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## Value of Health Both to the Individual and Community

**Dr. Conboy, Director of Dental Services for the Province, Gives Inspirational Address to the Kiwanis Club, on Friday Evening Last. Value of Service Also Stressed by Dr. Conboy.**

In a very timely address to the Kiwanis Club of Timmins on Friday evening last, when the medical and dental profession were the guests of the local club, Dr. Conboy, Director of Dental Services for the Province of Ontario, painted a picture of health both inspirational and optimistic for the people of the present generation. In the light of public opinion, focused as it is today on the most valued asset of the individual or community, "Health" is a most apropos message. Not alone from the topic of his profession on dental diseases did the doctor speak, but from the broader viewpoint of illhealth from all causes, and the value of disease prevention. So forcefully, good-naturedly and seriously were the points brought home to the gathering that as a salesman of health Dr. Conboy might be considered the champion. The general public have not the opportunity of visiting the institutions for the mentally defective and seeing the 10,000 inmates therein, nor have they the opportunity of visiting the hospitals and seeing the mass sickness accumulated. If such were the case then appreciative co-operation to prevent disease would be the aim of everyone, and charity would be reduced to a minimum.

Health is the God-given birthright of every individual and neither Breeding, nor Talent, nor Education can supplant it. Given good health a man or woman can make a place in the world. But alas how few of us are not handicapped in some small way or another. The enemies of health are Ignorance, Apathy, and Lack of Opportunity. Between the years 1880 and 1924 one and a half million people in the United States have been spared an untimely death through the increased advantages of education in caring for and preventing disease. The wall of ignorance is gradually being broken down. Apathy includes carelessness and neglect, and under this heading it is quoted that twelve times the number of accidents in any year would not make up the amount of illness suffered due to preventable disease. Lack of opportunity is mainly the sin of our fathers and forefathers who have not kept pace with the world's progress and have denied their children their rightful heritage of good health. One half the money spent today on charity is due to the neglect of the past.

At birth a male child is actually valued at \$9,333 potential dollars; it costs \$7,238 to educate this child and raise to 18 years of age, not counting the parents' time involved. The earning power of this child is averaged at \$29,000 if healthy, and nothing if unhealthy. 2% of the public are constantly ill and cost an assessment of \$10.00 per year per individual in the state to maintain them. The Metropolitan Life Co. spent 20 millions in the past 14 years in sickness prevention and have saved by doing so in death claims, otherwise which would of necessity have been paid out 43 millions of dollars. At a cost of 78 cents per individual in Ontario per year education and prevention has added 5 to 7 years to the life expectancy and decreased mortality 2%.

Dr. Conboy stressed the joy of service before selfishness in aiming to present the best we have to our growing generation. Service is love in action. Life would be cold and sordid and selfish without service and self sacrifice. The mighty oceans, the majestic mountain peaks, the magnificence of the clear blue sky, yes, even all creation, is less than the value of noble manhood. The work of life is the accomplishment of effort and each should live to take care of the health of the home as well as that of the community. It isn't the things you do, sir, it's the things that are left undone. That give to you the headache at the setting of the sun. Among the visitors at the Kiwanis Club last Friday were Dr. Brisson, Dr. A. Joyal, Dr. J. Joyal, Dr. C. Porter, Dr. A. S. Porter, Dr. McBain, Dr. Roberts, Dr. Brill, Dr. Minthorn, Mr. C. R. Murdoch, Mr. W. H. Pritchard, Mr. Hugh Pierce, Mr. Donahue, Dr. Conboy and Mr. Holm.

There was a particularly large attendance and the meeting was most interesting throughout. During the evening Mr. Vincent Woodbury gave a very interesting three-minute talk on the Dempsey-Tunney fight that roused comment as well as enthusiastic applause.

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One, two or more years—no matter how long packed, Rideau Hall Coffee is as strong, when the tin is opened, as when sealed by the vacuum process.

