



# Health Service

OF THE  
**Canadian Medical Association**

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

## SECURITY

Health, particularly mental health, is dependent upon reasonable security against uncontrollable events of life, such as sickness and death. Lack of economic security leads to worry, which, in turn, means at least unhappiness and which is, in many cases the basis of serious physical and mental disabilities. The campaign of the life insurance companies of Canada and the United States for "Financial Independence Through Life Insurance" has, therefore, a health as well as a financial significance.

For centuries, the need of food, shelter and clothing has provided much of the stimulus for man's activities. Our ancestors fought with wild beasts, not for sport, but to secure clothing and food. Other food they had to wrest from the ground by hard work. It was not easy for them to obtain the essentials of life.

We have progressed. Times have

changed and, with modern machinery, there is no longer a lack of food or clothing or of the means for producing them in abundance. That some are in need is not due to any scarcity of the essentials, but to the inability to purchase of these individuals.

To-day, Man has solved the problem of production, and so he has more time to consider other needs. With the development of industries, a large percentage of the population have become more dependent in the sense that if they lose their employment, they have comparatively no resources upon which to fall back to secure the essentials of life.

The demand for security is the expression of a normal desire. In planning a healthy environment for a child we realize that he must have a home where he may feel a sense of security. The child is not to be punished by his parents one day for something at which they will laugh the next. If this happens, the child does not know what to expect; he will have no confidence in his parents. Such lack of security seriously interferes with the healthy mental development of the child.

One of the most worth-while discoveries of modern civilization is that which provides for the spreading of risks. What the individual cannot obtain for himself, he can secure by joining a group, and so he may spread the danger or risk over the whole group. This is what insurance means. For a fixed contribution from a group of individuals, the entire group is assured of receiving a fixed sum in the event of certain happenings.

In this age of speed, work has been unduly glorified. What is needed is a better appreciation of relative values. We should work, and everyone should have the opportunity to work. There is no good in idleness. However, by the spreading of risks, through insurance, we should be able to combine work and play throughout life. In this way, we may look forward to longer, healthier and happier lives.

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

## Sweeping Plan Evolved by Hydro

ALL ONTARIO TO BENEFIT BY NEW HYDRO MOVE TO INSTALL WATER HEATERS FREE

A sweeping policy is announced in this issue by the Ontario Hydro Electric Power Commission that will benefit practically every resident of Ontario.

The Hydro Commission, it is learned, is prepared to place a flat rate electric water heater in Hydro homes throughout the province where facilities exist. All equipment—heater element, thermostat, tank insulation and all necessary wiring—will be installed free of cost to the landlord, house-owner or tenant. This plan, Commissioners state, will apply only where such electric hot water heaters are not already installed. Included in the plan is a provision for homes where a "booster" water heater may be required in addition to the flat rate heater. In these circumstances a "booster" heater will be installed at no first cost and the user will pay a nominal monthly charge which may give him ownership of the heater at the end of a five year period.

### Reasons for New Plan

Like every other industry and enterprise the Ontario Hydro Commission has been affected to some extent by the long-continued depression. On account of its diversified markets for a product essential to modern community life, the Commission has felt the effects of the depression less than most organizations and is in a relatively advantageous financial position.

Now due to a curtailment in the growth of industrial power requirements, the Commission has at present a capacity for delivering power in excess of prevailing demands. The Commission is essentially a trustee for all consumers and it is obviously to their advantage that the spare capacity now available should, as quickly as possible, be put to beneficial use. When the machinery for generating electricity by the agency of water power is available but is not used, the power latent in the water which has flowed past the power house is, of course, not recoverable and it, therefore, an economic waste.

Thus there is on hand a supply of power which must be paid for, and for which there is at present no market due to the slackening of industry. Under normal conditions this power would be absorbed. As it is, the Commission feels that the funds spent in free installation of electric water heaters in Ontario Hydro homes will be justified by the additional revenue it would receive through increased use of electric power. The power consumed will pay the entire cost of the plan. The project has been worked out whereby the use of power for one year pays the entire cost of the plan. Another factor is that the additional

use of power will enable the Hydro Commission to effect economies in its costs for power delivered.

