

HEALTH

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



THE VALUE OF REGULAR PHYSICAL EXAMINATION

No physician would be so foolish as to make a diagnosis solely on the appearance of his patient. While appearances may be deceiving they are very likely to reveal a great deal, or perhaps it is fairer to say suggest, much of what lies beneath the surface.

Knowing what he does, the physician would expect to find some cases of diabetes among those of his patients who, having passed middle-life, have added an excessive number of pounds to their weight. Not all fat people have diabetes but thin adults seldom fall victims.

Very likely it will be asked what good is it to know that diabetes occurs much more frequently in the overweight than in the underweight, or that women are attacked more frequently than men, and that the disease appears usually between the ages of forty and sixty.

This information is of practical value if it is also known that heredity plays a very definite part. In other words, overweight is undesirable for all adults, but when it is associated with a family history of diabetes, it has much more significance.

To know that diabetes has occurred in the family need not arouse any feelings of fear. It should be accepted as a warning to watch, with extra care, the health of the body and so avoid the physical difficulties, which otherwise, through carelessness, might develop.

There are good reasons why everyone should have a periodic health examination. Those with a family history of diabetes should never fail to provide this safeguard for themselves. The early detection of disease is most desirable because it permits of early treatment which offers so much to the patient.

The first signs of diabetes are changes in the urine and blood which are detected at the periodic health examination, long before the individual feels any change in himself. At the same time, focal infections or other abnormal states, which should be got rid of by proper treatment, are discovered.

No one can attempt to diagnose his own condition, nor should anyone attempt to do so. Suspicion, which should send one to his doctor, should be aroused by a persistent thirst and insistent hunger together with the passage of increased amounts of urine, accompanied by loss of weight and strength; one or more of these is sufficient to justify an investigation.

Very likely you have no particular reason to be interested in diabetes but the disease is fairly common and a periodic physical examination will clear up any doubt.

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

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THE LIBERAL SHORT STORY

ICE IN YOUR EYES
By Augusta Philbrick

Sue Quillan slipped her feet from the stirrups and, flinging a leg across her saddle, flicked at the shining surface of her boot. Matching the neat hat that tilted over one eye, and the gauntlet gloves, their glossy blackness set off the green of her riding breeches and coat.

Sue's thoughts had nothing to do with her appearance, however, or she would not have slumped so carelessly in her saddle. Beautiful clothes were her birthright. Her taste had set the style for prettier girls than she—and she knew it. If she ever gave a thought to her clothes these days, it was to wonder why her most stunning outfits had never brought an admiring glance from the eyes of Dan Weston. There had been a time when she had hoped—but that was just for a minute when he first met her and learned that she was Jack Quillan's younger sister.

Four years earlier Jack had made a name for himself on the university football team—as Dan was doing now. But Sue had no desire for reflected glory.

"If I can't shine, except as Jack's kid sister," she thought, "they can fold up their darned old campus and put it in mothballs."

That she was not popular here was borne in upon her more and more every day and more and more she drew within herself, presenting a defiant little chin and flashing eyes to a hostile world; finding in horseback riding the only solace to a hurt loneliness.

"Swell day! Swell ride! Swell time we're having, Bumps."

The horse pricked up his ears at the sound of the familiar name. She had christened him Bumps the first time she hired him from the local livery stable. "Because he can find more bumps than a freshman Ford," she said.

"I woke up this morning to find the campus looking like a Christmas card." She continued addressing her remarks to the horse's inquisitive ears. "And I thought what a swell time you and I would have and now what have we? SLUSH!"

As if to prove her correct the horse struck a slippery spot and trying to right himself with a mighty heave, sent Sue sprawling into the melting snow at the side of the road.

With one startled glance at what he had done he gave a dismayed whinny and galloped off in the direction of the stable.

She picked herself up out of the gutter, and shook a fist at the disappearing horse.

"BUMPS! Come BACK here! You are ungentlemanly — ungrateful — VARMINT!"

She did not hear the approach of an automobile until Dan Weston stopped beside her and spoke.

"Ahem! You were saying—?"

"That I don't know why I ever came to this college in the first place." She climbed into the car.

Dan looked at her and laughed. "Here." He fished in his pocket for a clean handkerchief. "I don't mind picking a girl out of the gutter if I can make a nice, clean honest woman out of her. Wipe your face."

Sue took the handkerchief. "You know, I rather like you that way — all messed up. You look more human. I've been thinking you were just one of those waxed figures made to look like movie stars that they hang clothes on in store windows."

