

HEALTH

by *Grandstanding*



The Ottawa Spotlight

By Wilfrid Eggleston

ADJUSTMENT

The human body possesses remarkable strength and yet is extremely fragile. Deprived of air but a few minutes, the whole body perishes; deprived of its blood supply for only a few minutes, the more important brain cells are permanently damaged.

The true strength of the body lies in its capacity to adjust itself to changing conditions. A simple example is seen in the fairly constant temperature maintained by the body despite wide variations in the temperature of the surrounding atmosphere.

Many other interesting examples will come to mind of this capacity to adjust. Similarly, the human mind possesses an ability to adjust the intellectual and emotional life. Successful adjustment means health; failure to adjust means loss of health and, perhaps disease.

It is obvious that we must adjust to temperature and other external physical changes. It is no less true, even if less apparent, that we must, individually, make an adjustment of the emotions and intelligence to those with whom we live and work and to those set in authority, which really means an adjustment to society or the world in which we live.

The body must adjust, not only to changes in the outside environment but also to those changing conditions which occur within the body. The body would be destroyed by its own production of heat and the residue or by-products of muscular activities if it did not possess this capacity to deal with them through adjusting itself to them.

In like manner, the intellectual and emotional life requires a satisfactory adjustment within as without. This might be expressed by saying that we must be able to live with ourselves as well as with other people.

There are many things which contribute to this desirable end. We are not all born with the same capabilities. We have to learn what are our limitations and to accept the superiority of others without feeling inferior ourselves. Authority should be seen as a friendly aid to help everyone to desirable ends. Each one must find some thing which he can do with personal satisfaction, the doing of which shall be socially acceptable.

The adult attitude is developed chiefly out of childhood experiences. The child who feels that at home or school he is punished unfairly, that his punishment is but the venting of adult anger, is not going to regard authority thus exercised as the immediate result of his own actions. The humiliation of a child through any means is destructive as it undermines self-respect and leads to either defiance or withdrawal. The child needs understanding and direction so that he may learn to adjust, and, so secure health and happiness for himself.

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

Ottawa, Dec. 10—There are so many matters to be threshed out between the Federal government and the provinces that the conference this week is likely to do little more than touch on the more urgent problems. Unemployment relief and the finding of jobs for the jobless are the two immediate and formidable concerns of the various authorities. Such important but not quite so pressing problems as the amendment of the British North America Act to assist in the administration of social legislation, the railway problem with its truck and bus angle, the duplication of taxation and the duplication of services, while certain to be discussed, will hardly be settled. If the conference concludes with some agreement as to a division of unemployment relief costs which can be met in the coming winter and spring, and makes a promising beginning on the all-important matter of reducing unemployment, most parties, one fancies, will be well satisfied. The crux of the discussions can hardly help being the financial ones. Plenty of people could map out programs to solve the unemployment problem if money were no object. The tax-payer is already bearing a pretty heavy burden, one way or another, and the authorities are anxious not to load the poor fellow down to the breaking point, at which he would cease to contribute anything at all.

(The New Wheat Board)

Another step has been taken by the government in grappling with another major matter, namely the wheat surplus which has been accumulating since 1928, and which became a federal government affair at the end of 1930 when the pools ran into financial difficulties and obtained first the backing of the provincial governments and then the Ottawa government. A wheat board composed of persons whose policies are presumably in full sympathy with those of the government has been chosen under the leadership of James R. Murray, prominent grain official of Winnipeg, Dean Shaw of Saskatchewan and George McIvor of Winnipeg are technical experts, the former an academic authority on agriculture in general, the latter a selling and grain handling expert who was for a long time John I. McFarland's right hand man and should be thoroughly conversant with the problem. Mr. McFarland gave his services without remuneration through some most trying years and has earned the thanks and gratitude of Canadians for his intentions at least. It remains to be seen whether his successor can do better in the way of performances. He will certainly be backed up by a government which believes more intensely in trading goods for goods. If the Liberals cannot sell wheat in exchange for other products, it will prove either that they are not sincere in their low tariff sentiments, or that the Conservatives were quite right in asserting that economic nationalism has been unalterably rivetted on the nations of the world, normally our customers.

