

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA



BOILS

The unbroken healthy skin is an effective barrier to the entrance, into the body, of the numerous germs with which the skin is brought into contact.

There are germs, commonly called disease germs, which cause certain specific diseases, such as diphtheria and typhoid fever. There are other germs which are very common; some of these are probably always present on the skin, but as long as the skin is unbroken and healthy, they do no harm.

The skin may be broken in many ways, such as when it is cut, scratched or bruised. The skin is an important part of the body and, as has already been mentioned, if one part of the body is upset, other parts are apt to suffer. The healthy condition of the skin is lost and its power to resist the action of germs is more or less decreased in the presence of actual diseases, such as diabetes. The skin is also injured by upsets of the digestive tract, by faulty diet, and by an unhygienic life which starves the body of fresh air. Uncleanliness, and overclothing which results in excessive perspiration and irritation of the skin, lower its resistance.

As a result of the occurrence of one or more of the above conditions, the normal resistance of the skin is lost or decreased; then, the germs present on the skin are enabled to gain a foothold. The result of their activity is inflammation — redness, swelling, pain and the production of pus.

Boils are infectious in the sense that they are caused by living germs. In the treatment of boils, this fact must be kept in mind, and the boil should be treated with the same strict cleanliness that is used in all surgical treatments.

Considerable harm may follow the squeezing of boils. The individual's hands should be kept away from the boil, and it should be opened and treated at the proper time by a physician.

In some cases, vaccines are used to raise the resistance — fighting power — against the germ. In all cases, the general health must be considered. Proper diet, exercise, fresh air, body cleanliness, regular elimination, all go to make up a hygienic life.

The occurrence of boils in most cases means that the sufferer has not been giving the reasonable care to his body that is required if a condition of health is to be maintained. To have a healthy skin, it is necessary to keep the whole body in a state of health by living a hygienic life.

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

The final test of good manners is a gift that seems awful to you, but wonderful to the giver.

Charles Graham

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Spanish Civil War Is Now One Year Old

STRUGGLE IS A BLOT ON MODERN CIVILIZATION

A year ago this month saw the outbreak of the Spanish Civil War, the cruellest and bitterest war of its kind in modern times. It has been carried on with mediaeval ferocity and with all the devastation of modern weapons. It was on the evening of July 17 that newspapers outside of Spain suddenly found that telephonic communication was severed and when re-established that a swift and well-organized military revolt originating in the army in Spanish Morocco had begun. This was followed by well planned outbreaks in Spain proper and under the command of General Franco the rebels have been pounding away since then with varying success.

In February 1936, an election was held in Spain. The Popular Front party which represented various Left parties, Liberals, Socialists and Communists, secured a large majority of seats, but the Right Wing parties claimed that they had the larger vote. Right leaders declared that the Government of the Left lacked adequate authority. There were continual disorders, murders and reprisals until finally feeling grew so bitter that civil war broke out.

While the Government has been described as Communist and Red, yet it is doubtful if the majority of those supporting the present Madrid administration have the slightest interest in the principles of Marxism or know what they mean. What they want to see established is a more liberal and democratic Government. However, they have been only too glad to use aid from Russia or any place else. Undoubtedly Russian planes have been instrumental in helping the Government forces in their stubborn defense of Madrid.

On the other hand, it is doubtful whether General Franco is an out and out Fascist. He represents the army, the landed interests, the old regime. Italy and Germany, with their own axes to grind, have been aiding the rebels with men, equipment and planes. Mussolini and Hitler saw a chance to establish a new state, which would be subservient to Fascist countries in a key position in Europe. It would mean that France would be surrounded by a ring of hostile nations and Britain would no longer be able to dominate the Mediterranean. So Government troops and rebels have perhaps unconsciously been dragged into a class war which has threatened the peace of Europe. There is hardly a country in the world which has not had some fighting on one side or the other. Even Canada has had a Mackenzie-Papineau battalion fighting with the Government forces. There has been a Lincoln battalion recruited from the United States. It has been a little Great War which has been fought out on the Iberian peninsula.

