

DON'T SUFFER WITH DANGEROUS INDIGESTION

Do you suffer after meals with a belching, from sour and acid stomach? Many believe they have heart trouble and tremble with fear, expecting any minute to drop dead. This condition can be prevented, likewise relieved. Take Carter's Little Liver Pills after meals and neutralize the gases. Sweeten the sour and acid stomach, relieve the gas and encourage digestion. The stomach, liver and bowels will be cleansed of poison, painful and dangerous indigestion disappears and the system enjoys a tonic effect. Don't delay. Ask your druggist for a 25c box of Carter's Little Liver Pills.

RURAL HEALTH UNITS NOW ADVOCATED FOR CANADA

Country Now Reported as Less "Healthy" Than City on Account of Attention Given to Health Matters in Larger Cities.

At present there is general discussion of the proposal for "County Health Units" for the Dominion of Canada. Some measure of the idea behind the "County Health Unit" may be gathered from the "District Medical Health Officer" plan in force in Ontario. Dr. George is District Medical Health Officer for this section of Ontario, and his work for the unorgan-

ized district particularly is very specially valuable. This fact shows the probable value of the "County Health Unit." Dr. George has a very large territory to cover with very limited facilities. Under the "County Health Unit" plan he would have increased and improved facilities to look after a much smaller area.

A letter to The Advance from the Canadian Social Hygiene Council gives particulars of the "County Health Unit" plan. These particulars are well worth consideration and study. The letter says:—

"Just a few days ago, the Canadian House of Commons did a remarkable thing. Without division it approved a motion requesting the Government to consider subsidizing "County Health Units," in order that the health of rural Canada might be given better protection.

"The gigantic scope of such a project at first eludes one, as does the great significance of the fact that by approving the motion without division, the House put the question of national health where it belongs—out of the fields of party-politics.

"This is extremely fortunate, for it enables every Canadian citizen to discuss, and to give his approval without rancour or considerations of party affiliations, to what is probably the greatest piece of health-legislation ever contemplated in the history of the world!

"For the County Health Unit scheme, when it is in working order throughout the Dominion, as it is bound to be eventually, and as it already is in parts of Quebec, Saskatchewan and British Columbia, will save more Canadian lives, and more Canadian dollars than the majority realize are now being wasted. For there is no doubt that future generations will look back upon our present-day rural health management with horror, as being little short of criminally negligent.

"At the beginning of this century, the country was a healthier place to live in than the city. In fact, most people will probably be surprised to learn that it is so no longer. Actually, official statistics prove that the farmer has much less chance of long life and health than has his city cousin, and the reason is simply that the city man's health is looked after scientifically, by modern, up-to-date public health departments, while the farmer, and the small-town dweller do not share in this advantage, because it costs a great deal of money, and the country and the small town cannot afford it.

"The County Health Unit Plan, providing as it does, for Federal and Provincial payment by subsidy of two-thirds of the cost of each County Health Unit—the municipality served paying the third—recognizes and acts upon the fact that health is a national asset, and that rural lives are as valuable to Canada as urban ones.



CONFERS ON TRADE PACT
Sir Richard Squires, Prime Minister of Newfoundland, who has arrived in Ottawa to confer with Hon. James Malcolm, Minister of Trade and Commerce, regarding the possibility of a trade pact between the Dominion and Newfoundland.

"Surely this is eminently sound on practical, as well as humanitarian grounds. Everyone, regardless of political affiliations, agrees that Canada, supporting social machinery capable of serving more than double her present population, needs people more than anything else in the world. We seek and are willing to pay for immigrants of the right kind. Yet every year we lose rural-born, native Canadians by thousands, years ahead of their time. Through diseases which could be entirely eliminated—for example diphtheria and typhoid, both of which are preventable and could be wiped out within a generation—and tuberculosis, heart disease, complaints peculiar to infants and their mothers, scarlet fever, cancer, despite the fact that proper measures of public health can save and in some centres are annually saving many lives from all of them.

"Quebec has attacked this problem. She has 17 Rural Health Units in operation, and expects soon to have eight more. Consider what happened in Beauce County, Quebec, following the organization of such a unit in 1925.

