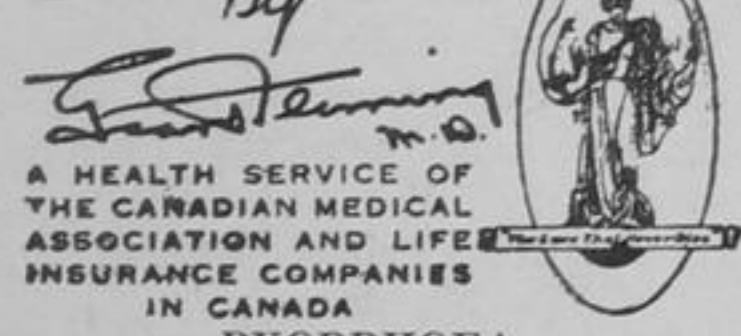


HEALTH



PYORRHOEA

John Hunter, the famous English surgeon of the eighteenth century, was among the first, if not actually the first, to point out the damage which arose in other parts of the body as a result of infections in the mouth.

Of recent years, rather startling advertisements have directed public attention to pyorrhoea, which is one of the most common ills of mankind, even if it is an exaggeration to say that "four out of five have it." More teeth are lost because of pyorrhoea than from decay.

Pyorrhoea is a disease of the gums which surround and support the teeth. It is not a new disease, as evidence of its ravages is found in skulls of pre-historic times. It occurs in all lands, among all races and in both sexes.

The normal healthy gums are pink in colour, firm in texture and cling closely to the necks of the teeth, forming little pink points of tissue which project upwards between the teeth.

The first step of pyorrhoea is a gingivitis of inflammation of the gums. This shows itself by the gums becoming tender and bleeding readily. After a time, the gums shrink, the necks of the teeth are exposed and it is at this stage, with the formation of pus, that we have real pyorrhoea. The trouble apparently originates in any condition which, by irritating the gums, sets up an inflammation of the parts. Tartar which collects around the teeth will, unless removed periodically, act as an irritant. Tartar is most prevalent on the teeth close to the openings of the salivary glands, which means the inner surfaces of the lower front teeth and the outer surfaces of the upper molars.

Poor dental work leads to irritation. A poor bite due to irregular teeth or the loss of one or more teeth irritates the gums. There should be a law against the sale of tooth picks because the regular user of these gives his gums a great deal of punishment.

It would appear that the way to prevent pyorrhoea is to eat a balanced diet so as to provide good building materials for the teeth; to chew the food well, using all the teeth; to keep the teeth clean by regular and thorough brushing night and morning; to brush the gums at the same time as the teeth; to have the teeth cleaned regularly by the dentist, and to have such dental care as may be found necessary at the time of the regular dental cleaning.

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

Starting a summer resort is easy. You just get a lot of uncomfortable beds and give the houses silly names.

VILLAGE OF RICHMOND HILL Treasurer's Sale of Lands in Arrears of Taxes

By virtue of a Warrant issued by the Reeve of Richmond Hill, dated the 8th day of July 1935, and to me directed, commanding me to proceed with the collection of arrears of taxes, together with the fees and expenses, I hereby give notice that the list of lands liable to be sold has been prepared, and is being published in the "Ontario Gazette" under the dates of August 3rd, September 7th and October 5th, 1935, and that, unless the said arrears of taxes and costs are sooner paid, I shall, on the 25th day of November, 1935, proceed to sell the said lands to discharge the said arrears of taxes and the charges thereon.

The sale will be held on the above date at the hour of Ten o'clock in the forenoon in the Municipal Hall in the Village of Richmond Hill.

Copies of said List may be had at my office.

A. J. HUME,
Village Treasurer.

Dated at Richmond Hill, July 25th, 1935.

A LAZY LIVER CAN EASILY RESULT FROM HEAVY WINTER DIET

Parke's LIVER TONE

Don't suffer from constant headache, biliousness, constipation, coated tongue, etc. is a vegetable corrective and will give quick relief. It also aids the stomach in its digestion. Sold for over 40 years.

