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FOR PARENTS ONLY

(By Nancy Cleaver)



GOOD POSTURE

What are the marks of good posture in either a child or an adult, when standing? The body is held in a natural easy position, the weight resting on the balls and outer sides of the feet. The knees are straight, the abdomen drawn in and the curves of the back are slight. The chest is high and the shoulder blades should not protrude. The head is held up with the chin in. The general impression is of a body in excellent physical condition. The child looks healthy, wide-awake and full of energy.

A child should gradually develop the use of all parts of the body with the right balance. Faulty posture is often a factor in excessive fatigue. Because good posture and good health are dependent on each other, every parent should know what are some of the things which encourage good posture.

A well-balanced diet is of great importance. To build bone and muscles, the child needs green vegetables, fruit, milk, protein in the form of meat, eggs, fish and cheese. Cod liver oil in the months when there is not much sunshine is also essential.

A child's clothes must allow for plenty of freedom for movement. Tight belts hinder the activity of the abdominal muscles. Care must be taken that a child's stocking garters do not pull down on the shoulders. The supports should be on the side of an underwaist, with a built up neck. Shoes, stockings and nightclothes must all be large enough for comfort.

Some parents have the mistaken idea that any bed will do for a small child, so long as he gets to sleep quickly. Each child should have his own bed with a firm, flat mattress and springs. A pillow is not necessary, and if used should be a small flat one. The bed covering should be light and not too tight. A sagging spring or mattress can do real damage to a child's posture.

In the regular doctor's examination, a physician may comment on the child's posture and make some suggestions for ways to overcome faulty positions. Adult furniture is not really comfortable for a child who is lost in a too big chair.

A child is much better in a chair built to his own size with his feet, not dangling insecurely in the air, but comfortably placed on the ground. A father who is handy with tools might be able to save by constructing himself a child's

table and chairs. Mother finds a child's set of this kind very useful for Junior to use when crayoning or painting or cutting out pictures, or other handicraft play. Junior's own chair which supports his back and feet helps him to sit up straight and relieves his muscles of unnecessary strain.

At bath time, Mother can often encourage a child to develop good habits of posture by praising the way he stands up straight and holds his tummy in. If a child needs special help in posture, instead of using a set of exercises which must be done as a duty, choose certain games which will accomplish the same end and be fun as well.

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EDITOR'S MAIL

Nov. 1, 1950.

Editor Stouffville Tribune, Dear Sir,

It is rather shocking to pick up the paper night after night and read of one organized group after another demanding more and more money, regardless of the effect on the community at large. First the railwaymen tied up the whole country. Then the dairy workers refused a raise of \$4 per week in the city. Now teachers in this province and no doubt locally, are asking for incredible increases, up to \$1,000 in one year. We read where a spokesman for the teachers says the \$1,000 figure is quite within the amount the taxpayer can pay. Does he imagine the taxpayer has received anything like a \$1,000 increase in his salary in the last two or three years? I don't think that a young teacher just out of normal school is worth \$2,600 a year. After a few years experience they might be worth that, but they would be well-paid at \$1,600 as a start, and be more in line with that of a business girl with matriculation and business course would receive. It should be the taxpayer's privilege to say what he is able or not able to pay. If the teachers think the amount insufficient, or that they can do better elsewhere, then they should resign or get into some other line of work.

R.S. Tax-Poor.

There are about 12,000 post offices, urban and rural, in Canada.

Covington, Ky., has the smallest church in the world. It seats three.

business leaders of the times share with these and other poets the distinction not being overly set upon by fans. As for novels, there are many people just treading water until Hornblower sails by again, so they may tie their lives to some more of his adventures. Others have long since moved in and settled down at Jalna. Newspaper columnists have a place at some time of the day in most homes, the more serious of them helping, along with the editorial writers, to lay the reader's course through these catastrophic years.

Millions fight and dance and sing and love through the seasons in company with their favourite movie stars, feeling a smug regret when the star fades to become almost as obscure as the fan. Service clubs, lodges, political parties, women's and charity organizations link the years for vast numbers; one married couple, who served together on a children's shelter board for decades, remembers the date of Vimy Ridge because the news came at a shelter meeting. When well-known people die there is this added sadness, that many who have vicariously associated themselves with these newly dead die partly with them. Few now are born well-known, so there is not much general interest in those who are just starting out in life, the offspring of Elizabeth — and Ingrid — being recent exceptions.

