Health Service

OF THE

Canadian Medical Association

Edited by

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

HYGIENE OF THE NOSE.

Ignorance as to the proper care of the organs containing the special senses leads to a great deal of discomfort for many individuals. Mistreatment by the sufferers themselves of conditions that arise in these organs, according to their own ideas or those of their well-meaning but not so well-informed neighbors, results in as much, if not more, harm than comes from lack of knowledge as to how to keep the parts in a healthy condition. The nose,throat and ears are closely related in their location and functions. Here we confine our remarks to the nose, but it should be borne in mind that the well-being of any part or organ of the body depends to a great extent upon the health of the body.

There are some important methods of care of the nose, which, if practiced, will do much to prevent the occurrence of nasal conditions. They are important because their use will make for a happier life for the individual through the avoidance of discomfort and illness. Just inside of the nostrils are found several rows of hairs which, projecting into the nasal passage, act as a sieve for the indrawn air. Infections such as boils at the roots of these hairs are not uncommon, and they are usually due to injury from picking the nose or from pulling at the hairs which have become long. Such infections cause a great deal of pain and discomfort, and may give rise to serious conditions. The obvious way to prevent such trouble is to keep the fingers out of the nose, and not to pull at the hairs. If it is necessary to trim the hairs scissors should be used, as this does away with the possibility of allowing bacteria to gain entrance and set up infection.

The nose, like any other organ, must be used if it is to develop properly. If the nose is obstructed during the early years of life, the surrounding parts do not develop properly. As a result there is a high arched palate, irregular teeth, a long-drawn irregular face, a nasal tone to the voice, and the partial or complete loss of the senses of smell. The most common cause of obstruction to normal breathing is an overgrowth of adenoid tissue. But whatever the cause, no child or adult should be allowed to continue to be a mouth-breather for any length of time.

Obstructions in the nose not only lead to deformities already mentioned and to the loss of the senses of taste and smell, but they predispose to the development of infections in the head sinuses. In addition, because the air is not properly prepared by passage through the nose, where normally it is filtered, warmed and moistened, it reaches the delicate tissues of the lungs in such a state as to increase the burden thrown on the tissues, and so lowers their resistance and increases the chance of the development of bronchitis or pneumonia.

Personal comfort, the sense of well-being, the general health of all parts of the body and particularly of the nose, by seeing that there is no obstruction of the nasal passage and that natural breathing is practised.

ARTEMESIA SCHARLET CHAP.

Artemesia Royal Scarlet Chapter held their annual meeting on Wednesday evening of last week and the following officers were elected:

P.W.C.—Harold Richardson
W.C.C.—Herbert Corbett
Secretary—Wm. Turney
Treasurer—C. J. Bellamy
H. at C.—Harold Lever
1st Lect—Ernie Stinson
2nd Lect.—E. Hazard
First Cond.—Wm. Stoddart.

A 200-pound steer belonging to Jno. Felzing broke through the ice near Walkerton and was drowned.

Have your job printing done at this office

Artemesia Council

The inaugural meeting of Artemesia Council for 1930 was held at the town hall, Flesherton, on January 12. The members elect were: Herb. Corbett, Reeve; J. A. Davis, Deputy Reeve and G. Magee, W. Burnett and G. E. Warling, Councillors. After each of the above had signed and made the required declaration of office they took their seats. The minutes of last meeting were read and adopted.

The following were read and disposed of: S. L. Squire, notice of meeting of Good Roads Association; R. E. Gorley, School Attendance Officer, report to Dec. 31, 1930; Durham hospital, notice of admittance of Mary Turnbull; R. C. Muir, chief roads engineer, re road Superintendent's appointment. Accounts ordered to be paid: R. Park, supplies for Mrs. R. Gordon, $21.45; G. Brackenbury kindling for hall $3.50; the Clerk, registering B.. M. and D. $15.75; Municipal World, stationery $55.79; Indemnity Insurance Co., $220.50; Secretary of Priceville Agricultural Society wrote asking for grant; By-law 898, making appointments was passed, F. P. Reiley and Ray McLean auditors.

Sheep Valuers — Jas. Oliver, W. Gibson, W. J. Beatty, H. Baker, L. Love, R. Piper, Jos. Watson, J. Campbell, R. D. Clark.

Local Board of Health — Geo. H. Cairns; Sanitary Inspector, Geo Arrowsmith, W. J. Bellamy, Secretary.

