

"Proper Food and Exercise," by ARTHUR A. MCGOVERN  
Former physical director, Cornell Medical College

### Let your physician be your health engineer

ONE man, sent to me by a prominent physician, tells me that he regards his doctor as a health engineer. He has trained his children to phone a doctor when any one of them feels physically uncomfortable. He tells his children it is their own fault if they are ever sick because if they go to the doctor in time he will prevent physical ailments.



KEEP WELL BY SEEING A DOCTOR WHEN WELL

man whose pride is nourished by knowing that his patients constantly enjoy the best of health. The medical doctor who specializes in periodical examinations makes more money for himself, saves more money for his patients and incidentally is the type of man who furnishes me with 95 per cent of my business.

When I retired from boxing some years ago, I thought I knew how to prevent a person ever consulting a physician. I was sure that regular, systematic exercise would keep any one in perfect health. Before opening a gymnasium to the public, I decided to learn all I could about people who were not normal. By serving in hospitals, I discovered how necessary a doctor is to society.

The following exercises will improve one's physical condition, provided your physician pronounces you organically o. k. and allows you to take exercise.

#### Exercise No. 1

When you awaken in the morning, flat on your back in bed, draw knees up with both feet on the bed. Clasp hands tightly on the abdomen. Push the abdomen up and against the resistance of the hands by contracting the stomach muscles and lower it by relaxing these muscles. Ten times.

#### Exercise No. 2

From flat position, hands straight behind head, raise body to sitting position without bending the knees, trying to touch toes with finger tips. Ten times.

#### Exercise No. 3

From flat position, legs out straight, hands clasped behind head, raise head and right knee trying to touch knee and chin. Ten times.

#### Exercise No. 4

Repeat No. 3 with the left knee. Ten times.

#### Exercise No. 5

From flat position, and clasping hands behind head, raise head and both knees, trying to touch chin with knees. Ten times.

#### A Laxative Diet

**BREAKFAST:** Fresh fruit of any kind, preferably without sugar. Any coarse cereal, mixed with bran. Whole wheat bread toasted. Bran muffins, coffee substitute. Between breakfast and luncheon drink at least two glasses of water.

**NOON-DAY MEAL:** Vegetable lunch consisting of any fresh vegetables in season, except potatoes. For dessert, raw fruit such as apples, oranges, grapefruit or figs. Dark bread and buttermilk. Between luncheon and dinner drink at least two glasses of water.

**DINNER:** Soup. Lean meat of any kind. At least two vegetables. Whole wheat bread, cocoa or chocolate.

Mr. McGovern will answer your questions. © A. A. McGovern.

## REPORTS OF WOMEN'S INSTITUTES OF P. E. ISLAND

**Kingsboro.** Eight members and four visitors met at the home of the President, Mrs. Walter Young on October 6th. The meeting opened by singing the Island Hymn and the usual business routine was carried out. Branch convenors were appointed. A lengthy discussion took place on the proposed Pantry sale and programme. One new member was welcomed. The meeting closed with the Creed and the National Anthem.

**Borden.** The September meeting of this Institute was held at the home of Mrs. Nell B. Darrah with seven members and two visitors present. The meeting opened in the usual manner and the regular routine business dealt with \$5.00 was voted to the School Fair. One new member was welcomed. The next meeting will be at the home of Mrs. J. V. MacDonald. This Institute took advantage of Mr. Clark's offer and had a picnic at the Experimental Farm on September 1st with Miss Audrey Arling of Texas as guest of honor.

**North River.** Institute met at the home of Miss Amy Hood, Cornwall with nine members and five visitors present. The President and Vice President being absent. Mrs. John Morehead presided. Roll call was answered with the "name" of my favorite book and its author. As there was no important business to transact, a musical programme was given by the members and later in the evening refreshments were served. The next meeting will be at the home of Mrs. Spurgeon Warren when roll call will be answered with "What I would do with \$2,000."

**Red Point.** Institute held their October meeting at the home of Mrs. Ronald McLeann with eight members and two visitors present. After the usual routine business had been transacted, a paper was read by Mrs. Silas Fraser.

**Murray River.** Institute met at the home of Mrs. James Dewar with fifteen members and five visitors present. Branch convenors were appointed and committees chosen to look after the plans for entertaining Murray Harbour Institute on October 17th, also to serve luncheon on Election day. An interesting demonstration on Candy Making was given by the President Mrs. L. Brehaut. Two new members were welcomed. The next meeting will be at the home of Mrs. Hector McLean.

