

HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION

HEALTH HABITS

A great deal has been written and said about health habits, and about the importance of starting the child on life's adventure with proper health habits. There is no doubt that it is just as easy to establish right habits as wrong ones. Habits are acts which we repeat, without thinking about them at the time we perform them. We do not eat from our knives because it is our habit to put only forks and spoons into our mouths. We do this without thinking because back in our childhood days our parents, by example and correction, established this as a habit with us.

Those who have established that most important habit of washing the hands before eating, practise this habit and do not feel comfortable if they sit down to eat without washing. The same is true as regards the cleaning of the teeth. The person who cleans his teeth regularly finds that his mouth feels dirty if he misses the regular cleansing.

These and other simple, regular habits can be established in the child by a consistent effort on the part of the parents. The effort will be repaid many times in the better health of the child, and by the happier and less troublesome existence for parent and child that will grow out of a life that is regular.

The child is not a small adult; he is not to be looked upon as such. His desire for play is natural and should be encouraged. We do not want to make him "a little man." Proper health habits do not interfere with his child life; they help to make him enjoy it more and to keep him well; also, to prepare him for the adult years which lie ahead of him.

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

Mrs. J. Chant visited Mrs. Thos. Morgan, Markham on Thursday last.

Mr. and Mrs. Thos. Kennedy, Miss Pauline Kennedy, London, England, and Mr. and Mrs. Wells, Woodstock, were guests of Mr. O. Harding last week.

Mrs. Webster and her daughter, Mrs. Patterson, spent a few days with Mrs. Carmichael last week.

Mrs. O. Ash was a Toronto visitor on Tuesday last.

Mrs. Jas. Gibson was the guest of Miss E. Thomas, Markham on Sunday.

Mrs. C. A. Hood and daughters, All-Brown attended the Mission Bandison and Ainslee, also Miss Janet Rally held in Riverdale Presbyterian Church on Saturday.

Miss Jessie Haffenbrak spent the week-end with her aunt Mrs. A. Summerfeldt.

The second anniversary of the opening of Knox Presbyterian Church, Agincourt, will be held on Sunday and Monday, November 4th and 5th. On Sunday the morning service will be taken by Rev. J. G. Inskster, B. A. D. D., of Knox Church, Toronto. The evening service by Rev. W. J. Lewis, Ph. D., of Rosedale Presbyterian church, Toronto. Miss Jean Little will assist St. Andrew's Choir in rendering special music at the morning service. While the choir of Rosedale church will have charge of the music for the evening service. On Monday, November 5th, there will be a supper, served from 5.30 to 7.30 followed by a fine concert, supplied by the choir of Cooke church, Toronto. The session extend an invitation to all to attend these services.

We regret to report the serious illness of Dr. E. E. Braithwaite who was removed to Grace Hospital last Tuesday, where he will receive special treatment. We extend to him our sympathy and best wishes for a speedy recovery.

The regular monthly meeting of the Unionville Branch W.I. will be held at the home of Mrs. A. F. White on Thursday. A paper on Parliamentary procedure will be given by Mrs. Whaley.

Mrs. Jas. Gibson, Mrs. Crawford, Miss Thompson and Miss M. Somerville attended the annual Thank-Offering Service of St. Andrew's, Scarborough W. M. S. on Wednesday last. Miss H. Thompson giving an inspiring address on her work in India.

Four W. M. S. Auxiliaries were represented, Knox Presbyterian, Agincourt; Knox United, Agincourt; Zion United and St. Andrews Presbyterian Markham. A splendid program was enjoyed as well as the delightful luncheon that the St. Andrew's, Scarborough ladies served their guests at the conclusion of the meeting.

The regular monthly meeting of Central United W. M. S. will be held at the home of Mrs. Whaley, on Nev. 8th, at 2.30 p.m. A cordial invitation is extended to all.

A pleasing event that attracted much attention in many circles was the celebration by the Hon. Thomas and Mrs. Crawford of their golden wedding anniversary on Tuesday last at their home on Palmerston Boulevard, Toronto. Four children and two grand children were present on this happy occasion as well as a large number of friends. Indicating the high esteem in which this couple is held. Mrs. (Rev.) H.H. Eaton of this place is a daughter.

Mr. and Mrs. D. Harrington motored to Mount Albert on Tuesday last.

Mrs. F. Boadway is visiting in Toronto this week.

Mr. F. Bunt, Mr. and Mrs. Rooney, Toronto, visited Mr. and Mrs. Jas. Camplin on Sunday.

