' allowances and other institutions for the betterment of the under-privileged people of the Dominion and province.

He first dealt with the work of the mothers' allowance boards. The whole object of the act is to make good citizens of the children and the mother is, in the vast majority of cases, the best person to bring up the children. The mothers' allowances have, in many cases, prevented the children from forming bad habits, through lack of control, and joining the criminal classes of the province. He also stressed the good advice given the mothers by the Board's investigators. These investigators visit the mothers once every three months.

One of the most difficult problems in in the case of mothers who have incapacitated husbands. The husband must be totally and permanently incapacitated. A medical man has been appointed to investgate every case of incapacity.

Five thousand nine hundred and ninety-seven mothers in the province were receiving the allowance at the end of the last fiscal year.

Dr. Jamieson spoke highly of the Grey County local board for the mothers' allowance.

A proof of the efficiency of the manner in which the act is enforced is the fact that there are very few complaints. Quebec has decided to copy Ontario's mothers' allowance act, a further proof of its efficiency.

There have been requests that the act be extended to widows with one child, but the Government has never seen its way clear to undertake this additional expense.

The province is now paying out mothers' allowances at the rate of nearly $2, 500,000 a year.

"No one needs to go hungry or naked in the province of Ontario and there is no other country in the world taking so much care of its poor people," Dr. Jamieson said.

Old Age Pensions

Dr. Jamieson stated that he sometimes thinks that it is a mistake to appoint members of the County Council as members of the local old age pensions board. Ontario has a greater percentage of people over 70 years of age than most other provinces but the percentage of these aged people receiving the pensions in Ontario is much smaller than in most provinces, 34 out of every 100 people over 70 years of age in Ontario receiving the pensions.

By adopting the Dominion annuities as a means of judging the income a man's assets will buy, much money has been saved.

The number of refused cases in Grey County is very small, Dr. Jamieson stated. Over $114,000 has been spent in Grey County for pensions, of which the county has paid 20 per cent.

In future no pensions will be awarded until investigated by the Provincial Commission. In the past the pensions were awarded by the local boards, before being investigated by the Provincial Commission.

Pensions are being paid out at the rate of $9,000,000 a year for Ontario. In Ontario there were 41,948 pensioners in January.

Proposed amendments will reduce the cost of pensions, Dr. Jamieson believed.

When the Dominion Government takes over 75 per cent of the pensions, the country's share will be reduced. This measure will be made retroactive from August 1st last. It is possible, Dr. Jamieson said, that Grey County may thus have enough money to its credit to pay for its share of the pensions for a year.

The speaker pointed out that the pensions made the revenue needed for the maintenance of the Home for the Aged and Infirm much smaller.

"It is possible to go too far along the line of economy," Dr. Jamieson warned. Old age pensions and necessary road work should be carried on, he stated. If Grey County material is used for the road work, employment will be provided for the people of the county, he pointed out. "It has been intimated that, in time the Dominion Government will take over the entire cost of the pensions," Dr. Jamieson said.

Dr. Jamieson answered a number of questions asked by members of the council.

On a motion of Reeve W. I. Field of Collingwood, chairman of the 1931 Grey County old age pensions board and Reeve Alex. Cameron of Artemesia, the thanks of the council was extended to Dr. Jamieson. — Sun Times.

A FARM PROGRAM

A farm program for 1932 was presented in a recent address by W. R. Reek, superintendent of the Ontario Experimental Farm at Ridgetown. In it he favored the rearing rather than the purchasing of feeder cattle, a type of cow that will make a cream check possible as well as a steer, a consistent hog breeding policy to avoid the disastrous results of dumping in and out, a well-cared-for stock of poultry, a cash crop suitable for the soil and locality, clean seed—and thrift. The practice of thrift was applied to all farm operations and to the production in garden and oherwise of many home necessities. The automobile was not condemned as a piece of farm equipment, but Mr. Reek declared that parents and young folk in the family should sit down and talk the situation over and settle on a policy or practice that would reduce the operating expences of the farm car to reasonable limits and lessen the annual depreciation.

The Bank of Montreal people in Goderich couldn't get the vault door to open on Friday, and had to borrow money to carry on business. Often when harried by creditors, have we desired to place our meagre wad in just such a safe, where the doors would not open.

ANNUAL REPORT

- OF -

Osprey Municipal Telephone System

FOR THE YEAR ENDING DECEMBER 31, 1931

COMMISSIONERS

S. Mullen, Chairman
G. D. Short, Commissioner
H. F. Fenwick, Commissioner
H. F. Fenwick, Secretary-Treasurer.

No. of Telephones January 1st, 1931	Subscribers 214, Renters 4
Miles of Poles, January 1st, 1931	33 Miles
Miles of Poles, December 31st, 1931	33 Miles
Miles of Single Wire, January 1st, 1931	150 Miles
Miles of Single Wire, December 31st, 1931	150 Miles

