



Health Service

OF THE

Canadian Medical Association

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

HOW ARE YOU?

How Are You? is a frequent salutation, expressed in the form of question to which an answer is not usually expected. This time, however, we hope that you will ask yourself the question: Do you feel really well? or Do you feel below par? Are you tired? or Do you feel fit for anything?

What is the use of answering these questions? No use at all, unless you realize that your answers are of importance to you. If you are tired, if you suffer from indigestion or repeated headaches, or if you feel life is a burden and you have lost the feeling that life is worth living—if you show these or other indications of a loss of health, then there is something wrong, something which should receive your attention.

"Symptom" is the name given to any abnormal sensation or sign which occurred when the body is not functioning properly, or when disease is present. Symptoms are warnings, and when they appear, something should be done about them.

The proper way to deal with a symptom is not to try and get rid of the symptom, but to investigate and find its cause. Proper treatment aims always to remove or correct the cause, otherwise the real trouble is not touched. Before such treatment can be given, it is obvious that the cause must be discovered, or, in other words, that a diagnosis must be made. That is why we say that a diagnosis must precede treatment.

It is quite true that if a symptom, such as an acute pain, is distressing, you want to get relief from the symptom. Nevertheless, you should realize that any such treatment is purely temporary and inadequate because if the underlying cause of the symptom is not sought, the symptom will likely recur, and the condition will become more firmly rooted, if not more serious, and so, likely, more difficult to deal with later on.

The real objection to self-diagnosis and self-treatment is that we are unable to examine ourselves. Even a physician who is trained and experienced in the science and art of medicine does not attempt to treat himself. Any attempt at self-diagnosis and self-treatment may result in harm, but much more serious is the time that is lost during which proper treatment would have been of the greatest service.

It is not suggested that every little ache or pain is the sign of some serious disorder. It is pointed out, however, that instead of worrying about symptoms, you find out why they are occurring. Better still, have a periodic health examination and be assured of the health of your body.

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

CRITICAL PERIODS

The earliest years of life are the most critical, both as regards life itself and the development of a rugged individual, healthy in mind and in body. One out of every six deaths occurring in Canada is that of an infant less than one year old. Obviously, the first year of life is the most critical of all years, judged from the point of view of survival.

The individual is the product of his heredity and his environment. Opinion differs as to the relative importance of these two factors. No one denies the value of a good heredity, but what becomes of the individual depends not upon his heredity, but upon how the qualities with which he is born are developed. In other words, environment determines what becomes of the individual's inherited qualities, and environment includes all persons and things with which he comes into contact. We cannot control heredity; we can control or modify environment.

The most critical period in development is the period of life which we call the pre-school age. Before the child enters school, his future is largely determined. By the time school age is reached, certain patterns of behaviour have been established which have much to do with the child's capacity to adjust himself satisfactorily to the world in which he will have to live and to the problems which he will meet throughout his life.

Each period of life presents its own peculiar problems which are best met by proper preparation in the preceding periods. If the ill results were not serious, we might be amused by the almost universal tendency there seems to be to blame anything which happens to a woman over thirty on the menopause, or "change of life." Women have heard so much about this event, that they fully expect to experience something unusual when they pass through what is commonly described as "the critical period of a woman's life."

To most healthy women, the menopause means nothing in the way of physical or mental distress. The normal, healthy woman is able to meet added or unusual physical or mental strains without any ill effects. The menopause is a normal event following upon certain changes in the reproductive life of the woman. Every woman should know that any reappearance of the periods or the evidence of any discharge, no matter how slight, at that time of life, should never be lightly treated. Cancer of the uterus is one of the most common forms of cancer. A vaginal discharge, or a return of the periods after the menopause is so suggestive of the possibility of cancer of the uterus that such warnings should never be disregarded.

NEWTONBROOK

Our esteemed councillor, Mr. Harold Mountain, accompanied by Mrs. Mountain and two children Joan and Howard, attended worship service at the United Church last Sunday morning.

The Brownies, Girl Guides, Scouts and Rovers and Rangers Cadets of St. George's Anglican Church, Willowdale, numbering seventy-two, appeared to Newtonbrook United Church last Sunday evening for worship service. There was a large congregation. Almost every available seat was filled. The pastors subject was "God's call to Youth." Solos were rendered by Mr. George Street and Mr. J. O. McCrimmon. At the morning service Mr. and Mrs. Mountain assisted the choir and Mrs. Mountain rendered a very beautiful cantata solo "Nearer My God to Thee." The choir sang an anthem. The pastor spoke on "Personal Influence."

