THE CANADIAN MEDICAL

INSURANCE COMPANIES

ditions are likely unhealthy.

shoulders.

drooping shoulders.

fluous garments.

the foot to the shoe.

in the body.

flict mankind.

chests.

The child who spends many hours

each day at a school desk which is

weariness which is expressed in

The posture of women has im-

proved since they have given up the

garments which were used to con-

strict the figure. At the same time,

women have relieved themselves of

the burden of innumerable super-

ill fitted shoes. Feet vary in size

shape and position. That is why care

should be taken to fit the shoe to the

because it allows for the organs of

constrict and limit action while press-

Good posture is a personal asset

of well-being and comfort, and a cer-

tain desirable assurance. Good pos-

prevent same of the ills which af-

truding abdomens, with narrow

good posture and good health.

IN CANADA

ASSOCIATION AND LIFE THE

POSTURE

To the Ratepayers of Richmond Hill

HELP THE COUNCIL HELP YOU, BY PROMPT PAYMENT OF TAXES

In maintaining the good financial standing of the Village of Richmond Hill a most important feature is the PROMPT PAYMENT OF TAXES by our ratepayers. During the year the members of council as your elected representatives have given diligent care and attention to the business of the municipality and consistently striven to conduct your affairs in a businesslike manner and balance the budget. These efforts, I am pleased to say, have been quite successful and as we near the end of the year our finances are in a very satisfactory position. However, if we are to continue to improve our financial standing, it is imperative that ratepayers make a serious effort to meet their tax obligations.

It has been the constant aim of your council to so administer your affairs as to be able to relieve in every possible way the burden of taxation. There are prospects that in the near future there will be a lightening of the burden on the ratepayers but to accomplish this end we must have the co-operation of the taxpayers in the payment of taxes.

Therefore on behalf of the council I make this appeal as we near the end of the year for the payment of the current years levy and any arrears of taxes on your property. Will you make some payment before the end of the year? Our treasurer is authorized to accept and give full credit for any payment.

Thanking you in anticipation of your cooperation.

J. A. GREENE, Reeve. December 11th, 1935.



Low Rail Fares to VANCOUVER, VICTORIA, B.C., and SEATTLE, Wash.

For your Winter vacation this year choose Canada's Evergreen Playground. Golf, tennis, yachting, riding, motoring . . . enjoy all your avourite outdoor sports in this land of glorious balmy weather.

Low first class round trip rail fares from Dec. 1st to Feb. 15th. Return limit, April 30th. Stopovers allowed at intermediate points. Special winter rates available at hotels.

OUTSTANDING EVENTS: Winter Golf Tournament, Victoria, Feb. 17-22, 1936.

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Fall information from your local agent CANADIAN NATIONAL

NEWS AND INFORMATION FOR THE BUSY FARMER

Crops for Silage

bandry Division has been conducting freezing before it is delivered. experiments with the ensiling of various crops. Of the crops tested, corn is undoubtedly the best for ensiling. Sunflowers are recommended on heavy clay soils and in cool climates The upright position has many ad- where corn does not do well. Mixvantages but, unfortunately, there tures of oats and peas, or oats, peas are persons who, for one reason or and vetches make very good silage. another, have developed such poor Red clover is an excellent silage crop posture as to be handicapped in life. but alfalfa is rather difficult to ensile To a considerable extent, good and should be used for hay where posture reflects good health, and possible. Buckwheat, cut in full when conditions are such as to inter- bloom, yields 7 or 8 tons per acre of fere with good posture, it is no ex- fairly good silage. Experiments are aggeration to say that such con- being continued with these and other

> Paris Wins Society Class Guelph Winter Fair

too low for him and which thus With a total score of 458 points forces him to slouch down to use his desk is likely to have stooped awarded first place in the keenly as the value and often the preservacontested Agricultural Society Class tion of the woodlot depends on whe-We might say that while this for grain at the Winter Fair. Es- ther stock are shut out, as small seed- ming of your vision consult situation can be dealt with by having quesing Society of Georgetown was lings and saplings of deciduous trees at least two or three sizes of desks. a close second with 4551/2 points. As (maple, ash, beech, etc.) will be in no case should the school child the possible was 500, these are conbe kept sitting for long periods. sidered very high scores. Long periods of sitting lead to a

This Class has aroused very wide interest as the members of each competing Agricultural Society must cooperate, in this venture. Each exhibit included 5 lots of grain and seed and no member contributed more than one lot. As twelve Societies competed, the display included samples from 60 of the best Seed Growers in Western Ontario.

Poor posture is often the result of Other winning Societies are given in order - Peel County (Brampton) 4481/2; Carrick (Mildmay) 447; Teeswater 439; Scott (Uxbridge) 437; foot rather than to attempt to mould Richmond Hill 4341/2; Markham 426; Good posture promotes good health South Huron (Seaforth) 424.

