



# The Road To Better Health

## Chilblain

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.

Chilblain means a condition of redness, burning and itching of the toes, feet, fingers nose or ears caused by exposure to cold and dampness. The feet and toes are most frequently affected. The condition varies from a small, red spot in mild cases to blistering and ulceration in the most severe cases.

The general health of those who are subject to chilblain is frequently below normal. The extremities are more readily susceptible to the ill-effects of cold when the circulation is diminished in activity or the quality of the blood itself is impaired as a result of ill health.

**Exercise and Daily Baths**  
Before the cold weather begins, and between the attacks of chilblain, preventive measures should be carried out. Efforts should be made to improve the general health and make the circulation more active by regular outdoor exercise and daily, cool sponge-baths followed by friction with a coarse towel.

The feet should be bathed daily in fairly hot water and then quickly rubbed dry. Warm, woollen stockings should be worn, and the shoes should be loose and thick. Care should be exercised to avoid congestion of the feet either by interference with the circulation—as by wearing tight garters—or, by getting too near stoves or radiators.

Remedies which seem to benefit some cases fail in others. Some mild cases get relief by bathing the feet once or twice a day in cold salt water. Others apply a thin coat of iodine, or ichthyol ointment, opodoloe (camphorated soap liniment), or oil of turpentine, either pure or diluted with olive oil. If the skin cracks, rose-water ointment should be applied.

Cases with considerable inflammation, swelling, blisters or ulcers, and those in which the general health requires attention, can be properly treated only by a physician.

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### HEALTH QUESTIONS AND ANSWERS

**Sprains**  
R. M. S. inquires: "What is the best thing to do for sprains?"

**Reply**  
First, it is well to make certain that the condition is a sprain and not a fracture, especially if the injury is near the wrist joint. This may require an X-ray examination. Soak the sprained joint in hot water several times a day. Keep it quiet for a few days.

**Exercise Before Meals**  
J. E. A. B. writes: "I know that it is not healthy to exercise right after eating. But someone recently told me that it was not healthy to exercise just before eating either. When I asked the reason this party said that exercise before eating interfered with digestion. How can digestion be interfered with when the stomach is empty?"

**Reply**  
During digestion the digestive organs require more blood to carry on their function than when they are at rest. The muscles require more blood during exercise than when at rest. If one exercises immediately after a meal, the blood is diverted from the digestive organs to a certain extent, and these organs do not function at their best. If one exercises immediately before a meal, and does not allow enough time for the circulation to recover its equilibrium before eating, digestion may be a little slow in starting. The reason is that there may still be too much blood in the muscles and not enough in the digestive organs. There should be a period of rest between exercise and eating.

**Sweating Feet**  
C. J. asks: "What will stop annoying sweating of the feet?"

**Reply**  
A solution composed of an ounce

of aluminum chloride in four ounces of water is sometimes effective. Apply two or three times at three day intervals. Allow the solution to dry on the feet after applying. If this solution causes itching or irritation, apply an ointment of boric acid.

**Vaccination of Baby**  
Mrs. E. W. N. asks: "How old should a baby be before it is vaccinated?"

**Reply**  
A baby should be vaccinated by the time it is six months old.

**Milk For 4-Year-Old**  
Mrs. A. F. B. asks: "How much milk should a four-year-old child drink a day?"

**Reply**  
In addition to its other food, a four-year-old child should drink from 14 to 20 ounces of milk a day. At breakfast, 8 ounces of milk or cocoa, which is made with milk. At dinner, 6 ounces of milk when the child does not have vegetable soup. At supper, 6 ounces of milk.

**Charged Water Not Harmful**  
L. K. asks: "Is it harmful to drink plain soda water without any flavor or ice-cream?"

**Reply**  
No. Plain, uncharged drinking water will do just as well.

**Diet in Increased Blood-Pressure**  
K. M. asks: "What kind of a diet should one with high blood-pressure live on?"

**Reply**  
Fruits and vegetables mostly. Very little meat should be eaten. Tea, coffee and alcohol should be avoided. Avoid overeating.

### FIVE ESCAPE AS CAR TURNS OVER

Auto Skidded Into Ditch Near Mount Forest.

