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Memories
Some time ago The Advance was pleased to publish some able verses by a friend of this paper. This week another poem from the same able pen is given herewith:—
Memories
(By "Nature's Dreamer")
Memories, "sweet memories"
Come like refreshing rain.
Forgot are life's grim struggles;
Young days come back again.
I roam again through shady lanes
And hear the wild birds sing,
I gather flowers from the wood,
And hear those church bells ring.
But memories, like floating dreams,
Too soon they pass away,
But their happy recollections
Will buoy you in life's fray.
Detroit Times:—Boys and girls may try this one out and see if it is correct.
"To place one kernel of wheat on the first square of a chess board, two on the second, four on the third, eight on the fourth, and so on, 18,466,744,073,709,551,615 kernels would be required for the 64 squares."

**HEALTH UNIT PROPOSAL
URGED FOR EVERY COUNTY**

"Family Doctor" Writes in Interesting and Informative Way About Every County and District of Canada.

On several occasions The Advance has made reference to the proposal for the "County Health Unit" system, as it is called. This system has actually been in force for some years in the North Land though in modified or restricted way. There is an organization to look after this district in health matters but the territory is so large that the wonder is that results are as good as they are. It certainly must be admitted that the provincial health organization in this North is doing excellent work, and that it is worth many times whatever it may cost. It looks after all the unorganized territory and it has an enormous contract on its hands and all things considered must be termed both useful and successful. If the plan were developed to include three or four similar staffs it would be even more effective. In such a case it would be following out the County Health Unit plan. The matter should be of interest to all concerned in the true progress of the country, and for this reason The Advance has in the past published references to the County Health Unit plan so earnestly advocated by the Social Service Council of Ontario. For the same reason there is given herewith an article headed, "Health Unit for Every County," and written by "The Family Doctor" in The Farmer's Advocate. "The Family Doctor" says: "Some two or three years ago I first heard of a County Health Unit. It was a doctor from Quebec who explained its workings before a medical convention that I was attending. He was keenly enthusiastic about its value, especially in rural districts. Recently the parliament at Ottawa became interested in it and now as I understand, the expense of a County Health Unit is shared equally by the Dominion Government, the Provincial Government and the county.
"Quebec is the pioneer in this experiment, and has been followed by British Columbia and Saskatchewan (naturally—the healthiest place in the whole world). Quebec at present has seventeen County Health Units in operation and expects to have eight more within a short time. This Province is one of the oldest and is quite conservative. I am satisfied that the rural people must have been greatly benefitted, otherwise the scheme would have been dropped before now.
"You will be interested in hearing the results in one of the counties, for example Beauce County, where the County Health Unit was instituted in 1925. The deaths in that community during 1926 were 643, and two years later was 487, a decrease of 156. Quebec has had a high mortality rate among infants and you will be glad to hear of such splendid improvement. The results obtained in Beauce County were duplicated in the other communities that had established County Health Units.
"What is a County Health Unit, and how is the amount of sickness and the number of deaths lessened? The answer is simple—education of the people in the prevention of disease by a full-time highly-trained staff of doctor, nurse and sanitary officer. All our larger cities have such a staff with the result that the people in the cities are becoming healthier (but not happier) than those living in the rural districts. In London, for example there is a full-time Medical Officer of Health, a Sanitary Inspector, Public Health Nurses, School Nurses, Victorian Order of Nurses, insurance company nurses, Child Welfare Clinics and Prenatal Clinics. The services of these organizations are free to those who are unable to pay, or if not entirely free the charges are nominal. Those living in the country have the advantages of few if any, of such organizations and they are just as deserving, if not more so, than the city folk. The County Health Unit can give each community the same kind of help in preventing disease as the full-time doctors and nurses do in the cities.
"In the towns, villages and townships, one of the doctors is chosen as Medical Officer of Health, usually the most popular and busiest doctor in the community, and he is paid from \$25 to \$100 or perhaps a little more for his services. You can appreciate that it is impossible for him to spend hours and hours of his time educating the people how they can prevent illness. The County Health Unit has a full-time Medical Officer of Health who has taken special training in preventive medicine. He will have nothing else to do but look after the health of his community. If at the end of one or two years he cannot show a lessening of the number of deaths, he will lose his job in all likelihood. He should soon banish diphtheria from among the children—typhoid, toxoid, toxoid, just three tiny doses. Smallpox should be as scarce as chicken's teeth. There are too many children who have not been vaccinated against smallpox.
"Just yesterday, a doctor asked me which was the more serious disease, infantile paralysis or scarlet fever. I naturally said infantile paralysis because whenever a few cases occur the newspapers broadcast it and everybody is interested and a few frightened, but little notice is taken if a case of scarlet fever develops in the neighbourhood. He claimed scarlet fever was the more serious because of the danger of damage to the heart which may be crippled for life. A crippled arm or leg, according to him, is not as serious as a crippled heart, and I believe he is right. Scarlet fever must cease to exist. We cannot afford to allow our children to



