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YOUR HEALTH

INDIGESTION

That old alibi to indigestion | tional values from the food you

Poor digestion coupled with

headaches "or being off food,"

can indicate something wrong

with the nervous system. Scien-

tists have long proven that men-

disturbances "Must have eaten eat, depends on a good supply of

something which did not agree nervous energy to activate it.

with me" is not always the

truth. Those who chronically

complain about digestive trouble

and jump from diet to diet with-

out relief are not necessarily

suffering because of the type of

food they eat. A little honest

self-analization would make for

of over indulgence or poor eat-

ing habits. Correct diet should

indigestion sufferers who care-

WM. S. BAIRD, D.C.

Chiropractor

327 Main St. N.

Markham, Ont.

trouble begins elsewhere.

ies often discover deeper causes ing impulses.

ful system for deriving nutri- ination.

more understanding.

In writing about the sixth got up in the morning, the first did a first class job. This he did he was there the next morning concession I got down as far as chore he did was toll that old on a good many occasions, be at his accustomed job. Lot 12 but find there is one thing bell. Well. David wasn't perfect fore the undertakers took over | We got through threshing the I failed to mention about Lot but he was a good neighbor, the job of embalming in later next day before dinner, and Clarke's dinner bell. You could a night's sleep by going out and I will now refer back to Lot ney carried all the prizes out almost set your watch by that saving the life of some neigh- 11, east side. If I am not mis- of the parlor that Eddie had won

UPHOLSTERING

would not like to hear that. Reg day. I would be packing up my Gibbins has 112 acres on his trunk and gathering up my befarm. All the farms in Whit- longings and getting out on the church between the 7th and 6th road, not to return. Eddie Coohave six acres over.

how many girls. Michael, after still better. he was married to a Miss Guth- This John (Paddy) was the bought Lot 10 from the Sykes Church Street across from the family so I have been told by United Church in Stouffville. Michael himself. I mentioned John (Paddy) was also a firstone of those clever boys in my class stone mason and bricklast writing. Lew, who was a layer. He dropped dead one day first-class painter and decorator. just before they were going to He remained all his life in single dinner on the old Oliver homeblessedness. Michael had 4 boys stead. He was helping to build lames Cooney. Herbert, who has to that concession. girl, and no doubt some of sixth was owned by the Lem- uations in which the privilege

was a large funeral that day. it at one time, also the old Reclever boy and was educated to ed by Ross Winterstein. I helped be a lawyer. He was Michael's to raise the barn, also the strawyoungest son but I haven't run shed that was built later. Henacross him for years. There are ry Grove was at that barn raisold sores sometimes between ing. He had a bountiful supply ried the daughter or the daugh- ing on the main plates and purter married the son, they are lines. John Brown from Goodall healed over and forgotten.

tal disturbances, anger and fear were threshing at Mike Regan's vantage of the opposite side. can upset digestion. In the one forenoon. Charles (Tupper) Henry looked up and told John same manner, a physical condi-Pipher's outfit was there and that cunningness was no sin. tion can impede the working of Jackson Elliott from Ballantrae Ohiropractors examining pa- the many nerves supplying the was feeding the machine. Eddie tients with similar case histor- digestive organs with its work-Cooney cut bands for them that forenoon. We got through there about half-past eleven and were ination by a Chiropractor, will going to move up to James Coo-Many times, a physical examney's to thresh that afternoon. not be undersold in health. But trace chronic indigestion to It was sports day at King City. pressure on the vagus nerve. in- Eddie said he was going anyfully watch dietary habits and dicating misplaced vertebrae. how. He was telling us that. are still troubled should have Indigestion sufferers, especially when we were eating dinner at reason to suspect that the if they honestly know that they Mr. Regan's. Well, Eddie ate his have not over-indulged in heavy dinner in a big rush and ran up The digestive organs with eating, would be well advised to across the fields home and got ready and hitched up the pony their complicated, but wonder- have a thorough physical examto the buggy and when we were going in with the threshing machine up Mr. Cooney's lane brave Eddie was driving out to get his best girl and off for King City to the races. We got the machine set in the barn. I helped Mr. Cooney to fill the water tank.

I don't remember who cut bands

that afternoon. We could have

done very well with Eddie, for

there wasn't too much help. But

while we were eating. Mr. Cooold bell It rang at six o'clock in bor's animal and perhaps walk taken, that hundred acres was and was displaying them. He the morning and on a still calm two or three miles to do it, taken from the crown by the won a good pair of work boots, morning you could hear it down or maybe to visit some sick late Peter Regan. The latest edi- an old fashioned caddy of tea, at Lemonville. It rang again at friend. If the man died, David tion of the Tribune mentions a good stout pair of overalls half past eleven and again at was called upon to lay him out, a Regan re-union held at Mus- and a sum of money. I don't six o'clock at night. Some peo- dress him and put him in the selman's Lake on Sunday, Aug- know what else, but there was ple used to think that when he coffin ready for burial, and he ust 26th. This man Regan, when one or two items more. His fahe took this farm over, wanted ther considered it to be worth it surveyed so he would be sure about fifteen dollars and ended of having the full hundred. Well, up with saying that it paid bethe got his wish and was the ter than staying home helping loser by six acres. In farme be to thresh. That must have been tween the seventh and eighth in about 50 years ago. the township of Whitchurch, I well know that when I was levery hundred acres is short around my dad's farm, if I went 6 acres. Some men who own to sports day at King City or

land between those concessions any other place on threshing of one hundred acres would ney was a very good band cutter but John (Paddy) Pipher, who powers of the minister. There was a large family of went threshing a good many seathe Regans born on Lot 11, 5 sons with Charles (Tupper) boys at least and I don't know told me that Joseph McNair was