War in Air

The war has shown that the next struggle will be largely determined in the air. It has also proven that the civilians will suffer as much or more than the soldier. Thousands of innocent people have been killed on both sides by air bombardments. The defence of Madrid will go down in history. Stubbornly and courageously the Government troops have held off the better-armed insurgents. With their backs to the wall they have driven off attack after attack and to-day apparently have taken the offensive with a view to breaking the siege. The pity of it is that large parts of one of the most beautiful cities in Europe have been pounded into dust.

The tragedy of the war has been the overthrow of the Basques and the siege of Bilbao, its ancient capital and seaport. The Basques are an old Celtic race who down the centuries have maintained their own language, their own customs and their own semi-independence. They are said to be linked with the Welsh and have many of the same characteristics. The country is rich in iron ore and is a prize industrially. The Basques, although Roman Catholics, threw in their lot with the Government which had recognized their independence. General Franco, with the aid of Italian troops and German planes, made a desperate onslaught on this isolated mountainous country. It was a cruel military drive, marked by the slaughter of thousands of civilians through airplane attacks.

The situation became so desperate in Bilbao that the British Government made arrangements to evacuate many thousands of Basque children. Four thousand were removed to Britain and set up in camps in England under the direction of the Salvation Army. Others were taken to France and some to the Nether-

lands and Denmark. Finally the Basques, ill-equipped to fight modern troops, surrendered and Bilbao and most of the surrounding country is now in the hands of General Franco.

Spread of the War

France and Great Britain, and particularly the latter, have been using all their diplomatic skill and influence to prevent the war spreading throughout Europe. It would be the bitterest war of all times because it would be a class war more than a struggle between nations. It would overwhelm Europe. After innumerable conferences a non-intervention committee was set up. This committee's aim was to isolate the war in Spain, and to prevent men and supplies reaching both sides. However, there has been deep suspicion from the first. No one trusted anyone else. Finally one day a German cruiser, engaged in patrolling the Spanish coast, was bombed by Government planes. The Germans shocked the world by shelling, in retaliation, a Spanish coast town. Was this the shot which would start a new war? The whole world had the jitters. However, a firm stand taken by Britain and France and a warning to Hitler resulted in a German back-down.

The result was, though that Germany and Italy withdrew from the non-intervention committee and now no one knows what will happen. France is threatening to permit armaments to flow freely across her borders to both sides. This would mean largely to the Government. In Britain feeling is tightening against General Franco and his Italian supported forces. It is felt that if Franco wins it will endanger Britain's supremacy of the Mediterranean. Labor, militantly pacific, is now calling upon the Government to take a more determined attitude against the rebels—an attitude which if logically pursued might result in war with Mussolini.

As for the British Government, there is no question that it has but one clear policy and that is to bring about peace in Spain and to prevent the war overflowing into Europe. Whether it can succeed remains to be seen. In the meantime, on the occasion of the first anniversary of the war, both sides are claiming that they can see victory ahead, although both admit that there is no immediate end in sight to the war. While the struggle is proceeding thousands of people are being killed and a lovely country is being devastated. It is a blot on modern civilization. It is not a pretty 20th century picture.

For the necessary field and garden seeds imported into Canada for the year ended May 1, 1937, thirteen different countries sent contributions, namely China, Japan, Australia, New Zealand, United States, British Isles, France, Holland, Germany, Denmark, Italy, Poland, and Hungary. Garden peas to the amount of 3,104,617 lb. formed the largest single item, the United States providing 1,899,131 lb.; New Zealand 713,747 lb.; British Isles, 433,602 lb.; Holland, 58,060 lb.; Japan, 31 lb.; China 25 lb.; France, 20 lb.; and Poland, 1 pound.

STOCK REGISTER

TORRS MARQUIS 27437-22576, Imported Clydesdale Stallion, tracing to noted sires Brunstane Again, Dunure Footprint and Hiawatha. He is an exceptionally well bred horse and was a real sure breeder last season. He won 2nd prize and reserve Championship at C.N.E., 4th at Royal in large class and 1st prize and reserve Championship at Guelph. He will stand at his own stable for the 1937 season. Terms to insure foal \$15.00 payable March 1st, 1938. Owner, Oscar Cox, No. 7 Highway, Unionville, Ont.