PHONE 71
GLENN'S DRUG STORE

LETTERS FROM THE PEOPLE

CAN NAME HUNDRED FARMERS WHO FACE BANKRUPTCY IF PRESENT CONDITIONS CONTINUE— PROVIDENCE HAS SUPPLIED BOUNTIFUL CROPS BUT STILL IN THE "RED"

Editor of The Liberal
Dear Sir:—

When the cold breezes of Autumn start cooling your ears an old saying comes to mind. As the folks say, "one begins to wonder what he has done with his summer earnings." This year there is no question which is bothering the tired minds of the farmers of York County so much as what and how much (if any) will be their return for the splendid crops which they have grown this year. Being a serious minded and hard working farmer I look in vain for profits from operations or even for decent wages or return for effort or investment.

I ponder and think over the question why after a good crop and bountiful harvest I am in the "red" as a result of my work. I have worked and slugged seven days a week, week in and week out. I could and would like to give actual figures about the costs of operations and challenge criticism but as this letter promises to be lengthy I will omit them.

During the past four years I have seen men who for years have been responsible farmers go "under." No one dreamed that these men were in anything but good circumstances. But year after year of slipping behind told its tale and they went under. We all hate failures but no one can point one finger of blame at these men, strong, hard working, thrifty, careful and honorable as they are. The question is "who's next?" How long can you and I hang on, I ask my fellow farmers in York County.

The situation is that farming cannot be carried on profitably under the conditions which have obtained since Mr. Bennett took over the affairs of this country. Now let me make it clear, I am not a politician. I have voted every way, and confess that I am one who voted for Mr. Bennett in 1930. However, in plain and careful thinking, I cannot blame the farmers themselves for to-day's conditions. I cannot blame farmers as a class with inefficiency or carelessness. I see them struggling, slaving day in and day out, discouraged yet hoping, but slipping back, then making assignments, going broke, moving out, quitting.

In my own case I farm as good land as the sun shines on, I have good equipment, good men, but I have slipped back and back every year since the present government took office. Your readers, Mr. Editor, know that what I am writing is the plain, bitter unvarnished truth.

Mr. Farmer, are you satisfied? If you are, well and good, if you aren't, I think it is high time we were investigating the causes, and eradicating them. I feel bitterly against conditions, I feel we are neither more nor less than being robbed of our labours (and of our homes). Now why is it that farmers are certainly and surely "going broke." It is because they do not receive adequate prices for what they have to sell, and have to pay too much for what they have to buy. They cannot exchange their products on a reasonable basis for what they must buy. This has ceased to be an argument, it is an axiom.

Who is responsible for this condition? I clearly hold the Government directly culpable. These men whom we have raised to positions of enrolment and honour, of responsibility and power. Those into whose hands we have placed the administration of our affairs, whom we have made our leaders—they have failed—they have betrayed us. They have bungled. Oh what a mess! Think of it—without one outside foe to exact tribute or worry us, or threaten us, with no inside dissension, without any semblance of a navy to protect our shores, too poor to maintain anything like adequate national defence, and with every national advantage, with the finest of crops from a beneficent Providence, we see our Canada of her own weight sinking in a welter of debt, national and private. We see the workman driven from his bench, the wage-earner from his job, the factory closed, the farmer sinking in debt. The banks make no bones about it—they say, under present conditions, they don't want farmers' business. In the midst of plenty we are in bankruptcy, in the midst of plenty, aye, abundance, we are in hardship and want. If it were an outside foe who was holding us down, would we be worse off? Would we be worse off if the Bounty of Heaven were withheld, if we had had a frost in June? I charge that our condition is the result of just one welter of bungling, one hideous mess of inefficiency. I charge our present condition, national and private, is one national disgrace. Shame! shame! shame!