OPERATING ACCOUNT — REVENUE AND EXPENSES

REVENUE

Subscribers' Levies in 1931 for Principal, Int. & Maint.	$ 1829 08
Subscribers' Levies in 1930 for Principal, Int. & Maint.	
Non-subscribers' Rentals for 1931, collected	49 50
Non-subscribers' Rentals for 1931, uncollected	20 00
Local tools from non-subscribers, pay stations, etc	
Bell Telephone Co., commission, etc., long distance calls	321 66
Net earnings Tolls to or from systems other than "Bell"	
Miscellaneous receipts	141 30
Total Revenue	$ 2361 54

EXPENSES

Operators' Salaries	$ 788 10
Annual Switching fees paid to "Bell" or other systems	
Maintenance or Repairs—Wages	512 46
Maintenance or Repairs—Supplies	511 69
Commissioners' Salaries	40 50
Secretary's and Treasurer's Salaries	50 00
Other Salaries (Auditors, Clerks, Municipal Officers, etc.)	43 00
Rent, Heat and Light	80 75
Stationery, Printing and Postage	16 37
Insurance and Workmen's Compensation	
Sundries	14 35
Total operating expenses	$ 2057 22
Gross Income (operating revenue less operating expense	
Interest on Temporary Loans	
Interest on Notes and Bills	
Net Income	$ 304 32
Principal and Interest payable on Debentures in 1931	
Surplus for Year	$ 304 32
Surplus December 31st, 1930	1845 83
Surplus December 31st, 1931	$ 2150 15

CONSTRUCTION ACCOUNT YEAR ENDING DECEMBER 31, 1931

RECEIPTS

From date of By-law for the establishment of System to Dec. 31, 1931	
From temporary loans	$
From proceeds of debentures	15053 77
From Subscribers in lieu of debenture payments	278 22
From revenue	
	$15331 99

DISBURSEMENTS

From date of By-law for the establishment of system to Dec. 31, 1931	
Temporary loan, repayments	$
Expended on plant and equipment	
	$15331 99

BALANCE SHEET FOR YEAR ENDING, DECEMBER 31, 1931

ASSETS

Plant and equipment	$15331 99
Real Estate	
Tools and Vehicles	50 00
Office Furniture and Fittings	15 00
Subscribers' levies uncollected in previous years	$
Rentals uncollected in previous year, up to Dec. 31, 1931	25 00
Tolls uncollected in previous years, up to Dec. 31, 1931	144 50
Material on hand	50 00
Cash in Bank or on hand, or due from Township	2150 15
	$17766 64

LIABILITIES

Debenture Principal unpaid on December 31, 1931	$
Cash payments by subscribers in lieu of annual levy	278 22
Debenture Principal paid to December 31, 1931	15053 77
Temporary Loans outstanding and payable by deb. issue	
Advances by Municipality payable out of revenue	
Accounts payable	
Interest due and unpaid	
Surplus	2434 65
	$17766 64

CERTIFICATE

We certify that the annexed statements of Revenue and Expenses, Construction Account and Balance Sheet exhibit a true and correct view of the state of the System's affairs as on December 31, 1931.

EDGAR BETTS
EMERSON WRIGHT, Auditors.

Dated this 8th day of January, 1932.

THE STORE WITH SERVICE

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

OUR BUYING POWER SAVES YOU A LOT OF MONEY

SPECIAL SALE
Prints & Ginghams

SEWING TIME IS HERE AGAIN

Sunshine Prints 19c Yard

A Guaranteed Cloth, absolutely fast color, 36 in. wide, yard **19c**

Daylee Prints 23c Yard

A high class Cloth, guaranteed fast colors, 36 in. wide, mercerized, yd. **23c**

Ginghams 19c Yard

Anderson Scotch Ginghams, guaranteed fast colors, 36 in. wide, yd. **19c**

Ginghams, 2 Yards 25c

A real buy in 27 in. cloth, small check patterns, 2 yards **25c**

Ribbons

Entire stock of Hair Ribbons, Trimming Ribbon, etc., 2 yards **25c**

Silk Crepes 79c Yard

In all good wanted shades, a real buy; per yard **79c**

Ladies' Silk & Wool Hose 3 pair $1

In all wanted shades, all sizes, heavy quality silk and wool, 3 pairs **$1.00**

Rubbers and Boots

At extra special clearance prices.

Extra Special

Lace and Insertions, all widths 6 yds. **19c**

Ladies' Broadcloth Bloomers 69c

In all new shades, heavily lined with white flannelette, pair **69c**

Ladies' Wool Bloomers

All wanted shades in fine wool Bloomers, all sizes, pair **79c**

Men's 12 in. Top Rubbers $2.75

A heavy leather top with reinforced rubber bottoms.

Ladies' Strap Slippers $1.98 pair

A good quality kid slipper in black with strap, pair **$1.98**

Men's Boots $2.29 pair

A real buy in leather boots, in fine and work boots, all sizes, pair **$2.29**

GROCERY SPECIALS

Tiger Catsup, qt. bottle ..... 2 for 25c
Corn, Peas, Tomatoes .....3 for 25c
Choice Orange Pekoe Tea ..... 3 lbs. $1
Picnic Salmon ..... 2 for 25c
Brunswick Sardines ..... 5 for 25c
Rolled Oats, ... 20 lbs. 65c

TOBACCO SPECIAL

While It Lasts—1 20c pkg. McDonald fine cut and 1 15c. pkg, for **20c**