

Varied Programme at the Music and Literary Club

Address by Horace Seymour, Town Planning Expert. Dramatic Readings by Mrs. Moodie. Violin Selections by Miss Blanche Dodge. Songs by Mrs. Dr. Barry. Book Reviews by Mrs. Heslip.

On Monday afternoon, the Porcupine Women's Music and Literary Club held their third afternoon meeting in the Harmony hall, Fourth avenue, a large number of members and others who were planning to become members being present.

The president, Mrs. Langdon, called the meeting to order and spoke of the future plans of the club. On April 25, there will be an open meeting at the Crofton hall in Schumacher, to which husbands and non-members are welcomed, and on April 11th, the fourth regular meeting will be held in the Harmony hall. At this time there will be a suggestion box at the door, into which members may drop any suggestions that they think might help in furthering the purposes of the club, or in adding to the pleasure of the programmes. Mrs. Langdon asked that if any members had fancy costumes they might be willing to lend to the club, would they hand them in so that these costumes might be used at the open meeting of April 25th.

The first artist at this meeting was Miss Blanche Dodge, violinist, who was accompanied by Mrs. Kennedy. Miss

Dodge is well-known to many local women for her love of books and fine articles, she being one of the proprietors of the Timmins Gift and Book Shop, but very few of her friends knew that when Miss Dodge picked up a violin, she would play "Adoration" by Borowski, and "Santander" by Bohm so pleasingly and so well.

Mrs. Moodie, who first brought the gathering to near tears, and then had them laughing in a few minutes, was one of the featured attractions on the day's programme. Mrs. Moodie and her husband and family have been in Timmins for only six months so that it is not surprising that many local people have not yet had the opportunity of seeing her perform, but it is certain that she will be in great demand at future entertainments. Mrs. Moodie is a pupil of the late Owen Smiley, and also studied with Farnum Barton, of Toronto. "The Pilot of the Plains," that lovely poem by E. Pauline Johnson, was beautifully recited by Mrs. Moodie. She understood the heart-break and the sorrow, as well as the beauty of the story of the Indian maiden who loved a "white man," and she put this understanding into her voice, and carried it to her audience, which strained forward, held completely in the spell of the poem and the manner in which it was told. It was as if a thread had snapped, when Mrs. Moodie suddenly changed to a gossiping woman, spoiling the game of all those at her bridge table. Mrs. Moodie would gaze out over the audience while talking to her make-believe bridge companions, and suddenly exclaim "I'm sure I know that woman over there" and so completely were the audience in the game that they, too, would turn to look for the woman.

Three songs from the "Sketches of Paris" by Kathleen Lockhart Manning, "River Boats," "The Lamplighter," and "In the Luxembourg Gardens," were sung by Mrs. James E. Barry. Mrs. Barry studied under Carboni, and has been most faithful in keeping up her music in the intervening years. During the time of her absence from this district in Toronto, she was president of the Speranza Club. In the earlier days, while living at South Porcupine, Mrs. Barry was a frequent soloist in the Anglican Church and contributed in a vital way to the musical life of the camp. On Monday's performance her singing was a great delight to the listeners.

The guest speaker, Mr. Horace Seymour, was introduced by the president, Mrs. Langdon. In opening his address, Mr. Seymour stated that "the day of adult education has arrived." More adults to-day are striving to learn to speak at least two languages, one of which is usually English and the other French. These are aids of cultural and economic advantage. He is here, Mr. Seymour said, to help in drawing up a recreational programme for Timmins, and added that if Home, Work and Play are mixed in proper proportions, genuine happiness is guaranteed. Recreational developments are greatly needed in town, and a programme should be planned for this purpose. There should be, said the speaker, about 200 acres for park purposes. Other needs of the community are public swimming tank, badminton club, etc., as well as trees, etc., to beautify the town. Many things will grow here, if the planter only has a little patience. Among these are many evergreens, roses, shrubs, etc. "I think that there is no yard too small for this kind of endeavour," said Mr. Seymour, and also "The needs may be overcome if only the desire is great enough." With these words the speaker impressed upon his audience the fact that if they unite in trying to beautify and to make better the town, it will not be difficult.

"The Rains Came," "Out of Africa," and "Action at Aquila," were the three books reviewed by Mrs. Norah F. Heslip. All these books are practically new, and have recently been published. Mrs. Heslip has been in Timmins for the past eighteen months, having come here from Port Arthur to join her son.

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St. Mary's Journal-Argus:—It's a fine thing that there is no prison sentence for telling how many miles you get out of a gallon.