How feel Canada's Great, her mighty men who, a few short years ago 'fell like an avalanche' upon the enemy line, who broke it wherever they fell and finally scattered it before them to the four winds of heaven and carved deep their record in world history? How do we feel about the "Small" men who cannot even manage the affairs of this country in times of peace and abundance?

Radio talks and literature try to picture Mr. Bennett as an experienced pilot steering the great ship of state unerringly through troubled seas. He may have steered the ship alright for some of his big financial friends but for most of us he steered us on the rocks.

As regards Mr. Stevens I regard him as nothing more than a fraud. I have been reared to believe that "by their fruits ye shall know them." Mr. Stevens is now giving lip service but all through his life he has acted to belie his words now when he seeks office. He opposed reciprocity in 1911 and all through his life has been an enemy of the best interests of the farmer. Trust him not. He's a fraud.

As I said at the outset I am not a politician and I regard much that is said in political speeches as mere gab and gall. When Mr. Bennett talks about what he has done to help Canada and especially to help the farmer he is talking pure bunkum. And now he and Mr. Stevens tell what they are offering to the farmer—in the hope of getting his vote). Remember the pig that squeals the loudest doesn't necessarily have the best pork." Personally I like the tenor and style of the campaign being conducted this time by Mr. King and the Liberal party. Mr. King has refused to be stamped into a contest of promises. Undisturbed by the clamor that is being raised on every side of him by leaders of other political parties and "isms" shouting their promises of everything to everybody, the leader of the Liberal party discusses the problems that confront this country clearly and reasonably and with the knowledge that experience has given him.

And then although like many others at times I have voted against them I must say that looking back over a period of time the most severe critic of Liberalism must admit that Canada has enjoyed its greatest prosperity under Liberal governments. This time I'm going to vote Liberal, and Bill Mulock will get my vote in North York.

I trust, Mr. Editor, that I have not taken up too much space and I hope you will publish this letter as this election means much to me and to every citizen of Canada. I know by name nearly a hundred farmers who if conditions are not changed cannot carry on and will lose all. I do not want to be one of them. Again thanking you.

Vaughan Township Farmer.
RICHVALE

Sunday School was held at the regular time last Sunday at 2.30 o'clock with a very good attendance. At 3.30 p.m. Rev. Tiller of Toronto was present and took charge of the Church Service preaching an excellent sermon taking his text from Acts, Chap. 1, part of verse 4, "Jesus commanded them not to depart from Jerusalem but wait for the Promise of the Father." The Church Service will be held next Sunday at 3.30 o'clock when Rev. Lang of Toronto will be in charge.

We are pleased to report that Mrs. W. Baker is quite recovered from her recent illness.

Mrs. G. Allison and Mrs. Farrants motored to Hamilton last Wednesday evening to attend the Reception Party given to Mrs. Grace Murray who has recently been elected as High Chief Companion of the A.O.F. in Canada. The reception took the form of speeches, music, songs and fancy drills. This was followed by a banquet which was enjoyed very much by all.

Mrs. Rowden of St. Catharines is spending a few days visiting friends in Richvale.

A meeting was held in Richvale Church last Saturday evening in the interests of Rev. Dix, candidate for the Stevens-Conservative party.

Ladies of Richvale Church are planning to hold a Bazaar and Sale of Fancy and Useful Articles on Saturday, Nov. 2nd. Further details later. On Tuesday evening of this week a meeting was held in the School Room, Richvale, in the interests of Mr. H. A. Breuls, Conservative candidate, and was very poorly attended.

Rebel traitor: Any patriot hero on the other side.



Farmers-York East ATTENTION KING or CHAOS?

Bennett Lost Your Markets KING will Restore Them

Exports of Canadian Products

1930 under King \$905,460,000

1934 under Bennett \$652,887,000

THE ISSUE

Bennett's Broken Promises

VERSUS

Liberal Results

What are Bennett Promises Worth?

DON'T BE FOOLED AGAIN

Vote LIBERAL

ELECT

FLEMING

and assure York East of Representation in next Government.

Issued by Authority of Lyman A. Kennedy