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have crippled hearts.
"The Medical Officer of Health of the County Health Unit will do his part to banish scarlet fever. He will train the mothers how to feed their babies so that they will not have rickets and fatal diarrhoeas. He will establish prenatal clinics with the result that it will be as safe for a mother to have a child in that community as in the best hospital in the city. Finally he will be interested in the middle-aged and his diseases—high blood pressure, heart disease, Bright's disease and cancer.
"The County Health Unit is a forward step in making our rural communities healthier, and health goes with happiness. I hope we will see them established in every province in Canada."

Lack of Licenses Sends Salesman to Jail Term

Itinerant salesmen should take warning from the recent fate of a man who struck Halleybury and proceeded to do business in that town without the required licenses. He was picked up by the police for peddling without a license and was assessed \$39.50 or twenty days in jail. He was not able to produce the money or at any rate he failed to do so and so the jail term was operative. It was discovered that he not only had no license for selling goods in town or taking orders but also he was without the required license to operate the car he was using. This resulted in a penalty that had the alternative of ten days, and there being the ten-day penalty for not having the license for doing business in Halleybury he is spending twenty days at the jail in Halleybury. The incident should be a warning to others who break the law in this particular.

KIRKLAND LAKE DOCTOR TO RECUPERATE IN SOUTH

The Kirkland Lake Northern News last week says:—"After a four months struggle from a severe form of septic poisoning, during which the hand of death was close at times, Dr. Bob Armstrong, well known and beloved medical practitioner in this district for the past 14 years, has so far recovered that he was able to leave for Toronto on Monday. Mrs. Armstrong left on Saturday by motor for the Queen City. It is the doctor's intention to remain in Toronto for a month to receive further medical attention, prior to leaving for his old home, a few miles south of Toronto, Ontario. If he can get away from hoeing in his brother's prize corn patch or caring for their renowned Shorthorn herd, two things that Armstrong Bros. are noted for throughout that part of Ontario, he and his wife will spend the month of August at the beautiful Wasaga Beach resort. His friends here, which means everybody, are very gratified for the recovery he has made and wish him a most pleasant summer, to regain his former robust health."

Meaford Mirror:—The man who won a big pool in a horse race had his name in the papers. The papers aren't big enough to publish the names of all the losers.

WORK OF VICTORIAN ORDER REVIEWED AT ANNUAL MEET

Chief Superintendent's Report at Annual Meeting of Order Last Week. The V.O.N. Now has Three Hundred and Three on the Staff.

For some years past the Victorian Order of Nurses has been doing good work in Timmins and there is general interest here in the progress of the Order. Accordingly reference to the annual meeting of the V.O.N. at Ottawa last week will not be out of place. The national work of the Victorian Order of Nurses, with its problems of health and education, was reviewed by Miss Elizabeth L. Smille, chief superintendent of the Order, at the thirty-second annual meeting of the board of governors which opened on Wednesday afternoon in the Chateau Laurier at Ottawa.
Following luncheon given to the delegates by Rt. Hon. George P. Graham and Mrs. Graham, in the Chateau Laurier, delegates were registered and the business of the annual meeting was opened. A message from the Viscountess Willingdon was read, regretting her absence from the meeting. Her Excellency is the honorary president of the Order.
In her comprehensive report Miss Smille stated there had been a considerable increase in the free work of the Order. This was a natural sequence of unemployment, and the social problems encountered were very difficult ones to meet.
A nursing staff of 303 operated in 74 centres of Canada. They made 648,545 visits to 64,356 patients, an increase of 143,389 visits over last year to 3,000 additional patients. There were 14,218 obstetrical cases, with 28 maternal deaths, and 312 infant deaths. The amount collected in fees by local associations were \$268,057. "We are not satisfied," Miss Smille said, "that we are devoting sufficient time to intelligent and effective prenatal work and wish to give it special consideration this coming year. It would appear that many more patients are taking advantage of the nursing service for follow-up work and instruction on return from hospital."
The national office staff, Miss Smille told the delegates, was now up to strength and ready to meet not only the needs of existing centres, but each member was keen to arouse new interest and to interpret the service at every opportunity. The arrangements for area decentralization whereby eastern and western supervisors established headquarters at Moncton and Regina, proved very satisfactory. New district centres were established at Kirkland Lake and Braeside and in Regina.
Eight scholarships were awarded in 1929-30, and the nurses will shortly return to districts in which their services were most required. At the request of the Department of Indian Affairs a nursing survey was made in Ontario, of six Indian reservations, and a report returned to the Department.
At the close of the afternoon session the delegates were guests of Mrs. A. C. Hardy at tea at the Parliamentary Restaurant. Mrs. George Black will entertain at dinner for the nurses of the Order attending the meeting.


