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Durham



The Road To Better Health

Treatment of Bronchitis

By DR. W. J. SCHOLES

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.

There are a number of simple remedial agents which may be used in the treatment of the milder cases of bronchitis with good effect. Most of these remedies may be found in the home.

Treatment should commence at the beginning of the attack with a hot tub or foot bath in a well heated room, and a drink of hot lemonade. The patient should then get to bed, and should be warmly covered so as to encourage perspiration. The room should be well ventilated, but care should be taken to avoid drafts and chilling. Some simple laxative such as castor oil or one dose of aromatic cascara may be taken.

For Relieving Irritation

If there is annoying irritation of the throat, a gargle composed of one-half teaspoonful each of baking soda and salt in a glass of water may be used. Inhaling the vapor of boiling water containing compound tincture of benzoin, a tea-

spoonful to the pint of water, will often do much to relieve the annoying irritation and coughing.

A mustard plaster, warmed lard to which a few drops of turpentine have been added, or—in the case of children—warmed camphorated oil may be applied to the chest for the soreness and tightness.

Rest is very important in a case of bronchitis, and is best taken in bed. Plenty of water or lemonade should be taken, and the diet should be light, consisting of such things as cereals, toast and soft boiled eggs.

Cases which begin with a severe chill, cases with much fever, as well as those occurring in people who have serious chronic ailments, in old people and in young children, should be treated by a physician.

It is estimated that about 70 per cent of the cases of pneumonia follow bronchitis. This makes bronchitis serious enough not to be neglected.

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HEALTH QUESTIONS AND ANSWERS

Questions and Answers

Skin Food

L. C. F. asks: "Can you give me the name of some preparation that I can use as a skin food to make my cheeks more plump. I have tried several kinds, but they do not seem to work."

Reply

There is no external preparation that will increase the layer of fat under the skin. This, as well as the skin itself, receives its nourishment from the blood.

How much and what you eat, and your general manner of living, will largely determine whether you are fat or thin, provided you are suffering from no disease. If you suspect that your general health is the cause of any abnormal thinness, consult a physician and follow his advice.

Has Trace Of Albumin

W. L. M. writes: "I am forty-six years old and was recently examined. The doctor who examined me said that I had a little albumin and some casts in the urine, and that my blood-pressure was slightly elevated. This is all that he said was the matter with me, and I certainly do not feel bad. He gave me a list of things that I should eat and a list of the things that I should not eat, and said that my condition is not bad if I will take care of myself. Is there much danger?"

Reply

Having had a chance to examine you, your doctor is in a position to know the seriousness of your condition. You have probably been living rather carelessly. Osler once wrote a paper on the advantages of covary of the albumin and casts in the urine of men over fifty years old. The idea was that the dis-

covery of the albumin and casts jolted the patient into a realization that he had been living carelessly. He would then live more carefully and have many years of usefulness. This is probably what has happened to you.

Arthritis Deformans

Mrs. H. H. D. writes: "The knuckles of my fingers have been paining me and are swollen and stiff. The fingers are beginning to look deformed. By soaking the hands in hot water the fingers become a little more limber. I have been told that this condition is called arthritis deformans. What causes it? Can anything be done for it?"

Reply

The generally accepted idea is that arthritis deformans is due to infection, probably a form of the streptococcus. Such infections may be located in the teeth, tonsils, nasal sinuses, bronchial tubes, gall bladder, kidneys, appendix or pelvic organs. A careful search should be made for infection in any of these organs.

Aside from the removal of any infections that may be found, hot compresses to the fingers, massage, spending as much time as possible outdoors in the sunshine, and a nourishing diet are among the general remedies for this condition. Going on a diet, particularly cutting out meat, does no good. Be sure to drink plenty of water.

Incubation Period Of Typhoid

T. M. asks: "After drinking water which may contain typhoid, how long does it take to get the disease if one is going to get it?"

Reply

Usually from 8 to 14 days, 10 days on the average.

Strange Lads in Strange Land

(Walkerton Telescope)

Two young brothers from Poland who didn't understand a word of English, came in on the night G. P. R. train here recently. They were on their way to visit relatives in Brant, but their friends did not expect them so soon, and were not there to meet them. Mrs. George Carbert, local representative of the Travellers' Aid, interested herself in the lads who were aged 15 and

14 years, and looked after them until the next day when Rev. R. Purdue saw that they were taken out to their relatives. They had high leather boots but did not seem to feel the need of stockings this cold weather. Though understanding no word of English, they succeeded in making themselves understood and showed themselves well-trained in courtesy and good manners.

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REEVE CALDER FIGHTING TO HAVE \$449 PAID TO DURHAM FOR ROAD BUILT

Declares That His Town Is Entitled to This Amount From County

When Reeve William Calder of Durham believes that he is in the right, he can be counted on to fight for that right to the very last ditch. He gave a demonstration of his determination at the Wednesday afternoon session of the Grey County Council, and bids fair to be successful, judging by the remarks of many of his conferees around the council board.

It will be recalled that at the June session of the Grey County Council, Reeve Calder introduced a resolution which called for the payment to the town of Durham of \$449, which had been held back by the County Treasurer, and which Mr. Calder claims should have been paid as being 20 per cent of the cost of the maintenance of the county road which runs east and west through the town. At that session, considerable time was taken up with a discussion on the subject, and as there appeared to be no legislation to govern the matter, it was left in abeyance with the understanding that Reeve Taylor, chairman of the County Roads Committee and Road Superintendent John Johnston, would secure a ruling on the question from the Department of Public Highways at Toronto, and report at the November session.