The car was moving slowly along the slippery road. Sue opened the door and stepped out.

"Keep going," she said.

"Not a chance," Dan chuckled. "I like to see you with that glittery ice in your eye."

"You do? Then here's a little ice in your eye."

Stooping, Sue scooped up a handful of snow and threw it.

That the snow was muddy she did not stop to consider. She was reaching for more when Dan jumped from the car and caught her in his arms.

"Oh, no you don't!" He picked her up and placed her in the car.

Sue dug futile fingers into his arms.

"Let me go you — you insufferable — egotistical —"

"Varmint is the word," Dan interrupted. "And if you don't stop struggling I'll be tempted to treat you as the other varmint did."

She looked up and caught sight of his mud-spattered face. Sue was not beautiful. Her eyes were the least bit too prominent and her mouth too generously wide but when she laughed mischief and devilry played roughhouse with her features and made her irresistible.

She laughed now and Dan watched delighted. Then Sue handed back his handkerchief.

"Here. Wipe your face."
"Now look what you did. I'll have

to send this coat to the cleaners before I can take you to the dance tomorrow night."

"Take me to the dance? Oh, no. I—have a date."

"Well, I'll look for you."

They were riding up the hill to dormitory now and Sue was wondering what perverse notion had made her tell him she had a date. He would be sure to find out differently. She turned to him.

"Why did you say what you did about my clothes?"

"Because I think you count on them too much. It doesn't seem fair either for you to spend so much on clothes when Jack had to work his way through college."

"You have me wrong, Mister. But tomorrow night I'll give you an eyeful of something that won't be ice."

Late that night Sue stared into the darkness and planned.

The following evening she brought out a dress she had never worn before. It was red and cut on simple lines that clung to her body and flared out in deep ruffles at the bottom.

"How about a dance, Dangerous?" She turned as Dan touched her arm.

"What makes you think I can dance? I'm just here to model this dress for Winterman's."

Dan laughed and pulled her to him. "What a muffin you are." He chuckled.

They danced a minute before the couples around them joined hands to form a ring. They were drawn into and were swaying to the rhythm and beat of the Big Apple. Sue's feet slid sideways in the Susie Q and she laughed up at Dan as he sang to the dance tune:

"Oh, Sue Quillan, my Susie Q. They sure named that step after you."

With a recklessness born of misunderstanding Sue gave herself up to the dance. She was called on to "Shine" and she determined to show them some steps they never saw before. Her eyes flashed. The flounces of her red dress whipped about her feet like flames, reaching up to envelop her slim young body.

The dance broke up into couples again and Sue drifted from one pair of arms to another. Now she was receiving the kind of rush she had always taken as her due. Her popularity was established on the campus but this held no joy for her until she was in Dan's arms again.

"I like you in that dress. It does things to you. If you'd wear simple little inexpensive things like that all the time—"

Sue laughed. "Do you have any idea what the price ticket was on this dress? It was two hundred and fifty bucks."

"Sue!" For a moment Dan's arms slipped from around her and he looked as if she had slapped his face. "That's criminal. It would pay for one whole quarter year in college!"

Dan tucked a hand beneath her elbow and drew her out through the French doors.

"Sue dear, I could never afford to give you dresses like that, and I'm mad about you so I guess this will have to be good-by." He took her in his arms and for a moment she couldn't speak. Then she hid her face against his coat.

"Don't look at me, Dan," she whispered. "I have a confession to make. I really do model these clothes for Winterman's. That's how I'm paying my way through college."

"Glory Halleluia!" breathed Dan and Sue knew that now she could wear what she pleased and make him like it.

The big potatoes get to the top of the heap; but he wouldn't be there if it weren't for the little fellows at the bottom.

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York County Seed Fair

The second annual York County Seed Fair, held at Markham on Thursday, March 17th, under the joint sponsorship of the Agricultural Societies of the County, proved most successful from the standpoint of entries, quality of exhibits and attendance. According to Agricultural Representative W. M. Cockburn of Newmarket, who is Secretary of the Seed Fair, there was a slight reduction in the number of entries due to the exhibits being restricted to 1937 seed. Although last season was a poor seed year, the quality of the exhibits was superior to last year's Fair.

Eighty-five exhibits were lined up in their respective classes, representing thirty exhibitors and the judges had some difficulty in placing some of the larger classes such as late oats with sixteen entries, barley with eleven, fall wheat eight, red clover seven, alfalfa and early oats, six each.

