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**Georgetown Herald**  
 Phone No. 8 - Main Street

**THE FIRST COMMANDMENT**  
 Beyond the snow-clad hills of far-away  
 The seasons vanish, vanish day by day,  
 Each with its treasures grown so dear to us  
 That we forget their structure formed of dust—  
 Forged in the deep joy they brought that we  
 Would see them fade into a memory!  
 And in the grief and longing and the pain  
 With which we wish their coming back again,  
 The heart grows faint and turns, dear Lord, to thee  
 For strength and hope and honest sympathy.  
 'Tis thus the soul outgrows this little life  
 And reaches upward, out beyond its strife.  
 'Tis thus we come to know the Infinite  
 And thereby find and follow in his light.  
 The season's treasures that we love so much  
 Are heaven's rare gifts, and holy with his touch  
 They come to us, a mission to fulfill:  
 Each one to draw the Master nearer still.  
 Until, at last, we too, discard the clay  
 And rise to clasp our final destiny.  
 —By Kate W. Pottmeyer in, the Gospel Trumpet.

**HOME**  
 A man can build a mansion,  
 And furnish it throughout;  
 A man can build a palace,  
 With lofty walls and stout;  
 A man can build a temple,  
 With high and spacious dome;  
 But no man in the world can build,  
 That precious thing called Home.  
 So 'tis a happy faculty  
 Of women far and wide,  
 To turn a cot or palace  
 Into something else beside.  
 Where brothers, sons and husband  
 tread,  
 With willing footsteps come,  
 A place of rest, our love abounds,  
 A perfect Kingdom—Home.  
 —Janet Jones.

**Taken by Surprise**  
 Bobby: "Say, Dad, have you any work you'd like me to do?"  
 Father: "Why-no-but-er!"  
 Bobby: "Then how about putting me on relief?"

**Taken Literally**  
 Counsel (to witness): "You're a nice sort of fellow, you are!"  
 Irish Witness: "I'd say the same of you, only I'm on oath!"

**Early European Fencer**  
**Most Deadly Swordsman**  
 The sword has been the universal weapon of mankind. Even in primitive communities such as the South Sea Islands there are crude wooden swords with inlaid shark's teeth. The sword has had a definite evolution from the days of the hacking, slashing Greek and Roman broadswords through the early medieval brands to later types such as the Highlander claymore. Gradually the thrust supplanted the hack and parry technique of sword play.  
 The most deadly swordsman of all time, according to a writer in the St. Louis Globe-Democrat, was the trained European fencer of the Seventeenth and Eighteenth centuries, who preferred the point to the edge. By then the earlier-Renaissance long rapier had developed into the shorter straight concave triangular bladed Colichemarde of Louis XIV. With the decline in the use of the sword in war the dress or court sword, worn for ceremonial, occurred.  
 The most important makers of swords have been found at Solingen in Germany, Klingenthal in France, Toledo in Spain, "Damascus" (in reality Korazan in Persia, for Damascus blades, like Panama hats, are only traded through Damascus), Birmingham in England and Venice in Italy.  
 The principal parts of a sword are the forte and foible, or blade, and the hilt which consists of the plate, the pommel, the grip, the quillons, the button and the knuckle guards. These vary infinitely in form and arrangement, and it is from an analysis of these, the stamp of the maker, the ornamentation and the inscriptions, that a sword can be dated and classified as to nationality.

**Holland Girls Rekindle**  
**Fire as a Love Signal**  
 In Holland the downfall of a swain is apt to start with a shy glance in church or at one of those festivals called kermesses. If the glance is returned he puts on his Sunday suit and visits the girl in her home. He takes along a large cake, which he sets on the table. He is quietly received by the parents, and smiled at by the girl and her nudging brothers and sisters. But nothing is said about the reason for his call.  
 Late in the evening, sisters, brothers and parents go to bed. Instead of choosing this moment to fall on his knees, the young man sits around the fire and talks of everything except love. That is verboten. If the girl likes her caller, she throws some peat on the fire, they cut the cake, and everything is settled. If she lets the fire go out it is a sign that he is not suitable. Bundling up the cake, he goes out into the night, never to return, writes a correspondent in the Chicago Tribune.

