

**FORTY BOYS ENROLLED IN SIGNALLING CLASS AT ARMORIES HERE**

Forty Haileybury boys are enrolled at the signalling classes which are being held in the armories here, under the auspices of the Algonquin Regiment, according to Captain F.R. Bertrand officer commanding the signal section. The instructor is Sergt. Major T. Davidson, of the Royal Canadian Corps of Signallers, and the course will last for six weeks. Already the boys have been in training for over a week and are all enthusiastic over the work, which is perhaps the most interesting in the infantry.

A dance is to be held tomorrow (Friday) evening, by the Officers of "B" Company, when special music will be provided and a good time is expected. This dance will be in the hall on the second storey of the building, where a splendid floor is provided. The building is kept heated at all times and is quite comfortable.

**Cross Country Motorist is Forced by Ill-Health to Quit**

The daily papers at the weekend printed a despatch from Montreal to the effect that Healy F. Needham, who last fall started out to blaze a trail by motor across Canada, had been forced to abandon the trip through ill health and a broken rib, and that he had gone to Montreal for hospital treatment. The car was stranded, the despatch said, between Mud River and Lake Nipigon, but the trip would be continued as soon as a new driver could be secured. In the meantime, Gus McManus, the prospector who was accompanying Needham on the trip, is remaining in the camp established and will continue when the tour is resumed.

Cohen and Kelly thought a Zulu belle was something to ring—until they met one. "Cohens and Kellys in Africa" will be at the Classic, Cobalt, Friday and Saturday.

**Here and There**

(543) Three months of hard labor which included the levelling of 21 acres of rolling waste land and the laying of approximately 12 miles of new track, terminated June 5 when the Canadian Pacific Railway finished the construction of "Fez City," Toronto, for the accommodation of the huge army of Shriners who held their convention in that city recently.

Lake Minnewanka, famous sheet of water in the Canadian Rockies, not far from Banff, has entered angling history with the capture recently of the largest trout ever taken from the lake. It weighed 40 lbs. 8 ounces and was 41 inches in length and 32 inches in girth. It has been stuffed and is now in the Banff museum.

The immensity of the progress made and the almost boundless prosperity he sees ahead for Canada has brought home to him the great need for the awakening of England to a better understanding of the Dominion, was the statement made recently by Major L. A. M. Jones, economic supplements editor of the Morning Post, London, England, who is making a several months tour of Canada studying conditions here.