"During 1926 there were 643 deaths in the district from general causes. In 1928 this figure dropped by 156 to 487. Similarly, infant deaths were reduced from 213 to 160; deaths from tuberculosis from 56 to 51, and deaths from contagious diseases, from 86 to 27. Statistics, indicating the reduction of disease generally are not yet available but a study of the death rate makes logical the assumption that this too, must have been comparatively important.

A clear explanation of the workings of one of these units is afforded by Dr. Alphonse Lessard, director, and Dr. Emile Nadeau, assistant director, Quebec Provincial Bureau of Health:—

"What is the "County Health Unit" system which we are at present operating in our Province of Quebec? It consists in the establishment, in a county or in two small neighbouring counties, of what might be designated as a "Bureau of Health in miniature" composed of a full-time medical officer, two or more public health nurses, a sanitary inspector charged with the enforcement of the health regulations and with the education of the municipal officers, together with a secretary to handle the clerical work of the office which is generally located in the principal town of the county. The whole population of the county is thus submitted to constant supervision on the part of this staff. Health education is intensively carried on, a considerable amount of propaganda work is done continually, and not a single municipality escapes the attention of the officers of that unit. The medical officers covers all the parishes, meets there the civil and religious authorities, maintains cordial relations with local doctors, gives public lectures (announced the preceding Sunday by the cure in the pulpit) has friendly talks with mothers on the necessity of pre-natal, post-natal and pre-school hygiene, visits the school and looks after outbreaks of infectious diseases. The nurses examine the school children and refer those defective in any way to the family physician; they give the teachers instructions in hygiene which they, in turn, pass on to their pupils; they go directly into the homes of the people to make them understand the necessity of following the golden rules for clean and healthy living; they advise young mothers how to protect their babies or babies-to-be, etc. The sanitary inspector watches the municipal enforcement of the health laws, looks after water supplies, sewerage, nuisances, sees that quarantine is observed in case of contagious diseases, etc. The secretary attends to the office work, handles correspondence, answers queries, keeps records, and, one important matter, collects from all the ministers of worship, the birth, marriage and death certificates, makes corrections on them, if necessary, takes a copy of each, and sends them to our Division of Vital Statistics in Quebec."

T. & N. O. EVIDENTLY GOOD BELIEVER IN ADVERTISING

The North Bay Nugget last week says:—"The Temiskaming & Northern Ontario Railway officials believe that "it pays to advertise," and to this end they have had no wimpish folders drawn up setting forth the fine points of Temagami as a summer resort. This in itself is not new, but that 30,000 will be distributed throughout Canada and the United States is an innovation. They will appear on practically every folder rack on the continent, especially in the states where the fame of Northern Ontario has not fully penetrated."

POPULAR COUPLE WEDDED AT KIRKLAND LAKE RECENTLY

The Northern News of Kirkland Lake last week says:—"A very pretty wedding was solemnized at the Kirkland Lake Hebrew Synagogue on Sunday March 16th, when Sonia, daughter of Mr. and Mrs. A. Scott, became the bride of Harry Simons. The ceremony was performed by Rabbi Linder, of Timmins, assisted by Rabbi Shapiro, of Kirkland Lake, and Rabbi Kaminsky of Cobalt. Rubben Scott assisted the groom while Misses Black, Dubinsky, Cohen, Martin and Duke acted as bridesmaids. Miss Lilly Simons, of Toronto, was maid of honour. Two little girls, Sonia Duke and Faye Rosenberg, were flower girls. A large number of out-of-town guests were present besides a host of the young couple's friends from Kirkland Lake and district. After the ceremony a wedding dinner was held in the Synagogue. Dr. Joe Teich acted as master of ceremonies and those giving short addresses were Reeve N. Evoy, A. Scott, father of the bride, and the three Rabbis who performed the ceremony. The congratulations of a large circle of friends is extended to the happy young couple."

