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The Road To Better Health

Avoiding Heart Disease

By DR. W. J. SCHOLLES

(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.)

AVOIDING HEART DISEASE

One of the pamphlets distributed by the Association for the Prevention and Relief of Heart Disease makes the following classification of the causes of heart disease:

1. Infectious diseases.
2. Intoxications and poisons.
3. Improper modes of living.

Rheumatism is the infection most frequently causing damage to the heart in the young, though other infections also have a considerable part in the production of such damage.

Under the reading of intoxications and poisons, alcohol and tobacco are mentioned. It is only fair to state that there are some who do not believe that either of these are noticeably injurious when used in moderation by healthy individuals. The "rub" is in what is meant by their "moderate use."

Opinions Differ

There is no difference of opinion about the evil effects on the body of excessive usage. Oliver T. Osborne, in his book on Disturbances of the Heart, says in regard to tobacco:—"No rule can be laid down as to what is enough and what is too much. Theoretically, two or three cigars a day is moderate. Anything more than five cigars a day may be too much."

What is a moderate amount for one person may be an injurious excess for another. But whether or not alcohol and tobacco are always harmful to the heart, they are not regarded generally as being of any benefit to it. Athletes do not use alcohol or tobacco when training for "good wind." And, having "good wind" is largely a matter of having a sound heart.

Improper modes of living include lack of fresh air, insufficient exercise, food of the wrong kind and in the wrong amount. The wrong amount is generally too much rather than too little. Food taken in an amount beyond the requirements of

the body adds to the burden of work thrown upon the heart and blood vessels. It causes an accumulation of fat that is unfavorable to the continued health of the whole body, and—consequently, the heart. Excesses of any kind are injurious.

How to Avoid It.

The logical way in which to avoid heart disease is to avoid those things that are known or supposed to cause it. Among the causes mentioned—Infection, is probably the most important. It often gains entrance to the system through diseased teeth, tonsils and adenoids. These are often found closely associated with attacks of rheumatism, the disease very frequently causing injury to the heart.

Growing pains in children are usually symptoms of rheumatism, and should not be neglected. Diseased teeth, tonsils and adenoids should be treated or removed. Conditions that favor the development of rheumatism, such as getting wet and chilled, should be avoided. Whenever infections do occur, they should be promptly treated so as to eradicate them as soon as possible and lessen the chance of damage being done to the heart.

A well regulated life favors the development of a healthy body, including a sound heart. The heart muscle, like other muscles, is kept in good condition by getting enough exercise and plenty of fresh air, and by living on a diet that is well-balanced and not in excess of the needs of the body. Sufficient rest is necessary.

Heart disease is now one of the most frequent causes of death.

Many of the cases of heart disease could be prevented by efforts to avoid the causes, and prompt treatment to remove any of the causes when they are present. Many people with damaged hearts learn to live hygienically within the limits of their capacity. By taking precautions to avoid additional damage they live long and useful lives.

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HEALTH QUESTIONS AND ANSWERS

Foods Containing Iron

M. B. S. asks: "What foods contain the most iron?"

Ans.—Red meats; spinach; oatmeal; apples. Wheat, rye, beans, peas and eggs also contain a fair percentage of iron.

Suspenders or Belt

W. N. asks: "Which is healthier, a belt or suspenders?"

Ans.—Anything that exerts pressure upon the abdomen would not seem to be healthy. If the belt is not tight, perhaps it does no harm. Something probably depends on the construction of the individual. It appears to me that a fat man with considerable abdomen should not wear a belt.

I would answer your question

directly by saying that a tight belt may do harm to the abdominal viscera; a loose belt or suspenders will not. The more the clothes are supported from the shoulders instead of from the waist, the healthier it is.

Vaccination Always Advisable

Mrs. R. B. L. writes: "My little girl is four years old. It is advisable to have her vaccinated before she goes to school? Is the vaccination likely to do her any harm by making her blood impure?"

Ans.—It is strongly advisable to have your little girl vaccinated because you can never tell when she may be exposed to small-pox. She may be exposed before she goes to school. There has been quite a

ON THE PRINCE OF WALES RANCH

(By Rev. Frederic C. Spurr in "The British Weekly")

We motored, five of us, from Calgary to the Prince of Wales' ranch, a distance of nearly seventy miles to the south-west. And none of us will ever be likely to forget either our goal or the journey thither. For one-sixth of the distance the road was in "a state of repair." Personally, I regard this expression as an abuse of language. There is no word in the English dictionary adequate to setting forth the real condition of that road. Into heavy dust sank the car nearly to the axles of the wheels. Every moment we expected the automobile to surrender its task. We passed one or two machines that had given out; they stuck in the middle of the road embedded in the deep dust. Every vehicle successful in vanquishing the obstacle was also successful in churning up clouds of white dust which blotted out from view the landscape and nearly choked both passengers and passers-by. I pity the Prince, if he is condemned to take this way. He may escape it, however, for there is a railway depot at High River, twenty-seven miles from his ranch, and by alighting there he will avoid the discomfort which we experienced. Beyond High River the road is fairly good, until it becomes a semi-prairie trail—one of the best tracks to follow in Western Canada. That friendly sign—the telegraph wire—marks out the track until the ranch is reached. Towards the end of the way all signs of the true prairie disappear; the aspect of the country changes and there opens out a vast stretch of undulating land, rolling on and on until it touches the foot of the nearer Rockies.