At the monthly meeting of the Sunday School Executive of the United Church a committee was appointed to plan the program for Mothers Day which will be celebrated on Sunday, May 13th. The annual Sunday School picnic will be held on Saturday afternoon, June 23rd, in Bathurst St. Park.

The Y.P.S. is invited to visit Lansing Y.P.S. next Monday evening, April 30th. Members of the Young People's Council of Toronto Centre Presbytery will take part in the program.

Mr. W. T. New attended the Y.P.S. presidents meeting in Richmond Hill last Friday evening.

The W.A. Supper held last Friday night was well attended and much enjoyed by all. It was served by the Super Health Aluminum Co.

Another meeting of the representatives of the Churches interested in the formation of a Baseball League was held on Tuesday evening in Newtonbrook United Church Sunday School Room and very good progress was made in the completion of a Church Softball League. The league will consist of five senior teams representing York Mills Baptist, St. George's Anglican, Willowdale; Westminster Presbyterian, Willowdale; Newtonbrook United and Thornhill United Churches.

The junior section represents St. John's Anglican at York Mills, St. George's Anglican, Westminster Presbyterian and Newtonbrook United.

The executive will consist of one representative of each team and the officers will be elected from the executive. A meeting is being held this week when the officers of the league will be elected and further arrangements made. It is expected that the games will start early in May. This league will be known as the North Yonge Churches Softball League.

The Boys Club meets every Tuesday evening in the Sunday School Room of the United Church and the attendance has been very gratifying. They will discontinue their indoor meetings when baseball practice starts.

Next Sunday the services will be held on daylight saving time, so don't forget to move your clocks ahead one hour next Saturday night before you retire. Sunday School at 10 a.m. Worship services at 11 a.m. and 7:30 p.m. Please note the evening service is one half hour later, at 7:30 o'clock.

KNOW YOUR BARBADOS?

Proud of their island, so often called "Little England," the people of the British colony, Barbados, in the West Indies, have protested once more against the mis-spelling of the colony's name. There is a strong temptation to spell it "Barbadoes," though the "e" has no place in the proper spelling.

This error is only too common, says Lester Glass, Montreal, trade commissioner in Canada for the Eastern Group of the British West Indies. It arises from another error—that of considering Barbados as a group of islands, whereas it is but a single island. The name "Barbados" is singular, and it is quite wrong to refer to "the Barbadoes," Mr. Glass says.

CANADIAN WILD GEESE FLY IN FAMILY GROUPS

Notwithstanding the aeroplane-like flying formations of the Canada wild goose, it has been found that the geese fly in families, states the Fish and Game Department of the Canadian National Railways. The 'V' shape of the whole flight will be steadily maintained but the groups which compose it will not lose touch with their respective members and under favourable conditions can be distinguished one from another.

Caller—I'm a bill collector, madam. Newly-Wed—Just a moment, sir, and I'll give you the biggest collection of bills you ever saw.

PRUNING ORNAMENTAL TREES AND SHRUBS

The maple and the elm are two of our most important shade trees. It too often happens that the pruning of these trees, to develop well balanced specimens, is neglected. If allowed to go too long it is about impossible to remedy this defect. With these trees, the aim should be to develop a central leader, without having two branches starting at one point to form a crotch. The permanent branches should start at not less than eight feet from the ground. Feather branches on the elm may not be an objection, but there is a decided advantage in having a clear trunk free from large branches. This condition is easily produced when the tree is young, and developing its first upright growth, but later it may be very difficult to remove the offending branches and preserve a fairly evenly balanced tree. Two branches allowed to start at the same point will later give a weak tree, which may split when at its best; and to remove one of the branches after considerable growth has been made will throw the tree greatly out of balance, so that it may require years to get it into shape again. Try to preserve a central leader, with branches starting out at fairly regular intervals and at a reasonable distance from the ground.

With the pyramidal poplar, the branches should start at the ground and any pruning of these lower branches is not advisable and materially lessens the ornamental value of the tree. The same holds true with conifers, none of which are improved by pruning, and on all of which the branches should be preserved right to the ground, as any branches once removed cannot be replaced by others. It is necessary, therefore, that care be given not to injure the lower branches of such trees when young.

