



# Health Service

OF THE  
**Canadian Medical Association**

Edited by  
**GRANT FLEMING, M.D. - ASSOCIATE SECRETARY**

### CLEANLINESS

On an occasion when John Wesley remarked that "Cleanliness is next to godliness," one of the audience retorted "It is also next to impossible." This answer was true, because for the majority of people at that time, the facilities for washing and bathing were very limited.

We to-day accept, as a matter of course, that our homes should be equipped with bathtubs, wash-basins and laundry tubs. We expect to turn taps which will supply us with an abundance of pure hot and cold water. These conveniences, which to us are nothing unusual, are comparatively modern. The year 1842 saw the first bath-tub installed in North America. The use of the bath-tub was frowned upon as it was considered to be evidence of a physical decadence of the people, catering too much to the pleasure-loving side of life. This past attitude might be borne in mind by those who, to-day, oppose the introduction of physical comforts and labour-saving devices into the home. It was about the same period that one hundred thousand cess-pools were

abolished in London, and houses were connected with the common sewers.

There is not nowadays much excuse for us to be dirty. There are still too many houses lacking the facilities for cleanliness which should be provided in every home, but, in general, it may be said that most of us can be clean if we want to be clean.

Cleanliness is important because of its aesthetic value, its effect upon the mental outlook of the person, and because certain forms of cleanliness are of real importance in the prevention of communicable diseases.

A clean skin improves the personal appearance. A clean skin adds to personal comfort and allows the skin to function better as a protective covering and as the heat regulator of the body. Odours arising from an unclean skin are offensive.

A clean body, together with clean clothing, hair that is neat and finger-nails that are clean and trimmed, give a sense of well-being and a feeling of self-respect which makes social life more pleasant and is an aid in business contacts.

The washing of the hands before eating or preparing food and after using the toilet is a simple habit which plays an important part in the prevention of the communicable diseases. The added practice of a warm bath at least once a week is one which, under ordinary conditions, keeps the body reasonably clean.

The inside of the body is kept clean by the use of clean foods and pure liquids, by breathing in fresh air, and by daily elimination, which can be secured through regular habit, diet and exercise.

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

### MARCH & APRIL CHICKS PAY BEST

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## "The Ottawa Spotlight"

By Willfred Eggleston

Ottawa, April 5th—What amounts to an evasion of the sugar tax to the tune of \$5,000,000 is engaging the serious attention of the federal government these days. If facts are as serious as early reports suggest, a quarter of a year's supply was hurriedly secured by wholesalers, and for the next few months a wide section of the Canadian public will be paying two cents a pound tax on sugar which the wholesalers were able to get from the refiners tax-free. In other words, the public will pay some five million tribute, not to the federal treasury, as was intended, but to sugar dealers.

As to charges of a "leak" in budget news several days in advance there is no official information available at Ottawa, but the manner in which, on budget day itself, certain wholesalers, notably at Vancouver, were able to circumvent the tax, is pretty well known. The news got out at Ottawa about 3:30 p.m. and was immediately broadcast far and wide. Out at Vancouver, because of the difference in time, it was only 12:30 noon. The tax did not become effective until midnight. Thus the sugar dealers had 12 hours in which to 'load up.' They are reported to have hired fleets of motor trucks and got busy.

The department of national revenue is considering ways and means of meeting this evasion. One idea is that the tax be made retroactive, so as to supply from March 14th, the week before the budget. Another suggestion is that in future the budget speech be delivered in the evening, instead of at three in the afternoon. (Beauharnois goes to Holt)

A stir has been created here by the claim that the Beauharnois power project, built with the intention of breaking the power monopoly in Quebec, is soon, by a re-organization process, to pass into the hands of the Holt group, which will then become the most powerful Hydro monopoly on earth. Beauharnois was in difficulties to secure money to complete the work. Except for an American group which Premier Bennett turned down, the Holt interests were the only

ones who could supply the cash. Under the re-organization, it is said, there will be 762,000 shares of common stock, the holders of which are to control the new company. Montreal Light, Heat and Power (a Holt company) gets 200,000 of these as a bonus for underwriting \$13,500,000 of bonds, which provide the money to complete the project. With these bonds go another 240,000 shares. Thus the Holt company will have 440,000, and control.

(Farmer gets short end)  
Sensational new evidence in the milk inquiry being conducted by the agricultural committee shows that at a time when farmers are netting a little over two cents a quart, the average official's salary of a Montreal subsidiary of Borden's Ltd. of New York is \$2,765. The treasurer was getting \$8,000, while the president and the vice-president each received in 1932 a salary of \$13,500. The gross profit of the company last year was \$155,734.27. Its capitalization rose from \$299,000 in 1914 to \$500,000 in 1921 and \$1,500,000 in 1930. Of recent months, according to witnesses, a farmer has been receiving at most a few cents a day for his labor.

