

Sept. 23 and 24
 Oct. 7 and 8
 Oct. 3 and 4
 Sept. 30, Oct. 1
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The Road To Better Health

Protect the School Children Against Disease
 BY DR. W. J. SCHOLES

A healthy child will usually get plenty of exercise and have a good appetite. It is up to those who are responsible for the child's welfare to see that it gets plenty of rest, has a proper diet, and is suitably clothed according to the season and the weather.

Habits that are likely to result in either spreading or contracting disease should be corrected. In this respect it is important to remember that much disease gains entrance to the system through the mouth.

The prevention of disease as far as possible, and the detection and removal of all such defects as may handicap the child in its ability to learn, and later to work, are very important matters deserving serious consideration at the school age. Those are amongst the many problems that come with September and the opening of the schools.

Vary in Precaution
 Different communities vary considerably in the amount of precaution that is taken to prevent the occurrence and spread of disease among the school children. The result is that the amount of preventable disease occurring among the pupils of different schools shows considerable variation.

Aside from the ordinary measures of hygiene that are practiced more or less widely, certain specific disease-preventive measures have been instituted in many schools. These measures generally consist in rendering the individual pupil immune in overcoming conditions that favor the development of others.

Diphtheria is a dangerous disease that occurs too frequently among school children. It causes too many deaths each year in spite of the fact that it can now be classed among the preventable diseases. Not only can diphtheria be prevented, but it is also possible to determine susceptibility by means of the Schick test, a harmless procedure, causing no inconvenience.

The Schick test is carried out by injecting a small amount of diphtheria toxin into the skin of the forearm. Within a day or so a slight redness and swelling appear at the point of injection if suscep-

tible, nothing happens. The susceptible can be made resistant, or immune, to diphtheria by the administration of toxin-anti-toxin.

Iodine for Goitre
 In those regions where the drinking water and the food are deficient in iodine some degree of goiter occurs among a large number of the people, particularly children. Its frequency of occurrence can be considerably lessened by the scientific administration of small amounts of iodine, as prescribed by the physician or school authority.

Regular medical inspections of the school children are carried out in an increasing number of communities and offer much protection against the wholesale exposure of large numbers to dangerous contagious diseases. Such inspections also make possible the early detection and removal of many defects that may retard the child's progress.

The sooner defective eyesight, adenoids, diseased tonsils, bad teeth, faulty posture and constitutional disturbances are detected and remedied, the better it will be for the child and the education of the child.

Vaccination against small-pox continues to be strongly advisable even though it may not be compulsory. The number of severe cases and the high death rate among the un-vaccinated in some of the recent epidemics occurring in the western states and in Windsor, Ontario, leaves little doubt as to the value of effective vaccination as a preventive.

It is foolish for parents to object to having their children protected against small-pox, which has produced as many as one death in each three cases occurring among the unprotected in some of the outbreaks of recent years. Modern vaccination is clean and safe, and is the only thing that prevents small-pox.

Many communities have carried out some or all these measures with excellent results. The means of disease prevention that are accepted throughout the scientific world should have a more wide-spread application in the schools.

HEALTH QUESTIONS AND ANSWERS

Note: Dr. Scholes will answer such health questions in these columns as will be of interest to others and permissible in public print. Personal questions will be answered only when accompanied by self-addressed and stamped envelope. Address Dr. W. J. Scholes, in care of The Durham Chronicle.

Ringworm
 C. L. B. asks: "What causes ringworm and what does it look like? Is it contagious?"

Ans.—Ringworm is caused by a parasitic fungus called the trichophyton fungus. It may affect the scalp, the beard, the general body surface, or the nails. Ringworm begins as one or more rounded or irregular, reddened, scaly patches. It spreads around the edge in the form of a widening circle while the center has a tendency to heal, so the fully developed patches are usually ring-shaped. The margin is usually elevated.

Ringworm is contagious, and may be transmitted from one person to the other. Affected animals, such as dogs or cats may also be the source of infection.

VETERAN BANDSMEN
 Five of the thirty-four bandsmen playing in the park at Eugenia on Thursday last were members of Dundalk Band when that organization attended the gathering for Sir John Thompson in Markdale on October 5, 1893. They were Band-

Styes
 T. M. asks: "What causes styes? I am troubled with them quite often."

Ans.—A sty is an inflammation of one of the little glands on the margin of the eyelid. It usually results in the formation of a small amount of pus. Some of the common causes are: eyestrain from some defect of vision; anemia; constipation; irritation of the eyes by dust, wind and smoke.

Have your eyes tested to find out if you should wear glasses. Try to get your bowels regulated by attention to your diet, drinking enough water and getting enough exercise. Eat vegetables, laxative fruits, cereals, bran; eat agar or take mineral oil if necessary.

