



# The Road To Better Health

## Cancer

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.)

The hope of the victim of cancer lies in an early diagnosis and prompt and efficient treatment. As someone has put it, "In order to cure cancer, it must be destroyed before it gets fairly started!"

Whether or not an early diagnosis can be made is often within the control of the patient. If an early diagnosis is to be made, it is necessary that the patient lose no time in having the nature of all doubtful swellings determined.

Lumps, swellings, ulcers and sores that fail to heal readily, and the tendency of bleeding to occur from any part of the body without apparent cause, are among the conditions which deserve careful investigation. Pain is frequently absent until the growth is far advanced.

### Symptoms Often Absent

It is unfortunate that many internal cancers are not suspected during their early stages. Symptoms may be absent until the working of some organ is interfered with. But vague ailments occur-

ring in the abdominal or pelvic organs should lead one to search for the cause.

In the course of his examination, the physician may wish to remove a small piece of tissue so that a microscopic examination can be made. This is often extremely necessary for an early diagnosis.

Surgery, the X-ray and radium are the accepted means of treating cancer. The method of treatment to be used in any individual case is determined by the location, extent and nature of the growth, and is best decided by the physician or surgeon who is treating the case.

From the patient's standpoint, the essential thing is that he or she should submit to an examination soon enough to permit of an early diagnosis. If the suspected condition is not cancerous, one will be pleased to know it. If it proves to be cancerous, one is in a position to have it treated without delay.

Valuable time and money should not be wasted in experimenting with unknown and unusual methods of treatment.

(Copyright, 1924, by The Bonnet-Brown Corporation, Chicago)

### HEALTH QUESTIONS AND ANSWERS

#### He Puts Gas into the Stomach

R. G. B. writes: "I am often troubled with gas on the stomach. On the advice of one of my neighbors, I have been taking baking soda and vinegar and seem to get some relief. Is this a good remedy?"

#### Reply

Among the products formed by the interaction of baking soda and vinegar is carbon dioxide, a gas. So if you do not have an uncomfortable amount of gas in your stomach before taking this "cure," there is a good chance that you will after.

If you put the soda and vinegar together before you take them, you may swallow the carbon dioxide gas. If you swallow the soda and vinegar separately, they will interact in your stomach to form gas.

The remedy is not a good one. Find out just what the trouble is. The sensation that you assume to be caused by gas, may arise from some other disturbance. Your habits may be faulty. You may "swallow air." Your diet may contain too much sugar and starch.

#### Treatment of Birthmark

Mrs. J. I. H. writes: "My 8-year-old daughter has a birthmark on her cheek and is becoming sensitive about it. The birthmark is the kind called a 'port wine' mark. Is there any satisfactory way of removing them?"

#### Reply

Freezing with carbon dioxide or liquid air, is highly recommended by leading skin specialists. Radium has given excellent results. Surgery, the X-ray and electrolysis have also been used.

If your doctor does not do this kind of work, he will be glad to refer you to some skin specialist. It is best to let the doctor who has

charge of the case, select the method of treatment.

#### At Six Years

Mrs. L. W. asks: "How much sleep does a child six years old require? How many meals a day should it have? Should the heaviest meal be given at noon or in the evening?"

#### Reply

At six years of age, the child requires about eleven hours sleep. It should have three meals a day, the heaviest meal being given at noon.

#### Incubation of Infantile Paralysis

Mrs. H. T. W. asks: "How long after exposure does it take for infantile paralysis to develop?"

The disease occurs from three days to two weeks after exposure.

#### Raynaud's Disease

Miss E. S. writes: "When the weather is cold, one of my fingers gets dead near the end. It tingles and feels numb, then gets white and cold from the last joint to the tip. What would cause it to do that? It only happens to one finger."

#### Reply

It sounds like a milk case of Raynaud's disease. A spasm of the arteries supplying the end of the finger causes the numb and bloodless condition. The effect is the same as though a string were tied tightly around the finger so as to shut off the blood supply.

Raynaud's disease is uncommon, occurs most frequently in young women, and is apparently caused by some lack of stability in the nerves which govern the blood vessels.

Massage and care to keep the fingers warm may help. Your general health may require attention.

#### MONEY WASTED

Friend—So glad you got your divorce, dear.

Actress—Yes. But not a word in the papers—they've no room for anything but this stupid election. I might as well never have had it!—Punch (London).

Any girl can make a liar out of any man merely by asking him if she is the only girl he has ever loved.—Detroit Free Press.

Sons seldom acquire the shine of dad's best suit.

### THE CONSUMER AND HIS DOLLAR (Youths' Companion)

The statisticians of the Smithsonian Institution at Washington have prepared a chart that should interest every man and woman in the United States. It deals with this important question: how is the dollar that the consumer pays for his food distributed? Those who produce the food have long been aware that they get less of the dollar than they think they are entitled to, but they have never before had a careful and impartial account of what becomes of the money they do not receive. The account is based on evidence collected by a joint commission on agricultural inquiry that Congress authorized, and its conclusions can be summarized in two sentences: "The consumer has come to accept unusual service and convenience as a matter of course and to demand more. Commodity values are lost in a maze of service charges."