Hard Lumps Came on Her Legs

Ankles and Feet Swollen with Rheumatism

Rheumatism sent this woman to bed with lumps, swellings, and inflammation. Yet these symptoms soon disappeared, as they always will do when the root cause is removed. This letter tells you the method she used:—

"I was taken ill with terrible rheumatism: pains in my legs. They were badly inflamed, swollen, and they were partly covered with red, hard lumps. To put my foot down to the ground was agony. After I had been in bed for 16 days, suffering agony all the time, my husband said, 'You can't go on suffering like this, let us try Kruschen Salts.' He got a bottle, and almost from the first I felt better. Before long, I was completely relieved—swellings, inflammation, and lumps all gone—and I am up again and doing my housework." (Mrs.) E.L.

Do you realize what causes a good deal of rheumatic pain? Nothing but sharp-edged uric acid crystals which form as the result of sluggish eliminatory organs. Kruschen Salts can always be counted upon to clear those painful crystals from the system.

"The Rains Came," said Mrs. Heslip, is a book that deals with the changing conditions in India; "Out of Africa," is distinctly a feminine book; and "Action at Aquila," is a minor "Anthony Adverse."

Mrs. J. E. Barry sang three selections, "The Blackbird's Song," by Cyril Scott; "A Little China Figure," by Franco Leoni and "I Must Be Spring," by Claire Senior Burke.

The president thanked Mr. Seymour for being present to give his ideas on recreational development, and the meeting was brought to a close with the singing of "God Save the King."

The programme of the next meeting will be carried in a future issue of The Advance.

St. Mary's Journal-Argus:—It's a fine thing that there is no prison sentence for telling how many miles you get out of a gallon.

Common Colds and How to Avoid Them

Some Popular Misconceptions Regarding Colds.

"By Dr. D. E. S. Wishart in 'Health'—'Doctor—I wish you would tell me why my child has so many colds. He has every care and I do everything that the doctors tell me to do. Mrs. Brown's six children next door just run wild in all weathers and never seem to suffer from colds. I keep my boy very well dressed in the cold weather. Whenever the weather is bad I let him play in his playroom, which is a lovely room; whenever he has the least sign of a sniffle I pop him into bed and keep him there until his cold is over.' Doctors hear this story over and over again and the underlying cause of the trouble is the popular misconception that exposure to cold is the cause of 'colds.' Cold air does not cause colds.

During Captain Scott's last South Polar expedition one of his party was lost in a blizzard for six hours. The cold was intense—the temperature about 30 below zero—and the wind blowing 40 miles an hour. The lost man wore comparatively light clothing yet he did not catch cold.

This popular misconception about the bad effects of exposure to cold is responsible for the over-clothing of children and the shutting of them up in overheated rooms. It is such children who suffer from colds; while their less well-to-do playmates undergo chilling, exposure and discomfort, but because they keep physically active suffer much less from colds. Keep children in bed and they will become pale and weak. Children thrive under open air treatment. They sleep well, eat well and work well.

Another popular misconception is that a running or sniffing nose means that a child has a cold. Nothing is further from the truth. A running nose MAY be merely a sign that the nose is very healthy.

On a bitter cold winter afternoon while walking along the sunny side of the street in the protection of a high building, your eyes will probably not water and your nose may only drip a little. But on turning the corner and facing the north wind, within a comparatively short distance your eyes may fill with tears and your nose may drip rapidly; and yet, just as soon as you reach the next street and you turn again into the sunlight and shelter, your eyes may rapidly dry and your nose stop dripping. You have not caught a cold. Your nose has merely behaved in that way because it was a healthy nose. The tears streamed from the eyes and into the nose and the nose ran mucus merely in a healthy physiological attempt to keep the mucus membranes of the nose warm.

Other functions of tears and nasal mucus are to mechanically wash away and kill bacteria that have got into the nose.

The misconception underlying 'catching cold' is responsible in another way for the spread of infection. When it is raining or snowing or there is slush on the ground it is customary for mothers as far as possible, to keep their children indoors, that is, to shut them up in stuffy, ill-ventilated rooms, while just as soon as a thaw comes and melts the snow and slush and the pavements become dry, out the children are sent to play in the sunshine. But with the sun there is a slight wind and this picks up filthy dust that should have been buried under a protecting coat of snow, and swirls it up in little eddies just about to the heads of the small children. The parent is perhaps quite unaware of the filthy dust to which he is exposing his child. No wonder the child gets an infectious head cold and promptly infects the household. Mothers should be taught not to be afraid of letting their children out to play when the filth of winter is covered by snow or kept down by slush.

Another popular misconception centres around draughts. It is a common experience for people going on a train journey to anticipate catching a cold—"Oh, I may catch a cold in that draughty station," or "I may catch cold in that draughty car." It is perfectly true. It is the passengers in the first-class parlour and pullman cars who are liable to catch colds. But what about the engine driver? He is exposed to rapid alternations of intense heat and intense cold and is in one continual draught. Yet the engine drivers and firemen rarely catch cold, while the travellers in the stuffy carriages catch it instead.