Livestock Figures

the body to function in their normal position, whereas poor posture may ing organs out of their normal place lieved, to the reduced fodder supplies spruce, etc. available last winter, but colts and fillies are up 1,900 reflecting the ed in a second growth stand. in that it gives to the person a sense dropped 25,300 head, decreases occur- are shaded by their more vigorous ture will not solve the health problems of the world, but it will help to are down 1,075 head in Eastern On- polewood stands are often clean-cut tario but up 5,000 in the aggregate for fuelwood when a judicious thin-Healthy muscles, well-built from for the province. Beef cows have ning would yield fuelwood and inproper food and kept strong through increased 2,000 head and beef year- crease the value of the woods. exercise are essential to hold the body lings 1,400. For the fifth successive in good position. Weak muscles year sheep and lambs record a de- ting himself he should mark the trees cause slouching shoulders and procrease, being placed at 945,700 on June 1st, 1935, as compared with 962,- ing them with paint. Care in felling 300 on June 1st, 1934. Brood sows is very necessary, as the small trees Good food, a reasonable amount of are up considerably in each section have a high potential value. exercise and sufficient rest, toexcept Southern Ontario, but other gether with proper clothing, promote pigs over six months showed a heavy sent on application to The Forests falling off in numbers, with the re-Questions concerning Health, adsult that the total swine population over 6 months old decreased by 3,000 county Agricultural Representative. dressed to the Canadian Medical Association, 184 College Street, Toronto, nead. Swine under 6 months are on the upward trend again and are 50,will be answered personally by letter. 400 higher than a year ago. The number of sows intended to farrow in the next 6 months is well above last year. Hens and chickens show a rise of 164,200, being 21,731,200 this June and 21,567,000 in June, 1934.

> Dressed Poultry for the Christmas Trade

Thousands of birds are destined for the Christmas market as dressed poultry, but to obtain the highest prices, most of them should be well finished by the pen or crate method, since the quieter the birds are kept the better the quality of finish. The length of the finishing period, may vary from two to three weeks, depending on the condition, age and feeding of the bird.

For the finishing work, the selection and grading of the birds according to vigour, condition, size, age and sex are extremely important. It is usually advisable to discard the non-vigorous birds and invest extra capital and labour only in those that will return profit.

Before the birds are placed in the crates for feeding, they should be treated for lice and starved for at least twenty-four hours. It is advisable to administer a dose of laxative, to clean them out, in the form of Epsom salts dissolved in water at the rate of one pound to 100 birds. The solution is used for mixing the first feed.

The importance of proper dressing cannot be over-emphasized. In killing and preparing poultry for market the birds should be starved for at least 24 hours before being killed, Steamship have access to clean drinking water, be properly bled so that no blood remains in the extremities, be undrawn with the head and feet left on, be dry plucked although a few feathers may be left around the head, be dry cooled, with feet and vent clean, all blood removed from the mouth, and We look after your wants right from the crop empty. It is preferable that the heads should be wrapped. All the body heat should be out of the Office Stop 6, Yonge St., Lansing

bird before packing, and every care For eleven years the Field Hus- should be taken to keep poultry from

Cutting the Fuelwood

Farmers who are fortunate enough to own a woodlot soon will be cutting fuelwood for next year. Late fall and early winter is the ideal season for working in the bush as the ground is frozen and there is usually very little snow.

Before starting the work it would be advisable to look over the woodlot and decide the location of the season's operations. The future should always be considered in woodlot management, as the cutting done now will determine the composition and value of the woods 10, 50 and 100 years

Owners who have not fenced part of their bush from stock should conthe Paris Agricultural Society was sider the advisability of doing so, browsed and the evergreens will be 163-167 Yonge St., Teronto, up stairs, broken by stock. The fence might opp. Simpsons. Phone Elgin 4820. be constructed in the winter by utilizing the trees as posts. The wire should be fastened to strips that are nailed to the trees.

The fuelwood could be cut from the part that is left in with the pasture. Often the fuelwood may be cut and the woodlot left in better growing condition, if care in selecting trees is taken. Large trees that are interfering and holding back promising young might wisely be removed. Defective trees should be utilized as often their value is decreasing. The less valuable species (weeds) such as ironwood, blue beech, poplar, pin cherry should be largely eliminated from the woodlot as they will if left In Ontario the horse population continue to seed up the bush and take shows a reduction of 800. Mares and up space that might be growing geldings are 2,700 less, due, it is be- valuable white ash, sugar maple, pine,

The trees are generally too crowdstronger demand and higher prices thinning that removes defective, prevailing for horses. Cattle have crooked, weed trees and trees that ring in bulls, milk yearlings, calves, neighbors would result in a marked Mill 139 and steers over 2 years. Milk cows improvement of the woods. These

If the owner is not doing the cutthat are to be cut by blazing or daub-

A bulletin on The Woodlot will be Branch, Parliament Buildings, Toronto, or it may be obtained from the

MY POP SAYS THIS COUNTRY NEEDS FEWER AUTO DRIVERS AN' MORE WHEELBARROW PUSHERS !