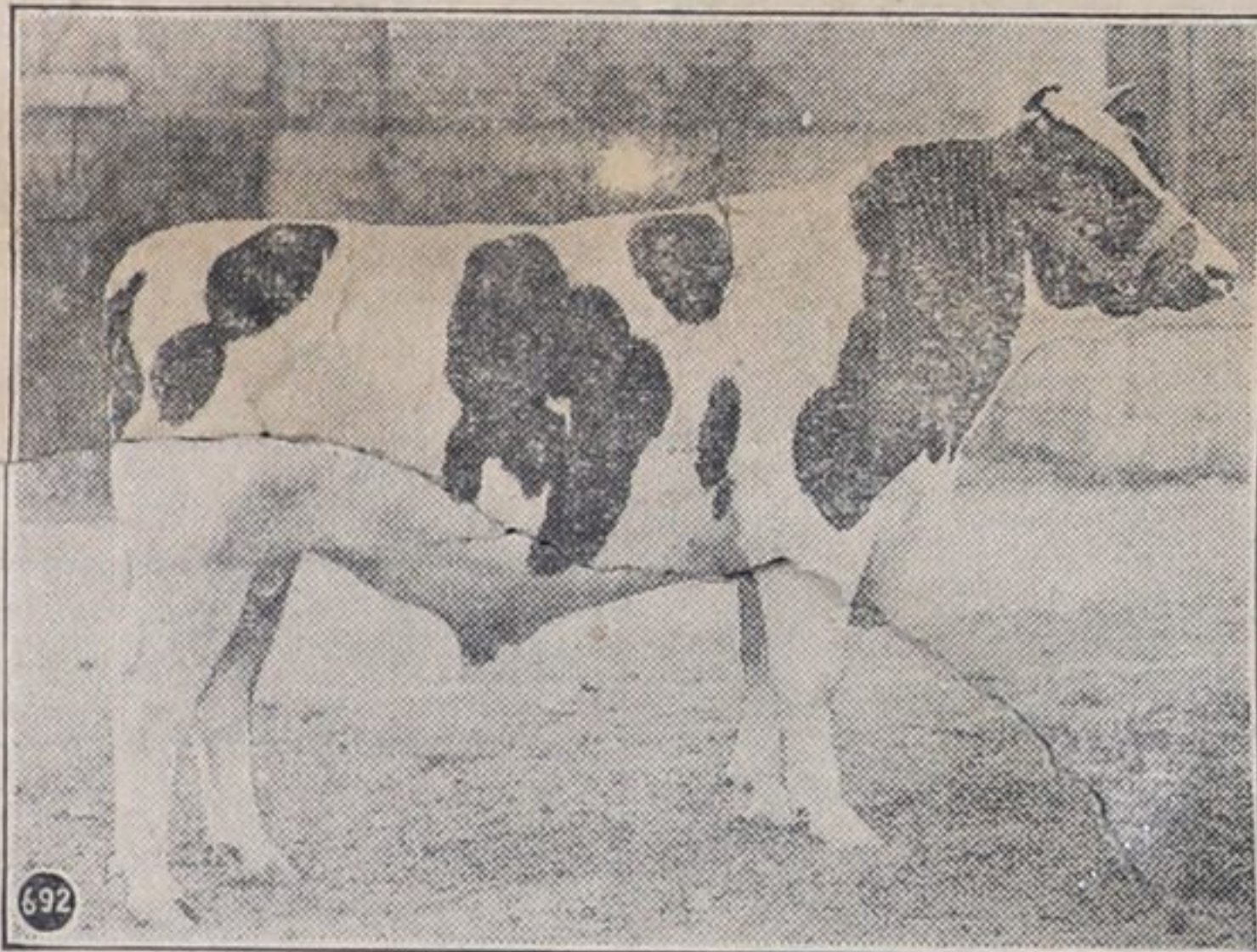
During the course of the forthcoming World Power Conference to be held in Berlin, Germany, June 26, C. Lefebvre, delegate for Canada, will propose that the next convention shall be held in Canada in view of the rapid strides made in matters electrical by the Dominion. Mr. Lefebvre sailed for Europe recently on board S.S. Empress of France.

June 2 saw the furnishings of the new central tower extension of the Royal York Hotel, Toronto, completed. Altogether there are 152 guest rooms in this wing, including six period suites, art moderne, flower, Dutch and Tudor. The Royal York is the largest hotel in the British Empire and with this addition numbers 1,156 rooms.

Fenwick Saunders, riding his bicycle at Tusket, N.S., recently, saw a salmon disporting itself in shallow water near Tusket Dam. He crept cautiously up, grabbed the fish which almost escaped, dragging him into deep water, but although out of his depth, succeeded finally in getting a 10-pounder fish safely ashore.

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Meet Mr. "Strathmore C. Koba Fairchild," prize bull who has been awarded Reserve All American honors by a committee in the United States appointed by the American Holstein-Friesian Association. In addition he won first prize at the recent Royal Canadian Winter Show in Toronto. Strathmore Mary Koba was Reserve All American Junior yearling heifer, 1930. Both animals were bred at the Canadian Pacific Experimental Farm at Strathmore, Alberta. The Strathmore and Tilley farms, operated by the Agricultural Branch of the Canadian Pacific Railway, made a very remarkable showing at the Toronto show last November. Suffolk sheep from the Tilley farm won every first and second prize and all championships including Champion wether. In Hampshires the flock from Tilley farm won four firsts including Grand Champion ewe, reserve Grand Champion ram and Champion wether. Holsteins from the Strathmore farm won the coveted Haley & Lee trophy for the second time. Altogether the sheep from the Tilley farm and the cattle from Strathmore farm won eighty ribbons at the Royal Winter Show, Toronto, of which fifty were made up of nineteen Firsts, twenty Seconds and eleven Championships and Reserve Championships.