This is just another illustration of the fact that infection thrives in over-clothed, inactive individuals in stuffy atmospheres and avoids those people who, though ill clad, are active in the open air or in well-ventilated places.

It is infection that causes colds. Infection that is in your own nose or throat. Infection that has reached your nose from the filthy dust mentioned above or from some thoughtless person who has a cold.

Little "droplets" of saliva are expelled from every person's mouth when he talks—and these "droplets" are much more intense and travel much farther when a person coughs, sneezes or speaks explosively. If such a person has a cold these little droplets are loaded with viruses, which are really ultra-microscopic organisms. In a stuffy, ill-ventilated room the air will be loaded with infection for a long time after a person with a "cold" has left the room. A person who has an acute cold should, if possible, stay at home. If he cannot do so he should protect his neighbours as much as possible by sneezing and coughing into a handkerchief. This is common decency. But it is surprising how many people are inconsiderate of their neighbours. After an infected person has been in a room the door should be closed and the windows thrown wide open for a few minutes

DOLLS JUST LIKE PRINCESSES



Any little girl would love to have one of these dolls that the King and Queen are inspecting at the British Industries Fair. Of course, you can see their miniature likenesses of the little Princesses Elizabeth and Margaret Rose, even to their smart hats and coats.

until the air has become pure and clean again.

The pocket handkerchief is such a boon to mankind that we are apt to forget that it may become a serious danger, because a pocket handkerchief soon becomes loaded with nasal or bronchial secretions. How often one sees a kindly adult performing an act of charity by wiping some child's nose. Actually he may be doing the child harm and he probably is doing himself harm. He then puts the handkerchief wet into his pocket and consequently the lining of the pocket becomes soiled and infected and later on when the lining is dry it can spread the infection as dust.

People ought to be taught to regard their pocket handkerchiefs as very private property—not to be shared with anyone. When they can they should not use a linen handkerchief but they should use a paper handkerchief and just as soon as the latter has been used it should be thrown away. This precaution alone will prevent a great deal of unnecessary sickness. A household that cannot afford the expense of the present very efficient and delightful paper pocket handkerchiefs can have the same benefit at little cost by using sheets of soft toilet paper.

The discarded paper handkerchiefs should be burned. Soiled pocket handkerchiefs from individuals who have had colds should be thrust in a bag and put in boiling water for ten minutes and then allowed to dry before sending them away to the laundry.

It is obvious too, that kissing on the lips is a splendid way to spread the infection of head colds. Rather the habit should be encouraged of kissing on the forehead or on the cheek or on the neck where cross-infection is much less likely to occur.

In the earliest stages of a cold treatment is of real value. Many a cold has been "nipped in the bud." Nearly every adult, from bitter experience, has learned the signs which tell him that he is about to catch a cold. It may be a sensation of chilliness, or of over-warmth; it may be a sore spot in the throat or a peculiar soreness in an indefinite spot where the nose joins the throat. But the recognition of the onset of a cold in a child is more difficult. If, when a child is indoors, he has a running nose, and the nostrils are reddened and irritable, or he has a cough or sore throat the parent may surmise the onset of infection.

At this stage the proper treatment is bed, very light diet, chiefly plenty of sweetened orangeade, a hot tumbler of well-sweetened lemonade at bedtime, and then bed until the "cold" clears. But do not allow a child to stay too

long in bed for as already mentioned, his resistance and vitality become steadily less the longer he remains in bed. A person with a bad "cold" will have his senses of taste and smell greatly impaired and he will have little desire for food. Any attempt to overfeed him will be resisted and this in itself should be an indication that "stuffing a cold" is wrong treatment.

There is an old saying—"Stuff a cold and starve a fever," which is another heavy misconception. In that popular term it is a harmful piece of advice.

The original advice was sound and it ran this way: "If you are fool enough to stuff a cold you will produce and have to starve a fever."

While it is true that adequate specific treatment for colds still remains to be discovered, the guidance of a physician is an aid to recovery and with the onset of unusual symptoms or complications such help is imperative.

Larder Lake to Become Town, Dating from April 1

Larder Lake officials have received word that the town is being incorporated as a town, dating from April 1st. The next step will be holding an election—the date for this to be announced on or before April 1st. After the election Larder Lake will be a full-fledged town with a council of its own. The fact that the government order becomes effective on April 1st will make the date easy to remember, while the people of Larder Lake will not consider it any April Fool matter—the April Fool would have been if on April 1st the town had received word that it couldn't incorporate.

DR. M. J. KELLY

will be away from Timmins from April 1st to May 1st doing postgraduate study. His practice will be carried on by the office of Drs. Kelly & Mackenzie, 26 Pine N. Phone 10.

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J. A. McINNIS, M.D., M.O.H.

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