and two fine daughters. Laura the stone wall on that farm at Many Factors Govern who married William Cosgrove the time. I don't remember how at Elgin Mills, and I understand long ago it was, but I doubt if Mr. Allan said, "I would like to highways." Jennie the younger girl got mar- I was out of my teens. The stress once again that under our ried and went out west. William Oliver homestead was Lot 25 Ontario traffic laws the right to who used to work in the Tor- on the west side of the 5th of own or operate a motor vehicle onto post office, married one of Whitchurch. I will likely tell is conditioned by many factors. those fine daughters of the late more about it if I ever get over Public awareness of this import-

wood was the framer and he I well remember when we told Henry he was taking ad-

## Suspend 10,000 Licenses In First Half of 1956

operators or owners of motor feeling among safety experts vehicles in Ontario were sus- and motor vehicle administrapended during the first half of tors everywhere that a stepped-1956, it has been announced by up use of this authority, once 1.190 or 12% higher than the established, can be a powerful this complete service which first half of 1955.

were under the discretionary traffic safety."

The complete list of suspension causes released by Mr. Allan is as follows:

mendations, accidents and con-

"In releasing these figures," ant fact is not as general as it passed on, married a Toronto Lot 11 on the west side of the should be. There are many sitthose who attended that re- on family. In my younger days of driving or owning is automatunion are descendants of either I have pulled catfish out of that | ically suspended under the laws back pond where the Stouff- of the province. In the case of The last time I was talking to ville sand and gravel washer is impaired driving there is a mini-Fred, after Alma Baker's fun- situated. It is now owned by mum automatic suspension on eral, he hadn't any family at that company. The late Jerry conviction of 3 months, (maxall, either boys or girls. There Sibley and his good wife owned imum 2 years) in drunk driving

Stepped-Up Action Likely

"It should, however, be understood," the minister added, "that we, in the department, have a very real responsibility under the law to suspend or cancel licenses in certain situations in which suspension is not automatic following a court decision. I refer, of course, to the authority granted to the Minister of Highways to suspend the license of any person who may reasonably be regarded as a menace to the safety of others -OLDTIMER on the streets and roads of the

Licenses of more than 10,000 province. There is a growing

Individual Records Kept

contributing factor to traffic The two major causes of sus- safety. We are doing a great pensions. Mr. Allan said, were deal of work on this at the presunder the 'automatic suspension' ent time in our motor vehicles sections of the Highway Traffic branch. There are many difficult Act dealing with financial re- problems to be solved to assure sponsibility and drunk and im- complete impartiality of applipaired driving, which together cation, but we are confident that accounted for over 75% of all we shall shortly have these solvsuspensions. A total of 1,715 sus- ed so that we can announce depensions were penalties im- tails of a more rigorous and realposed by the courts and 598 istic policy in this aspect of The Minister said that complete individual records of convictions, accidents and comsponsibility, 3.826; Driving while plaints against all drivers in the Prentices have been established

ability impaired, 3.125; Driving province have been compiled rie from over at Vandorf, father of Clifford who lives up while intoxicated, 510; by Courts over a number of years and are as penalties, 1,715; Failure to on record in the motor vehicles pay judgments, 876; Under Min- branch. These, he said, are unisterial discretion (physical or der constant review and "when mental disability, court recom- a driver by acts or omissions indicates a flagrant disregard victions records, etc.), total \_ for the rights of other motorists or pedestrians, his privilege of driving is withdrawn until he demonstrates that he should again be allowed to drive on our

Hon. James N. Allan. Ontario's the necessary conditions of im-Minister of Highways. This is partial administration have been



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# Fire Prevention Week

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# October 7 to 13

# Check Homes for Fire Hazards

The best time to call the Fire Department is before the fire starts, says Fire Chief Wm. Malloy. Chief Malloy explained that the fire hazards in the homes can

be controlled through good housekeeping practices and the members of

the Fire Dept. will be happy to assist any householder who wants to learn exactly what's safe and what's not. He urged householders to prepare for the Department's home

inspection programme now, during Fire Prevention-Week. Home inspections by firemen are being promoted everywhere by the Canadian and International Association of Fire Chiefs according to Chief Wm. Malloy. The purpose is to uncover fire hazards, not to hunt out violations of regulations. The fireman, making an inspection, determines what hazards exist and recommends ways of eliminating them in order

to protect the house and its occupants. The programme is voluntary on the part of the householder, the Chief said, and it really pays off.

Space contributed in the service of the community by JOHN LABATT LIMITED.



## Alma was a highly respected gan farm, Lot 10, east of the lady. Norman Regan was a sixth. Lot 10, West side, is ownfamilies, but when the son mar- of rope with which he was tie-

STOUFFVILLE DISTRICT HIGH SCHOOL

# NIGHT CLASSES

Night classes are being offered to the public in the Stouffville District High School on Tuesday evenings from 8 to 10 p.m. commencing October 2nd.

Classes being offered and Instructors for each are as follows: ART - MR. ARNOLD HODGKINS

SEWING - MRS. HAZEL PEACOCK TYPING - MR. G. H. LANGDALE WOODWORK - MR. J. R. HAMMOND

#### The above classes began October 2nd but others wishing to attend may begin next Tuesday evening.

Classes in Other Subjects will be considered if there is sufficient demand, and provided that a suitable Instructor can be obtained. Those interested should apply to the Principal,

W. E. Duxbury.

A minimum of 15 applicants should be secured for each class. The Board reserves the right to decide which classes will be given.

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