**BONZO by Studdy**



**Health Service**

OF THE **Canadian Medical Association**

Edited by **GRANT FLEMING, M.D. - ASSOCIATE SECRETARY**

**BLOOD PRESSURE**

The blood in our bodies is constantly in circulation. The heart, which fills with blood between beats, thrusts out the blood each time it contracts, thus causing it to circulate. This thrust, or impulse, given by the heart, is carried right along the blood stream in the arteries, and can be felt at various points in the body, notably at the wrist, where it is called the pulse.

The degree of blood pressure varies in different people; indeed, it varies in the same person, from hour to hour, depending upon a number of factors, such as activity and rest. Variations in the blood pressure within certain limits, are normal; outside of such limits, if the condition persists, then it is abnormal. If the blood pressure is persistently above or below the normal, this is a symptom which suggests some disturbance of the functions of the body, or the existence of some diseased condition.

Frequently someone states that he is suffering from high blood pressure, such an individual being evidently under the impression that high blood pressure is a definite disease. It is not a disease; it is only one symptom which may indicate disease. In the way that sugar or albumin in the urine is a sign of disease, so is high blood pressure a symptom of some abnormal condition.

About the worst thing that can happen to someone whose blood pressure is high is for him to become the type of individual who thinks or talks of nothing else. This is bad for himself and it is hard on his friends. It is not suggested that an abnormal blood pressure be ignored, but once advice has been received

from the doctor as to treatment and as to how to live, it would be ever so much better for the patient to follow that advice and stop fussing. We say this, because worry and fussing only make the condition worse.

An increased blood pressure may be due to one of many causes. If the heart loses some of its power to contract, the pressure is affected. Other reasons for an abnormal blood pressure are loss of the elasticity which healthy arteries have, or kidney trouble, or the occurrence of some acute or chronic disease. It is easy to see, therefore, that there are many conditions which are the real, underlying cause of alterations in the blood pressure.

The gravity, or otherwise of an increased blood pressure depends first of all, upon what is causing the trouble, and then as to whether or not the cause can be removed or corrected by proper treatment.

In addition to the treatment directed towards the removal of the cause, it is usually necessary that a new or altered mode of living be followed, at least for a time. This does not mean that the person becomes an invalid; indeed, far from it, because exercise or work which does not fatigue is actually helpful in most cases. But it is necessary that attention be given to diet, rest, fresh air, and such other apparently simple, but important matters. The individual who is overweight must reduce. Alcohol must be given up. Just what treatment is needed varies from case to case, as no two are exactly alike, and that is why each needs advice and supervision on the part of the family doctor so that each may be told how to live in ac-

**BURNING QUESTION**

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cordance with the particular requirements of his case.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

**Parliamentary Notice**

Wednesday, the twenty-fifth day of February next, will be the last day for presenting Petitions for Private Bills.

Wednesday, the fourth day of March next, will be the last day for introducing Private Bills.

Wednesday, the twenty-fifth day of March next, will be the last day for receiving Reports of Committees of Private Bills.

ALEX. C. LEWIS,  
Clerk of the Legislative Assembly  
Toronto, January 9th, 1931  
41-6-c

**SHERIFF'S SALE OF LANDS For Arrears of School Taxes**

The list of lands for sale in S.S. No. 2, Savard and Marquis for arrears of taxes has been prepared, copies of which may be had at my office, Court House, Haileybury. Said list is being published in the Ontario Gazette Nov 29th, Dec. 6th, 13th, 20th, 1930. In default of payment of such arrears and costs the lands therein mentioned shall be sold at the time and place mentioned in the said advertisement. Haileybury, December 15th, 1930.

GEORGE CALDBICK,  
Sheriff of Temiskaming District.  
37-13-c.

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