**The Gutenberg Bible**  
 The Gutenberg Bible that cost Uncle Sam \$500,000; was printed on vellum and originally belonged to Dr. Faustus of Germany. Because printing was thought to be a magic art, printed books were suppressed. When Dr. Faustus was an old man, he sold this Bible to the king of France. It went to the Benedictine monastery of St. Blasius in the Black forest. There it remained hidden for many years and at the time of the Napoleonic wars was removed to the monastery of St. Paul in Austria. In 1928, when the monastery needed money, it was sold to a private collector—one Dr. Vollbehr. Four years later congress authorized the purchase of the Vollbehr collection of incunabula. In this collection was the Gutenberg Bible. It now rests in the library of Congress at Washington, D. C.

**Statues to Animals**  
 Statues to animals, insects and birds exist in all parts of the world. Seattle has a monument to Segis, a record-breaking cow; at Adamsville, Rhode Island, there stands a monument to Rhode Island Reds; Bognarga, Queensland, erected a memorial hall to a catpillar, and in Cheshire is a huge stone put up in memory of a famous foxhound, Blue Cap. This dog was the fleetest hound that ever lived, and a heavy drag was hung about his neck to handicap him.

**Composition of the Body**  
 The United States bureau of chemistry and soils has estimated the percentage of various chemical elements in the human body as follows: oxygen, 65; carbon, 18; hydrogen, 10; nitrogen, 3; calcium, 1.5; phosphorus, 1; potassium, 0.85; sulphur, 0.25; sodium, 0.15; magnesium, 0.05; iron, 0.004; iodine, 0.00004; also minute quantities of copper, aluminum and perhaps also arsenic.

**Keeping the Body Strong**  
**International Uniform Sunday School Lesson, March 24th, 1938**  
**GOLDEN TEXT:** "Now therefore beware, I pray thee, and drink no wine nor strong drink, and eat not any unclean thing." Judges 13.  
**LESSON PASSAGES:** Mark 6: 53-56; Judges 13: 12-14; 1 Corinthians 3: 16, 17; Romans 12: 1, 2.  
 Cherish the body well;  
 The holy clads, the ambulance  
 Whereon-wherein-doth dwell  
 Above the sod,  
 More than the spirit bright  
 Or Soul's refulgent light;  
 Read as my fingers write—  
 'Within is God.'  
 —Source Unknown,

**The Waste of Sickness, 53 - 55**  
 Estimates as to the annual cost of sickness on the North American continent run into hundreds of millions of dollars, in payment for hospitals, doctors, nurses, drugs, ambulances and flowers. No statistics, however, can accurately estimate the loss of working time; the impairment of efficiency among those not feeling well; the value of the time spent caring for the sick. Sickness has very valuable spiritual by-products but from an economic point of view there is enormous loss. Perhaps a certain amount of sickness is inevitable through contagious diseases, accidents and old age but much more is preventable than is now prevented. Medical science is assured that beverage alcohol exposes people to disease and lowers resistance. Pneumonia cases among steady users of alcohol are very frequently fatal; eighty-five per cent of cases of cirrhosis of the liver are due to beverage alcohol. Drinking customs add greatly to the ratio of disease and mortality. This phase of sickness, at least, could easily be avoided.

