HEALTH

by Leonard Harman M.D.

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

ANAEMIA

Ten years ago liver could be bought for a few cents, and was used to feed the cat or the dog. Today, so many people are eating liver that the price has advanced until it is only the very spoiled cat which gets an occasional taste.

It was no longer ago than 1926 when ti was observed that patients suffering from pernicious aenaemia were much improved when they used a half pound of liver each day.

Anaemia is a general term which means that the blood is dificient in quantity or quality. There are several kinds of anaemia, such as that which follows upon a haemorrhage, or the anaemic which usually develops as a part of such chronic diseases as tuberculosis, cancer, malaria and lead poisoning.

Then there are the anaemias which occur because of the failure of the organs which manufacture the red blood cells. We cannot live without oxygen and if there are not enough red blood cells, or if there is a lack of the haemoglobin which should be in these cells to carry oxygen, then the body tissues are starved of the oxygen which they need.

The red cells are manufactured by the red marrow at the ends of the long bones, ribs and vertebrae. Pernicious anaemia was, until recently almost always fatal. The red cells were so rapidly destroyed that the bone marrow could not meet the demand; this, in the end, meant death as the blood could not carry enough oxygen to all the tissues to maintain life.

Liver contains something which brings back the blood of pernicious anaemia patients to normal and so gives them back their health. No longer is the victim of pernicious anaemia doomed to die; health and strength are his through the continued proper use of liver or liver extract.

The fame of liver spread, and many people began to eat it on the general principle that what is good for one ailment is good for others, which is, of course, absurd.

Liver is not even of value in the treatment of all anaemias. The chlorosis, or "green sickness" of young girls, a form of anaemia, disappears with improved habits of living; other forms of anaemia respond to iron theapy. In all cases, a blood examination is required to determine what form of anaemia is present; this must be known before proper treatment can be prescribed.

Man in Windsor drove through guard rails and his car dropped 30 feet. He received only minor injuries. Even so it's dangerous to take a drop too much.

THE FURROW'S END

By LEONARD HARMAN

WATER

By Leonard Harman

"Water, water, everywhere,
And all the boards did shrink;
Water, water everywhere,
Nor any drop to drink."

Where is there anything to approach this stanza by Coleridge as an expression of hopeless limitation and defeat? A strange paradox of the sea which clings to the mind of even the landsman.

At home I have always been accustomed to two good wells never failing to yield up an abundance of fluid of a crystal purity. Neighbor Howard needs no provocation to state his ultimatum on the subject as he staunchly affirms that "this is good water." When he was working several miles away he would fill up his "little brown jug" from the familiar source and carry it with him that he might be refreshed as he paused from his labors. Often have I too, when in some other place, longed for a sparkling glass of this native beverage.

When I go to the city and make wry faces over a fountain spouting some pasteurized cholrinated concoction, I long for the clear springs of the countryside. Nor do I relish the town water of Newmarket, which despite all municipal efforts, persists in retaining an unpalatable taste of iron or something. Someone keeps reminding me that it is better than no water at all, that I should be thankful for any water, and so on; yet I persist in being dissatisfied; I will not accept it unchallenged and uncriticized.

Unpleasant as is this liquid to the palate, it is no more pleasant to the skin. It's limey nature must be counteracted by the suds of soap or one's face will chafe under its application. Much better the granite basin by the cistern pump. And all this brings to mind a meeting of farmers where we were choosing subjects for an impending debate. One neighbor, with a flash of that rare rustic wit, suggested the subject, "Resolved that hard water is harder than soft water." Just let him wash with it for a while! The proof of the water is in the washing, or is it in the drinking?

The old phillosophers seeking the rudiments of science were fond of dividing everything into three "elements" To men who knew the thirst of deserts or the wash of the seas, "water" must find a place with "earth" and "fire." Later scientists discovered it to be a compound and by the aid of electricity broke it down into its gaseous components, even wrote it in symbol as "H2O." Then they returned the gases to water which they froze, thawed, weighed and even drank when nothing stronger offered.