No other living human in the free world today has so many personal associates whom he does not know as has Winston Churchill. Millions have strung their lives on his for what seems a long time. Although he might be a vexing fellow at steady close range, this awesome, amusing, greatest man on earth has spiritual room-mates everywhere. Even on the bench of a second division club, he rates not so far behind some comic-strip, radio and movie personages, for sustained pulling power. He may even be said to compare, though vaguely, with a new hat, a game of cards, the girl down the street or what's for dinner?

The Senate Tries Its Hand

(By R. J. Deachman)

Senator J. W. de B. Farris, of Vancouver made a speech in the Senate the other day which should be read by every thoughtful Canadian. The subject, of course, was the railway strike. The men are now back at work. The issue, in the end, will be decided with calmness and reason, the fire has died out, that was inevitable.

The Senate is a better place than the House of Commons in which to discuss these questions. A member of the Commons could hardly take an unbiased view if he felt that his seat would thereby be endangered.

"We have been told," said Mr. Farris, "that one of the principle reasons why the Senate was set up was to protect minority groups. I would suggest that the Senate also exists for the protection of majorities against the power of minorities."

Minorities are possibly more dangerous than majorities. There is calm strength in a majority, a touchiness in the irritated importance of a group.

Then the Senator dealt with the facts:

"There are," said he, "two points directly at issue. The first was a demand for an increase in wages of 7 cents an hour. There was one group that wanted an increase of 10 cents an hour. The second essential point at issue was the demand that after the 7 cents an hour increase had been granted, the working hours of the men should be reduced from 48 hours a week to 40 hours a week, with 48 hours pay."

He then turned to some comments of Mr. Justice Wilson, Chairman of a Conciliation Board which dealt with this question:

"In making these comparisons," he wrote, "I must be remembered that the incidental advantages enjoyed by railworkers are generally greater than those granted to other Canadian workers. Records show that the continuity of employment in the railroad industry is relatively high, which must have the effect of increasing average annual earnings. The employees have the benefit of pension plans. They and their families are entitled 'to a considerable measure' of free transportation. Certain employees are given free housing and others free uniforms. In the aggregate these factors add considerable to the advantage of railway employment."

He then refers to wages paid to other groups of workers and makes this comment:

"Consideration of the wages earned by these, the largest groups of Canadian workers, convinces this board that the proposals of the railworkers are unreasonable. To accept them must result in giving unmerited preference to railworkers over all other Canadian workers. The continuance of such an advantage would be unfair to other workers. The inevitable result of such a great increase in rail wage scales must be attempts by other groups, to achieve new stands. The disparities to be corrected would be so great that their rectification would result in an entirely new wage scale for the whole country."

The proposals of Senator Farris were submitted, not as something to be achieved at this session, but perhaps next year. He asked first for a secret ballot before a strike could be called. He pointed out that they have this in his own Province of British Columbia. Not only do they have the secret ballot but the voting is supervised by government officials. Labor objects to this on the ground that it is a reflection on the integrity of the unions. Then why do we have the secret ballot for federal and provincial elections? Ridiculous scenes took place in the old days of open voting. Labor gains nothing from the defence of that conception.

"When the recent strike vote took place it was," said Senator Farris, "a vote upon the issues as they stood last May." Since that time much better offers had been made to the men. Then the strike ballot was a voluminous affair containing, what the lawyers define, as an ex parte (one sided) argument by the labor unions based on inadequate information. Then followed this suggestion by Senator Farris:

"My suggestion is," he said, "that before a strike ballot is sent out it should be submitted to the Department of Labour, and if in future we have a Labour Court, it should be placed before that body. Upon receipt of the ballot, the department should at once call in the other parties to the dispute to inquire whether the ballot sets forth all the facts of the case. In the end, the ballot should be passed upon by the Department of Labour, instead of by one party to the issue."