(British Seek Lower Tariffs)

The British cotton and artificial silk people were here and made their plea before the Canadian Tariff Board for a reduction of duties. They want a larger share of the Canadian market, and point to 1930 duties as a much more desirable figure than those now applying. Under the Ottawa Agreement they are entitled to ask for "full opportunity of reasonable competition." The Canadian textile people say they are getting that now. Any suggestion of cuts in the tariff will be stoutly resisted by the Canadian producers. On the basis of Article 11 of the Ottawa agreement it is a little difficult to see how the Canadian Tariff Board can recommend reductions in the tariff. The principle was laid down there that an 'equation of costs' should be aimed at, the duty offsetting the higher cost of production in Canada. On this basis the Canadians seem to have a better case than the British. The latter were amazed, when asking for lower duties on boots and shoes, to discover that production costs in Canada were so much higher that they actually merited higher duties rather than lower ones. It will be surprising if the present cotton and silk inquiry does not come to a similar conclusion. What the British delegates could well say—but didn't so far as I know—is that a tariff which exactly offsets the actual production costs of articles would at one fell blow put an end to international trade. The whole basis of trade is the fact that goods can be made cheaper in some parts of the world than others. Otherwise, why go to the trouble of shipping them half way

around the world? If the duty on British goods brings the cost up to the Canadian cost, why not buy at home, assuming quality is the same. Save a lot in freight, packing, time, trouble and uncertainty about exchange.

LASKAY

The anniversary service of the Laskay United Church Sunday School will be held on Dec. 15th in the afternoon at 2.30.

Rev. C. W. Follett of Richmond Hill will be guest speaker.

At this service the White Gifts for the Fred Victor Mission will be received. Anyone having something that will help to bring Christmas cheer to those less fortunate will please bring them to this service, Dec. 15th, at 2.30 o'clock.

Then on Wednesday, Dec. 18th, the Sunday School Christmas concert will be held in the Laskay Institute Hall. A splendid program has been arranged given by the scholars, and a Christmas pageant by the older scholars "O Worship the King." This is a very interesting and beautiful pageant well worth seeing, so everyone welcome on Dec. 18th, at Laskay.

The Laskay W.M.S. held their final meeting on Dec. 4th at the home of Mrs. W. Boys, this being the election of officers for the year 1936. The officers were re-elected by acclamation and are as follows: President, Mrs. W. Boy; Vice-President, Mrs. T. Smeltzer; Secretary, Miss M. Collins; Treasurer, W. A., Mrs. J. Hunter; Treasurer Stewardship, Mrs. W. Bryson; Program Con., Mrs. W. Baldwin; Supply Con., Mrs. Murdock; Lunch Con., Mrs. F. Boys.

Costs On Potatoes

We wonder if any farmer in the potato growing business ever stopped to estimate the cost of producing an acre of potatoes. Very few, we would judge. Well, over at Goodwood there is a farmer, Mr. H. U. Harper, who has gone into the matter carefully, and figures submitted show that it cost him \$67.40 per acre for his ten acre patch or a total of \$674.00. It will be noted that Mr. Harper has omitted nothing unless it is interest on investment.

The yield has a great deal to do with the cost just as the profit depends largely on the goodness of the market. In this case the ten acres gave a yield of 950 bags, and here is how the farmer stands on the matter to-day:

Yield 10 acres 950 bags.	
Value 75 bags, feed tubers	
Sold 200 bags, each at	
60c. a bag	\$ 120.00
Present value of 575 bags	
left at 90c.	517.50
Value 100 bags at 60c.	60.00
at 20c.	15.00
	\$712.50

This would show only a profit on the ten acres of \$38.00 or about \$3.80 per acre, a mighty small return, but good pay for the time employed.

Here is how the farmer counted the cost of production which is fairly liberal, and would be higher than many farmers would estimate, yet these prices only allow a good living:

Cost of 10 Acres	
Plowing previous year 5 days	\$ 20.00
Harrowing & Cultivating 1 1/2 days	6.00
Manure, 10 tons per acre	150.00
Spring plowing	20.00
Cultivating	8.00
Treating seed 90 bags	2.00
Corrosive sublimate for same	10.00
Cost of seed, 1935 basis	54.00
Fertilizer 500 lbs.	80.00
Planting 3 days, 2 men and team	18.00
Scuffling twice, harrows before crop up	9.00
Scuffling 3 times later	30.00
Dusting 4 times for blight etc.	50.00
Applying dust and rent machine	25.00
Hoing, 5 men, 5 days	20.00
Digging, \$3 per acre	30.00
Picking, bagging, storage, 6 days, 5 men	60.00
Rent and taxes \$4 acre	40.00
Grading & bagging 3c. bag	27.00
Depreciation on machinery	15.00
Total	\$674.00

Man—I hate a bad loser.
Friend—Yeah, but I'd rather play with a bad loser than any kind of a winner.

Man (excitedly)—Where is my hat?
Wife (sweetly)—Hanging on the lamp.

Man—Lamp, Huh! What crazy place will I find it next?

Wife snappily—On your head, I suppose.

SLATS' DIARY

BY ROSS FARQUHAR

Sunday: Hez Perkins from over the crick this a. m. ast Hans Smitt



a Jernan could he Hez get weded to Gretchen Hans' dotter. Do you drink sed Hans. Thanks sed Hez. Wele take 1 as soon as you gimme gretchen.