The early-flowering shrubs are pruned soon after they are through flowering, for the purpose of keeping them to the size desired, and in a natural bush form, with branches to the ground. This is to be preferred to an individual or group with the lower branches more or less sparse, and a heavy top growth. The pruning of these shrubs consists of thinning out and removing some of the older wood, thus giving the sprout growth which has started or will start up from along or at the base of these branches, a chance to get air and light and form new, vigorous, flowering shoots for another year. It is necessary that this pruning be done gradually, a little each year, and in such a manner that the natural features of the growth in the specimen or group be not spoiled. If the thinning of the growth is delayed until the specimens become filled with old wood it will be found that the starting up of new growth at the base of the older wood is much more difficult than it would be on younger growth. The removal of full branches right to the ground is often possible, and in fact it is necessary in old specimens required to be reduced in size or height. Cutting off the top of the branches is usually not satisfactory, and gives an unnatural or trimmed look. The thinning out of certain branches each year will enable a gradual reduction of the shrub to be made, without destroying its character.

The flowering clusters of lilacs should be removed soon after flowering, and usually little thinning of branches is necessary. Late-flowering shrubs such as the Japanese hydrangea are pruned in the spring, thinning out some of the branches if strong growth has been made, and leaving about one-half of the growth cut back to strong buds. This, like all late-flowering shrubs, produces bloom on the current season's growth and the fewer the shoots the larger are the trusses of bloom produced.

The retinosporas and cedars should be allowed to assume their natural habit of growth, and pruning or thinning, or shaping of the plants by clipping are not desirable unless a hedge is being formed. The natural form of the different varieties is much more pleasing than any form it is possible to develop by clipping the growth.

Seed Grain Crops Early

The importance of early seeding cannot be stressed too strongly. An experiment carried on for 10 years at the Central Experimental Farm, shows that wheat, oats, barley and peas seeded as soon as the land is ready to work give higher yields than when sown at later dates. The average increase of grain sown early over that sown two weeks later was 14 bushels for barley, 18 bushels for wheat and 4 bushels for oats.

Farmers Should Use

COOPER'S WARBLE REMEDIES
Action Imperative and Essential
Distributors L. D. Ramer & Son

NEWS AND INFORMATION FOR THE BUSY FARMER

Crop Improvement Evidence

Evidence of crop improvement that has resulted from the production and general use of registered and certified seed of wheat over a period of thirty years in Canada may be observed in the relatively high yield per acre of the crop as a whole and in the sustained high quality for milling purposes, as reflected in the premiums generally received for Canadian wheat in the principal export markets. With other cereal grains, the results are very much in evidence in those areas where oats, barley or other kinds of grain predominate. In those areas in which coarse grains form the main cash crop, the crop as a whole is traceable as a rule within a few years to pure variety seed stock. It is from those areas that the best and most uniform quality grain for commerce is derived.

Bury Corn Stubble

Any corn grower this spring can do a great deal to save himself a lot of unnecessary handpicking of corn stubble if he will use care and forethought in his method of dealing with his corn field," states L. Caesar, Provincial Entomologist. "If he plows the field carelessly and does not bury the stubble well he is sure to drag it up in working the soil, and so will have a lot of handpicking. Also, if he uses a toothed cultivator instead of a disc he will drag up a lot of stubble. In every county there are many men who deal with their fields in such a way that they rarely have to do any hand-picking. What one man can do another can often do as well, or nearly as well. So it is hoped that every one will try to exercise the necessary care this spring, and so save himself a lot of trouble in complying with the act."

Current Crop Report

Reports received from the Agricultural Representatives would indicate that the condition of fall wheat in Ontario is still in doubt. Certain sections report that the crop is greening up but a great many of the roots are weakened, and unless the weather is favourable, a considerable area will have to be cultivated and resown to spring crops. Farmers who are dependent on 1932 seedlings for their hay crop will be obliged to rely on annual hay crops. At auction sales prices are considerably improved over last year, especially prices paid for horses. Maple syrup will apparently be a light run as the reports from practically all the maple syrup districts show a decrease in production.

Canadian Asparagus Outlet

Canadian growers of asparagus with suitable production conditions and conveniently situated for delivery may well study the possibilities of this crop, for some of the Canadian canners have found Canadian asparagus to be much superior to the California product. Consequently there has been a very satisfactory demand which has resulted in plans to expand output to a considerable extent. Although the acreage and yield of asparagus in Canada is relatively small the latest figures show an increasing acreage during the past three years in Quebec, Ontario and British Columbia, while at the same time the output of canned asparagus shows considerable expansion. There is also an increasing export market. The yield of some 1,000 acres in Ontario is from 1,800 to 3,000 pounds per acre, approximately about two-thirds of the yield being sold ordinarily to canners at 8 to 11 cents a pound.