Fenceviewers — John Oliver, R. Whittaker, D. McMillan, B. White, E. Baker, W. J. Beatty, J. Lockhart, P. Beard, J. Stewart, J. Campbell, W. G. Jamieson, E. J. Parsons.

Poundkeepers — A. McVicar, D. McKinnon, R. Cook, R Sewell, D. Hill, R. Richardson, T. Gilliland and Jas. Hopps.

Richard Allen was appointed a member of the High School Board; F. R. Boland was re-appointed as Assessor; Road and Bridge Com. for 1931 to consist of the Reeve, Mr. Magee and Commissioner of Division in which work is to be done. Finance committee, Messrs. Burnett and Davis.

Members of Council were appointed Commissioners, as follows: Division 1, Mr. Burnett; Division 2, Mr. Davis; Division 3, Mr. Corbett, Division 4, Mr. Magee and Valley Road, Mr. Warling.

The Council adjourned.

Flesherton High School

UPPER SCHOOL

ALGEBRA — Alice Heard 100, Iola Graham 98, Bessie Beard 89, Jim Haw 80. Pass — Leslie Ferris 65. Fail— Bert Morton 46, Mildred Whittaker 43.

FORM 1

ENGLISH LIT. — Hon. — Della Vause 73, Evelyn Brown 75. Pass—Mary Wilson 68, Lloyd Archibald 67, Ronald Middleton 64, Dick Stewart 64, Robert Bellamy 56, Harvey Croft 56, Kathleen Warling 55, Frances Colinson 54, Merle Allen 53, Hugh Bibby 52, Jean Wolstencroft 52, Marion Stafford 51, George Akitt 50, Jim McCormack 50, Helen Moore 50, Catharine Stewart 50, Milford Piper 50. Fail — Wesley Littlejohns 44, Everett Talbot 42, Angus Turney 41, Bill Parker 41, Wilfred Best 40, Mervin McFadden 39, Robert Dargavel 37, George Boyd 37, Robt. Plester 16.

FORM 2

ENGLISH LIT. — Hon. — Doris Bannon 76, Hazel McKillop 76. Pass —Ita Pedlar 71, Bill Fisher 62, Lucy MacDonald 57, Dorothy Wolstencroft 56, Isabelle MacMillan 55, Stanley Hunt 54, Christina MacKinnon 54, Joe Gibson 52, Dorothy Jamieson 50. Fail— Bessie Cairns 47, Phyllis Graham 47, LaVerne Piper 46, Frank Eagles 44, Mervyn Johnson 42, Ed. Patton 42, Gordon Patterson 41, Fred Fawcett 35, Alma MacLean 35, Cecil Chard 34.

FORM 3

ENGLISH COMP. — Hon. — Monica Lambert 82. Pass — Elmore Fisher 74, Almeda Hincks 68, Mervyn Little 68, Jean Hincks 66, Murray Stewart 60, Stella Marshall 58, Jack McKechnie 56, Earl Ottewell 56, Ellen Parker 55, Jim Bannon 53, Margaret Nichol 52 Daisy McFadden 50, Donald Reiley 50. Fail — Rowena Magee 48, Macil Snell 48, Jeanette McLeod 48, George McMaster 42, Verdun McMaster 40, Dorothy Snell 40, Bob Phillips 35.

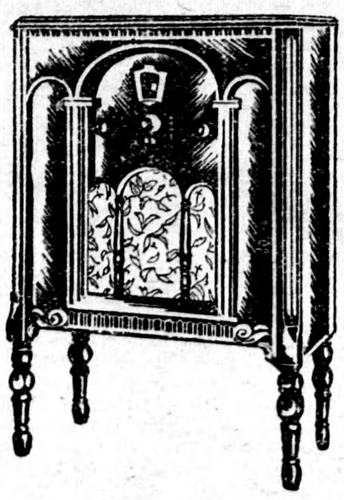
St. John's W.M.S.