The consumer pays for having his bread baked in sunny, sanitary bakeries, wrapped in paraffin paper and delivered at his door. He pays for having his cereals and groceries done up in fancy packages and delivered in the tradesman's automobile. He pays for the sorting, packing and fast transportation of fruit, which add much to its first cost. Manufacturers and tradesmen compete with one another for his custom by offering more and more service, more and more convenience, more and more assurance of quality.

The producer gets a smaller share of the consumer's dollar, because distribution is so costly. The Smithsonian chart does not include everything we eat. It selects four important foods, each of a different class—bread, meat, oranges and rolled oats. It shows us that every time we spend a dollar for bread, the farmer gets 28.4 cents and the railway gets 7 cents for hauling the wheat and flour. It costs only 12.3 cents to make the wheat into bread, but to that must be added 16.4 cents for the cost of selling, 15.7 cents for the retailer's expenses, 8.5 cents for the overhead. The manufacturer's profit is put at 5.7 cents and the retailer's at 2.9 cents.

But of every dollar spent for rolled oats the farmer gets 17.8 cents, and the railway gets 10 cents. Nine cents is the cost of manufacture, 1.7 cents is the elevator or cost, 15.4 cents is the cost of advertising and selling, 2.6 cents the manufacturer's taxes and 13.6 cents his profits. The wholesaler gets 8 cents, and the retailer a profit of 5.4 cents after he has paid his store expense of 15.7.

In the matter of beef, the farmer fares better. He gets 67.7 cents of the consumer's dollar, the railway 8.9 cents. The cost of converting the steers into meat is 11 cents. The rest goes to the retailer for his costs and profits.

As for oranges, the grower gets 31 cents of the consumer's dollar, the railway 21 cents, and nearly half a dollar is divided between the commission merchant and the retailer. It is evident that meat is more economically distributed than any other food, and that no doubt is because the meat industry is concentrated in a few, economically efficient hands—in short in the "meat trust." Other foods are high, not because the necessary elaborate systems of selling and distributing, in which competitors find it to their advantage to bid for business with offers of service and convenience, which the buyer accepts—and pays for.

### HOCKEY PICTORIAL

#### A "MASTERPIECE"

The editor has received a copy of the Hockey Pictorial which has just been published, and which is at once the handsomest and most complete publication ever produced in the world for any single sport. It is a marvel of good taste in artistry and industry of achievement. It is impossible to speak too highly of it.

The book represents years of effort, typographically and pictorially, it is a "masterpiece." From cover to cover it is embellished with group pictures of championship teams from 1888 to 1924, in fact, the history of Canada's Great National Winter sport is told in pictures.

Old-timers will be interested in the handsome halftones of the teams who were prominent a generation ago, while the younger enthusiasts will enjoy the reproductions of the more recent winners.

The book is not only lavishly illustrated, but it is literally crammed with much interesting information regarding individuals, clubs and leagues throughout the country. Local hockey fans will find a very

interesting group picture of the Canadian Olympic Hockey Champions of 1924 on the front cover and also a complete history of the players and records, right to the finals.

The book sells for \$2.00, and can be secured by writing to the Hockey Pictorial, 84 Victoria St., Toronto.

### THE FATHERS OF CONFEDERATION

The Trustees' and Ratepayers' Association in the Province of Ontario is undertaking a patriotic work in supplying the schools of the Province with a picture of "The Fathers of Confederation." We understand they purpose giving a series of articles upon the Statesmen comprising this group and other outstanding characters who have contributed to the making of Canada, in their monthly magazine, "The Canadian School Board Journal." A movement of this nature should stimulate an interest in civic affairs. It seems very difficult to interest people not only in Dominion and Provincial matters but even in Municipal Government. The lowest percentage of the potential vote in any State of the Union in the recent Presidential campaign was that of 8 per cent for North Carolina. The percentage for the whole of the United States was 52.8. It is interesting to compare this with the 73.7 per cent polled in Britain just a few days previously. The interest of Canadians in public affairs is on the average as high as that of either Britain or the United States, yet there is a deplorable lack of knowledge concerning the administration of Municipal, Provincial and Dominion affairs.

We are not sufficiently familiar with the history of Confederation and what that achievement has meant for the struggling British communities that stretched from ocean to ocean on the northern portion of this Continent. We do not read enough about the Canadian statesmen who brought the Dominion of Canada into existence. Our country is flooded with American magazines and periodicals that tell us about successful men and women of the United States in all departments of life. We should endeavour to sell Canada to our youth by encouraging them to read about Cana-

### "Consumption is No Respector of Persons"

In one of the glistering, beautiful rooms of the Muskoka Hospital for Consumptives, Harry Williams occupies a bed right next to Jim Thompson. Harry was studying Arts in the Toronto University, while Jim was a laborer in another city. (Of course, that was before both knew that they were victims of consumption.)

