MARKDALE STANDARD

VOL. 39 — MARKDALE, ONT., WEDNESDAY, MARCH 6, 1919. — Established in 187[illegible]

The Markdale STANDARD

is published on Weednesday by
J. W. RUTLEDGE,
Markdale, Ontario.

SUBSCRIPTION:—to subscribers in Canada, [illegible] a year; in the United States $[illegible] Twenty five cents added when not paid in advance. No paper discontinued until all arrears are paid, except at the option of the publisher.

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Dentist
[illegible] Block (over Bowes' [illegible] Entrance at south-[illegible] of building, Toronto

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[illegible] Graduate of Ontario [illegible]stry and University [illegible] over the post-office. [illegible] to 5 p.m. [illegible] made by phone.

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[illegible] No. 496, G.R.C. [illegible] in Masonic Hall, Markdale, on Tuesday evening on or after full moon every month. Visiting brethren cordially invited.
H. C. [illegible], W. M. Sam Brady, Secretary.

O. S. C. F., No. 399.
Markdale Council, Canadian Order Chosen Friends, No. 399, meets second Monday in the month in Sarjeant's Hall at 8 o'clock. A. Jackson, Chief Councillor; Herb. M. Irwin, Recorder.

SAUGEEN LODGE, No. 327, I.O.O.F.
Meets first and third Wednesday in the month at 7.30 p.m., in their hall, Main street. Visiting brethren always welcome. Herb. M. Irwin, N.G.; Alex. McEachnie, Sec.

MARKDALE, L.O.L., No. 1045.
Meets in Sarjeant's block on Thursday evening on or before full moon in each month. Visiting brethren made welcome. Earl Davis, W.M.; John McFadden, Secretary.

AUCTIONEER.

B. H. WALDEN,
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TRADE MARKS and COPYRIGHTS
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The Reliable Pill for Women. $3 a box or three for $9. Sold at all Drug Stores, or mailed to any address on receipt of price. The SCOBELL Drug Co., St. Catharines, Ontario.

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Send a Trial Lot
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Put up a fence that will last a lifetime—a fence that can't sag or break down—that will hold a wild horse—that hogs can't nose through—that can't rust—a fence that stands rough usage by animals or weather and is guaranteed. PEERLESS PERFECTION Fencing is made of Heavy Open Hearth Steel Wire with all the impurities burned out and all the strength and toughness left in. Heavily galvanized. Every intersection is locked together with the Peerless Lock.
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THE Rennie Catalogue for 1919 is brimful of information and suggestions on the growing of flowers and vegetables. Beautifully illustrated in colors, this catalogue is truly valuable as a gardening guide.
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Make your selection of seeds from it—then go to your dealer and have him fill the order. If he cannot supply you with all you require write us direct.
To safeguard our customers all Rennie's Seeds are tested at our trial ground. This insures that buyers of Rennie's Seeds get nothing but the very best.
If you haven't received a copy of our 1919 Catalogue, write for one to-day.
THE WILLIAM RENNIE SEED COMPANY LIMITED
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WHY CONSUMPTION GETS COUNTRY FOLKS

People Who Live on Farms Are Just as Apt to Fall Victims to it as Anyone Else if They Don't Take Care of Themselves.

By John B. Huber, M.D.

The doctor advises in every case possible that the sufferer from consumption shall be sent to the country, because the sunshine and the pure air, rest and nutritious food, offer the patient the best chance of recovery.

This course was deemed best even twenty centuries ago. Celsus, Nero's physician—the same Nero who fiddled when Rome burned—who wrote that if a man have a consumption the best thing for him to do is to buy a cow, take his purchase up to the top of a hill, and live on the fruit—that is, the milk. And, of course, the consumptive does stand the best chance of recovery under such healthful conditions.

Yet many natives of rural districts die of tuberculosis. The reason has puzzled many doctors. I for my part have got some pretty good light on the subject. When I was sixteen I taught school in the backwoods district, and "boarded round." This was for sixteen weeks, and in the summer time, because the children could not get to school through the winter drifts.

I recall that the food was very bad. Although a fair farming country and a very good dairy country, meats other than bacon were almost never seen during the summer. Most of the butter, milk, and eggs were sold in urban markets. What milk I got was weak, and I got it mostly with weaker tea. The food was poorly cooked, indigestible, and for the most part did me no good.

That was nearly forty years ago. Of course, so primitive a rural district is rarely come upon in our day. Even at that time, no doubt, my experience was unusual. Whether there are any such communities to-day I am not sure; yet, if there are, there need be no wonder if tuberculosis is rife in them.