**Parental Example, 12 - 14**  
 Educational psychologists tell us that the most important thing that we can do for a child is to teach him to say "no thank you." A growing person may become a self-directing individual through the power of making right choices. Children should be encouraged to make their own choices. The human will is the whole personality in action; powers are fused in a choice. The example of parents, of course, has a great effect upon the decisions of their children. The environment of their home is an unconscious influence, perhaps even greater than direct teaching. Hebrew history affords two stories of family tradition and social customs. The Rechabites for three hundred years lived up to their tradition of total abstinence. The Nazirites also took vows of total abstinence. In literature we read of men boasting because they were descended from "six-bottle men." There is surely greater reason for family pride in having ancestors who exercised control. Well-meaning fathers sometimes attempt to teach their sons to drink like gentlemen but the results have not been so uniformly successful as to justify the method.

**The Temple of God, 16, 17**  
 "The Spirit of God dwelleth in you." That is the greatest thing that can be said about a human being. The real reason why we are alive is that God's spirit may dwell in us. In time the use of drugs deadens and dulls the mind. The use of alcohol, if long continued, stupefies. Even small amounts of beverage alcohol slow up reaction time. Simply as a matter of physics and mental adjustment there is more happiness in having a body normal and a mind undrugged all the time than through the occasional use of narcotics. In a scientific age we need to be at our best all the time. Oliver Wendell Holmes summed it all up when he said, "Self-alcoholization, and self-narcotization are poor substitutes for an undisturbed self."  
 An Active Will, 12:  
 What is our part in keeping our bodies strong? We may at least will health, consecrating our bodies in the service of God. We think we are doing a religious act if we give worship of money to the service of God but it is equally religious for us to consecrate our bodies to his service that we may think clearly, speak effectively and serve our fellowmen efficiently. In Paul's way of thinking this is rational living. Such a control of one's body is made possible by refusing to be conformed to this world with its standards of indulgence and by being transformed by the renewing of our minds. Right thinking leads to right action. Our conduct may be brought into line with the will of God. In the struggle for temperance, a personal decision, a declaration of purpose to abstain from anything injurious in regard to beverage, foods or pleasures is a great help. Once we have committed ourselves to definite standards, future

choices are more quickly and surely made.

**Questions for Discussion**

1. Why do many people use beverage alcohol?
2. Why do many people not use beverage alcohol?
3. How does beverage alcohol affect the body?
4. What does beverage alcohol do to the brain?
5. Am I now ready to make a deliberate, unemotional personal choice?

**HEALTH**

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

**LOW BLOOD PRESSURE**

The human family may be classified in many different ways. With blood-pressure as the basis for classification, we would have three groups: average, above average and below average.

High blood-pressure receives so much attention that we are apt to overlook hypotension, or low blood-pressure which is the more common variant from the average. In general, the average blood-pressure of women is lower than that of men, while Orientals are below Europeans and Americans.

The importance and significance of low blood-pressure depend upon its cause and the conditions with which it is associated. During an attack of influenza and other germ-caused diseases, the blood-pressure usually falls and it may remain down for some time. This indicates the need for a longer stay in bed for such patients, with sufficient rest during convalescence. Rest is the great healer and restorer.

Tuberculosis and other chronic diseases usually are accompanied by a low blood pressure. This is also true of certain anaemias and heart disorders. In such cases, it is obvious that the underlying cause is the important point.

Then there are those whose blood pressure is below average for no apparent reason. Frequently, they are slender, narrow-chested, long-waisted individuals. For them, low blood-pressure is not, in itself, a menace to health. These persons tend to live beyond the average expectancy of life.

While they live longer, many of them miss much of the joy of life because of the chronic and persistent sense of weariness which burdens their lives. They may be said to enjoy poor health; they are not ill, but inactive. To do things is an effort, and it is a question whether a longer life, under such conditions, is as desirable as is the shorter but more active life of the high blood-pressure group.

The treatment of low blood pressure depends upon what is causing it. In general, such cases should endeavour to maintain their body weight and by a reasonable amount of exercise, keep their muscles toned up, including the abdominal muscles. Those who suffer no inconvenience need no treatment, but any who tire too easily need help. Your doctor should be your counsellor if you have low blood-pressure. He can help you to direct your life to the best advantage.

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

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