It was Peter McArthur on his death-bed who wrote an eulogy of good water. "If our friends, the prohibitionists, will teach the children—and will learn themselves," wrote the sage in a final burst of his humorous philosophy, "how delicious pure water is, and to avoid messy substitutes, they will not only help to bring about a water-drinking world, but they will spread health and open the doors to better living." And straightway there arose in support of his contention a dim host of writers, from the psalmist of "the still waters," to the later poets with their "rushing rivulets" or "babbling brooks."

Yet, in spite of all sense, sentiment or sentimentality, be water hard or soft, clear or murky, I am moved to extreme provocation when upon some zero morning it lodges in my carburetor.

Varsity students have voted 13 to 11 as disapproving girls whose finger tips are brilliantly tinted. The minority vote doubtless represents the Red element in the student body.

St. John's United Church

Services, January 26, 1936

11.00 a.m. — "Putting away Childish things."

3.00 p.m. — Ceylon church service.

7.00 p.m. — Memorial service for our late King George 5th.

THE STORE WITH SERVICE

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

OUR BUYING POWER SAVES YOU A LOT OF MONEY

Opportunity Days still continue. Many added features to clear before stock taking, January 31st, 1936.

Ladies Ready-to-Wear, at Prices! Well they are the talk of the town.

Ladies' Dresses $1.59 Each
In the newest styles and cloths.

Ladies' Dresses $1.95 Each
Smart Crepes in newest styles and cloths.

Here Ladies!
Our regular $5.95 and $6.95 Dresses out for quick sale, the season's smartest styles, each **$3.95**

SPECIAL SALE OF LADIES' COATS
All Coats Regrouped
1 Rack of Coats at ..... **$ 4.95**
1 Rack of Coats at **8.95**
1 Rack of Coats at **12.95**
1 Rack of Coats at **18.95**

STAPLE DEPARTMENT
1,000 yards 27 inch White Flannelette, reg. 14c quality **10c yd or 10 yds. for 95c**
500 yards extra heavy 36 inch Stripe Flannelette, reg. 29c to 35c per yard, Special ..... **23c or 2 yds. 45c**
Quilt size Cotton Batts about 72x90, Special, each **39c**

Women's and Children's Hosiery
We still have a good assortment of pure wool and plaited Hose for Women and Children. Special, pair **25c**

Men's Work Shirts at Cost and Less
A real assortment in all size, cotton cloths doeskin and pepper and salt mixtures; priced to suit any pocket book. Clearance prices at ..... **59c, 83c and 95c**

Men's Moleskin Windbreakers
In all sizes and color, regular $1.95 value. January Clearance, each **$1.39**

RUBBERS! RUBBERS!
Prices the lowest in years
Men's Monitor 6-eyelet, pair **$1.69**
Boys' Monitor 6-eyelet **$1.49**
Youths' Monitor, pair **$1.39**
Men's Rubber Boots, pair **$1.95**
Boy's Rubber Boots, pair **$1.49**
Women's Velvet Goloshes, pair **$2.89**

Hill's Prices in Groceries Defy Competition
Good sizes Oranges, sweet and juicy ....dozen ..... **17c; 2 doz. 33c**
Jewel Shortening ..... **2 lbs. 25c**
Japan Rice ..... **5 lbs. 25c**
Meaford Canned Tomatoes .... **3 for 27c**
Extra Quality Black Tea, per lb. **49c**
Fresh Soda Biscuits, per lb. **10c**
Good Quality Dates ..... **5 lbs. 25c**
Sugar, 10 lbs. **49c**
Strawberry or Raspberry Jam, 40 oz. size **29c**
Epsom Salts ..... 8 lbs. **25c**
Sulphur ..... 8 lbs. **25c**
Richard's Carbolic Soap 3 lbs. **14c**
Clarke's Pork and Beans, jumbo size, ... 3 for **29c**
Canned Pumpkin 2½ size ..... **3 for 25c**
Keta Salmon, 1 lb. size **10c**
Choice Quality Aylmer Sweet Corn, ... **3 for 25c**
Choice Grape Fruit ..... **6 for 25c**