There was much dyspepsia among those rural folk, who should have had the digestion of ostriches. And for the relief of it they took what seemed to them a harmless procedure—all sorts of stomach bitters, some brands of which contained as much alcohol as whisky does. Even people who held the drinking of whisky in abhorrence consumed doses out of bottles highly charged with alcohol, which were labelled "Take a tablespoonful to a wineglass, or more as needed." How was this different from the whisky-drinking which all too often lays the foundation of consumption? Hard cider does the same thing.

Also, there had been in that region, through several generations, intermarriages between families living within a few miles of each other. And, say what we will, such marriages result oftentimes—though, let us thankfully observe, not always—in "poor stock," weakened, non-resistant bodies, which all too easily become good soil for the tuberculosis germ to thrive and multiply in.

Such things explain how many of our country folk contract tuberculosis. Why also, many do not get well of this disease, but die of it in the country. We may indeed observe with Doctor Oliver Wendell Holmes:

God lent His creatures light and air,
And water open to the skies;
Man locks him in his stifling lair,
And wonders why his brother dies.

The great pioneer of the modern treatment of tuberculosis, Dr. Brehmer, who was himself a consumptive, declared that tuberculosis in its early stages is always curable. What may we consider the first or the early, the incipient stages of tuberculosis? These exist when one complains of the following symptoms:

1. A cough lasting more than a month—except whooping cough, which lasts six weeks, and oftentimes more. Such a cough may not, of course, mean tuberculosis, but it certainly calls for a thorough medical examination. No household remedies, no kindly suggestions of one's neighbors, will do in such a case. 2. Hoarseness that has lasted several weeks. 3. Poor appetite, especially in the morning; indigestion—with the "stomach cough," though I know of no stomach ailment that has a cough for a symptom—loss of weight and strength, paleness and generally run-down condition, which is so often spoken of as "that tired feeling." 4. Hawking and spitting, especially with a cough in the morning. 5. Night sweats. 6. A streak of blood in the sputum. This sign should not frighten one unduly, for such bleeding may come from many other things than consumption, and yet such a sign calls for a careful investigation by a reliable doctor. 7. Afternoon fever, showing by the flushed face, alternating with chilly sensations. The spittle has to be examined for the tuberculosis germ, which is the essential cause of consumption. But it must not be concluded that there is no tuberculosis if this germ is not present, even after several examinations. The test is absolute if it is "positive," not so if it is "negative." When the doctor, after a thorough examination, remains in doubt, an X-ray of the chest should be taken; and this will surely reveal any latent tuberculosis process in the lungs.

By the principles of the so-called modern treatment of tuberculosis most early cases are curable. Also many even advanced cases are arrested in their development, so that the sufferer may live as long as his neighbors if he will observe clean habits, be temperate, avoid stress and strain, and will remain free of the unhealthful condition in which his disease began. And by this treatment comfort and relief from suffering can always be assured even the incurable.

First, there must be careful disposal of the sputum, which is practically the only means by which this disease is conveyed from the sick to the well. A handkerchief or cloth must always be held before the patient's face when he coughs or sneezes or spits, for thus is a droplet, or a spraying, or an atomizing infection avoided. The patient's handkerchiefs, towels, linen, and the like must be boiled by themselves before being added to the general wash. Whatever can be must be burned. The cuspidor must contain some fluid (water will suffice), so the sputum may not dry and become incorporated with the dust of the atmosphere. And the spittoon must be scalded to destroy all the tubercle bacilli. This is unpleasant but very necessary reading, and it applies equally to all infections from the upper air passages, such as pneumonia, whooping cough, grippe and diphtheria.

Secondly, there must be rest. There is otherwise no hope for the sufferer's emaciated body, an organism on the verge of bankruptcy. It is a grave error for such a sufferer to go out into the fields and work, as would any farmhand. Rest there must be, especially when there is fever, and at least until the patient has recovered from the exhaustion which has all too often been the prime predisposition of the disease. For the consumption germ fattens on exhausted tissues.

In any family where there is a consumptive a clinical thermometer must be bought, and the use of it learned from the family doctor. The rest has got to be absolute if the body temperature reaches 100 degrees by the thermometer, and the patient must go to bed if the fever has gone beyond this.