DOWHILL PATRIOT, the fine imported Clydesdale stallion, will make the 1937 season as follows: Tuesday to the farm of Charles Rutherford, lot 15, con. 5 Vaughan, for noon. To the farm of Lorne Weldrick, lot 24, con. 7 Vaughan for night. Wednesday to the farm of Hugh Sloan, lot 33, con. 8 Vaughan for noon. To the farm of Arthur Hill, Nobleton, for night. Thursday to the farm of John Gould, lot 10, con. 6 King for noon. The remainder of the week he will stand at the stables of Ernest Carson, Lot 30, Concession 5, Vaughan Township. Terms: To insure foal \$13.00 payable March 1st, 1938, if not paid by this date \$14.00. Harry Ireland, Maple R.R. No. 1, Owner.

Brother, Can You Spare Five Minutes on a Trip

FROM ONE MOTORIST TO ANOTHER BY JOHN T. (TRY) COURTESY

I have a few suggestions which ought to cut automobile accidents in this province down about 50 per cent over night—well, anyway, by the middle of next week.

My first suggestion to all motorists is: Drive carefully enough for yourself and the other fellow too, because the chances are he isn't.

The present system is to let the other fellow take care of us — but look at the figures for last year; over 500 killed and more than 10,000 injured in Ontario. That can't be such a good idea. My suggestion is for each of us to take care of himself and one other driver, too. Don't you think it's a dandy plan?

If everybody agreed to this system, we'd have twice as much motor-ing carefulness and courtesy as we need in the world — instead of half enough as at present.

I've often heard it said that it isn't fast drivers who cause accidents, but statistics gathered by the Accident Recording Division of the Department of Highways upset this glib philosophy with figures showing that nearly 1,200 accidents last year were the result of excessive speeds. So there!

Hurry. There's the hub of this whole accident business. Probably nine-tenths of our automobile accidents are caused by people trying to save five minutes. We rush like mad to get somewhere, and it doesn't amount to much when we get there. Methods of locomotion have improved greatly in recent years, but places to go have remained about the same. If we have an appointment with somebody, the chances are, anyway, that he'll be 10 or 15 minutes late, so what's all the rush about?

If everybody in Ontario would resolve to contribute five minutes a day to the cause of automobile safety, we could cut the death and accident toll in two. Five minutes a day. Brother, can you spare five minutes a day?

A little ordinary courtesy would help, too. We are usually pretty peaceful in our attitude towards our fellow man, but the minute some of us get behind a steering wheel, we seem to regard every man as our enemy. We'll be darned if we'll let that fellow pass us or get across the

street intersection first. I'd say, A w, let him pass you or let him beat you to the crossing. So what? You don't have to prove to him that your car has the greatest pick-up in all creation, or that you are the master motorist of all time. A little Alphonse and Gaston stuff would help us keep folks out of hospitals and cemeteries.

A careful study of tables of last year's motor car death and accident causes shows that a large percentage were the result of unnecessary hurry, carelessness, and lack of courtesy or consideration of the rights and comforts of others. And nearly all of them could have been avoided if every driver had started out every morning with the resolution to drive carefully enough for himself and the other fellow too, and to tax himself five minutes a day for the general cause of automobile safety, and to show his fellow humans just a wee bit of ordinary, every-day courtesy.

CAPONE TAMED

Only a few years ago there was a man known as the "world's toughest guy." His name was Al Capone. He has for some time been a "guest" of the United States Government at that "picturesque" California mansion known as Alcatraz Prison, an establishment which transforms "big shots" into very "small potatoes." The stern dictator of Alcatraz, Warden Johnson, tells the story of the Chicago gangster, whom "we have taught is not as big as he thought he was... the one-time fat and flashy habitue of the most expensive restaurants who is now a mild, thin little fellow toiling eight hours a day amid the soap-suds and steam of the prison laundry." (From the Victoria Times.)

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