Inaugural Meeting Osprey Township

The Inaugural meeting of the Osprey Municipal Council was held at Maxwell on Monday, January 13. Owing to very unfavourable weather there were only a few spectators for the occasion After the members took and subscribed to the Statutory Declaration of Office, Reeve Lockhart assumed charge and in a brief address welcomed the members back again and asked for their whole hearted co-operation in dealing with the business administration for the ensuing year. The other members afterwards each gave a short address, the business brought to their attention by the Clerk was proceeded with. The minutes of the December meeting was read and dealt with in the usual manner. By-Laws were introduced, read and passed in the following order: No. 1, appointing Commissioners of Divisions No.1, Arnold Hutchinson; (2) Geo. Donald; (3) Morton Sayers; (4) Jas. Fawcett; (5) John Lockhart. By-Law 2, Elijah Buckingham as weed Inspector; By-Law 3, Douglas Stephens as assessor; By-Law 4, Mort. Sayers as member Local Board of Health; By-Law 5 School attendance Officer, Wm. Norman; Nos. 1, 2 (12), Wm. Hargrave; 4, 9, 11, Geo. Burk; 5, 6, 7, Wm. Kendall; (3, 8, 10, 14). By-Law 6, C. L. Vanwyck of Owen Sound as Auditor of 1935 accounts. By-Law 7, authorizing the borrowing of $20,000.00. By-Law 8, authorizing estimated expenditures on Township roads at $8,300.00.

The Clerk was authorized to order seven subscriptions of the Municipal World, also a copy each of the Assessment and Municipal Acts for each member. These are to be the property of the Municipality and to be returned to the Clerk at the end of the year.

A resolution was received from the Grey County Educational Association, endorsing Medical Officer of Health report cards as used by Normanby Township, this resolution was endorsed, association to be notified accordingly.

Fees of $5.00 each was sent to the Good Roads Association of rural municipalities. Relief, which is becoming one of the major problems of the municipality, was very thoroughly discussed and it was decided that this year a man outside of the council should be appointed which resulted in a motion being passed appointing Douglas Stephens as relief Officer to be paid 20 cents per hour and 10 cents per mile travelled in performance of his duties.

The Reeve was authorized to purchase any lots sold at adjourned tax sale on Jan. 30 for the Municipality.

Reeve Lockhart and Road Sup. Jas. McKenzie were appointed as delegates to Good Roads convention.

General Accounts paid were, L.OL., Maxwell, Hall for nomination, $5.00; C. N. Long, registering deeds $57.50; Old Age Application; $2.50; County Office and Supply Co., supplies, $26.-86; Good Roads Association, $5.00; Ontario Association Rural Municipalities, $5.00; E. Robinson, stamps, $6.00; R. Priestly, relief account, $2.00 B. Cameron, relief, wood $2.50; General Road accounts were, V. Wright, P.S. $23.10; E. Betts, trucking, $16.55; Bond Hardware Co., Fence and Posts, $212.31; A. Seeley, trucking, $10.00; J. McKenzie, supt. $19.50.

Council adjourned to meet at Feversham on Saturday, Feb. 29, at 2 p.m.

C. N. LONG, Clerk

CANADIAN FIRMS MUST ADVERTISE

(Stratford Beacon-Herald)

Anticipating action by the King Government in implementing its promise to reduce tariffs, the Financial Post takes certain Canadian firms to task for depending too much upon the Bennett emergency tariff and not making sufficient effort to educate Canadian customers as to the value of their wares. It is pointed out that American firms have spent thousands of dollars in creating interest in their products among merchants and the general public. With a reduction in protective tariff, the goods of Canadian manufacturers will be at a serious disadvantage and they "will have only themeslves to blame if they cannot meet reasonable competition from imported products." says the Post.

It appears that many Canadian industries have in the past got together to "save" the money usually expended on merchandise and advertising, counting high tariffs an effective substitute. Such firms will have to do more in the way of developing their own market with the Canadian consumer. Canada must have a tariff, but it should never be depended upon as the sole prop of any industry. And the moral of that is—"it pays to advertise."