The rest should if possible be outdoors—at least with open windows. And when the air is cold, warm headgear is to be worn, or the woollen helmet which comes down over the collar-bone. The footgear must at least be warm and comfortable as the headgear. The body must always be warmly clothed, and then any amount of cold weather can be endured. Tuberculosis patients properly taken care of get well more surely in the winter than in the summer.

Sleep is an important part of the rest. Nowhere else should "nature's soft nurse" be so sedulously woo'd. Insomnia is most exhausting in such a disease as this, when it is so necessary to build up the strength. Not has any restorative, any tonic, ever been invented that will compare with sleep. Insomnia, with fatigue and overexertion, has brought on tuberculosis in many a case. We try to induce sleep without pills and powders if possible. It may be induced by drinking hot milk after the patient has been tucked in—with hot water bottles at his feet—for the night.

The patient should breathe fresh air, and be in the blessed sunshine so long as there is a ray of it. At night, no matter how cold, the windows must be open. The colder the air the surer the cure. Patients have done well at a temperature of forty below zero. Drafts are to be avoided by means of a screen or a blanket-draped clothes horse, appropriately placed. Only twice, from day to day, should the patient's windows be closed. A member of the family shuts the window half an hour before dressing time, and opens it again when the dressing is completed. And at bedtime the same thing is done.

Tuberculosis calls for plenty of nutritious food and good digestion, so that all the fuel taken into the body can be converted into healthy, germ-resisting tissue. The doctor must decide upon details for individual cases. But, in general, we try for the most nourishment with the least labor for the digestion. The patient should eat roasted or broiled meat (beef, mutton or lamb), fowl, fresh vegetables and fruits, cereals with cream, plenty of sugar, good butter, table salt, and at or between meals six eggs and a quart of milk a day. Sweets, pastries, and dainties must be avoided. Between meals plenty of water should be drunk.

Use no medicines without the doctor's prescription. Cut out the patent medicines.

No one must imagine that the cure is easy. All the principles above mentioned must be rigorously followed. Above all, the patient must be obedient to his physician; must be persistent in every detail of the treatment enjoined upon him. The patient will generally be conscious of his recovery; that is a state of mind happily common among such sufferers. Yet this must not make the patient careless; he must even think that his improvement and his recovery depend largely upon his determination to get well. He must not converse with any one except his physician or his nurse about his disease, nor adopt the suggestions, however well meant, of his friends.

NEW MAP OF EUROPE TAKING FORM AT PEACE CONFERENCE

West Bank of Rhine May Become An Independent District With Local Form of Self-Government—Balkan States Frontiers Also in Course of Settlement.

Paris, March 2.—A new map of Europe is rapidly taking form, and within a week the frontiers of the old states will largely be defined as they are to appear in the peace treaty and the successive documents fixing territorial limits.

First, independence of Germany's western frontier bordering France, which assumes international significance as a barrier against renewal of the present war. Owing to the issues involved, the final determination of this question is left to the Council of the Great Powers, but in the meantime the tentative plans have been well advanced by the commission which co-ordinates reports on all frontier questions.

As it now stands, the western frontier comes under three main heads:

First—Alsace-Lorraine.

Second—The great iron and coal regions of Briey and the Saar Valley.

Third—The extensive strip of German territory lying on the west bank of the Rhine from Palatinate northward.

With respect to Alsace-Lorraine the present tendency is to make cession of this section to France without any condition of a plebiscite or otherwise. It is now occupied by military forces under the armistice, and there is every indication that the occupation will become permanent.

The main difficulty has been over a large section of the Saar coal fields lying beyond Lorraine and within German territory. The present idea seems to be somewhat between annexation of that section and leaving it to Germany. According to this plan the northern Saar region would be neither French nor German, but would occupy a position somewhat similar, to the district of Columbia among the American states. Its productive capacity would doubtless go to France, but, politically its 300,000 inhabitants would not be subject to conscription or military service either to France or Germany, and would elect delegates to the legislatures of either country.

This and other measures are being considered with the object of localizing" the region, so that Germany could not by a sudden invasion again turn its production to war uses. Concerning the region along the west bank of the Rhine, the present tendency is toward the same form of "sterilization," which would make this impotent for German purposes, without giving it a definite political status toward either side. This probably would be accomplished by the same means as in the Saar region by making the inhabitants free from conscription or military service to either side and without legislative representation except for local form of self administration.

This, on broad lines, is the present plan, which, however is only tentative, pending final action by the Council of the Great Powers.