Mrs. S. Ash, Miss Austin, Mrs. Forster, Mr. Jas. Ash attended the funeral of Mrs. Frances Sunderland on Thursday last.

We regret to report the illness of Mrs. Lea this week.

Mrs. H. H. Eaton and Mrs. N. Ogden were Toronto visitors on Monday.

The Y. P. S. of Central United church held a Hallowe'en party on Saturday last. The sports committee provided a novel program and with the usual good eats the evening was decided a success.

Mr. and Mrs. Hendershot, Toronto, Mrs. W. Harper and her daughter, Stouffville were the guests of Mr. and Mrs. F. Boadway on Sunday last.

Miss Jean Hoover, Locust Hill spent the week-end with Miss Aileen Hood.

Mrs. Thomas, Newmarket, is visiting her niece, Mrs. Dr. Kennedy.

Miss Isabelle Ogden, Bowmanville, spent the week-end at her home here.

Mr. A. Milner spent last Sunday with his daughters, the Misses Milner, Toronto, celebrating his birthday. Many happy returns.

Mr. and Mrs. Camplin, Alfred Dyke C. E. Stiver and Will Champion attended the Provincial Sunday school convention held in Knox Presbyterian church, Galt, on Tuesday and Wednesday last.

Mr. and Mrs. C. A. Hood, Miss Malloy attended the Anniversary services at St. Andrew's Presbyterian church, Maple on Sunday last.

Mr. and Mrs. Archie Risebrough have moved into their new home on the Kennedy Road.

The A. Y. P. A. of St. Philips Anglican church held a Hallowe'en party in the church rooms on Wednesday last. Appropriate costumes, fine refreshments and a splendid time combined to make this a memorable evening.

Miss Wilkenson, of Medicine Hat, who is visiting her cousin, Mrs. O. Ash, had the misfortune to fall on the slippery sidewalk, south Main Street on Tuesday morning, breaking her wrist.

The Old Fashioned tea given by the Women's Association of Central United Church last Wednesday was a decided success. A sumptuous supper and a delightful program given by "The Agincourt Male Quartette, Miss Stephenson, Elocutionist. Rev. Eaton, soloist, was much enjoyed by all who were privileged to attend.

Mr. and Mrs. Newman, Hamilton, visited Mr. and Mrs. F. Boadway last week.

On Monday evening last the local bowling club motored to Toronto, accepting the invitation of Mr. Geo. M. Hunt, owner and manager of Belsize Theatre, Mount Pleasant Road, to attend the show. At the conclusion of the show they held a banquet which was thoroughly enjoyed. Mr. A. Summerfeldt, the secretary of the men's club made a fine toast master, spicy speeches being made by Mr. W. M. Smith, Mr. G. A. M. Davison and Mr. G. Hunt, and others. A hearty vote of thanks was tendered Mr. Hunt for his kindness and the bowlers had another pleasant evening to add to their already long list of enjoyable activities.

Library Entertainment

On Saturday evening, November 3rd an entertainment under the auspices of the Public Library will be held in the Township Hall. The programme consists of a debate "Resolved that Orientals should enter Canada on the same terms as Europeans." Mother Goose Playlette with 8 characters; Miss D. Robinson, story teller. An orchestra will provide the music for the evening. Everybody welcome.

Newtonbrook Newsy Notes

Social and Personal

Mrs. Dixon Foreman, who has made an extended visit to Seattle, where she visited her mother and other relations, has returned home.

Mrs. Hodgins, we are sorry to say, has been ill for some time.

Miss Jennie Oldham, of Mount Albert, is visiting with Miss Cora Good. Misses Bertha and Irene Smith spent Sunday with Mrs. Henderson, of Stayner.

The Newtonbrook Young People's Society, next Monday, will be in charge of the Christian Endeavor Department.

The Home and School Association of Newtonbrook is purchasing a piano for the public school. This will be greatly appreciated by the teachers and pupils. A concert will be held on Thursday, November 22nd, for the purpose of raising funds for this object. An excellent programme is being prepared.

The Hallowe'en Entertainment, given by the Pollyanna Club last Monday night, was full of witches, ghosts and their fearsome pranks. Those seeking thrills got them when they attempted "the ghost walk." The costume parade brought out many evidences of original skill in dress and adornment. Miss Eleanor Moore received the first prize for the best Hallowe'en costume; Miss Annie Wells for the most original one and the young men's prize was carried off by Egerton Young. The costumes were all good and the judges had great difficulty in coming to a decision. Hallowe'en games and refreshments were then enjoyed by all present.