# Rideau Hall COFFEE

## OFFICERS ELECTED FOR ST. DAVID'S WELSH SOCIETY

Next Meeting to be Held on Friday, Oct. 7th, in the Hollinger Hall

A meeting of the St. David's Welsh Society was held in the Hollinger Recreation hall on October 2nd, at 6 p.m. The evening was devoted to the business of the society, the chief item being the election of officers for the ensuing season. The following were the officers elected:—  
President—Mr. A. G. Ballamy.  
Vice-president—Mr. Bryn Jones.  
Secretary-treasurer—Mr. J. H. Bellamy.  
Executive committee—Mrs. Meredith, Mrs. J. H. Bellamy, Mrs. B. Jones, Mr. T. J. Thomas, Mr. L. Jones, and Mr. Geo. Hale.

The next meeting of the St. David's Welsh Society will be held on Friday, Oct. 7th, beginning at 8.30 p.m. At this meeting there will be good music for the occasion, refreshments will be served and everybody will be welcome.

During the past season the St. David's Welsh Society had very acceptable meetings and very pleasant social times and the coming season is confidently expected to be even more successful in every way.

## RECOGNITION OF BAPTIST CHURCH AT KIRKLAND LAKE

The North Bay Nugget on Friday last said:—

"Rev. A. W. Small and E. J. Pickard were in Kirkland Lake, this week, when they attended a 'recognition council' of the Baptist churches in the district, at which the newly organized Baptist church at Kirkland Lake was accepted. Following the organization of a Baptist church anywhere, representatives of other churches in that district gather and the new church presents a statement of its organization, building position and the views held, stated in a confession of faith. If the representatives are satisfied with such statement, they recognize the newly formed church as a regular Baptist church within the limits of the district. Such recognition was given the Kirkland Lake church as it was welcomed to the limits of the Northern Association of the Baptist Convention of Ontario and Quebec and to the fellowship of the churches represented by the 'recognition council.'"

Capt. Crowe, who was formerly with the Porcupine Crown, but more recently has been on the staff of the Barry-Hollinger, has returned to the camp to take a place on the staff of the New York Porcupine. Capt. Crowe has hosts of friends in the district who will be delighted to welcome him back to the old camp.

## SOLUTION OF MYSTERY A SURPRISE TO FILM FANS

If you knew the mystery ending of "You'd Be Surprised," showing at the Goldfields theatre on Wednesday and Thursday of this week, you'd be very much surprised!

However, the management is requesting all patrons who see this rattling good comedy-mystery, starring Raymond Griffith, not to divulge its end to their friends. This is being done because the story is so thrilling, and the mystery so perfect, that it adds greatly to the interest of theatre-goers not to know what the final outcome will be. As a favour to your friends when you see "You'd Be Surprised," keep the solution a secret.

Incidentally, never has the high-hat comedian, who already has such successes as "Forty Winks," "A Regular Fellow," and "Hands Up" in his credit, been as funny as he is in this Paramount picture, marking, as it does, a new departure for him. Griffith calls "You'd Be Surprised" a comedy-mystery.

## E. C. BREWER

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Add even amount of water, bring to a boil, and CLARK'S soups are ready to serve. The cost is about three cents a plate—slightly more for chicken. The assortment includes Vegetable, Tomato, Mulligatawny, Pea, Green Pea, Chicken, etc. All meats used are "Canada Approved". See this legend on the labels of all CLARK Meat Soups.

SOLD EVERYWHERE  
W. CLARK Limited - Montreal  
Packers Clark's celebrated Pork and Beans, etc.



## CORNISH ONE-AND-ALL WIN BOXER CUP FINAL, 3 TO 0

Game on Saturday Marred by Most Objectionable Incident That Should be Sternly Dealt With.

The re-play cup tie on Saturday in the Boxer Cup, under the auspices of the P.D.F.L. was won by the Cornish One-and-All, who beat the McIntyre by three goals to nil.

The teams lined up as follows:—  
Cornish One-and-All—Wills, goal; Street and Hooper, backs; Hignan, Harris and Rice, half-backs; Wearing, Tonkin, Graham, Chalmers and Doddridge, forwards.

McIntyre—Purker, goal; Taylor and Goodman, backs; A. Cooper, Woods and Cran, half-backs; N. Dougall, Barron, Truscott, E. Dougall and McLeathie, forwards.