A Little House

What has brought the Prince of Wales to this remote place? In what consists the attraction? The answer does not lie in the road, but in the ranch itself. Nothing of the house or of the farm buildings is visible from the road. A simple gate divides the main track from a short winding path by which the modest bungalow of the Prince is reached. Modest, I call it. It is surprisingly so. Everything about the ranch is modest; barn, outhouses, cattle-houses, and the bungalow itself. In all there are 4,000 acres of land—by no means a vast amount, according to ranch reckonings. The house is really small. Lounge and dining-room are little larger than my own rooms in Birmingham. The lounge, indeed, is, if anything, not quite so spacious as mine. The Prince's bedroom is a simple apartment, not so large as a first-floor bedroom at the Hotel Metropole in London. In all there are three or four quite small bedrooms and a couple of bathrooms. The dining-room table has place around it for six or seven guests. The furniture is of the simplest description. In the lounge is a small couch, one or two basket chairs, three simple skin rugs, a small writing table, a bookcase and a gramophone. Upon the wall hang photographs of the King (in the centre), the Prince himself, and an intimate friend of his.

The Text on the Shelf

And above the bookshelf stands an ordinary, unframed text, "As for me and my house we will serve the Lord." The whole place is lighted with electricity, generated in a shed close by. The house is built of logs and planed wood. It is no more than a glorified "log cabin." We saw it at its best, with the flowers in full bloom and the creepers embowering the entire verandah. From the front door a great deal and a wondrous vision offers itself. To the right are the

high death-rate among the unvaccinated in some of the recent epidemics of small-pox. Vaccination does not make the blood impure; its one effect is to confer a considerable degree of immunity against small-pox.

Rocky Mountains, some fifteen miles away. Immediately in front of the house is a fine knoll, from the top of which an extensive view is gained. Nearer the house are the farm buildings, a shallow, noisy brook, and a spring of delicious pure cold water. And gathered around the house on the north side is a circle of trees, beneath the shade of which the Prince and his friends drink their tea and play some of their games. When one sees this ranch, its situation and the appointments of the house it is easy to understand why an over-worked Prince, whose nature inclines him to simplicity rather than to splendour, should seek refuge in so wonderful a solitude from the strife of tongues and the blare of trumpets. He might, however, have brought to this place strange and exotic luxuries. In place of that he brings his simple spirit, which is content with simple things. Now that I have seen his ranch and his Canadian home, my respect for the Prince is more profound than ever. He is not the less, but rather the more royal because for the time he has the courage to shed the trappings with which others load him and to steal away to the heart of Nature. We were his guests at lunch, by the courtesy of his steward. Around his table we sat, and at the close of the meal we drank his health in tea prepared by a Chinaman, his cook. And afterwards we drove back through

DATES OF FALL FAIRS

The following is a partial list of the dates of fall fairs issued by the Agricultural Societies' branch of the Department of Agriculture, J. Lockie Wilson, secretary.

Alliston	October 2 and 3.
Beeton	Oct. 7 and 8.
Blyth	Sept. 25 and 26.
Chesley	Sept. 25 and 26.
Dundalk	Sept. 25 and 26.
Durham	Sept. 30, Oct. 1.
Erin	Oct. 9 and 10.
Fergus	Sept. 25 and 26.
Flesherton	Sept. 26 and 27.
Grand Valley	Oct. 2 and 3.
Harriston	Sept. 25 and 26.
Lucknow	Sept. 25 and 26.
Markdale	Oct. 7 and 8.
Paisley	Sept. 23 and 24.
Palmerston	Oct. 7 and 8.
Port Elgin	Oct. 3 and 4.
Shelburne	Sept. 30, Oct. 1.
Tara	Sept. 30, Oct. 1.
Teeswater	Sept. 30, Oct. 1.
Wingham	Sept. 29 and 30.

"SIR-R-R-R!" SAID THE CASHIER

A customer who had just finished his dinner at a restaurant that the Baltimore American knows of differentially approached the pretty cashier and inquired:

"Are the waiters here attentive to you?"

"Sir-r-r-r!" exclaimed the young woman in an offended tone.

"Oh, no offense, I assure you,"

Smart Wear For Ladies

- New Flannel Dresses, broad-cloth finish, newest shades at \$8.99 and \$9.48
- Cappie Coats, all-wool at \$5.25 and \$5.50
- Crepe de Chenes, special \$1.50
- New Silks, hema, copen, and black at \$2.00
- Extra quality black Silk and Wool Hose, per pair .. \$1.45
- Men's Silk and Wool Sox 60c.

C. L. GRANT

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Marvel Combination Cooker

This stove is the greatest value that has ever been offered to this community. It is furnished with a polished top, six 9 inch lids, 1 reducing lid, lift front for large piece of wood, cooking surface 40 1/2 x 24 in., 12 in. fire pot well lined with

good fire brick, 3 roller grates, oven is large and roomy, 20 in. deep, 17 1/2 in. wide, 11 in. high, with thermometer in door. The fire circles completely around the oven before passing into the chimney. Large roomy warming closet with folding doors. Hot water copper reservoir.

Price \$57.50



Marvel Combination Cooker

Without Warming Closet

Polished top, six 9 inch lids, one reducing lid, cooking surface 40 1/2 x 24 in., lift front for large piece of wood, 12 in. fire pot, fire brick lined, 3 roller grates, large roomy oven 20 ins. deep, 17 1/2 in. wide, 11 in. high.

Price \$37.00

Marvel Quebec Heaters

Here is a wonderful heat producer. This Quebec heater has a large chamber for coal gases to burn up before passing into the chimney, fire pot is 12 ins. in diameter, lined with fire brick, outside measurement is 16 inches in diameter, 36 inches in height, 3 roller grates.

Price \$17.75

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THE FAMILY NEXT DOOR



Then Jay Got Out!