

## Motor League to Meet May 26 in Annual Session

Local Organization Will Hear Speech From Ontario President at Banquet

The annual meeting of the Temiskaming Motor League has been called for Wednesday, May 26th, to be held in Hotel Haileybury at 4 p.m., and to be followed by the usual banquet and entertainment.

All members of the organization are urged by the secretary, F. E. Thompson, New Liskeard, to be present if at all possible, and to secure tickets on or before Monday, May 24th. Ladies are invited to attend and the admission charge is one dollar.

A man who spent his boyhood days on the shores of Lake Temiskaming will be guest speaker at the banquet. He is Mr. Lumsden Cummings, president of the Ontario Motor League, a grandson of the late John Lumsden, for years a well known resident of Ville Marie. Mr. Cummings will be accompanied by Mr. Guay of the League's Toronto office, who will explain the free insurance policy to be issued to all members of the Emergency Road Service as well as being available as a source of information on any other subjects connected with the League. There will also be other speakers at the banquet and it is planned to intersperse the addresses with vocal and instrumental numbers, thus making the whole event both a profitable and pleasant evening.

### Was Omitted From List Of High School Graduates

Our attention has been called to an omission from the list of graduates at the local High School who received diplomas at the Commencement held on April 28th last. We are informed that Miss Margaret Whalen was among those to receive diplomas, having graduated at the previous examinations of the institution. The Haileyburian received what was thought to be an official list of the graduates, but we are told that Miss Whalen's name was added later and we are pleased to announce that she received her diploma.

Consistent Advertising in The Haileyburian will Bring Business

# HEALTH

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



## INDIGESTION

Everybody, at some time or other, has suffered from indigestion. It is, perhaps, the most common of all complaints, yet it is not a disease in itself. Rather it is a loose term with no definite meaning, for it is used to indicate digestive discomforts which may arise from a score or more of different causes.

The patient is conscious of pain, of bloating, of discomforts, of "heart burn" or acid eructations, of belching, of nausea, or of constipation. In one patient, a combination of several of these symptoms may be due to a gastric ulcer; the same symptoms in another may be due to a diseased gall-bladder, or to a type of appendicitis, or to a general sagging of the abdominal organs, or to anxiety and worry. The experienced physician can usually find the cause although in obscure cases, sometimes only after careful X-Ray and other examinations and tests.

With gratuitous advice thrust upon one from every angle, including the urgent entreaties of well-meaning but uninformed friends, the sufferer is apt to try many useless remedies and in the long run, spend considerable more money than were good advice obtained early and perhaps find the opportunity for a speedy cure irretrievably lost.

Sometimes the symptoms do yield readily to simple remedies. Over-acidity and certain kinds of pain may yield to baking soda, for instance, but the real under-

lying cause may go on undetected. In fact, acidity in the stomach is needed for digestion and its complete neutralization by alkalis only cause further indigestion.

Because of the danger of ulcers, cancerous growths, gall-bladder diseases, appendicitis and other serious conditions, early, accurate diagnosis cannot be stressed too strongly. At the same time, one should not become a nervous wreck from worrying over these less common conditions, for a great many cases of indigestion, the large majority, are due to simple causes and easily corrected.

Over-eating, rapid eating, bolting of food, over-seasoning, over-smoking, unnoted air-swallowing while eating, washing food down with liquids all cause indigestion. Constipation may be the main factor. Sometimes roughage in food does more harm than good to those with sensitive "spastic" intestinal tracts. Each person must determine what should be avoided and not let politeness override his judgment.

Above all, do not fear the truth it is much more likely to allay rather than confirm your fears.

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

### CONTEST ENTRIES FOR SONG OF HAILEYBURY TO BE RUN SERIALLY

It will be recalled that some months ago the local Rotary Club offered a prize for the best effort in the way of a "Haileybury Song," with the result that a good many songs and poems were submitted. These have not been judged yet, but have been compiled in such a way that they are readily available for the judges who will eventually decide the

contest. In the meantime, it has been decided to publish them serially in The Haileyburian, one a week, in order that readers may have them in full. The first appears in another column, and readers are advised to clip them out so that they will have the whole series when the time comes for the award to be made. Some are set to familiar tunes others have only their rhythm to recommend them, but on the whole they form a pretty fair collection.

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By F. D. Burkholder

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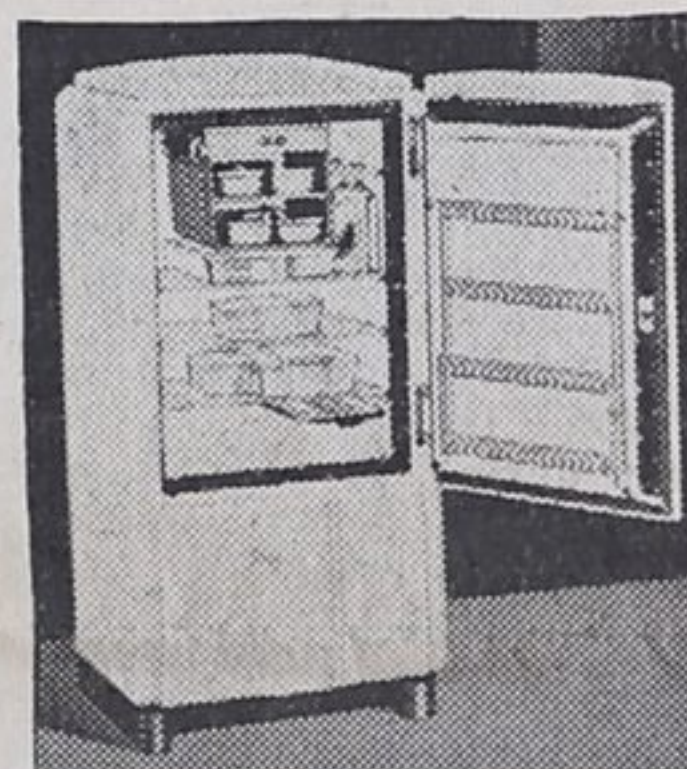
A "Goodwill Trade Mission" sage received by the local Board from the Toronto Board of Trade will visit this section of the north on June 7th, according to a message received by the local Board this week. Plans for a joint reception by the three towns are being discussed.

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