Harry is a handsome young man, say about 22, and is particularly well versed in English literature. His home is in Western Ontario. His brother is consumptive, too, and it was he who insisted that when Harry went back to school just as did, that he be thoroughly examined. The examination revealed consumption, so Harry withdrew from his classes, packed up a few belongings and journeyed to Muskoka Hospital for Consumptives. "You know," says Harry, "consumption is no respecter of persons. Here I am, just as did, that he room-mate. He was a laborer and I was a student. He worked hard for years while I never labored in my life. He had no good home surroundings, while I have been cared for since birth. I can't understand it, can you?" And with that Harry smiles a little and settles down to let science and nature fight the silent struggle for his health.

Harry and Jim are but two of the many who are at present entirely dependent on the Muskoka Hospital for Consumptives. The Hospital itself relies on the generosity of its many friends. Contributions may be sent to Hon. W. A. Charlton, President, 223 College Street, Toronto, Ontario.

### Lister Values

For November and December

Real Values. Will save you from 25 to 50 per cent.

Cash will count as never before. Every article is guaranteed to Lister standard.

Write to-day for Sale Catalogue  
**Durham Machine Shop**  
F. W. MOON, - MACHINIST

dians, and help them to become more familiar with the marvellous possibilities of our country, because of our great material resources that await the application of intelligence and skill in their development.

The Trustees' and Ratepayers' Association of Ontario are doing a very patriotic service to Canada in offering pictures of these Statesmen to the schools, and providing the readers of "The Canadian School Board Journal," the official organ of the Association, with information upon the lives of these men. It should arouse an interest in Canada, not only among the adults, but among the Sons and Daughters of Confederation, and create in the youth of today a greater appreciation of Canada's place in the British Commonwealth.

### MYSELF AND ME

I'm the best friend I ever had,  
I like to be with me,  
I like to tell myself  
Things confidentially,  
I often sit and ask me  
If I shouldn't or if I should,  
And I find that my advice to me  
Is always pretty good,  
I never got acquainted  
With myself 'till here of late,  
And I find myself a bully chum,  
And I treat me simply great,  
I walk with me and talk with me,  
And I show me right and wrong;  
I never know how well myself  
And me could get along,  
I've made a study of myself  
And compared me with the lot;  
I finally concluded  
I'm the best friend that I've got.

Advertise in The Chronicle. It Pays.

### As Viewed by a Frenchman

Here is a characteristic French view of prohibition as made by a distinguished Frenchman on a visit to the United States:  
"The French think of the latter (prohibition) may be gathered from the remark made by one

### PAINS IN LEFT SIDE AND BACK

Other Troubles Women Often Have Relieved by Lydia E. Pinkham's Vegetable Compound

Lachine, Quebec.—"I took Lydia E. Pinkham'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. Pinkham'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. Ross, 580 Notre Dame Street, Lachine, Quebec.

### Doctor Said an Operation

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. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now 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. C

of their public men as his ship passed the statue of Liberty outside New York harbor.

"I see," said he, speaking to American friends, "that you, too, put up monuments to your great dead!"

"Marriage is a fifty-fifty proposition," says Dorothy Dix in a recent article. Sure, fifty for a new hat and fifty for a new dress.

### 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.....\$1.60
- Infants' White and Red Top Patent Bluchers, sizes 3 to 7 1/2. On Sale.....\$1.50

REPAIRING A SPECIALTY  
**J. S. McIlraith The Cash Shoe Store Durham, Ont.**

### WANTED TO BUY

Wheat, Oats, Barley, Buckwheat, and Mixed Grain For which we will pay Highest Market Prices

### FOR SALE

We have a full line of the Best Brands of Flour, Rolled Oats, and Oatmeal also

Crushed Oats, Oats and Mixed Chop, Poultry Food, Etc., at McKechnie Mill

CHOPPING and CRIMPING EVERY DAY

**J. W. Ewen & Son**  
Phone 114 Box 82, Durham

Boss, Have Pity!

### THE FAMILY NEXT DOOR



ber 27, 1924.  
AS IS  
Young  
today.  
TORONTO  
stay all night.  
AS IS  
bob your hair?  
on the style," an-  
"I don't know  
look like a  
duster."  
a guy who thinks  
ing to run dry.  
ALL  
Nothing  
Equal  
Buk  
THE SKIN!  
Tonic  
and Hogs  
cription of Gil-  
liders, tonics,  
n, makes stock  
each kind of  
nger sheep and  
ns more rapid  
nic and feed it  
ished, you feel  
money, return  
are the judge.  
cea  
the dormant  
GGS  
ree Sample.  
Co.  
Durham  
HLAN  
CERS  
TS  
meat, lb. 23c  
enting, lb. 23c  
Seedless Raisins, 2  
25c  
ers, pkg. 25c  
pkg. 45c  
dry Soap, 6 bars  
25c  
Soap, 4 bars .25c  
asts, 5 lbs. 25c.  
EVERY WEEK  
HLAN  
Durham