**Gowan Brae.** The October meeting of this Institute was held at the home of Mrs. Charles MacCormac with ten members and two visitors present. The meeting opened in the usual manner. A box of small articles, provided by members of the Institute was lotteried and won by Mrs. Alex. McMillan. The proceeds amounted to \$12.55. It was decided to buy new window shades for the school and also to supply a Christmas Tree for the children. One new member was welcomed. It was reported that new lamps, window locks, a water cooler and a map of Canada were supplied the school. The next meeting will be at the home of Mrs. W. B. Mullally.

**Lower Bedouque.** The October meeting of this Institute was held at the home of Mrs. Howard MacFarlane with twenty-one members and one visitor present. After the usual business was transacted, plans were made for holding a Hal o'ween social in Lower Bedouque Hall. An interesting demonstration on Sealing Wax Art was given by Mrs. Wright Leard to whom a hearty vote of thanks was tendered. One new member was welcomed. The next meeting will be at the home of Mrs. P. A. Affleck.

**Middleton.** The October meeting of this Institute was held at the home of Mrs. Clifford Wright with ten members and eight visitors present. The meeting opened in the usual manner with the President in the chair. Arrangements were completed for providing a Sign for the School House. Branch Convenors for Standing committees were appointed. Three members were welcomed. The next meeting will be at the home of Mrs. Colin Craig.

**Birch Hill.** Seventeen members and five visitors were present at the October meeting of this Institute held at the home of Mrs. Leslie McLean. The meeting opened with the Ode and the Creed. Mrs. Edgar Doherty read a paper on "Sewing Discoveries" and two other interesting readings were given by Mrs. Robert Yeo and Mrs. Ernest Newcombe. Different committees were appointed, and it was reported that a new sign board had been placed on the school. One new member was welcomed. This Institute decided to get new dishes and

have the school stove repaired. The next meeting will be at the home of Mrs. Robert Yeo.

**Alberton South.** The October meeting of this Institute was held in the Schoolhouse with ten members and two visitors present. After the usual business routine, it was reported that two lamps had been bought and all bills paid. The recent Pantry Sale realized \$11.35. A letter regarding the appointing of Branch convenors was read but left till a later meeting when more members would be present. The programme consisting of several short readings and riddles which were greatly enjoyed by all. The next meeting will be held at the home of Mrs. Frank Fraser.

**Norborough.** Thirteen members attended the October meeting of this Institute held at the home of Miss Annie Andrews. After the usual routine business, the Secretary reported \$15.00 proceeds of the Ice Cream social held in September. Branch convenors were appointed. Dainty refreshments were served during an enjoyable social hour, after which the meeting adjourned to meet next month at the home of Mrs. George Sharpe.

**Georgetown.** Institute met on October 8th in the Town Hall with eighteen members present. The usual routine business was conducted and branch convenors for the different Standing Committees were appointed.

**Northam.** The October meeting of this Institute was held at the home of Mrs. David Stewart with fourteen members and one visitor present. The meeting opened with the Creed. The President gave a short address on Miss Mathieson's report of the F. W. I Convention which was given at Victoria West the previous evening. The School committee report was presented and a bill for the framing of the Junior Red Cross Charts and art coat of Arms for the school. The members decided to supply a kettle for hot drink at noon for the children. The President gave an interesting reading on Encouraging Local Talent, and the members enjoyed also a reading by Miss Ella Stewart. The next meeting will be held in the school.

**Harmony.** The first regular meeting of this new Institute was held at the home of Mrs. Herbert Yeo on October 6th with nine members and five visitors present. The meeting opened in the usual manner and the members decided to provide hot lunches for the pupils at the school. This meeting proved very interesting to all the members who are looking forward to meeting next month at the home of Mrs. Alex. F. Nisbet.

**Elmira.** The October meeting of this Branch was held at the home of Mrs. William Pierce with ten members and three visitors present. After the usual business routine, some discussion took place on the District Convention scheduled to be held at North Lake on November 6th. Plans were made for the programme for next regular meeting and song sheets were distributed. One new member was welcomed. A vote of thanks was tendered the hostess and the meeting closed with the National Anthem. The next meeting will be held at the home of Miss Mary A. McPhee.