And now over three months until the next holiday.

ROCK MILLS

The stormy weather of the past few days have made roads heavy in places but cars are still running on the highway.

Mrs. H. C. Dietz has returned home after spending a couple of weeks with friends and relatives in Cleveland, Ohio.

Miss Evelyn Phillips is improving nicely after her recent attack of bronchitis and pneumonia.

Mrs. Dick Clark is visiting with relatives in Owen Sound.

Master Vernon Atkinson is feeling better and is able to be back to school again.

Mr. Alex. Laughlin spent Sunday with friends here.

Mr. and Mrs. Herb Betts are celebrating the 15th anniversary of their wedding this Saturday, when a large number of relatives expect to be present for the occasion.

Mr. Ned Croft and Mr. Stuart Foster visited Saturday evening with Mr. Ernest Radley who is a patient in the Markdale Hospital.

ROCK MILLS LADIES' AID

Rock Mills Ladies Aid held their monthly meeting at the home of Mrs. B. Field, with eleven members present. The meeting opened by singing, "Sowing in the Morning," followed by the Lord's Prayer. St. John, Chap. 3 was read alternately. At the close. "I've reached the Land of Corn and Wine," was sung after which lunch was served.

MAXWELL

Born to Mr. and Mrs. John Beatty on Sunday January 12th, a daughter.

Mr. Wm. and Jim Kerton have returned from the northern woods where they have worked the past three months.

Mrs. Ed. Seeley is visiting her sister in Toronto this week.

Miss Marion Hawton is visiting her friend, Miss Delmar Seeley. Miss Annie Bemrose visited the past week in Feversham, the guest of her uncle, Mr. Geo. Burk and family. We are pleased to report Ernest Radley doing as well as can be expected.

The fourth line group of the W. A. are having a crokinole party on Friday, January 24th in the church hall.

FEVERSHAM

Miss A. Bemrose of Maxwell visited with Mr. and Mrs. George Burk here last week.

Mrs. George Short visited with her daughter, Mrs. E. Morrison of Singhampton last week.

Mr. E. Robinson was in Toronto on business last week end.

Lorne Tuppling has purchased the Hodgin farm on the tenth line north of here.

The Continuation school pupils and some of the other young people had a snowshoe hike on Monday evening out in the country and on their return were treated to lunch in the school by the teachers, and spent a while in a social way together.

The Y. P. S. took the service in the Gospel Worker's church on Sunday, and Mr. George Armstrong of Flesherton was the special speaker.

Mr. A. Seeley of Maxwell is trucking logs from here to Rock Mills yet.

Quite a cold spell of weather this last weke with the mercury hovering around zero.

On January 15th the Y. P. S. met at the home of Mrs. Eby with 26 present. The meeting opened by singing hymn, "Tell me the Old, Old Story." after which the Lord's Prayer was repeated, the Roll Call was answered by a verse of Scripture. The minutes were adopted by Mrs. Eby and seconded by Miss Gordon. Mervin Davidson handed in his resignation as missionary convener. Mrs. Francis received that position. Short speeches were given by the members of the executive.

Bob McQuay, devotional convener, opened his program with the hymn, "It was Wondrous Love." Norman Davidson read the scripture, "Paul in Corinth" on which Mrs. Eby gave a short reading. Mac Steven read a poem, "A Prayer for the New Year." Irma Smith sang a solo, "When I take Vacation in Heaven." Murray Lepard read a short poem, "This Year." The meeting closed with singing, "Lord, I'm Coming Home," and the Mizpah benediction repeated in unison.

Herb Eby, the social convener provided a short entertainment of games and contests.

BARHEAD MILLS SOLD

Mr. W. J. Howard of Markdale has sold Barhead mills to Mr. Isaac Hooper of Holstein district, who took possession on Friday. It was known for some time that the old mill was again changing ownership, but it was not until noon on Friday, January 17, that the bargain was closed and all details concerning the sale were settled. The sale covers both the planing and chopping mill, water power, raw and manufactured stock and mill property.