The Codling Moth has Not Been Wiped Out

Reports have been published recently to the effect that in Ontario apple orchards the codling moth was eradicated or reduced to insignificant numbers by the low winter temperatures. This is far from being the case in the Niagara district. An examination of overwintering caterpillars (786) made in a Vineland orchard this week indicates that codling moth mortality is only in the neighborhood of 20 per cent. In other parts of the province where much colder temperatures were experienced, the mortality will run much higher, but we feel reasonably certain that in all Ontario apple orchards sufficient larvae will have survived in sheltered spots to necessitate the application of the sprays outlined in the Ontario spray calendar.

Timothy Seed Production

Domestic production of timothy seed in Canada is still far short of consumption, so that still further production of this crop may be encouraged. Timothy ordinarily yields from 200 to 300 pounds of seed per acre, and growers have received on an average about 6½ cents per pound for the seed basis No. 1 grade, over the past three years. Canada uses annually about 10 million pounds of timothy seed and until 1931 some 9

million pounds of this was imported from the United States. Domestic production since 1931 has been greatly stimulated by educational activities and the prospect of a large domestic market. As a result, production increased from less than a million pounds to some 5 million pounds in 1932, but declined to about 2,700,000 pounds in 1933 due to unfavourable weather conditions.

Blood-Testing of Cattle

R. B. Faith, Director of Extension, for the Holstein-Friesian Association of Canada, who was the guest speaker at the annual spring meeting of the Perth County Holstein Breeders' Club held at Stratford, said that blood testing for the control of Bang's Disease has been making remarkably good progress in many parts of the province of Ontario since the work was first taken on by the breeders in a serious-minded way more than a year ago, and he predicted that before long every large breeding area would be engaged in it. Already nearly two hundred herds had been found fully negative under the Federal policy, while a much larger number were under process of being cleaned up. The view was expressed by Mr. Faith that the day was not far distant, when breeders whose herds were not under test, would find it more difficult than happens to be the case at the present time, to obtain markets at profitable prices for surplus cattle which had to be sold, whereas those herds free of the disease would occupy a most favorable position in being able to capitalize on their achievement.

Travel Service

Steamship Reservations to Great Britain and the Continent.
Premier service to West Indies.
PASSPORTS ARRANGED FOR
Rail tickets and sleeper Reservations.
EXPRESS TELEGRAPH
Can. National Station
Richmond Hill
Y. B. Tracy, Agent Phone 169

Executors' Sale FURNITURE

Household Goods
WILL BE HELD AT REAR
W. Neal's Garage
RICHMOND HILL

Satur., April 28
COMMENCING AT 1:30 P. M.

1 Victrola
1 Solid Oak Office Chair
4 Pictures
1 Feather Mattress
1 Comforter
1 Couch Cover
1 Tea Kettle
1 Preserving Kettle
1 Muffin Tin
1 Granite Pail
1 Auto Brush
2 Shawl Straps
Pie Tins and Cake Tins
Fruit Jars
4 Grain Bags
Electric Appliances
10 Ft. half inch Rope
1 Rug
1 Hand Saw
1 Fire Shovel
Carpenters Tools, Planes, etc.
1 Trunk
1 Suitcase
1 Buffet, oak
1 Dining Room Table, oak
1 Set of 6 Dining Room Chairs, leather seats
1 China Cabinet, oak
1 Morris Reclining Chair, with cushions
1 Upholstered Chair
1 White Iron Bed
1 Bedroom Suite
1 Wood Bed, springs and stand
1 Centre Table
1 Couch
1 Quebec Cook Stove, with oven, nearly new
4 Cane Bottom Chairs
4 Kitchen Chairs
1 Oak Kitchen Cabinet
1 Fall Leaf Table
1 New Washing Machine & Wringer
1 Dining Room Rug
1 Bedroom Rug
2 Mantel Clocks
1 Hammock
The above are all in excellent condition.

Positively No Reserve
TERMS: CASH
J. CARL SAIGEON, Auctioneer

Seed Grain

We have a supply of
Velvet Barley, Oats, Goose
Wheat suitable for seed.

ALSO A SUPPLY

Clover Seed, Alfalfa and
Timothy Seed
Mangel, Sugar Beet and
Turnip Seed

GET OUR PRICES BEFORE BUYING
ELSEWHERE

We will deliver grain and seed any reasonable
distance.

Tel. 10, THE ELEVATOR
L.D. Ramer & Son