Educational displays by government departments including the Ont. Crops Branch, the Chemistry Dept. of the O.A.C., the Botany Division of the Central Experimental Farm, Ottawa and the Can. Seed Growers' Assoc. were new features this year. A number of commercial exhibits were also arranged by various companies interested in seeds, feeds and fertilizers.

During the morning, the High School pupils visited the Fair and in the afternoon, the portion of the hall reserved for seats was filled to capacity by farmers for the educational programme. President L. P. Evans of Gormley in opening the meeting, thanked all who had cooperated to make the show a success and called on W. M. Cockburn to take the chair for the balance of the afternoon. The chief speakers were G. A. Scott of the Experimental Farm, Ottawa, who explained the value of the new mercury dust treatment of seed in controlling many other diseases carried on seed besides smut. R. J. Bryden of the Chemistry Dept. of the Ontario Agricultural College discussed soil fertility problems.

The judges were Dr. G. P. McRostie of the Ontario Agricultural College; W. J. W. Lennox and C. L. S. Palmer of the Dominion Seed Branch, Toronto; and Jas. Laughland of the Ont. Agric. College.

The following is the list of awards:

Class 1—Durum or Goose Wheat: 1st, G. N. Graham, Udonia; 2nd, Jack Couperthwaite, Agincourt; 3rd, R. & D. Pearson, Agincourt; 4th, Douglas

Miles, Milliken.
Class 2—Fall Wheat: 1st, Maurice Hamill, Markham; 2nd, R. J. Darlington, Todmorden; 3rd, Frank Marritt, Keswick; 4th, R. & D. Pearson, Agincourt; 5th, Frank Brumwell, Gormley.

Class 3—Barley: 1st, Wm. E. Gohn, Gormley; 2nd, J. H. Frisby, Gormley; 3rd, Frank Marritt, Keswick; 4th, Maurice Hamill, Markham; 5th, G. N. Graham, Udonia; 6th, Douglas Miles, Milliken; 7th, R. J. Darlington, Todmorden; 8th, J. Couperthwaite, Agincourt.

Class 4—Early Oats: 1st, Frank Marritt, Keswick; 2nd, Douglas Miles, Milliken; 3rd, J. H. Frisby, Gormley; 4th, Fraser Gee, Gormley; 5th, Douglas Gee, Gormley; 6th, R. & D. Pearson, Agincourt.

Class 5—Late Oats: 1st, Neil Faris, Newmarket; 2nd, W. T. Cook, Maple; 3rd, Maurice Hamill, Markham; 4th, G. N. Graham, Udonia; 5th, J. H. Frisby, Gormley; 6th, Warren Rae, Stouffville; 7th, Arthur Steckley, Stouffville; 8th, Fred Bagg, Unionville.

Class 6—Field Peas: 1st, G. N. Graham, Udonia; 2nd, Douglas Miles, Milliken.

Class 7—Buckwheat: 1st, Maurice Hamill, Markham; 2nd, G. N. Graham, Udonia.

Class 8—Field Beans: 1st, Marcus Jarvis, Unionville; 2nd, Maurice Hamill, Markham; 3rd, J. H. Frisby, Gormley.

Class 9—Soybeans: 1st, R. & D. Pearson, Agincourt; 2nd, Fred Bagg, Unionville; 3rd, W. Barker, King.

Class 10—Alsike: 1st, J. Couperthwaite, Agincourt; 2nd, Walter Smith, Unionville.

Class 11—Red Clover: 1st, J. Couperthwaite, Agincourt; 2nd, J. H. Frisby, Gormley; 3rd, John Smith, Gormley; 4th, R. & D. Pearson, Agincourt; 5th, Douglas Miles, Milliken.

Class 12—Alfalfa: 1st, J. H. Frisby, Gormley; 2nd, R. McClelland, Maple; 3rd, G. N. Graham, Udonia; 4th, James Valliere, Unionville; 5th, Angus Valliere, Unionville.

Class 13—Sweet Clover: 1st, Oscar Cox, Unionville; 2nd, Albert Cox, Todmorden; 3rd, G. N. Graham, Udonia.

Class 14—Timothy: 1st, W. T. Cook, Maple; 2nd, G. N. Graham, Udonia; 3rd, J. H. Frisby, Gormley.

Class 15—Potatoes, early: 1st, Wm. E. Gohn, Gormley; 2nd, J. H. Frisby, Gormley; 3rd, W. Barker, King; 4th, John Snider, Unionville.

Class 16—Potatoes, late: 1st, W. Barker, King; 2nd, Warren Rae, Stouffville.

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