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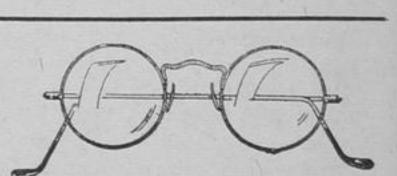
The problem of caring for the many occupying the attention of the National Sanitarium Association, operating the Muskoka Hospital for Consumptives, the Teronto Hospital for Consumptives and the Queen Mary Hospital for Consumptive Children. At present these up-to-date hospitals, with an accommodation of over 1,000

beds, are taxed to the utmost to care for

the needy consumptives, whose only

hope of future health lies in proper treatment and care It is in order that these institutions may be enabled to carry on this worth while work that it is necessary to annually make an appeal for funds, for the statutory allowances received fall far short of the actual cost of maintenance. With a deficit of many thousands of dollars to make up this year on operating account. we ask that you give as generously as you can. Please send your gift to the National Sanitarium Association, 223

College Street, Toronto 2.



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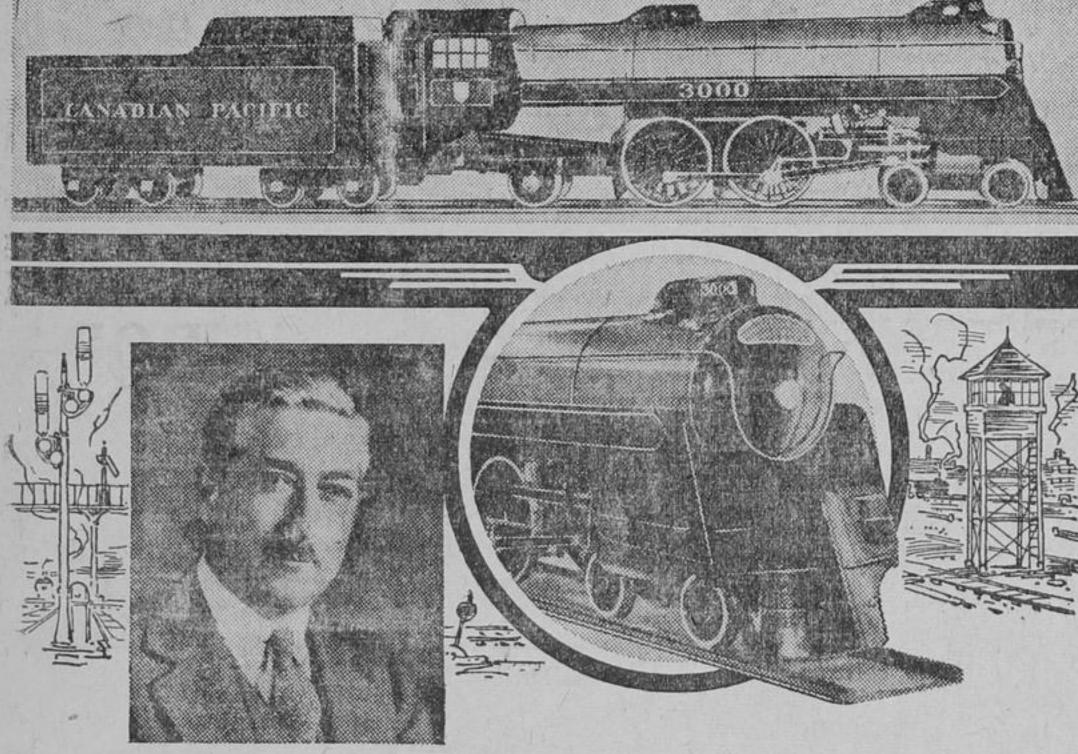
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Canada To Have Streamline Locomotives



comotives, which are being built construction. to attain a speed of 110 miles | The first five engines will be feed water heaters, mechanical per hour. Stream-lining and an used to improve the Company's stokers, roller bearings and tanincreased ratio of power to weight passenger service between Mont- dem connecting rods. They are and fuel consumption are their real and Quebec, and will haul at coal burning, the tenders having outstanding characteristics. Many high speeds trains of new light- a capacity of twelve tons. The of the ideas incorporated in these weight coaches now being built tractive effort will be 25,000 lbs.; engines are quite new, having for the service. They are of 4-4-4 cylinders 1634 by 28 inches; with been originated by Canadian Pa- type, with a total engine and the drivers having a diameter of cific engineers under the super- tender weight of 430,000 lbs., or 80 inches. Photographs of a vision of H. B. Bowen, Chief of about 33 per cent. lighter than model give a comprehensive idea Motive Power and Rolling Stock. engines now running, and de- of the new engines. Inset is H. B.

Marking the peak of engine de- ments made by leading railways important saving in fuel, water velopment in the fifty years of other countries, and have and maintenance. The boilers since the driving of the last adapted and developed the best are of nickel steel designed to spike at Craigellachie, the Cana- features brought out. The new stand a pressure of 300 lbs. per dian Pacific Railway has under Canadian Pacific engines mark a square inch, and fittings and apconstruction five light-weight lo- long step forward in locomotive pliances are all of the latest

type, including super-heaters, In addition, the Company's en- signed to do the same relative Bowen, Chief of Motive Power, wineers closely watched experi- work. This means a consequent Canadian Pacific Railway.