

Haileybury in 1924

Items from the Files of The Haileyburian of Seven Years Ago

Prompt action on the part of Jos. Corrier saved Tommy Blair, aged 13, from drowning in the lake when he fell from the market wharf. Mr. Corrier waded in with a long piece of timber which the boy was able to grasp. Neither could swim.

About 150 members of the Quebec Chamber of Commerce will visit this district on a trip across Canada and will be in Haileybury on July 19th.

Work commenced Monday on the new Columbus Club building on the site of the former Matabanick Hotel on Main Street.

Haileybury is now definitely established as the base of the Laurentide Air Service and three planes will have their headquarters here during summer operations.

The removal of the temporary wooden buildings in the downtown area is to be hastened, according to a decision of the town council at its regular session this week.

Two electoral districts and two representatives in the Dominion parliament are provided for this section of the North in the redistribution bill now before the House at Ottawa.

The spring competition for the Taylor Cup, at the Haileybury Golf Club, was won on Wednesday by Mrs. A. S. McDonald and H. E. Blackwall.

The erection of six new residences under the Housing Commission plan has been commenced or arranged for during the past week.

THE RHYMING OPTIMIST

By Aline Michaelis

A Pearl

It lay within its satin nest, Of all Earth's gems the loveliest, And many, passing, looked thereon, And thought how like the dawn it shone. And "Ah!" men said, "Where will it go, To grace a hand as white as snow Or on an ivory throat to rest, Like rose-petal to petal prest?"

Wealth purchased it, a watch was set Always about the pearl, and yet From beauty's ownership a thief Soon stole the gem; his triumph brief, It travelled on from hand to hand By secret channels, land to land, And ever lovelier than a star, Its fame was voiced afar, afar. It crossed wide continents and seas, It knew strange temple mysteries, It heard the litany of love, This pearl, unchanged, where it might rove.

For always, fairer than the day, It went upon its changeful way; Until at last, by some mischance, It fell where fountain waters dance, Thence to a gutter's filthy swirl; But still a pearl, a matchless pearl

In Darkness

The dark comes like a friend when day is done And draws its curtains close for tired eyes; It screens the golden javelins of the sun And hides the jade and turquoise of the skies, Veil after veil is swung along the land, Now fades the river, now the hillcrest fades; Across the busy world with kindly hand Night slips intangible and fragrant shades.

And as the darkness deepens, there like flowers Peace blooms and faith unfolds its buds anew, For fairer gardens blossom through the hours When every rose is hidden from the view. The truth and love that were obscured by day In darkness shine like stars upon the way.



Health Service

OF THE Canadian Medical Association

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

BED-TIME

The body works in a rhythm of activity and rest. The heart which is apparently never at rest does, in fact, rest momentarily between each beat. We require periods of rest and relaxation, and the most complete rest is that secured during sleep.

Individuals differ and no hard and fast rule can be laid down as to the exact amount of sleep that is required by all. Some require more sleep than others; children, particularly, need a great deal.

We know that a large number of persons would enjoy a greater measure of health, would do better work and would feel better if they had more rest. Too many starve their bodies of the time that is necessary for rest in order that they may have more time for work and play.

Failure to secure sufficient rest is particularly serious during childhood. Lack of rest is one of the chief causes of malnutrition. The child who does not have sufficient rest is not able to digest his food properly and so his nutrition suffers because he does not rest enough.

Parents cannot rely upon the appearance of the child to guide them with regard to his need for sleep. The thin, over-active child who never says he is tired, who is always on the go and who looks bright and wide-awake at any hour is the very child who is in urgent need of rest. He is burning the candle at both ends, and his general health and well-being will suffer because of his lack of needed rest.

During the summer, children are often allowed to stay up late with the result that they do not get the amount of rest they require. Sleeping late in the morning does not make up for going to bed late in the evening.

The necessary hours of sleep in a room with open windows are:

Age	Bed-time	Hours of sleep	Rising time
5-6	6.30	13	7.30
6-8	7.30	12	7.30
8-10	8.00	11	7.30
10-12	8.30	11	7.30
12-14	9.00	10	7.30
14-16	9.30	10	7.30

Children who are not strong, who are not gaining regularly in weight, need extra rest. They should lie down for one hour at least after the noon meal. They may not sleep, but the rest which they get while lying down is almost as good as sleep.

Rest, fresh air, play, and the use of milk, fruits and green veg-

etables make children strong and keep them well.

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

Mental Health

By D. M. LeBOURDAIS
Director, Division of Education, Canadian National Committee for Mental Hygiene

OLD PEOPLE CAN LEARN AS EASILY AS CHILDREN

Modern Psychology Shows That Learning Ability Does Not Materially Decrease With Age

Recently the press carried a story about a former Canadian member of Parliament, 71 years of age, who is taking a summer course in French at Queen's University.

Nearly everyone believes that the older one gets the harder it is for one to learn; that the best time for learning is when one is young. The theory back of this is that the mind receives impressions more easily in childhood. It is also believed that these impressions are then more firmly fixed.

The only flaw in this theory is that, like many other things long and widely believed, it is not quite true. According to careful studies made by psychologists, the ability to learn continues at about the same rate throughout life. As a matter of fact, the adult probably has an advantage over the child because he has a greater amount of general knowledge and experience to aid him in his learning.