In support of his contention Senator Farris quoted a telegram which he had received from the Saskatchewan Employers' Association which read as follows:

"The text of the ballot should be made public and the results published by districts. Such legislation would take no privilege away from anyone but would give to workers the democratic right to express their true opinions with-

out fear of intimidation from union officers and organizers."

The final suggestion from the Senator was the creation of a Labor Court to decide these issues. In other disputes the facts can be placed before a court, with competent judges. Why should not the same process be applied to a labor dispute. We have reached a stage in our private relationships where we no longer resort to physical conflict as a means of settling disputes. It is not reasonable to assume that judges, in a position to bring out all the facts, could very well render a verdict which would do justice to all?

Even though at times some party or parties might feel aggrieved the great mass of the workers would gain far more than they could hope to obtain from any victory won by a long strike inflicting, as it would, definite losses on so many. There may have been a time when strikes did little damage but now we have a closely integrated economy. Things which happen in British Columbia or Newfoundland make their impact upon every province of the Dominion. We can end strikes if we want to end them and it would be highly to the advantage of the nation as a whole and to the would-be strikers if we found the means to accomplish this purpose.

DAYS OF YORE

From the Files of The Stouffville Tribune 34 Years Ago

Mongolia—Mr. and Mrs. Geo. Hewitt and son Charles, Mrs. D. Howe and Miss Libbie, Mr. and Mrs. Geo. Judd and Miss Mary Bowers, all of Toronto spent the holiday at Mr. Geo. Bower's.

Bethesda—Miss Edith Noble of Toronto is spending some time at Mr. S. P. Foot's.

Dr. D. C. Smith, dentist, has been invited to address the Women's Institute of Claremont on "The Care of the Teeth and its Relation to Health."

Harry Wilson and Ewart Forsyth of the University of Toronto spent Sunday at home.

The 220th Battalion have moved their headquarters and are now established in the old market building.

Goodwood — Miss Lillian Dowdwell was home over the weekend. Mr. and Mrs. (Rev.) Totten of Greenwood were in town this week.

A number of cases of diptheria are reported at Bethesda.

25 Years Ago

The stained glass windows were placed in the new Baptist Church building last week, which give the church quite a finished appearance. The interior is now ready for the finishing coat of plaster, which will be put on after the heating system is installed.

Mongolia—Jack Green is establishing something of a menagerie at his farm here. He has a nice collection of rabbits, coons, and guinea pigs. Call and see them.

Mrs. H. W. Sanders and two sons, Fred and Harold, motored to Cobourg, to spend the week with their aunt, Mrs. Arthur Wilcott.

Messrs. F. L. and E. A. Button, Reeve Silvester and Mrs. A. S. Leaney, cousins of the late Hartman Jones, attended the funeral of the deceased which took place to Markham Cemetery on Saturday.

Mr. Ralph Lott who was beaten and robbed of \$936 at his home on the 7th of Pickering, is just recovered from the brutal assault.

10 Years Ago

Ringwood — Mr. Herb Hisey, manager of the Rodanz Ringwood farm, is in the Toronto General Hospital for an operation on one of his hands. In September while working a cutting box he received a severe cut on one finger, that, has since proved troublesome.

Parking his car on Palmerston Ave., Toronto, for half an hour one evening last week, some thief forced an entrance and stole a parcel of six ladies' coats from the automobile of Mr. Harry Golden, Stouffville merchant.

Former residents of Ringwood district, Mr. and Mrs. James Gould, Aurora, will celebrate their 60th wedding anniversary on Saturday, Nov. 23rd.

Dr. Thos. Mitchell addressed the Stouffville and Bradford Lions at the latter town. Dr. Mitchell felt right at home in the Lions den. The meeting of the Women's Institute on Nov. 20 will be featured by an address by B.W. Heise, provincial superintendent of Children's Aid Societies throughout the province. Mr. Heise is an old Stouffville boy.

Robert Snowball and Bill Sanders Jr. went north to the deer hunting grounds along with the Unionville Hunt Club.

METERS HIS DOG

Battle Creek, Mich. — Patrolman Donald Knowles watched a pedestrian tie his dog to a parking meter, deposit a nickel, and walk away. He said the man came back within the time limit to reclaim the dog.

THE OLD HOME TOWN

By STANLEY