Monday night about 9 o'clock when part of the Mount Forest Town Council was returning from Hamilton, after attending the funeral of the late William Mitchell, manager of the Brennan Construction Company, who was killed in an automobile accident near here, the car, driven by J. N. Scott, skidded into the ditch between Mount Forest and Arthur, turning completely over.

fortunately no one being seriously injured. Town Clerk Moon got the worst shaking up but was able to be out Tuesday. The others in the car were Major Allen, Dr. Beacom and Eugene Murphy, Jr. The top of the car was badly broken. It was brought into town today.

**PRECISELY**  
"How would you classify a telephone girl? Is her's a business or a profession?"  
"Neither. It's a calling!"—London Mail.

Advertise in The Chronicle. It Pays.

### NOVELIST VICTIM OF MOTOR MISHAP

Gene Stratton Porter Succumbs to Injuries in Los Angeles.

Gene Stratton Porter, author, illustrator, lecturer and nature lover, was mortally injured at Los Angeles, Calif., Saturday night when her automobile was struck by a trolley car. She died in a Police Receiving Hospital an hour and forty-five minutes later without regaining consciousness. Physicians said her skull had been fractured at the base.

Mrs. Porter was being driven toward Hollywood by her chauffeur, James Cowdy, who was slightly injured. He told the police he approached a crossing, slowed down to allow an eastbound trolley to pass and was on the tracks before he noticed he was directly in the path of a westbound car.

Mrs. Porter, probably best known through her most popular novels, "Freckles" and "A Girl of the Limberlost," was a native of Indiana. She was born on a farm in Wabash County in 1868, the youngest of eleven children. Her father, Mark Stratton, was a minister.

She was educated under a private tutor and early showed an interest in nature. When she was eighteen, she was married to Charles Darwin Porter, but continued her outdoor studies, especially in the limberlost, a big swamp in her native State.

She took up photography to aid her in research in bird life, and for two years was editor of the camera department of recreation. She also spent two years on the natural history staff of Outing and for four years was a specialist in natural history photography on the Photographic Times Annual Almanac.

Her first book, "The Song of the Cardinal," appeared in 1902. This was followed by "Freckles," 1904; "What I Have Done With Birds," 1907; "At the Foot of the Rainbow," 1908; "A Girl of the Limberlost," 1909; "Birds of the Bible," 1909; "Music of the Wild," 1910; "The Harvesters," 1911; "Moths of the Limberlost," 1912; "Laddie," 1913; "Michael O'Halloran," 1915; "Morning Face," 1916; "Friends in Feathers," 1917; "A Daughter of the Land," 1918; "Homing With the Bird," 1919; "Her Father's Daughter," 1921; "The Fire Bird" (Poems), 1922; "The White Flag," and "Jesus of the Emerald," 1923.

### WHY THEY SURVIVE

They went home early, and took care of themselves—that sums the story of such athletic stars as Walter Johnson, Ty Cobb and Zach Wheat. These veterans of big league baseball have endured through many strenuous, grueling, tense, nerve-wracking seasons of competitive athletics. They continue in maturity to put a mighty punch in the game and more than hold their own against youthful rivals. They were sensible enough and courageous enough to stick it out for cleanly living, decency and sobriety.

These veterans have seen school after school of youngsters come up

out of obscurity, flash, flicker and lose out. The veterans have gone right on, making records, hitting the ball, burning the paths, putting smoke on the old pellet, winning games and laurels and popularity season after season, making reputations for high sportsmanship and shining brighter and brighter among the stars of the baseball realm. They have seen boys after boy shoot up rocketlike across the sky, enjoy a few years of adulation, applause and high life, and collapse, fade out, return to the bushes, broken, beaten, competition which is life.

Johnson, Cobb and Wheat—these three—should be studied by red-blooded boys who expect and hope to get somewhere in athletics or in life. What is true of baseball and competitive athletics is true of the competition which is life.

The men and women who go home early and take care of themselves, will stay in the game longer than the roystering, night-blooming dissipationists who weakly and blindly follow the hurrah crowd in hell-bent, jazz adventures.—Lafayette Journal and Courier.



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### KNEW WHAT HE WANTED

A boy, to buy a pair of hose, went to a clothing store. "You bet!" the willing clerk exclaimed. "Size two, or three, or four?" "I want the biggest ones you've got," The little chap replied. The clerk, surprised said, "You'd never fill Such big ones if you tried." The youngster, as he winked an eye, said, when he took his leave: "At least they'll come in handy, sir, To hang up Christmas Eve."

### OBVIOUS

Lawyer—"And may I ask why you want a divorce?"  
Fair Client (astonished)—"Certainly. It's because I'm married."  
American Legion Weekly.

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