Just as things were beginning to get a bit dull at the Wednesday afternoon session, Reeve Calder once more introduced his resolution, and the battle was on. The result, which lasted the greater part of a couple of hours, and still there is no decision, as Mr. Calder very graciously agreed to leave the matter over until Thursday afternoon in order to give an opportunity for a reply to be received from the Department at Toronto.

In opening up the question, Mr. Calder again reviewed the whole question, and informed the council that he was not asking for Durham anything that the town was not entitled to, and he proceeded to point out that the county road which runs through Durham east and west is entitled to a 20 per cent grant for its upkeep from the County, and that the money should not have been held back last year.

Reeve Taylor informed the council that he and Mr. Johnston waited until the Deputy Minister, Mr. Squires, in September, in Toronto, and discussed the whole question with him, and they were informed that there was nothing in the statute books governing it, but that a ruling would be given later. This ruling has not arrived yet, although Mr. Taylor has written two letters and also sent a wire.

Previous to this, however, Reeve Calder made a trip to Toronto on behalf of the town of Durham, and placed all the facts in the case before Hon. G. S. Henry, Minister of Public Highways, and Deputy Minister Squires, with the result that a letter was produced by Mr. Calder from Hon. Mr. Henry which stated there was no legislation and in his opinion it was purely up to the county council to deal with.

Then followed quite a lengthy discussion, in an endeavor to get all of the information possible. Reeve Taylor expressed the opinion that there should be no discrimination, but that all the municipalities should be treated alike, and he did not like the idea of the council of 1924 upsetting the action of the council of 1922.

Reeve Smith, of Shallow Lake, also went into the matter fully, and while at first he was inclined to think it would be unfair to give Durham the money, before he was through he was pretty well convinced, after questioning Mr. Calder, that the money should be paid over, the understanding being that the money should not be spent on the connecting link portion of the road in the town.

Reeve George A. Bothwell opened his remarks by intimating that things were just a little bit dull in the council, and Reeve Calder in his desire to start something had brought this question up again. He referred to the fact that when dealing with the town of Owen Sound on the occasion of the latter becoming a city and withdrawing from the county council, he had been very severe and had exacted his full pound of flesh, and that he was at his same old tactics in this case. Mr. Bothwell did not think that Mr. Calder could be really serious in his demand for payment of this money or that he even expected to get it, urging that it would be an unfair proceeding to give Durham this amount when other places, such as Markdale, Flesherton and Chatsworth got nothing.

Mr. Calder defended his action in the Owen Sound matter by stating that at the time of the negotiations he had warned the city that they would be the losers by withdrawing, that he was very sorry to see them pull away from the county, and he claimed that the figures would show that between \$30,000 and \$50,000 had been lost to the city because of their action. He still contended, however, that Durham was entitled to this money, and pointed out that Chatsworth was in an entirely different position, as there was not a county road in the place, but that the village had been favored with two Provincial Highways running through it.

Mr. Bothwell was on his feet again and contended that if this was to be granted to Durham, it would be as a special favor, and he was strongly opposed to any such favor.

"You have no right to say that," said Mr. Calder.

"I have a right to express my opinion here just as often as I please, and I will leave it to the members of the council to judge whether I am right in my contentions, or whether you are right," was Mr. Bothwell's comeback.

Several of the members of the council expressed themselves as not prepared to vote on the question and counselled waiting until Thursday to see if a ruling would not reach here, but Reeve Taylor was of the opinion that in view of the letter from the Minister to Mr. Calder, there would be no ruling given.

However, after some further discussion, Mr. Calder agreed to let the matter go over until Thursday afternoon.

Average man doesn't want to be rich. He just wants a million or so.

If you can't fight or run, the only thing that will help you is a forgiving spirit.

TELLS OF BATTLE AGAINST INSECTS

Ontario Entomological Society Convention Closes at Guelph—Struggle Down the Ages.

The 61st annual convention of the Ontario Entomological Society which has been in session at the Ontario Agricultural College, Guelph, for the past two days, came to a close Friday afternoon. One of the most important addresses given at the conference was that by Dr. C. L. Melcalfe, of the University of Illinois, one of the foremost entomologists on the continent, who spoke on "Methods of Warfare against Insects." Corrosion of iron, Dr. Melcalfe stated, cost the people of the world \$200,000,000 a year, a comparatively small amount when it is considered that destruction by insects on this continent alone amounted, at a rough estimate, to \$1,000,000,000 a year, or five times the amount lost by iron in a year in the whole world.

The struggle between man and insect had begun before the dawn of civilization. Ever since the contest began, man had disputed every step of the insect, yet it could scarcely be said that they had gained any great advantage. Not only did the insect pests attack growing crops, but also man and animals, as well as, in the case of insects, the insect pest itself. They were in such unprecedented numbers that they were hard to deal with, there being at least 500,000 kinds of insects inhabiting this continent, they being 70 times as numerous as birds.

They were being fought in several ways, mechanical and physical; by traps, sprays, dusting and other methods, and by fighting the destructive insects by their own enemies—parasites that waged war on them. It was necessary, however, to take great care in making sure before insect parasites were imported into the country that they would not in themselves become a menace. Every precaution was taken by those engaged in the work before any such species were introduced.

The spread and degree of infestation of the European corn borer in Ontario in 1924 was dealt with by W. N. Keenan, entomological branch Ottawa, and papers were read by R. H. Painter, of Port Stanley; A. B. Baird, St. Thomas; G. A. Ficht and H. G. Crawford of Ottawa, and L. Caesar of Guelph.

A clock made entirely of straw was one of the features of the Munich summer fair of products of precious metals. It is five feet in height and is modelled after the

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