### Stimulus to Employment

While the primary reason for the new Ontario Hydro Plan is to create more outlets for power, the fact that it will set thousands of Ontario residents to work again has been a contributory agent in the Commission's decision to go ahead.

The effect of the plan cannot very well be overestimated. Industrial activity will be quickened throughout the province. Already some trades are stimulated, notably the steel concerns, metal and electrical trades. But the plan involves so many phases of industry—distributes employment to so many branches of tradesmen—that it is said practically every resident of Ontario will be directly or indirectly benefited.

Raw materials will be absorbed in increasing quantities—metals such as copper, brass and steel will be extensively used—engineers, electricians, toolmakers, diemakers, helpers, improvers and laborers, as well as people engaged in the silk, wire, rubber, meter and insulation industries, will be re-employed. Early orders have already been placed in factories, foundries and industries throughout the Province and tenders have been solicited in the various municipalities so that practically every section of Ontario will participate in the work involved. At present economic range, tenders already received have been so low that the utmost economy is anticipated in the cost of the plan. Uniform Hydro specifications and large production are important factors in this low cost. In every instance, however, it is being ensured that manufacturers and contractors will earn a fair recompense and that every employee will receive a fair and just wage for work done. The complete vista presents a happy picture of what lies before the province in the execution of this new and extensive Hydro plan of free water installation.

### Procedure is Simple

The plan, as outlined by the Ontario Hydro Commission, has no elaboration of detail for the home owner, landlord or tenant who receives free installation of the water heater. When either of those indicates his desire to have a heater installed free, no matter where he is located in Ontario, a preliminary survey of his premises will be made by his local Hydro System. This survey will determine the conditions of the wiring in the house, the existing system of hot water supply and the requirements of the user as far as the hot water supply is concerned. On this survey the service of the Commission will be based and installation of a flat rate heater or both a flat rate and "booster" heater made, according to the size of the house and family.

some varieties have already been cleaned up. Most of the seedcleaning plants there are operating to capacity with some running nights.

## SLATS' DIARY

BY ROSS FARQUHAR

Friday—Ant Emmys neace was here at are house agen today. She was a telling Ant Emmy about all of the love Letters she gets frum gentlemen and Ant Emmy says to her, do you keep all yure love Letters you get frum gentlemen. Her neace sed in reply, You bet yure Life I keep all the love letters for if I keep enuff of them now mebbey they will keep me later on perhaps.



Saturday — I walked down the st. with Jane agen today and she was ofly nice to me and evrything and I was Trimming my finger nales with my nife and I was so Xcited about Jane that I cut my finger in the Quick and never noticed it till I got home. Mebbey I am in love, or sumthing.

Sunday—They was a man called at are house today wile pa was wirking on a jig puzzel and the man sed he was collecting for the old Ladys home and pa sed we diddent have no old ladys to spare, when the man seen pa was wirking a Jig saw puzzel he just went out smileing with his face.

Munday—The teecher has been rideing me pritty hard becuz she says my writing is wirst then it use to be. well mebbey so but I notice my spelling grades is getting better since my writing got so poor.

Tuesday—The teecher ast us what is ment when people menchs the Line of least resistents and Jake spoke up and sed the Waist line, and the teecher blusht and diddent ast the kwestion over agen, well mabby Jake was right for Once.

Wednesday—Pa ast me whom broke the wind sheald of the ford and I sed Pa I cant Lie I done it myself, he tuk me in the garage and now it aint very mutch fun to set down eather.

Thursday—Elly Croom has went back to live with her husband agen and has withdrawn her devorce sute. Evry buddy was a telling her what a good time Curt was haveing and I gess she just cudent stand it no longer.

### Make 'Em Do It

Warning—I am going to enforce trespassing and hunting on the farms posted in my name so it's up to you from now on.

—La Grande (Ore.) paper.

### Union Rules

Henry was born in Millersburg sixty-one years ago and was but three years old at the time of his death. Since then he has followed various trades.

—Fairbault (Minn.) paper.

### Healthy Exercise

He—"Are you fond of moving pictures, Jenny?"  
She—"Hopefully"—"Aye, Sandy."  
He—"Then maybe, lass, ye'll help me get half-a-dozen doon out o' the attic."  
—Royal Arcanum Bulletin.