When a consumer pays a dime for a quart of milk, where does it go? Evidence submitted by E. H. Conklin, general manager of Borden's Farm Products Co., indicated the following:  
The farmer got 2.15c. a qt.  
Handling charges at depot .46 "  
Transportation to city .64 "  
Pasteurization, etc. 1.19 "  
Selling and delivery 4.12 "  
Bottles .19 "  
Income tax .08 "  
Net profit .68 "  
Unaccounted for .12 "

Average selling price 9.63 "

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## CREDIT AUCTION SAJE OF Farm Stock, Implements, Furniture

Property of the Estate of the  
**LATE DR. W. J. WESLEY**

**LOT 7, Concession 3, Markham Township**  
One Half Mile South No. 7 Highway  
at Dollar

**Thursday, April 13th, 1933**

Commencing at 1 o'clock, sharp.

- HORSES**
  - 1 Dark Grey Gelding, 6 years old
  - 1 Grey Mare, 6 years old
  - 1 Chestnut Gelding, G.P.
- CATTLE**
  - 1 Jersey Cow, in full flow
  - 1 Black and White Cow, milking
  - 1 Red Cow, sup. to calf May 1st.
  - 1 Black & White Cow, sup. to calf time of sale
  - 1 Blue Heifer, bred March 19th
  - 1 Roan Heifer, due
  - 1 Blue Cow, full flow
  - 1 Black Heifer, milking
  - 1 Black & White Cow, milking, bred July 20th
  - 1 Holstein Cow, sup. to calf May 1st
  - 1 Heifer Calf
  - 1 Holstein Cow, fresh time of sale
  - 1 Pure Bred Holstein, in full flow
- SHEEP**
  - 10 Ewes with Lamb
  - 4 Yearling Sheep
- PIGS**
  - 1 Sow and 6 Pigs, 10 weeks old
  - 4 Pigs, 11 weeks old
  - 12 Pigs, weigh around 175 lbs.
- HARNESS**
  - 1 Set of Team Harness
  - 1 Pair of Scotch Collars
  - A number of Horse Collars
  - 1 Sweeny Collar
- HAY & GRAIN**
  - About 10 ton of 1st class Clover
  - About 8 ton of Timothy Hay
  - Quantity of Buckwheat
  - Quantity of Ensilage to be sold by the foot
  - 50 Bags of Potatoes
  - 12 Bushels of Red Clover Seed
- HOUSEHOLD FURNITURE**
  - 1 Cook Stove
  - 1 Player Piano, good
  - 1 Extension Table
  - 1 Bed
  - 1 Dresser
  - 1 Wash Stand
- IMPLEMENTS**
  - 1 1927 Pontiac Sedan
  - 1 Ton Ford Truck Stake Body, Rux-tell and Warford Transmission
  - 1 Dump Body for Ford Truck
  - 1 International Tractor, 18-16
  - 1 Oliver Tractor Plow, narrow bottom
  - 1 Cockshutt Tractor Plow, 2 furrow, wide bottom
  - A number of odd Harrow Sections
  - 1 Spring Tooth Cultivator, 13 tooth
  - 1 Steel Water Trough
  - 1 Old Peter Hamilton Mower
  - 1 Buggy
  - 1 Wheel Barrow
  - A quantity of old iron and tractor parts
  - 1 Cutter
  - 1 Iron Pot
  - 1 Root Pulper
  - 1 Line Shaft
  - 1 Grain Grinder, Vessel, 10 inch
  - 1 Melotte Cream Separator
  - 1 Pig Crate
  - 1 New Lowden Horse Fork Car, steel track
  - 1 Binder, M.H., 7 ft., good as new
  - 1 Mower, F. & W., in good order
  - 1 Horse Rake
  - 1 Manure Spreader, good order
  - 1 Disc Harrow, M.H.
  - 1 13 Disc Drill, M.H., good
  - 2 Gang Plows, Cockshutt
  - 1 No. 12 Wilkinson Plow
  - 1 No. 12 Fleury Plow
  - 1 Iron Vise
  - 1 Forge with Blower
  - A number of Steel Oil Drums
  - 1 Galvanized 120 gal. Gas Tank
  - 1 Gas Engine, 6 H.P., I.H.C., good
  - 1 Farm Wagon, medium height
  - 1 Spring Wagon, Trench
  - 2 Sets of Bob Sleighs
  - 1 Hay Rack
  - 1 Flat Rack
  - 1 Set of Wagon Wheels
  - 1 Set Iron Drag Harrows, 4 sec.
  - 1 Blizzard Cutting Box
  - 1 Corn Cultivator
  - 1 Steel Land Roller
  - 1 Scuffler
  - Hose, Forks, Neckyokes, Double-trees and numerous other articles

No Reserve as Farm has been Rented

TERMS:  
Hay, Grain, Calves, Pigs, Furniture, Potatoes and all sums of \$25.00 and under, cash; over that amount 6 months credit on approved joint notes, 5 per cent straight off for cash. Play er Piano half cash.