In spite of the prevalence of this mistaken belief, some ground is being gained. Each year advantage is being taken by a greater number of people of the extension courses given by the universities, and an increasing number of older people are enrolling in the regular courses. But many of these, because they share the general view, are more or less convinced that they face an especial handicap on account of their age.

There is no way of telling how much harm has been done, and is being done, through this one false belief. How often does one hear the statement "If I were younger I'd take up this or that study"? How many persons have gone through life robbed of the chance to read or speak a second language in the belief that they were

too old to learn? How many have failed to equip themselves for a better position because they were convinced that their best time for learning had passed? And what would be the effect on society generally if a change could be brought about in people's thinking on this one particular subject (Information on any point not covered here will be given in later issues if you will address your questions to "Mental Health", 111 St. George Street, Toronto, Ontario.)

ECONOMICAL METHODS OF LAND CLEARING IN NORTHERN ONTARIO

(Experimental Farm Note)
In a timbered country such as we have in Northern Ontario, the clearing of land is of vital importance. Several methods have been tried out, but the only sane method and one that can be recommended is, first, select an area that has clay soil or shallow muck preferably, secondly, cut all merchantable timber such as pulp logs and fire wood properly, pile all brush and timber of no value so that the area is all piled for a fire which is the chief factor in clearing. When the proper time arrives for a fire, the area should be burned and any logs left should be re-piled and burnt. On the success of the burn depends the whole matter of efficiency in future clearing as it keeps down sucker growth and also insures a good catch of grass and clover which is essential for pasture and the building up of the soil for a crop when the time arrives for the final clearing, which takes from seven to eight years if the stumps are left to decay and rot. In an experiment in land clearing conducted at the Dominion Experimental Farm, Kapuskasing, Ont., it was found that the cost of clearing decreased in five years from \$63 to \$46. Where the period was extended to 12 years and left in pasture the cost dropped \$10 and \$18 per acre the work being accomplished by hand, owing to the process of the weathering agents which is of vital importance. A light seeding of grass is recommended immediately after

the burn, such as four pounds of red clover, two pounds alsike and four pounds of timothy. This insures a good pasture and also assists in keeping sucker growth in check, which is one of the problems of the North, as second growth poplar etc., soon kill out pasture and in a few years you have a second cost if proper methods are not resorted to in the pioneer stage.

J. S. Ballantyne,
Dominion Experimental Station,
Kapuskasing, Ont.

Friday, August 28th, to Saturday, September 12th, are the dates set for the Canadian National Exhibition at Toronto this year.

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DEPARTMENT OF MINES

NOTICE

To Holders of Mining Claims in Ontario Not Yet Patented or Leased

Notice is hereby given to holders of mining claims, wheresoever situate, upon which the work specified in the Mining Act has been prohibited or restricted to a stated period by the Minister of Lands and Forests under the authority of the Mining Act, or where permission to do the work has been given under conditions and limitations designed to protect the timber, THAT under the Forest Fires Prevention Act, 1930, they are required to apply to the District Forester in the District in which the land is situate for a permit to perform such work, and that failure to apply for such permit or upon issue of the same, failure to perform and record the work prescribed by the Mining Act, will subject their claim to cancellation. The time for performing and recording the said work is extended by Order-in-Council to and including the 15th day of November, 1931. If the work is so done and recorded, the time for computing the date before which further work upon the claim is required, will be computed as from the said 15th day of November, 1931.

The name and address of the District Forester to whom application for such permit should be made, may be obtained from the Recorder of the Mining Division in which the claim is situate. A miner's license in the name of the applicant, or due renewal of the same, must accompany the application and the number or numbers of the mining claim or claims must be clearly stated.

T. F. SUTHERLAND,
Acting Deputy Minister of Mines.

Toronto, December 9th, 1930.

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Denmark has the world's champion wireless enthusiasts. Forty per cent. of Danish families own wireless sets. The world's largest wireless station is at St. Assise in France. London, England, is the largest city in the world, but the greatest railway facilities are in Belgium, where there are more miles per unit of area than that of any other country. London, however, has become the flying university of the world. More than a hundred students from many foreign countries were trained there last year. Florida walk in New Orleans, U.S.A., is 438 feet from property line to property line—the widest street in the world. The Champs Elysees in Paris, France, is 250 feet wide, Reeper Bahn in Hamburg, 210 feet, and the Ring Strasse in Vienna, 185 feet.

The world's greatest Grain Exhibition and Conference will be held at Regina, Canada, in 1932, but probably the "daddy" of all the world beaters, at least from a novelty point of view, is the world's biggest drink.

It appears that three hundred years ago last year Rothenburg, Bavaria, was compelled to surrender to a besieging army. The general was about to issue orders for the destruction of the city. Women and children begged for mercy. The general retired to the Court House and while there became more favorably disposed towards those who pleaded with him. After drinking from an enormous flagon, he said, "If any of you senators can empty this jug in one draught I will spare your town." The challenge was accepted by the Burgomaster, the feat accomplished and the city saved. Ever since then, every day at noon, mechanical figures on the town hall clock repeat the performance. On the three hundredth anniversary, which came last year, the Burgomaster was called upon to repeat the feat in person. He raised the same old flagon to his lips and drank its contents in one long draught—probably the biggest drink on record. It contained three and a half quarts of beer.

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