**Murray Harbour.** The October meeting was held at the home of Mrs. Simeon Jordan with an attendance of only nine members and four visitors owing to unfavorable weather. The meeting opened in the usual manner and roll call was answered with a verse on "Autumn Reports of committees were given and new committees appointed. Seven members were appointed to collect for the Orphanage. Recipes for Mince Pies were exchanged and suggestions were given for keeping bulbs and plants over winter. It was decided to hold the Institute concert on November 4th. Interesting features of the meeting were the members' essays on their trip to the Experimental Farm. The next meeting will be at the home of Mrs. William Hugh.

**Lakeville.** Nine members and one visitor met at the home of Mrs. S. J. Rose where the October meeting of this Institute was held. Roll call was answered with "One Quality I desire in a Friend." Various bills, including one of \$7.00 for painting the interior of Lakeville school, were presented and the Secretary Treasurer authorized to pay them. Plans were made for holding a "Sock Social" to raise funds for the Library Fund, but no decision was reached. An interesting programme was carried out and consisted of the following numbers: Solo, "Love's Old Sweet Song" by Mrs. J. H. Baker; Read-

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—COME TO HALLOWEEN SUPPER in Malpeque Hall on Tuesday evening, Oct. 27th, under the auspices of Ladies Aid of Prince Town Presbyterian Church. If not fine will be held following evening. Tickets 50 cts and 25 cts. 5559 10 22 23

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ing from "Adventures in Friendship" by Mrs. S. J. Rose; Demonstration on Tutti Frutti Gingerbread by Mrs. Roderick McInnis.

**Grand River.** Ten members and five visitors met at the home of Mrs. Leo Pranght on October 6th. After the usual opening, roll call was answered with "What I would do with \$1,000." Sign boards were ordered paid and arrangements were made for a Card Party and Dance. Branch convenors were appointed. Various enquiries were made concerning flags and the price of same. The next meeting will be at the home of Mrs. J. A. Brown.

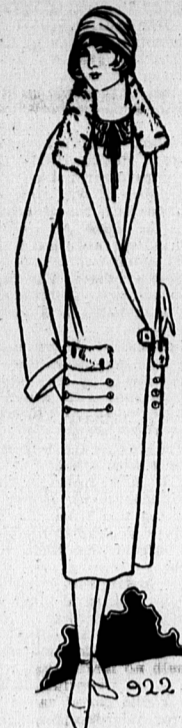
**New Glasgow.** Twenty members and twenty visitors met at the home of Mrs. James Bulman where the October meeting of this Institute was held. The meeting opened in the usual manner and committees were appointed to visit the school and the sick in New Glasgow and Mayfield Branch convenors were appointed. The members decided to have the school cleaned during the holidays. It was decided also to invite some play to come to the district, the proceeds to be divided equally. Two new members were welcomed. The next meeting will be at the home of Mrs. Frank Houston.

**Lower Freetown.** Eight members and one visitor attended the September meeting of this Institute held in the Schoolhouse. Roll call was answered by giving birthday month and stone. In the absence of the President and Vice-President, Mrs. Scott Jardine was appointed to the chair. Five provincial convenors were appointed. It was reported that a signboard had been ordered for the school, and also that \$5.00 had been voted to the School Fair. It was decided to give \$20.00 towards painting the school. The next meeting will be at the home of Mrs. Scott Jardine.

**Central Bedouque Institute** held its October meeting at the home of Mrs. Marchbank Webster with ten members and one visitor present. The meeting opened in the usual manner and the members decided to order a signboard for the school. The branch convenors were then appointed. The members decided to hold a bean supper and social on Halloween night in the hall. Ice cream and cake were served. The next meeting will be held at the home of Mrs. Rufus Bagnall when roll call will be answered by giving your favorite recipe.

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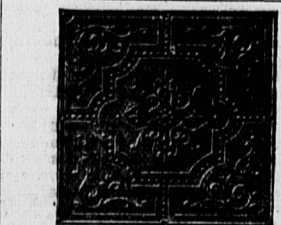
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An old negro on being asked the meaning of "phenomenon" answered as follows:  
"Yestiddy ah was walkin' down a country road admirin, de scenery. Ah seen a cow peacefully chewin' her cud in a field. Ah passed on and pretty soon ah seen a thistle growin' by de roadside. A little further on ah heard a bird singin' in a tree. Now, if ah seen dis cow sittin' on dat thistle an' singin' like a bird, ah'd call dat a phenomenon."

Orator—"And now, gentlemen, I wish to tax your memory."  
Member of the Audience—"Good heavens has it come to that?"



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