Following is the Moose Creed:—"Love thy country, and be a loyal peacemaking citizen thereof. Strive to make thy country happy, rather than splendid; peaceful, rather than given to war; contented, rather than turbulent; good, rather than glorious; devoted to ideals, rather than to conquests; and known for the happiness of its people, rather than for the extent of its domain."

Huntingdon Gleaner:—Eight years in prison, thirty straps, and then deportation will convince a couple of United States gunmen who held up three gasoline stations that Toronto is no place for their activities. In demanding sentence the Crown Attorney said: "U.S. gunmen can't come over to Canada and make this a hunting ground. We have got to stamp that out." And there is no doubt that other artists of this sort over the border will take the hint.

HAROLD CARSON'S PUPILS AT TORONTO SCHOOL DO WELL

The following paragraph from The Halleyburian last week will be of general interest. Mr. Harold Carson referred to in the item being a brother of Mr. P. A. Carson, manager of the Swift-Canadian Co. here:—"Harold Carson, son of Mr. and Mrs. A. J. Carson and a teacher in the Duke of Connaught School, Toronto, is directing a choir of fourth class pupils in the school and has succeeded so well in the trials that they have been selected as one of the two best three-part school choirs in the city. They have been chosen to sing in the final school choir competition in Massey Hall on Empire Day. Harold's friends in Halleybury will extend congratulations and the hope that his class comes out on top in the finals."

Barrie Examiner:—Old Ontario gardeners may know their onions, but there are some Northern Ontario residents who do not even know their wolves. The other day Phideline Nault of Chelmsford, shot a wolf—at least he thought so—and skinned it. Even neighbours and a Sulbury furrier believed the hide to belong to a wolf. He sent the pelt in for the bounty, but government experts found it to be nothing more than the hide of a black dog.



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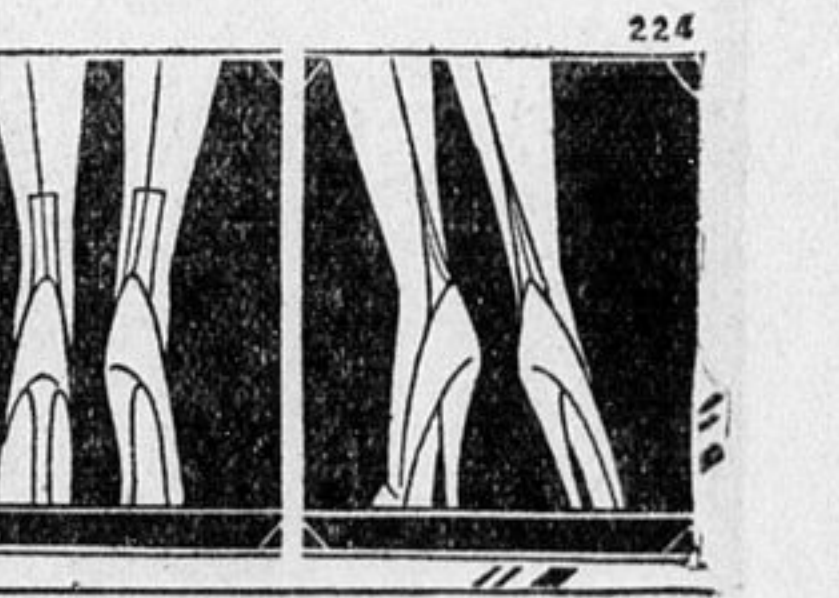
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