Monday: Lizzy Tubbs are house kleener was tellin Ant Emmy a funny 1. Lizzy sed she all most sude her husband Ike for devorce when they were 1st maried. She sed the resen

was crool & in human treament. It was a sektrat mariage & Ike made her keep still for sevrul wks.

Tuesday: Unkel Hen gets off sum thing they laff at every 1st in a wile. At super tonite he sed are ice man had a babie & wade it on the ice skales & it wade 47 lbs. Sum pepel laff at nothen.

Wednesday: Blisterses Pas dog chawed to deth & killed mistress Slim Jeters cat & when mistress Blisters up & sed well weve put a muzzel on him now & it wont hapen agen. Blisters is dum as I have sed be 4.

Thursday: Ant Emmy got a nother 1 off on Pa. Pa was a tawken & sed all he is he Ose to my gramma. Then send her 50 cents. sed Ant Emmy & the acct. will be pd. in full.

Friday: The editor of the noosepaper at wich pa wirks at ast Pa how long did it take Ma to lurn to drive are ford & Pa sed he replide it will be 9 yrs. the 1st of the yr. Ma give Pa a ferce lk. but dident say nuthen. Not 1 word.

Saturday: Ma & Ant Emmy was a tawken about Soosie Judkens a goin to get married 2 Rube Goodenuff, are best pitcher on are leg bass ball team. Ma sed Rube is o K & Ant Emmy sed aint you seen in the sports noos how wild he is. Sum times.

Talking with the hands, somewhat after the manner of deaf mutes, is used for giving signals in radio broadcasting stations.

Finland, which is nearly as large as California, is pockmarked with thousands of lakes, but is almost without mountains.

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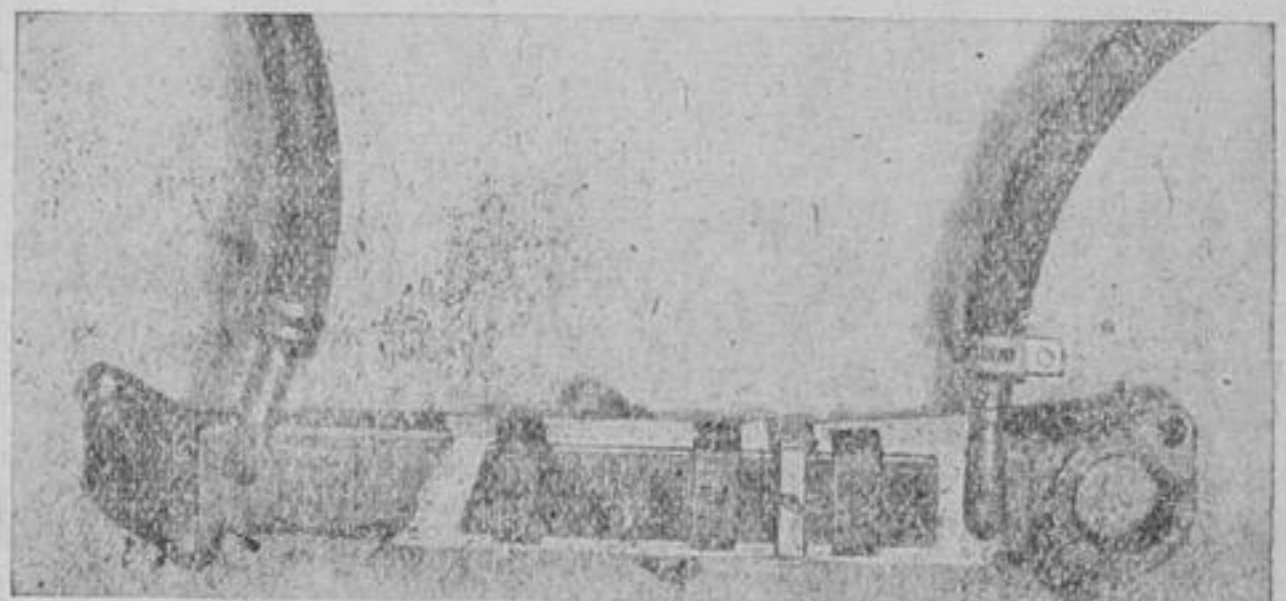
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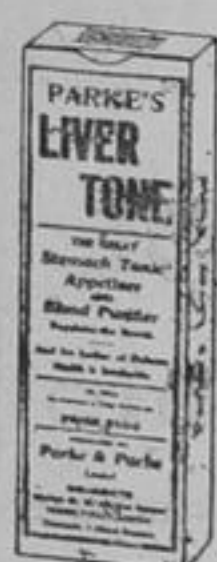
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