The plans relative to other frontiers, including those of the new Czecho-Slovakia, Roumania, Poland and Greece, and to the disposition in Thrace and Asia Minor are also nearing completion, and New Europe will begin to take a definite form within a week.

Poultry

Until comparatively recent the farm chicks on the average were hatched whenever a hen chose to sit—sometimes when she stole her nest, laid her eggs and brought off a hatch before her owner knew anything about it. This always left the farm with late-hatched chicks which did not do particularly well during the hot weather, and which were overtaken by cold weather while they were yet young and without their proper growth and without their mature plumage. Chicks of this type could not lay in winter because they were not mature enough, and the set-back that cold weather gave them prevented their laying until spring, often until the weather was warmer. Therefore, the owner had to feed them house them and care for them during cold weather when eggs were high in price, without getting any revenue to speak of. Under such conditions it is no wonder that farm poultry got a reputation for profit killing instead of profit making.

Early hatching means chicks that are past the danger point before hot weather sets in.

Early hatching means chicks less troubled by lice and disease.

Early hatching means more chicks raised.

Early hatching means a longer growing season.

Early hatching means better form chicks.

Early hatching means higher prices for the surplus cockerels marketed as broilers.

Early hatching means well matured pullets which begin to lay in the fall.

Early hatching means eggs from the pullets while the hens are moulting.

Early hatching means greater profit.

Early hatching means eggs in the fall and winter when prices are highest.

To Keep Lamps From Smelling

Be sure the wick fits the burner—not too tight or too loose. Let a wick soaked in vinegar and well dried before using is said not to smoke. Keep the burner clean. Wipe it off daily, and occasionally boil it in water in which washing soda is dissolved. Let the wick soak well in oil before it is used. Rub off the charred portion daily with a soft cloth or paper.

INDIGESTION AND CONSTIPATION
Quickly Relieved By "Fruit-a-tives"
Rechon, P. Q.
"I suffered for many years with terrible Indigestion and Constipation. A neighbor advised me to try "Fruit-a-tives". I did so and to the surprise of my doctor, I began to improve and he advised me to go on with "Fruit-a-tives".
I consider that I owe my life to "Fruit-a-tives" and I want to say to those who suffer from Indigestion, Constipation or Headaches — try "Fruit-a-tives" and you will get well".
CORINE GAUDREAU
50c. a box, 6 for $2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

Horse Sense

Do you give your farm horses a square deal? They will labor for you from ten to twelve hours a day, six days in the week, and feel amply repaid if given a good meal and plenty of cool, fresh water.

Perhaps you don't, but many owners often consider themselves overworked if they have to throw a harness on the team, clamp a little manure out of the barn window, and hitch up. And to furnish the work horses bracing feed, give them a good currying, or a bed of straw is extravagance. It is done for fast-trotting stock and pure-bred horses, why not for the average work horse?

The horses that do the heavy work about the farm should be conditioned. It is as necessary for them as for other stock, and more so. The farm horse has a hearty appetite, a vigorous digestion, and responds, as does no other animal, to intelligent care. To condition horses does not mean that they must be put on a training table. Start a regular, business-like method of feeding, watering, handling, and caring for them.

A bushel of corn or oats for one meal and a pint at another time has a bad effect upon a horse's wind, digestion, and working ability. Give the preparation of the farm horse's feed much attention. Two pounds of provender daily to every hundred pounds the horse weighs is a good plan. Always grind the grain, and, as most hay is usually dusty, sprinkle it with water. If the horse's work is very hard, decrease the hay and increase the grain. Place four or five egg-size lumps of rock salt in the feed box. These the horses like to lick, and they also prevent hasty eating.

Give the horse a long, full drink of water the first thing in the morning. Then place a third of the day's grain and a fourth of the hay ration before them, at least an hour before starting to work. Throw in the manger just a small amount of hay.

While the horse is eating its grain, vigorously apply, for about five minutes, a heavy brush. While the breakfast in the farmhouse is keeping you busy, the horse will have eaten all the hay. Then throw on the harness and give the animals another chance at the water tank or creek. Good work will be done until noon by a team so cared for.

Give the animals a hurried rub-down as they take a short drink. Supply another third of the grain and the hay ration, and let an hour at least, lapse while you and your horses rest. Another feeding drink before you start encourages the horses to do their best in the afternoon.

"The secret of success is constancy of purpose."—Disraeli.

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We pay the best price for Spring Muskrats
Send any Furs you have. You are assured of satisfaction in price and treatment.
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In business for 30 years
Reference: Bank of Hochelaga, St. Henry.

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