

Health Service of the Canadian Medical Association

During the summer vacation, when school is closed, there is a tendency to change the usual routine of life that is followed during the school term. The idea is a good one in a general way, because the change gives a sense of holiday freedom which is good for everyone, include the children.

Holidays are given with the idea that a rest for the body and mind is a good thing. The best work is done after periods of rest and relaxation. In order that school children may receive the greatest benefit from their summer vacation, it is necessary that parents realize that sufficient rest is essential. It is not a kindness to allow children to stay up late at night. Sleeping late in the morning does not make up for staying up late in the evening.

The necessary hours of sleep, with windows open, are:— Age bed-time hrs. 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

Children who have plenty of sleep, who play out of doors, who drink plenty of milk, and who eat fresh vegetables are the ones who grow up strong and well.

Children who are not physically strong, who are not gaining regularly in weight, used extra rest, and they should lie down for one hour at least after the noon meal.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered by letter. Questions as to diagnosis and treatment will not be answered.

Report of S. S. No. 9, Equesaling

Jr. IV—Willie Newton 456, Loren Mitchell 626. Sr. III—Elsie Davis 615, Olive Tyres 604, Dora Gowdy 652, Harold Johnson 480, Edith Tyres 446, Lloyd Given 401.

Jr. III—Dennis Hill 546, Bobby Johnson 580, Eva Tyres 562, Harry Smethurst 543, Earl Scott 489.

F. I—Margery Johnson, Dorothy Olave, Margaret Brown, Harry Devereux, Wilfred Johnson, H. Primer—Helen Devereux and Peggy Smethurst equal, George Tarwell.

N. Le Seclleur, Teacher.

Crop Report

The crop report for Ontario issued under date of July 8th by the Bank of Montreal is as follows:—Wheat is heading out with plenty of straw. A good average crop is expected. Spring wheat, barley and oats are making good growth. They are well advanced and heavy crops are anticipated although there is too much moisture in some of the eastern counties. Corn is growing nicely but dry, warm weather is required. Hay has improved wonderfully the past two weeks and while the crop will not be heavy an average yield is expected. Root crops look promising. Potatoes in good condition but requires continued warm weather. Strawberries and raspberries are below average; apples, pears, peaches and cherries look promising. Pasture is in good condition.

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Here and There

Quebec, Que.—Announcement from Ottawa, from Dr. W. H. Collins, Director of the Geological Survey of Canada, promises several survey parties in Quebec Province this year, mapping and investigating in to the geology and mineral resources of the province.

Edmonton, Alberta.—Looking to the improvement of wool produced by the sheep ranchers of the Prairie, a party of experts has started out under the direction of the Research Council of Canada to make a survey of the representative sheep ranches of the three provinces.

Winnipeg, Manitoba.—The formation of a dairy pool is suggested as a possible means of meeting the competition of Denmark in dairy products on the Manitoba market by Sir Timmins Allen, leader of the cooperative movement in Great Britain.

Indian Head, Saskatchewan.—One hundred million trees have been distributed throughout the West from the Province of Ontario by the Forestry Park here and its subsidiary at Butternut, and the work is still progressing at an unabated rate.

The Alpine Club of Canada will hold its 23rd annual camp July 17-21 at the Lake of the Hanging Glaciers in the Purcell Range of the Rockies. Banff will be the rail head for the camp which is five hours motor journey farther on.

Most makes its annual boat race West with the University of Montreal trip across Canada to the Pacific and back, starting from Montreal July 7. Many prominent French-Canadian make this annual trip which is sponsored by the University and run on Canadian Pacific trains, motor facilities and Great Lakes steamships.

Younger fallowmen in the employ of the great Canadian transportation companies held their first annual conference at Montreal recently under Y. M. C. A. auspices. The young men came from all points in Canada between Halifax and Vancouver and quickly got acquainted, swapping experiences and stories in friendly fashion after the first informal introduction. It is hoped to repeat the conference yearly.

AUCTION SALE!

Executors of the Estate of the late David H. McEwen

Friday, July 13th, 1928 at 1 o'clock sharp the following:— HORSES—Brown mare 6 yrs. old, Bay mare 8 yrs. old, Brown mare 12 yrs. old, brown gelding 2 yrs. old.

CATTLE—Registered Durham cow, calf at side; reg. Durham cow, milking well; reg. Durham heifer, 2 yrs. old; Durham bull, 1 yr. old; part Holstein cow, milking well; 2 Holstein cows, milking well; Holstein heifer, calf at side; 2 fat steers, weighing 2 yrs., 2 heifers, 1 yr. old; 6 calves.

PIGS—4 brood sows, 10 chucks. IMPLEMENTS—Seed drill, 12 disc, M. H. binder, 6 ft. cut; M. H. mower, 6 ft. cut; horse rake, John Deer hay loader, manure spreader, cultivator, disc, 12 set of harrows, steel roller, scuffer, Oliver riding plow, walking plow, 2 furrow walking plow, stoneboat, fanning mill, stock rack, hay rack, beam scale, truck wagon, lumber wagon with box, 2 buggies, set of bob sleighs, cutter, Ford touring car, grind stone, cream separator, root pulper, set long sleighs, hay fork and rope, set long tug harness with brooding, 4 new tugs with harness, set single harness, set wagon springs, fattening crate. A quantity of lumber, 25 hens, cooking stove, crosscut saw, 23 single cords beach and maple stove wood, 1 pair horse blankets, 1 robe, forks, chains, whiffletrees and numerous other articles.

Quantity of household furniture. GRAIN—200 bus. oats, 75 bus. barley, 50 bus. mixed grain, quantity of buckwheat, 2 bags red clover seed, bus. alfalfa, bag truck, bag holder, 2 doz. grain bags, pig crate, 6 bags potatoes, about 6 tons of hay.

At the same time and place, the farm containing 100 acres more or less will be offered for sale, subject to reserve bid. On the premises are said to be erected a comfortable frame dwelling, bank barn, drive house and other out buildings. The farm is in high state of cultivation. There is about 1 1/2 acres of good hardwood bush, also the crop, which will be sold by the acre providing the farm is not sold, 25 acres spring crop, 12 acres good alfalfa, 1 1/2 acres mixed hay.

Terms of sale—Cash. Terms of farm made known on day of sale.

H. A. Lindsay, Ben Petch, Clerk, Auctioneers.

AT JASPER PARK LODGE



Jasper National Park which will be visited this year by members of the Canadian Weekly Newsprinters Association is noted as one of the great show places of the world. Within its area of 5,300 square miles, not only is it the largest game sanctuary in the world but it contains the greatest number of mountain peaks. Few of these are below 8,000 feet in height. The highest peak of the British Red Cross Range is 11,033 feet in height.

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Advertisement for J. N. O'Neill & Son, featuring tires and a cartoon character. Text: 'We Can Always Give You Your Size. It costs money to carry a big stock of balloon tires. And there are so many sizes. If a tire merchant tries to carry two or three brands of tires, he can't carry all balloon sizes of each. He can't give service to all his customers. We specialize on Goodyears. We only need carry one brand. That helps keep our prices down. And we can always give you your size—always give you Goodyear quality and value. Goodyear prices are low right now.'