Bathe your eyes with a warm boric acid solution, and put a couple of drops of a 10% argyrol solution into the eye, night and morning. But be sure to have your eyes examined. It would also be a good idea to be examined by your doctor to make certain that you have no constitutional disturbance. Unless you remove the underlying cause you are likely to continue to have styes.

master Park. J. R. MacIntyre and W. J. Symington of Dundalk, and Bandmaster Perkins and E. A. Colgan of Markdale.

Hurrah for home. You can hang up your hat without paying a dime to get it back.

THE OLD SONGS

Will the Ballads of To-day Live to Get Into That Class?

"Do you know what I wonder sometimes?" said the middle aged man. "I wonder if any of the songs of the present day will live in the minds of the young people who sing them now to arouse pleasant recollections in their fifty years from now."

"Do you see what I mean? I know, I guess, forty songs—twenty anyway—that we used to sing when I was a youth that we all thought were lovely. Some of these had come down to us from older times and they are still living, and I suppose will keep on living, and I suppose were other songs, written in that day, that appeal to us older people now as strongly as they did then, and perhaps more so, though in a somewhat different way now because they bring back fond recollections. "I have no greater pleasure than hearing my children play and sing those old songs that were sung when I was young, and I wonder—I do wonder—if any of these songs written around in the last ten years, will survive, to be sung by my children fifty years hence, with an interest like mine now in the songs of my youth."

"I am inclined to doubt it. Lots of the songs of the present time are foolish, aren't they? And with words poor or worse than poor. And still when I sit down with a book of my old songs and go over it in cold blood, reading instead of singing, I have to smile over some of them for some of them are pretty thin and meagre stuff when you came to read them. Still youth likes high flown romantic things and it doesn't apply the acid test. We don't do that till we are older, and among the songs written in the present day there may be some that will survive, foolish though they may seem to be to people of maturer years."

"And how do I know but that the old folk in my younger days thought the songs we sang were foolish? Maybe they did; but we loved them then as older people we love them now; they make youth spring up in us again. And it may be that some of these present day songs that we older people now think of no account will still live, either by some charm of their own or by the charm of all things associated with youth, to be

sung fifty years from now by our children now grown old, just as we now sing over the songs of our youth, and with just the same joy. It may be. But I think they will then be singing too some of the songs that pleased us, the songs that go down through generation after generation."

NO ONE TO DRIVE THEM

A country minister, when out walking one afternoon, was surprised upon coming to a turn in the road to hear a voice of some one approaching him swearing violently. As he rounded the bend he was horrified to meet a small barefoot lad driving a yoke of oxen and alternately lashing them with his whip and strings of profanity. The minister accosted the lad and began to lecture him upon the outcome of such vices. The substance of the lecture was to quit swearing and join the church. Finally the dominie paused and the boy broke in, saying: "Goldarn it, for you see it's like this, Mom's religious, and ever since Sis ben a-goin' with the school-teacher she's got religion, too. Then pap he got it a spell ago at one of our revival meetin's. Now ef I go and git it, who in blazes is a-gonna drive these here oxen?"

HANDS OFF

(Stratford Beacon-Herald)

Whatever Ramsay MacDonald may have been in the days when he was not burdened with the responsibilities of office, now that he is the head of the government he seems determined to stand for the protection of British interests everywhere as any one could desire. The government's note warning Egypt to keep hands off the Sudan is said to have been characterized by a British officer in Egypt as worthy of Chatham, even though it did not come from a Labor government. The note made it quite clear that the British government felt its responsibility for the maintenance of order in the Sudan, and that it would not shirk its duty.

The trouble, according to a correspondent, is largely due to the activities of an organization known as the "White Flag Society," composed chiefly of native ex-officers and ex-officials who have been discharged for incompetency and who, therefore, have a grievance against the government. This organization, which is said to be supported by Egyptian funds, is urging the annexation to Egypt of the entire Nile Basin. One appeal is to religious

fanaticism. "Up with Moslem Egypt and down with infidel England" is the cry. Premier MacDonald has made it clear that his government has no intention of abandoning the Sudanese.

How about establishing a shave-teria. The only thing that seems more helpless than a new baby is a pitcher at bat. A permanent wave isn't really permanent unless you are talking about the crime wave.

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HM-M-M-'S TOO BAD-SOME WIVES ARE LIKE THAT!

SOME! HOLY HOWLIN' CAT FISH! BOY THEY'RE ALL LIKE THAT-EVERY BLOOMIN' ONEVE 'EM

OH NO, THEY'RE NOT! TAKE MY WIFE FR INSTANCE- WHY I GO HOME WHEN I PLEASE-NO COMPLAINT-DROP ASHES ON TH' RUGS-NO COMPLAINT-HAVE TH' FELLOWS UP FOR A HAND O' POKER WHENEVER I LIKE-WY MAN I JUST ABOUT LIVE A FREE LIFE THESE DAYS!

SAY FELLOW, I'D HAVE T' SEE SUCH A WOMAN BEFORE I BELIEVE IT-WHERE IS THIS WONDERFUL WIFE O' YOURS ANYWAY?

OH, SHE'S AWAY ON HER VACATION NOW!

WITE RFIELD