## Brotherton's Booking Office

Special Sailings to the  
Homeland by:  
Canadian Pacific, Cunard and  
Anchor-Donaldson lines at  
Lowest Rates.  
Photos and Passports Secured  
All enquiries confidential  
We look after your wants right from  
your home.  
Phone Willowdale 63J  
Office Stop 6, Yonge St. Lansing  
Open 9 a.m. to 9 p.m.

## John Dunlop & Son FLORISTS

RICHMOND HILL

We solicit order for Cut Flowers for all occasions which will be promptly and cheerfully filled.  
Telephone  
Sundays  
Nights ..... 50  
Holidays 57

## INSURANCE

C. H. BYAM  
Maple, Ontario -- Telephone 232  
Fire, Life, Casualty, Plate Glass, etc  
Motor Cars a Specialty

## ACCIDENTS—

AND YET MORE ACCIDENTS  
Supposing something happened to YOU. What provision have you made for weeks and perhaps months of medical attention with nothing coming in? Accident Insurance relieves financial and physical suffering

## A. G. SAVAGE

Office in the Post Office Block  
TEL. 118  
Richmond Hill

## FARM Implements

Cockshutt  
Frost & Wood  
at new low levels

## Harness

and Harness Parts  
The well known  
Samuel Trees Brand  
Sets from \$25 up

## Wm. NEAL

PHONE 210  
RICHMOND HILL,

## J. FOX

ALL KINDS OF SHEET METAL WORK  
Furnaces, Garages, Troughs, Metal  
Garages, Roofing  
Jobbing Promptly Attended to  
FIRST CLASS WORKMANSHIP  
Telephone Richmond Hill 125

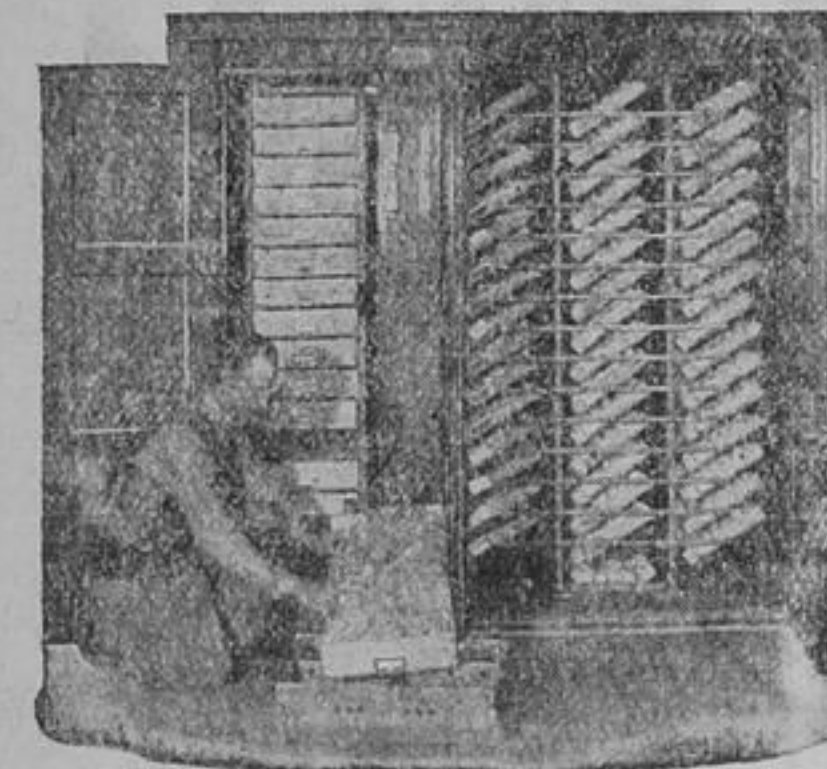
## Hudson Decorators

B. K. WOLFREY, Prop.  
Painting, Paperhanging and  
Decorating  
WORK GUARANTEED  
Estimates Free  
A Taxpayer of The District,  
Church St. Richmond Hill  
P. O. Box 32

## SIGNS

SHOW CARDS  
PRICE TICKETS — BANNERS  
G. MORLEY BEYNON  
Phone 150 — 76 Yonge St.

## Custom Hatching



This is your opportunity to save money, and make big profits.

Poultry stocks in storage are lowest in years. Good prices are assured for your eggs and fowl this autumn.

