

HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION

THE IMPORTANCE OF REST

Life consists of alternating periods of activity and rest. To live in a healthy condition, it is necessary that these periods be balanced one with the other.

If activity be too prolonged, there is a loss of efficiency. The tired eye sees less well, the tired muscles do not respond as quickly the tired workman produces a smaller quantity and a lower grade of work, the tired brain is less efficient.

It is a well-established fact that a much higher percentage of accidents occur in factories towards the end of the day. Even under the stimulus of a patriotic favour, it was found that the number of shells produced per week, during the Great War, was increased by reducing the hours of work in the elimination of Sunday work.

A change is a rest. Recreation or play is a change which provides rest in one manner. It does not, however provide rest in all ways. It is rest in the sense that is a diversion, but it is not restful in the sense that sleep is. Play furnishes relief from the monotony of work, gives a fresh mental stimulus, but it does not provide for the rest that is needed to re-build

and restore the body-cells broken down by activity.

Periods of activity, either at work or at play, must be balanced by periods of rest, and the ideal form of rest is sleep.

When disease attacks the body, rest is one of the essentials of treatment. The patient is put to bed and is kept as comfortable as possible in order that by means of rest, the body may make its best fight against the enemy disease.

Persons who are below par, adults and children who are underweight, benefit by added rest. Children frequently gain in weight with no other change in their routine of life except a rest period after meals.

Rest costs nothing in money, but it means taking time from other things for the purpose. To do without sufficient rest is to wear out the body prematurely. Rest is required just as much in summer as in winter, which is a truth that people are apt to overlook, both for themselves and their children.

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.

Weekly News Notes From The Unionville District

Miss Gladys Bush is holidaying at Cassie Lake.

Miss Galbraith, of Port Colborne is the guest of her sister Mrs. Milner.

Miss Effie Stiver is spending two weeks at Inglewood, Milford Bay.

Mr. W. Burtram, accountant in the Standard Bank here has been transferred to Ailsa Craig. Mr. Harold Thomas, of Lindsay taking his place.

Mrs. Frame, of Toronto, visited her cousin Mrs. S. Lunau last week.

Mrs. M. C. Summerville was the guest of Mrs. C. A. Hood, Rowanwood Farm, Milliken on Wednesday last.

Mr. and Mrs. C.N. Hagerman, of Toronto, visited Mrs. Ada Hood on Saturday.

The Girls and Boys classes of the Central United Church, with their teachers, Miss Grace Hobbs and Mr. Alfred Dyke held a picnic to Kew Beach Gardens last Wednesday.

Miss Annie Steele, Markham, spent the week-end with her sister Mrs. H. Hood.

Mr. Berle Rumble of Orono, called on Mr. A. Summerfeldt, Sunday.

Mrs. Jas. Gibson, Mrs. A. Hood, Misses LaBerta Hood, Aileen Hood and M.G. Summerville attended the St. Andrew's Presbyterian S.S. picnic to Kew Beach Gardens on Wednesday.

We regret that Mrs. Philip Dixon is confined to the house by illness this week.

Miss Wilson of Toronto, visited Miss E. Russell last week.

Bowling Tournament

The Men's Bowling Club are planning a tournament here for August 1st Irish Trebles. Considering the popularity of this game, a good attendance and pleasant time is anticipated.

Mr. and Mrs. Fred Dixon of Guelph called on relatives here last Thursday.

Still more town improvements—this time concrete sidewalks on Main and Station Streets.

United Church W.M.S.

The regular monthly meeting of the United Church W.M.S was held on

Thursday, at the home of Mrs. A. Coulson, in the absence of the President, Mrs. Eaton, Mrs. Crawford presided. An interesting item on the program was a talk given by Miss Thompson, a returned missionary from India. When she gave a description of her trip through Palestine on the return trip to be home in Canada.

Mrs. Ben Hagerman of Locust Hill, is the guest of Mrs. Henry Miller.

Miss Grace Harrington is spending a few days with her parents, Mr. and Mrs. D. Harrington.

Beauty Spots

Among the many beauty spots of our village special mention might be made of the station grounds, which under the supervision of the Horticultural Society has been transformed from a weed bed, to one of luxuriant bloom, also the water lily pond of Mr. Ed. Dixon in which at the present time are many blooms of several varieties.

Mr. Roy Norton, of Grimsby, and Miss Gertie Reid of Toronto, spent Sunday with Mr. and Mrs. Wm. Caldwell.

Misses Helen Rodick and Viola Walker representatives from Brown's Corners United Church, returned from Summer School at Lake Couchiching on Monday last.