THE ART OF MUCH TALK AND YET NOT SAYING ANYTHING

The Northern Miner says:—"Mining shareholders who are in receipt of annual reports sometimes have difficulty in grasping the significance of information offered them by the company officers. Usually there is considerable public interest in ore reserves, this being a feature that can be readily recognized by even the tyro investor in such shares. The preparation of an ore reserve statement is a ticklish business for the operator. His problem is to show the situation conservatively enough to forestall any future criticism and at the same time to give the mine credit for what it has developed. Faced by this problem one Western silver mine manager spoke of the ore reserves in this fashion: "The development work at the mine during the year has placed in sight an ore reserve sufficient to assure a profitable operation of the mine for a period the length of which it is impossible to determine." This is sidestepping with a vengeance. The Engineering and Mining Journal says that philanthropists with leanings toward metaphysics might well offer a prize to the person who can win now any sense from such a statement."

PORCUPINE QUILLS FOUND IN KIRKLAND LAKE PORK

According to The Northern News a Kirkland Lake man had a great surprise recently when he discovered that some pork he had bought and cooked was more or less filled with porcupine quills. The story is so good that at first reading there was the temptation to believe that the date line, "Saut Ste. Marie," had been left off by mistake. However, here is the story in full as told by The Northern News, of Kirkland Lake:—

"Discovery that a piece of pork, which had been cooked for Sunday's dinner, was full of porcupine quills resulted in Mike Sobransky, residing at the rear of 13 Duncan avenue, reporting the matter to the police. It is understood that the quills were first noticed when one of the diners had a piece of quill stick in his throat. Inspection of the meat which had been cooked with vegetables shows numerous black specks, which were found to be more quills about half an inch in length. Investigation by the police and Sanitary Inspector McDonald shows that the pork was purchased at a local store, and that it was part of a quarter of government stamped pork. While the meat was solid there was no indication of the quills, but the softening of it by cooking allowed the hard ends of the quills to be felt on passing a finger over the meat. This was not, however, noticed by the family till a piece of quill caught in the throat of one of them. The investigation will be carried further and a report made to the government. In the meantime no blame is attached to the store selling the pork as only a very close and careful inspection of the meat would have revealed the quills. Similarly the meat might easily pass through the hands of the slaughterer and government inspector without anything wrong being noted owing to the smallness of the quills. Whether there is any possibility of tracing the original locality from which the pig came is now very doubtful. It is quite possible that the animal may have come in contact with the porcupine when quite small and the quills have become thoroughly embedded in the flesh without the knowledge of the pig's owner."

Huntingdon Gleaner:—A hen's egg weighing four ounces and measuring in circumference eight inches lengthwise and six inches around the middle, was found recently by Mrs. Sidney Hooper of Montreal, in making the morning rounds of her poultry run. Mrs. Hooper has a pen of White Leghorns, she claims the woman's poultry raisers' championship of Montreal.

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Children say "great"

You can eat Shredded Wheat Biscuit right out of the package with milk or cream—but it tastes better if you crisp the biscuits in the oven and pour hot milk over them. The flavory shreds of baked wheat are so crisp and delicious—children always ask for more and it is so good for them. Contains everything their growing bodies need. Delicious with fruits.

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"YES, MR. PIM, THE MANAGER WILL SEE YOU"

THADDEUS K. Pim, the successful salesman, doesn't know why people put chairs in outer offices. Himself, he just walks right through and talks to the sales manager. Now we know how he works it—with a bar of Rowntree's York Milk.

Rowntree's York Milk Chocolate is the best card of introduction ever invented. It crashes the gate to a thousand things you like—perfect flavour, delicious zest, smoothness that melts away in your mouth. Rowntree's York Milk Chocolate opens the way to a new standard of milk chocolate goodness. Try it yourself. There is no other quite as good.

ROWNTREE'S YORK MILK

There is also York Nut Milk—with delicious whole fibres—for those who prefer nut milk chocolate.

5c

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A great question arises. What shall she feed her children? She knows they must have milk—but in what form? The answer, as found by thousands of happy mothers, is Nestlé's Evaporated Milk.

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IT'S BETTER BECAUSE IT'S CANADIAN

Burk's Falls Arrow:—Recently the Powassan News published the vital statistics of that busy centre in the same paragraph with the vital statistics of the Village of Burks Falls and we detected a supercilious smile between the lines in that the births recorded at Powassan by far exceeded the births recorded at Burks Falls. That is only natural for the Powassanites have little else to attract their attention. Nevertheless we think Burks Falls does not intend to be beaten even in this respect for we recorded five births in our last issue.