



# The Road To Better Health

## Effects Of Over-Eating

By DR. W. J. SCHOLES

(Notes 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.)

What will happen to the one who over-eats on a single occasion? We can speculate to some extent what may happen, our speculations being based on the condition of the individual at the time he commits the offense.

If he has sound digestive organs, a sound heart, healthy arteries and kidneys, a normal blood pressure, is not over-weight and has no tendency to diabetes, perhaps nothing will happen. There may be some feeling of discomfort or a slight digestive upset. But, this person is not a regular offender, so he suffers no serious results.

When the digestive organs are less healthy, one may not get off so easily. An acute and somewhat severe digestive disturbance may be the penalty.

### Hard to Predict Effect

What any one indulgence in too much dinner will do to those who have diseased hearts or kidneys, hardened arteries or high blood pressure, is difficult to predict.

Nothing may happen. Excessive eating would add to the strain on the organs of circulation. The large amount of protein likely to be consumed may place an additional burden of work on the already diseased kidneys. Digestive disturbances may result and prove serious in those whose hearts are badly diseased.

Victims of angina pectoris (neuralgia of the heart) have often eaten too heartily a short time previous to one of the attacks. In the presence of a high blood pressure and brittle, hardened arteries, a heavy meal has been followed by an apoplectic stroke.

Those who are over-weight add to their burden of fat. The large amount of carbohydrates likely to be consumed in the course of a big dinner may cause the appearance of sugar in the urine in the case of those who are on the verge of diabetes. The diabetic patient lessens his chance of recovery.

And, everyone knows that food of the wrong kind and in excessive amounts often causes digestive disturbances in children.

## MAKING BEER WITHOUT PERMIT COSTS \$200.

Joseph Schram, Dutton District, Also Guilty of Using Obsolete Permit.

Joseph Schram, a resident of Dutton district, near St. Thomas, was fined \$200 and costs for manufacturing beer without a license and \$50 and costs for using a run-out permit, by Magistrate Maxwell in the county court last Friday afternoon. In default of payment on the first charge, he will spend four months in jail and on the second charge, three months.

The case was heard in Dutton last week and Schram was found guilty of both charges. He submitted a Government permit issued for Kent County to show he had permission to run a beer still, but it was ruled out by his worship.

## CANADA'S INCOME TAX (London Free Press)

The Government at this coming session of Parliament must seriously consider a revision of the Canadian income tax. The American income tax today is much lower than the Canadian tax, which is a serious handicap not only to business, but to the private citizen, who finds the cost of living burdensome enough as it is today in Canada. There are too many lures now to the Canadian to go South, without the added inducement of a much lower taxation upon his income. The crying need of Canada today is capital to develop our national resources, but capital is sensitive and capital objects to taking all the risks and the Government all the profit.

Sir Thomas White, when he was finance minister, took the stand that Canada could not afford to have a higher income tax than the United States and followed this policy. The Government may need the money, but as J. E. Howes, of the Citizens' Research Bureau and an expert on the subject, told the United Boards of Western Ontario it is more a question whether the Government can afford to continue the present tax. Mr. Howes pointed out that today the Canadian tax on a \$3,000 income is \$40, and in the United States \$7.50. On \$6,000 the Canadian levy is \$178, and in the United States \$57.50, and so on. Mr. Howes well sized up as follows:

In my opinion, there can be no doubt of the result if this great difference is permitted to continue. A great deal is heard of the necessity of encouraging capital to come to our country for the purpose of developing our natural resources. A great deal is heard also of the fact that there are large amounts of money in the United States for investment. Would it not be a good plan to try to attract this capital?

Then consider our heavily graded income tax from the standpoint of the Canadian investor. What inducement is there for capital to take all the risks if the state insists on taking an undue share of the profits? Is it not much more comfortable and natural to sit back and reap a modest return from investments in Government bonds?

The United Boards of Trade of Western Ontario, recognizing the need of action, passed a resolution recently asking the Dominion Government to reduce the Canadian tax to the American level.

## "TRIAL MARRIAGE" APPROVED BY ALL SAVE MAGISTRATE

The bride was willing, the bridegroom had the proverbial smile, and the best man had his Sunday suit on, but Magistrate F. Richards was not enthusiastic when a Central European applied to him for a "temporary marriage" license. The application was made at the Central Police Station, and the marriage, so it was explained, was to be for three years—if the test was unsuccessful, all "bets" would be called off.

"A permanent license" was the only solution, the magistrate explained, and the interested parties retired in confusion with the bridegroom declaring "some arrangement could be made."

## WHOLESALESAERS MAY FIGHT CHAIN STORES

Gigantic Scheme Now on to Form Big Ontario Syndicate.