The Woman's Missionary Society met in St. John's church on Thursday with the President, Mrs. W. J. Scott, in the chair. Hymn 380 was sung and Mrs. W. H. Thurston and Mrs. J. J. Thompson led in prayer. Mrs. W. Inkster read Acts chap. 7, verses 54 to 60, and Mrs. W. Turney read the devotional leaflet. The President gave a most timely address on how each member can help the society, viz., attend, study about our missionaries, influence others to attend, take part in meetings, refrain from adverse criticism, give time and money, and pray regularly for our work and workers. The following recommendations from the executive were confirmed: That Miss McMillan represent the W. M. S. on the official board of the church; that Mrs. W. Moore and Mrs. W. I. Henry together with the President, the Treasurer and Superintendent of Christian Stewardship be the Finance Committee for 1931. Miss V. Nicholson gave a reading on Temperance. The next meeting will be held on Feb. 12th and the day of prayer on the 20th. The consecration hymn and the benediction closed the meeting.

Henry Leach of Brant dropped dead in the presence of his wife and only daughter.

The Kineardine Review-Reporter told of the death of a citizen who was merely undergoing treatment in Toronto and who subsequently returned home. A retraction of the news item was made the following week. This is different from another newspaper which did the same thing, but who refused to retract anything on the assumption that "if you see it in The————it's so." They gave the "deceased" a birth notice in the next issue. And that was the best they could do. — Durham Chronicle.

Philco Tone Control Makes It a Wonderful Receiver



The Lowboy $180

New 7-tube Screen Grid receiver in remarkably handsome open-face cabinet of American black walnut with instrument panel of V-matched Oriental wood; butt walnut panels and arch; hand-rubbed satin finish; American Gobelin Tapestry over speaker.

Philco models have Philco Tone Control, new station recording dial for permanently logging favorite stations, so that they can be tuned in with ease and faciliy; new improved electro-dynamic speaker; two new power tubes; extreme selectivity and distance-getting ability; and, due to Philco exclusive balanced uni construction, it is free from blur, hum or distortion.

H. DOWN & SONS

Flesherton, Ont.

Financial Statement

- OF THE -

Osprey Farmers' Milling Co., Limited

From January 1st, 1930, to December 31st, 1930

RECEIPTS

Cash on hand, per last audit	$ 218 41
Sales by miller	7488 82
Chopping by miller	2377 79
Miscellaneous receipts	72 50
Received, Bank of Toronto, loan	1833 60
Received on notes	442 85
	$12433 97

EXPENDITURE

Miller's wages	$ 1235 00
Assistant miller's wages and extra help	641 50
Postage, stationery, excise stamps and cheque exchange	36 64
For wheat	3765 67
For barley, oats, etc.	1406 54
Telephone account and rental	23 10
Insurance	156 20
Municipal taxes	184 52
Statutory fee	5 00
Wages and other repairs to mill	551 07
Freight, cartage and express	162 90
Dividend No. 18	680 00
Balance on Dividend No. 17	2 50
Bank of Toronto, notes and interest	1850 00
General account	499 88
Miscellaneous account	8 25
Teaming	171 10
Rent for hall	3 00
Workman's Compensation Board	36 08
Directors' and Auditors' salaries	85 00
Secretary - Treasurer	400 00
Cash on hand in banks	530 02
GRISTING — 12,100 lbs. flour exchanged for wheat during the year.	
	$12433 97

ASSETS & LIABILITIES

ASSETS

Stock in mill, December 31st, 1930 (estimated)	$ 1854 63
Outstanding, book accounts	2027 82
Notes receivable	220 35
Cash on hand	530 02
Mill and real estate	9800 00
	$14432 82

LIABILITIES — NONE

Outstanding, doubtful accounts	$ 374 59
Capital stock of company	8000 00
Paid up capital stock	6800 00
Unsold stock	1200 00

WE, the auditors of the Osprey Farmers' Milling Co., Limited, certify that we have examined the books of the company for the year 1930 and compared the vouchers for receipts and expenditures with the Treasurer's book and find them to be correct, showing a balance on hand and in the bank on December 31st, 1930, of $530.02.

MRS. MARTHA McGIRR, J. A. DAVIDSON, Auditors.

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Markdale, Ontario

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Oranges, good sizes per doz 19c
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Lemons, per doz. 14c
Seedless Raisins ..... 2 lbs. 19c
Robin Hood, O'Canada and Purity Flour, per cwt..... $2.69
New Life Laying Mash cwt. $2.40
Men's Muleskin Mitts, pair 39c

Horse Blankets ..... 20% off
Paints, all colors, per quart 50c
Rogers & Household Laquers 50c qt.
International Stock Food .... 2 lb. 39c
International Poultry Tonic regular 25c. ..... 2 for 25c
International Distemper Medicine $1.00 size 49c

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