CEYLON

The first meeting of the W. I. since the New Year was held at Mrs. Sinclair's with a record attendance of nine members and seven visitors. The president, Mrs. Geo. Snell opened the meeting. The "Ode" was sung and the "Lord's Prayer" repeated in unison. In the absence of the secretary, the minutes of the previous meeting were read by Mrs. Sinclair. Papers on "Institute work" and "Cobourne Lodge" were given by Mrs. Sinclair and Frances Collinson. It was decided that each members bring material to the next meeting at Mrs. Harry Pipers' and begin making a quilt. Lunch was served at the close of the meeting.

The Ladies' Aid meets at Mrs. Knox's home, Wednesday, 29th at 2 o'clock p.m.

p.m. Social Committee, Cake — Mrs. Collinson and Mrs. Hunt.

Friday morning at 10.30 Inspector Pentland addressed a meeting in the school relative to "Consolidated schools." He began his address by giving his personal ideas regarding the re-casting of the township of Artemesia from its present 13 school sections to 17 in number thus overcoming the long walks of so many children and giving all in the township a better chance for receiving an education. He gave figures to show that with the grants received, the cost of education for the 17 sections would be less than the present 13 sections. Personally he preferred continuation schools to consolidated schools, as the latter would mean the scrapping of every public school in the township and suggested Eugenia, Proton, Markdale, Priceville and Durham centres for continuation schools with 2 high and 3 public school, teachers could take care of all the children in the township and would allow any child who so wished it, to receive Honor Matriculations,, a privilege barred from many of the children in the outlying districts.

For the whole of Ontario the cost per pupil for cities was $83.80, for rural schools, $60.10, for consolidated $69.23 or an average of $68.82 per each pupil for all centres for education. The government would not press any changes but would co-operate whole-heartedly with any changes that the township wanted. An opportunity was given to ask questions at the close of the Inspector's talk.

The Hall committee gave a very enjoyable euchre and dance Friday evening for the senior members of the community and the councillors. Progressive euchre was in play at thirteen tables, the high awards going to Mrs. B. Gibson and Reeve Davis. After lunch dancing was enjoyed Friday of this week the regular d[illegible] will be held.

Mrs. A. C. Muir and Kenneth spent Sunday with the former's parents at Berkeley.

Mrs. J. Kennedy attended the funeral of her brother-in-law, the late Mr. Alex Dunlop of Wiarton on Tuesday.

Mr. and Mrs. Elmer Harrison, Holstein, visited Sunday with Mr. and Mrs. Brady Irwin.

Miss Reta Marshall R.N., Whitby is visiting her parents, Mr. and Mrs. Fred Marshall.

Mrs. Jack Essex and son Jim, Swinton Park, spent Friday with Mr. and Mrs. F. D. Cairns.

Congratulations to Mr. Ken. Stewart and his bride (nee Lola Blackburn) who were married last Wednesday. We understand they will live on the West Back Line and we welcome the bride to our midst.

Miss Jean Collinson visited Miss Anna McVicar, Priceville, over the week end.

PECULIAR SKIING ACCIDENT

Keith Hunter, son of Reeve and Mrs. W. H. Hunter, of Egremont was brought to town Tuesday evening to have the bone set in his right arm, which had been fractured shortly before in a skiing accident at his home. Keith and the skiis and the dog got tangled up going down one of the hills on the farm with disastrous results for the former. The dog, which follows the young lad all over, went out with him and in some manner when playing around and enjoying the sport with his young master, jumped on the end of the skiis, upsetting him, and fracturing his arm.—Durham Chronicle.

THE AXE FOR 2-YEAR-OLDS

The farm flock keeper is rarely if ever justified in keeping hens longer than to the end of the second laying year. But to keep them even that long without a death loss that cuts seriously into profits, it is essential to have flocks ancestors that have laid numerous eggs for three or more years.

What infuriates us is the fact that two "plates" for the car cost almost as much as a whole dinner s[illegible] table.