In the absence of Rev. Woods, Mr. Mills, of St. Enoch's church, Toronto, occupied the pulpit of Brown's Corners United Church last Sunday.

Mr. Karl B. Heisey of Kirkland Lake, is a guest of Mr. and Mrs. W. M. Smith.

Mrs. A. Hood and Miss LaBerta Hood visited Mrs. C.A. Hood, Milliken on Tuesday last.

Ernest Seaton Thompson, noted author and naturalist, accompanied by his brother, Mr. Enoch Thompson and his nephew, Mr. W. Thompson, were Unionville callers on Tuesday, visiting Edwin Dixon, and interviewing Mr. H.H. Powers with regard to the re-construction of the dam.

Mrs. T. Burnett is visiting her brother Mr. W. Dixon, of Oakville. Misses Phyllis Farley, Margaret Patterson, Clara Wales, Markham, were guests of Miss M. Summerville on Monday.

Miss Madge Elliott, is spending a few days with Miss Clara Flummerfeldt, Toronto.

Mr. and Mrs. D. MacKay, of Victoria, spent Sunday with Mr. and Mrs. Geo. Gormley.

The new club house on the Bowling Green is being painted this week—Mr. Geo. Whaley, chief artist. The labor in connection with this building has been given voluntarily by the members of the club and commendation is in order for the success of the undertaking.

Miss Skinner of Toronto, is visiting her daughter, Mrs. Philip Dixon this week.

Rev. and Mrs. Eaton have returned from a pleasant holiday at Lake Couchiching.

Miss Margaret Anderson, of Toronto, spent the week-end with her parents, Mr. and Mrs. O. Anderson.

Dr. and Mrs. H. Braithwaite, Mr. and Mrs. Lloyd Braithwaite motored from Chicago, the beginning of the week, called home on account of the serious illness of their father Dr. E.E. Braithwaite. Dr. Braithwaite's many friends wish him a speedy recovery.

Mr. Arthur Macks, a former resident of Unionville, now living in Vancouver, called on many old acquaintances last week.

Miss Lenora MacKay entertained a number of her little friends last Monday afternoon, the occasion being her 8th birthday.

Mr. A. Weighill and the Misses Weighill motored to Port Dover on Wednesday.

Garden Party

The annual garden party of St. Philip's Anglican Church will be held on the Recreation grounds next Saturday afternoon and evening. The program which has been arranged by the committee, promises to be a good one and a fine time is anticipated. In the afternoon there will be baseball matches, followed by a real good old fashioned supper, and then the evening program with various attractions, including Miss Marguerite Boyle, gold medalist elocutionist.

Strawberry Festival

The Buttonville branch of the Junior W.I. held a very successful strawberry festival at the lovely home of Mr. and Mrs. C. Burr, on Wednesday last. In the afternoon a good ball game between the girls softball team of Milliken and the local team, resulted in a win for the home team, the score being 19-21. The evening program was in charge of the Edgeley Junior Farmers and consisted of a splendid drama entitled "Farm Folks." Special mention might be made of the musical selections by Mr. and Mrs. F. Locke. The success of this party is due largely to the enthusiastic interest of all the members under the efficient leadership of the President, Mrs. Geo. Kelly jr., and the Secretary, Miss Viola Walker, not forgetting the splendid hospitality of the host and hostess, Mr. and Mrs. C. Burr.

HOUSEHOLD HINTS

Remove the old wallpaper before putting on the new. Do this by brushing the walls with a whitewash brush dipped in alum water and let it dry. The paper will come off easily.

Remove onion and fish odors by pouring a little vinegar into the hot frying pan directly after the food is removed.

If you can't afford cream, you can get the same effect by scalding the milk and serving it hot with your cereals or coffee.

When you go camping or motoring dip the sulphur ends of matches into melted paraffin. This will not interfere with their lighting and they will burn even in the rain because the heated wax runs down and keeps them from going out.

Outside brass may be prevented from tarnishing if the merest trace of vaseline is rubbed over after cleaning. Benares brass, of which many trays and ornaments are made, should never be cleaned with any kind of paste or other preparation, for they leave a deposit in the chasing which is unsightly and extremely difficult to remove. These should be washed in very hot water, to which a little borax has been added, scrubbed with a brush, and finally rinsed and dried with a towel. Very discolored Benares brass may be cleaned with the squeezed half of a lemon.

If you are feeling tired and depressed, or if you want to smooth out the signs of a headache or "a good cry" apply cream thickly to your face and neck and all round your ears. Then wipe off nearly all the cream, but not quite all, and put a piece of ice in a bit of soft towelling and massage the skin. It is unwise to apply ice direct.