About forty members of the North York Horticultural Society paid a visit to the Miller and Son's Conservatories at Concord on Saturday afternoon. The immense plant and its mighty machinery made a deep impression upon the men, while all both ladies and gentlemen took keen delight in seeing the wonderful display of flowers, especially, chysanthemums roses and orchids. The exhibition of ferns was also a notable achievement. A most delightful hour was spent by all, who were shepherded around the plant by the courteous employees of the firm and not a few seized the opportunity to purchase some fresh flowers and plants.

Mr. and Mrs. R. W. Johnston have returned from a motor trip to Guelph, where they visited Mr. and Mrs. McDougall, Mrs. Johnston's parents.

Mr. and Mrs. Arthur Fuller, and family, of Unionville, spent Sunday with their relatives, Mr. and Mrs. George Topping.

There was a good attendance at the service last Sunday evening when the Young People had charge. The music was held by a choir of young people who rendered two choruses. Mr. Gordon Galbraith led the service and the address was given by Egerton Young, who pled with the young people to seize their opportunity for mutual help and development offered by the Young People's Society.

Next Sunday, November 4th, the Zion Ladies Aid will have charge of the service at 3 p. m. Mrs. E. R. Young, of Newtonbrook, will be the special speaker.

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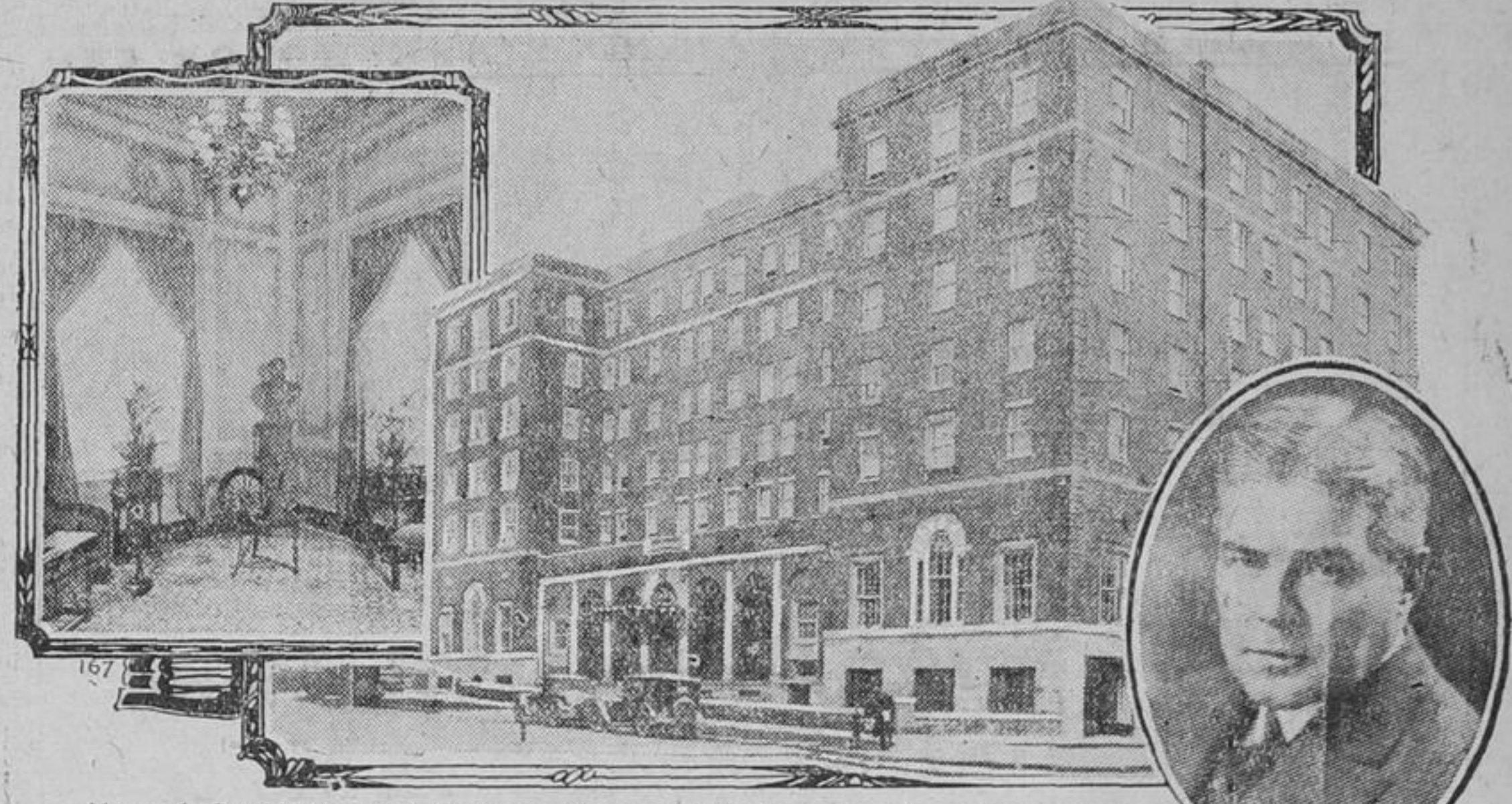
The NORTHERN LIFE ASSURANCE COMPANY OF CANADA