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### WAY BACK IN THE LIBERAL FILES

#### THIRTY-FIVE YEARS AGO

From Our Issue of March 31st, 1898  
The Village Corporation have scrapped the macadam bed this week and filled up the ruts with broken stone. A large amount of mud had accumulated on the centre of Yonge Street.

At a meeting of the Board of Education on Thursday, Mr. Johnston, who had previously been temporarily engaged as assistant teacher in the High School, received the position permanently.

Mr. George Smith, who was farm foreman for Mr. John Palmer for the past few years, removed yesterday with his family to Headford where he takes a similar position with Mr. John Kelly.

At the Gospel Temperance meeting Sunday afternoon, Mr. A. J. Hume read and explained a chapter, and an address was given by Dr. Langstaff. The Doctor dealt with alcohol from a medical standpoint, referring particularly to its effects on the nervous system. The Mendelssohn choristers gave an appropriate selection, and Miss Ethel Switzer sang a solo. Mrs. Ernest Coombs and Miss Wiley acted as organ accompanists.

About one hundred enthusiasts met in the Lorne Hall on Monday evening for the purpose of re-organizing the lacrosse club for the coming season. From the sentiments of the meeting the prospects of a successful season were never brighter. The following officers were elected: Hon. President, Mr. J. W. Moyes; President, Walter Hulse; Vice-President, Walter Palmer; Secretary, James Wright; Treasurer, E. Mason; Captain, W. E. Wiley; Mascot, W. Douthwaite; Executive Committee, J. Glass, F. Grainger, W. Savage, W. Hall.

After July first the Government Savings Bank will allow 2 1/2 per cent interest on deposits.

Mr. John Palmer is repairing and improving his farm house by raising the walls and adding another story. This will also necessitate a new roof. L. Innes and Sons are doing the wood work, and Mr. John Kelly the brick and mason work. Mr. Thos. Ludford who has rented Mr. Palmer's farm will move into the house as soon as it is finished.

As there had been considerable sickness among the pupils of the lowest department of the Public School, and as the room was not in a proper condition from a sanitary standpoint, the trustees decided to close it on Friday and Monday in order to have it thoroughly cleaned and repaired. The department opened again Tues-

day morning when the teachers and pupils were delighted to see that almost a transformation had taken place and that everything looked as bright as a new pin.

#### TWENTY YEARS AGO

From Our Issue of April 3rd, 1913  
The Board of Education met at the High School on Wednesday evening. Reports were read from H. S. Inspector J. A. Houston and P. S. Inspector C. W. Milloy. As there were no changes in the staff of the Public School the inspector did not report at any length, but he urged upon the trustees the necessity of erecting a new school building at an early date. Mr. Houston gave an excellent report of the High School. The school building, class rooms, halls, cap rooms, desks, blackboards and heating were all grade I, and satisfactory increase was shown in value of equipment. "The organization is satisfactory and the time table is well planned. Sufficient time is given for all the subjects, and physical training is systematically carried on though under somewhat adverse conditions." The discipline is good, and the character of the teaching excellent.

Mr. Isaac Klinck has sold his farm, Lot 31, Con. 2, Markham, to Mr. Ed. Britnell of Toronto. This farm is crossed by one of the finest fresh water streams in the county. The sale was made by Mr. H. A. Nicholls who has also sold Mrs. Zeller's property on Richmond Street to Mrs. Elder.

Richmond Hill seems destined to become a centre for greenhouses. Last year four acres on Centre Street East were purchased from Mr. J. Sheard and a couple of days ago Mr. H. Mills arrived to lay the foundation of another greenhouse 50 x 150 feet. The building will be exclusively for the growing of roses. He was formerly manager of the Bedford Park Greenhouse Company. Mr. Mills expects to duplicate the first building next year.

One of Maple's most respected citizens, Mr. W. T. Robinson, passed away at his home last Thursday morning after a very long illness. He will be greatly missed as an active worker in the church when in good health, having held the positions of teacher and superintendent for many years.

**MUS-KEE-KEE**  
\$1.00 per bottle  
AUSTIN'S DRUG STORE  
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# ADVERTISING

## MR. MERCHANT

You have no doubt often said to yourself, advertising is too expensive and does not pay, without giving the matter very much consideration other than the fact that it costs you money which you feel you could spend more advantageously.

Have you ever stopped to think of the goods you handle and pass over your counter every day. How many of them are not known by name, by every customer that comes into your store, and how did they come to know them so well? It was through reading about them and being told just what they would do for them. In other words by advertising. There are few lines of goods handled to-day in any shop that would be considered by a prospective customer unless it had proven its quality and with its makers backing it. Very few manufacturers would get the output to keep their factories going if they advertised goods and they were found to be of inferior quality, consequently advertised goods always have the mark of quality. The seller and buyer both have the benefit of this guarantee.

Big businesses have recognized these facts. Why not you? The fact that you make your goods known through advertising, is a guarantee to your customer that you are behind them. You should advertise, if only to prove your good faith in the goods you are asking your customers to buy—Advertise steadily and see the results.

# The Richmond Hill Liberal