Referee—W. A. Field.

The Cornish One-and-All started right out for the McIntyre goal; Chalmers coming in with a clever piece of work. The whistle blew for a trip in the goal area, but the ball was already in the net on a fast shot, and the referee allowed the goal, as to do otherwise would be to penalize the Cornish for a penalty incurred by the other team. The McIntyre players thought the goal should have been disallowed, but the referee held to his view. This put pep into the game, the McIntyre paying a visit to Wills who saved a nice shot. The Cornish forwards came down again, Wearing getting possession and putting in a nice centre pass to Tonkin who easily beat Parker for a very nice goal. A. Cooper again hurt his knee and retired for the rest of the game, leaving McIntyre with ten men. The Cornish maintained the pressure and showed as much the better team. Truscott and E. Dougall were playing a hard game for the McIntyre. A penalty was awarded for the Cornish and caused quite a bit of excitement among the players, but the kick was allowed and taken by Hignan who put the Cornish three up. Play then got rough. Then the referee gave a decision against Taylor which roused the whole McIntyre team, Taylor being sent off the field. For a time it looked as if the whole team might follow Taylor, but half-time came and saved the situation.

McIntyre started with nine men, and the Cornish again began to press. Heavy body-checking was taking place, and the members of the St. John Ambulance brigade were kept very busy. Goodman and Chalmers came together, Chalmers being carried off in bad condition having sustained a kick in the ribs. Play got very ragged and this was followed about half-way through this half with one of the most objectionable features that has happened in football this year or any other year. Rice and N. Dougall had a tussle for the ball. Rice cleared and was walking back to his position when Neil Dougall appeared to turn deliberately and send a savage kick at Rice. Rice collapsed to the ground, his knee being badly injured. Dr. Minthorn who had been called to attend Chalmers, also attended Rice and ordered them home for treatment. Neil Dougall was sent off the field. This was a very tense moment for the fans who were keyed up to a high pitch over the incident, and it would not apparently have taken much to start a small riot. The game finished in a very ragged fashion, the Cornish winning the cup which was presented by President E. Duxfield after the game, to E. R. Street, the captain of the Cornish One-and-All team.

There is a general demand for a strict enquiry and action in the regrettable incident referred to. For the good of sport, stern measures should be taken. No one should blame the team for anything of this sort, but the individual offender should be properly dealt with.

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WHERE QUALITY COUNTS

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WHERE QUALITY COUNTS

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This week we offer for sale in all Dominion Stores

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<b>Crisco</b> For Frying—For Shortening 1-lb. Tin <b>27¢</b> 3-lb. Tin <b>79¢</b>	<b>Finest Canadian New Cheese</b> Chateau Loaf <b>27¢ lb.</b> 37¢ lb. Ingersoll Cream Cheese <b>15¢ pkt.</b>	<b>Cheese</b> Finest Canadian New <b>27¢ lb.</b> Chateau Loaf <b>37¢ lb.</b> Ingersoll Cream Cheese <b>15¢ pkt.</b>
<b>D.S.L. or Quaker Corn Flakes</b> 3 pkts. <b>25¢</b>	<b>Canada or Durham Corn Starch</b> <b>10¢ pkt.</b>	<b>Heinz Tomato Small Soup</b> <b>11¢</b> Medium <b>15¢</b>
<b>Excellence Dates</b> 2 lb. pkt. <b>25¢</b>		
<b>Shirriff's Lushus Jellies</b> The new Jelly Liquid Flavour, sealed in a sugar bud 3 pkgs. <b>25¢.</b>		
<b>Handy Ammonia Powder</b> 3 pkts. <b>19¢</b>		
<b>Grated Horseradish</b> <b>15¢ bot.</b>	<b>Bassett's Imported Licorice Allsorts</b> <b>32¢ lb.</b>	<b>Shirriff's Pure Orange Marmalade</b> Family Size Jar <b>49¢</b>
<b>Fresh Milled Rolled Oats</b> <b>5 lbs. 25¢</b>	<b>Fresh, Crisp Molasses Snaps</b> <b>2 lbs. 25¢</b>	

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