A gigantic scheme, under which about twenty-five or thirty of the seventy wholesale grocery establishments in Toronto and Western Ontario will come under the same management is in process of formation.

An American syndicate is quietly getting options on wholesale houses dealing in groceries, and proposes the formation of a company with a capital of \$15,000,000 to operate the institutions which they are taking over.

It was reported that they had already options on ten of these, and they are going on until they have secured a sufficient number to attain the objects they have in view—the building up of an organization of such strength as will enable them to cut down the overhead expenses by the centralization of purchasing, secure goods at more advantageous prices from the manufacturers and compete more successfully with the chain stores that have become a serious factor in the conduct of their business.

The move is, as a matter of fact, the result of the development of the chain store system, and the co-operative buying of firms that have come together for that purpose. Under this system, the new organizations are at an advantage by reason of being both wholesalers and retailers, and as a consequence, the wholesalers dealing with one end of the business have had to face very strenuous competition and their field of activities has thereby been curtailed.

## TWELVE YEAR OLD GIRL BURNED TO DEATH

Spark from Stove Ignited Her Dress; Died a Few Hours Later.

A very sad fatality occurred on Wednesday of last week at Mar, a small village about 8 miles north of Warton, when Rosanna, the 12 year old daughter of Mr. and Mrs. William Boyd, was burned to death.



## Do they answer your questions?

The young people, in their letters from school, seldom tell you what you really want to know.

But how different when you call them by Long Distance! Jack says he is all over his cold. Mary is no longer homesick and is perfectly happy.

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## DOCTOR ADVISED AN OPERATION

Read Alberta Woman's Experience with Lydia E. Finkham's Vegetable Compound

Provost, Alberta.—"Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Finkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now I have a bonny baby girl four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."—Mrs. A. A. ADAMS, Box 54, Provost, Alberta.

## SIXTY-SEVEN YEARS MARRIED

Mr. and Mrs. Job Almond Honored By Family and Friends on Attaining Sixty-Seven Years of Married Life on Monday.

Few people have the distinction of celebrating their 67th wedding anniversary, and Meaford is duly honored in having a couple in the persons of Mr. and Mrs. Job Almond, who have lived to such a ripe old age and are enjoying fairly good health notwithstanding their advanced years. At the home of their youngest daughter, Mrs. Albert Ham, Denmark Avenue, Mr. and Mrs. Almond celebrated the eventful day with a host of friends. About thirty persons were present, including their four sons and their wives and their three daughters and their husbands, all of whom joined in congratulating the old couple upon their long span of married life and wishing them continued health and happiness in years to come. Mr. Charles Freestone, brother of the aged bride, and Mrs. Freestone were among the relatives present.

## Pains in Left Side

Lachine, Quebec.—"I took Lydia E. Finkham's Vegetable Compound because I suffered with pains in my left side and back and with weakness and other troubles women so often have. I was this way about six months. I saw the Vegetable Compound advertised in the 'Montreal Standard' and I have taken four bottles of it. I was a very sick woman and I feel so much better I would not be without it. I also use Lydia E. Finkham's Sanative Wash. I recommend the medicines to my friends and I am willing for you to use my letter as a testimonial."—Mrs. M. W. ROSE, 580 34thre Dame St., Lachine, Quebec.

It is evidently not the intention of November to take any second place to October as a producer of good weather.—Brantford Expositor.

There can be no denying the assertion that clothes worn by some girls in office employment do not constitute good business, but the matter of form is a debatable point.—Hamilton Spectator.

Advertise in The Chronicle. It Pays.

## Specials for Sat., Nov. 22

Men's Brown Bluchers, Leather Soles, Rubber Heels sizes 6 to 10. On Sale.....	\$4.00
Women's High-Cut Bals, Louis Heels, sizes 2 1/2 to 7 On Sale.....	\$2.00
Misses High-Cut Bals, Narrow Toes, sizes 11 to 2 On Sale.....	\$2.50
Misses' Dongola Bals and Bluchers, On Sale.....	\$2.00
Children's Box Bluchers and Bals, sizes 9 1/2, 10 and 10 1/2 On Sale.....	\$1.50
Infants' White and Red Top Patent Bluchers, sizes 3 to 7 1/2. On Sale.....	\$1.50

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1820

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Approximately eight feet faced on all four sides buildings, as a rule, are built on to break may only divert it make matters worse. Its advantages in wind-break facilitates early the summer when strong winds would wreck. H. W. Birch, Apiarist.

AS AGAIN IT (Canadian Echo)

son, K. G. of Walker-pongy against church ways on the look-out little missionary work of preserving the church. The other day when he ran into a couple Jack Macaulay was and the other will be on we say he is a little in one ear. After all round, the eminent W. G. "How are you now?" "I'm against it. I vote for government unexpected reply.

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laundry Soap, 6 bars 23c

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