Your chicks are strong and healthy when hatched in the modern "Bundy Sanitary Hatchery"

equipment used exclusively on our up-to-date plant.  
Bring your eggs in NOW, or write to place reservation of space.  
Prices: Up to 1000—3c. per egg. Over 1000—2½c. per egg.  
WRAY HATCHERY — Garden Ave., Langstaff  
Phone — Thornhill 47-R-23

## NEWS AND INFORMATION FOR THE BUSY FARMER

STIVER BROTHERS, well known seed dealers of Unionville, Stouffville and Aurora, have issued an attractive catalogue of seeds, seed grain and garden seeds. If you are in the market for seed grain this book offers you detailed information of the different varieties and prevailing prices. If you have not secured a copy you may have one by writing to Stiver Brothers at Unionville.

Farmers of the district are busy preparing for the annual spring rush. It will not be an early spring, but a few warm days with a drying wind would work wonders in making the land ready for spring work. Plowing was done last week by a few, but generally no start has yet been made on the land.

Eggs are selling as low as eight and nine cents per dozen in different parts of Ontario, according to agricultural reports. This is probably the lowest price in years.

The brooding and rearing of chicks is a comparatively simple matter, but to be successful eternal vigilance and attention to detail is required.

Dry mash is a superior feed for poultry.

Chickens require a fair proportion of animal feed ingredients in their food.

Salt is a very necessary constituent in the swine ration and pays its actual cost many times over.

All pigeons are fond of salt dainties, says the Dominion Department of Agriculture, and, when procurable, salt codfish will form a relished addition to the regular feed.

Red clover is, perhaps, the most generally grown legume crop in Can-

ada and provides cheap protein food for live stock, in addition to being a cheap source of nitrogen for soil enrichment.

### Weekly Crop Report

Dufferin County potato growers are much interested in the treating of seed potatoes and spraying to prevent blight, since the ravages of late blight in fields not well cared for and the fairly remunerative price of 50c. per bag for commercial potatoes have impressed them with the value of these treatments. In Peel County the representative has placed over 100 farm hands with farmers this year already, wages running from \$5 to \$10 per month until seeding, then \$15 to \$20 for the summer months for single, experienced farm hands. Improved hog prices are encouraging to farmers in Western Ontario and elsewhere in the province. There is a tendency now for farmers to hold their hogs until well finished as the extra dollar or so per head which has come as a result of the price increase is a great encouragement to the livestock man. Seed oats are being bought in Middlesex County at from 40 to 60c. per bushel, depending on quality. Apple growers there are showing more than ordinary interest in preparations for spraying, with special attention to control of the apple maggot. Haldimand reports that the loss of fall wheat will be heavy in that district. That county also has a market shortage of seed oats and seed barley. Prince Edward County reports a large shipment of hogs at \$5.00 per cwt. York County farmers are optimistic about the fall wheat crop despite the fact that most fields show very brown. A good demand is noted in Frontenac for small pigs, which are selling from \$5.00 to \$6.00 per pair. It is doubtful if there will be enough seed available to meet the demand in Renfrew, as

## Amazing New Beauty for Your Home

DURALITH Textured Walls Give Luxurious Charm at Little Cost



Let us give you an estimate without obligation.  
THE change will amaze you! You never dreamed that your home could be so beautiful. Even the shabbiest of walls are magically transformed with DURALITH, the wonder-working plastic paint. All kinds of artistic effects are possible—colorful stipples and textures—easily, quickly, inexpensively. Come in and see!

I. D. RAMER & SON  
PHONE YARD 10 COAL and WOOD RESIDENCE 85-J  
The Answer to the Burning Question

EDWARDSBURG  
**CROWN BRAND**  
CORN SYRUP

The economical and delicious table syrup

A nourishing sweet for the whole family

THE CANADA STARCH CO. LIMITED, MONTREAL

## CASTROL OIL

We are exclusive representatives in this district for the Famous Castrol MOTOR OIL. It pays to use the Best. Call here for your next change of oil and be assured of good service and quality products.

HAROLD REID'S SERVICE STATION  
GENERAL GARAGE SERVICE  
Sieberling Tires Motor Accessories Gas and Oil  
ELGIN MILLS ONTARIO