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PROTECTION—PERMANENT—PARAMOUNT

R. Michael Local Agent

Lord Nelson at Halifax Opened



Above, the Lord Nelson viewed as from the Botanical Gardens. Inset is a very charming corner of the lounge, showing the bust of Lord Nelson in the corner. Mr. E. W. Beatty was the guest of honor on the formal opening.

E. W. Beatty, chairman and president of the Canadian Pacific Railway, in speaking as guest of honor at the banquet which marked the official opening of the Lord Nelson Hotel at Halifax, referred to the tourist attractions of Nova Scotia as being second to none on the continent. This from as well travelled a man as the head of the World's Greatest Travel System was a decided appreciation. "In addition to the opportunities for sport which are unsurpassed and attract tourists from both the United States and Canada, you have the historic associations such as typified by the Evangeline legend which the Canadian Pacific and Dominion Atlantic Companies have successfully preserved and featured. It seems to us only right that the railway which came into existence as a fulfillment of one of the terms of Confederation should encourage such travel to your cities and other historic places," he said. "That travel has grown apace during the last few years and it was because of this fact among others that at the solicitation of your business men we joined with them in the building of this hotel. It is for the same reason that we are building a modern hotel with other tourist facilities at Digby."

The Lord Nelson Hotel, while operated under the direction of the Canadian Pacific Railway is the result of a sincere effort on the part of the people of Halifax who have long been working for a modern hostelry which would adequately take care of the business which offered in the city. It is situated in the heart of the city and fronting on the Botanical Gardens that have helped to make this old city famous.

Within and without, the appearance of the hotel reflects great credit on its architects and builders. In building and in decoration it is Georgian in character, and throughout the hotel and particularly in the public rooms, a most successful effort has been made to express the period recalled by the historic name associated with it. Immediately inside the front doors is a handsome and spacious lobby, which at once gives the keynote of Georgian decoration. The hotel offices are here as also are other public services such as elevator lobby, telephone room, cigar shop, etc.

The mezzanine floor and ladies waiting room leads up from this, and on one side of the lobby is a short flight of steps leading up to the assembly lounge. In this room and in the adjacent assembly hall the attempt to recapture the atmosphere of two hundred years ago has been particularly successful. The chief feature is the fine fireplace over which is an excellent copy in oils of the full length portrait of Lord Nelson which was painted shortly before his death. In one corner stands a fine copy of the well known bust of this hero, and on the center table is a splendid model of his ship "The Victory."

The end of this room opens into the assembly hall which is large enough to seat about 250 people comfortably. At one end is an ample stage with the usual dressing rooms and disappearing footlights.

Leading from the other side of the lobby up a short flight of marble steps is a foyer, and beyond that the main dining room. On the floor beneath the lobby are a series of fine shops opening on the street, and here also is the spacious grill, which in keeping with the nautical flavour notable elsewhere in the building, is termed "The Ward Room."

Its woodwork is of oak and its ceiling crossed by hewn beams. It is lit by ships lanterns of brass and by candelabra designed from binnacle lights and ships steering wheels. The furniture also is of stout oak. Other features of this floor are a barber shop, beauty shop and the usual public services.

The bedroom floors include a number of fine suites of which the Royal Suite is an outstanding example. Like the other its character of decoration is in keeping with the rest of the hotel. It consists of sitting room, dining room and two bedrooms, and its furnishings include some fine examples of early Georgian. The bathrooms and general plumbing and heating arrangements throughout are up to the most modern standard as also are all the facilities for public service.