Many do not yet realize this!

"My bill for that call was 60 cents", said Mrs. King, "and Mrs. Jones paid 75 cents!"

The explanation is that Mrs. King had said to the operator "I will speak to anyone there".

That made it a Station-to-Station call.

Station-to-Station calls are quicker and about 20 per cent cheaper than person-to-person messages. Moreover, low evening rates (after 8.30 p.m.) and still lower night rates (after midnight) apply on station-to-station calls. And connection is usually established while you remain at the telephone.

Remember please — station-to-station calls are quicker and cheaper.

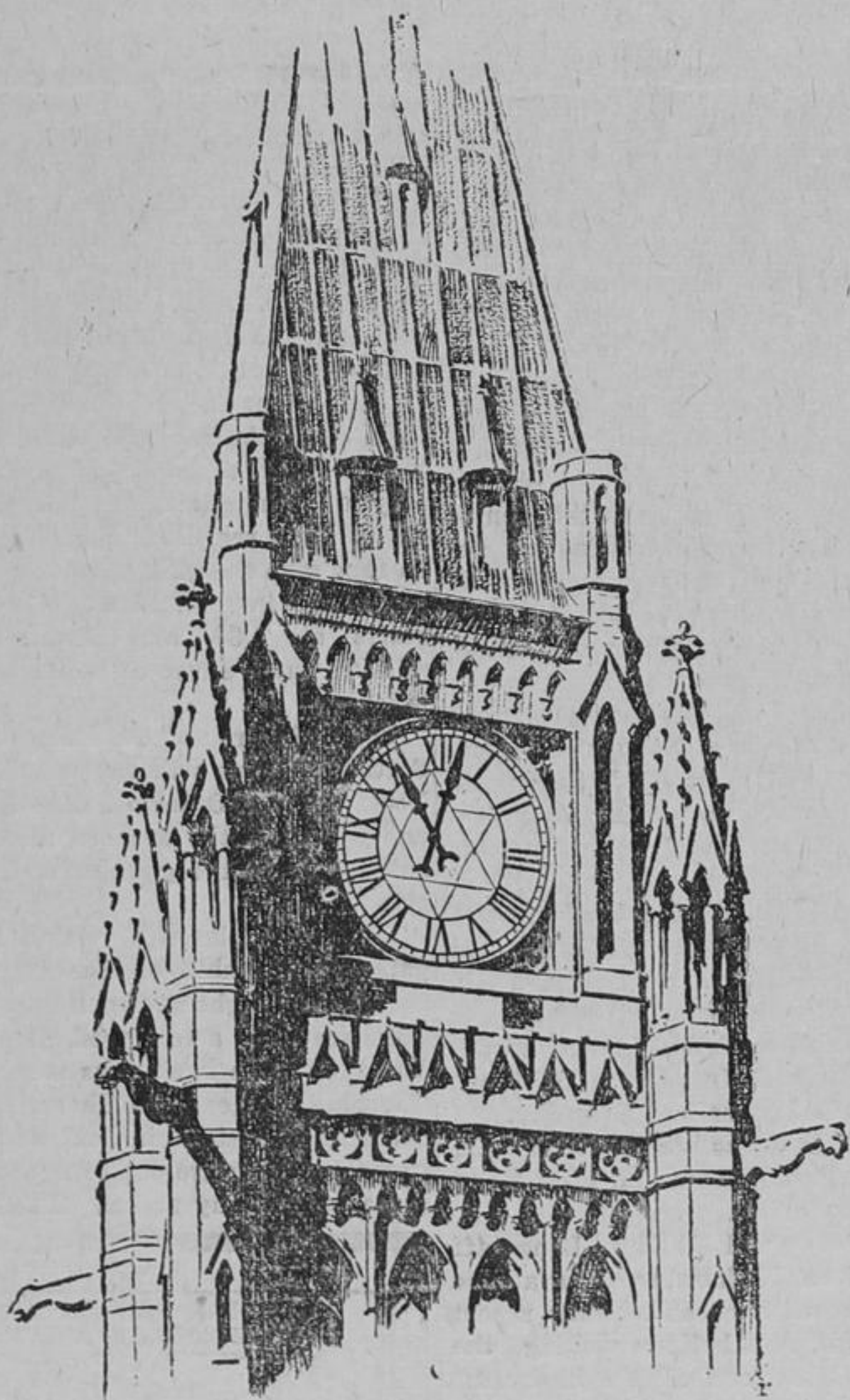


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