



The Road To Better Health

High Blood-Pressure

By DR. W. J. SCHOLLES

Note: Dr. Scholles 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. Scholles, in care of The Durham Chronicle.

The normal average systolic blood-pressure for a man 20 years old is about 120 mm. of mercury. A rough estimation of the average normal pressure for ages above 20 may be obtained by adding one point for each additional two years of age.

Variations from the average occur even in health. Emotions, exercise and eating cause a temporary elevation. The blood-pressure normally rises as one grows older. This seems to be a wise provision on the part of nature to counter-balance certain changes in the system which occur with advancing age. Among the most important of these changes is a gradual hardening of the arteries which results in an increased resistance to the flow of blood.

Increased Pressure

Diseases of the heart, arteries and kidneys are often accompanied by an increased blood-pressure. This often seems to be one of nature's methods of overcoming certain unfavorable effects of the disease. The

seriousness of one's condition is much more likely to depend upon the amount of disease change in the arteries, kidneys or heart than upon the heightened blood-pressure. In the fact, up to a certain point, the increased blood-pressure may be absolutely essential to the well-being of the victims of diseases of this class.

While blood-pressure determinations are a very important part of a medical examination, it is important to remember that an increased blood-pressure is not necessarily a condition to be directly combated. In the presence of certain diseases it may even be your friend. A search should be made for the cause of this symptom—for high blood-pressure may be regarded as a symptom—and an effort made to remedy the cause, not the symptom.

The result of a blood-pressure determination is of no practical value to you unless it is considered in relation to the general condition of your system as determined by a complete physical examination.

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HEALTH QUESTIONS AND ANSWERS

Questions and Answers

Winter Itch

A. L. W. asks: "What causes the feet and legs to itch during the cold weather? They itch worse at night after I undress. I seem to be troubled with the same kind of itching every winter."

Reply

This condition is called winter itch. It is said to be due to the effect of cold upon the nerves. It is also probably caused, as some believe, by a lack of humidity due to faulty heating of houses and buildings during the cold seasons.

The lack of moisture can be corrected by placing open vessels of water on the radiators or stoves.

People who suffer from winter itch are advised to wear linen or silk underwear instead of wool. Wool is likely to excite itching. If the skin is excessively dry, olive or cotton-seed oil may be used. Too much bathing and soaping of the skin should be avoided.

Ingrowing Toenail

A. F. Beck asks: "What can be done to stop an ingrowing toenail?"

Reply

Have some physician cut it out for you. Then wear shoes that do not crowd the toes together.

Not Serious

L. O. asks: "What causes specks to float before the eyes? Is this liable to lead to blindness? What can be done for it?"

Reply

This sensation is supposed to be produced by the shadows cast upon the retina, the structure at the back of the eye which receives the optical image, by cells floating in the vitreous humor. (The vitreous humor is the semifluid, transparent

substance between the lens and the retina.) The cells which cast the shadows are normally present in the vitreous humor. The sensation of specks floating before the eyes is probably experienced by everyone at some time or other. According to ophthalmologists, they are more frequent when errors of refraction exist, and may occur during digestive disturbances. Although annoying, the condition is not serious and will not affect your vision. Have your eyes examined to find out if you need glasses.

Wen

Mrs. E. F. writes: "I have two wens on my head. They are slowly getting larger, and I would like to get rid of them. What is the best thing to do with them? What causes them to form?"

Reply

Wens develop on account of the blocking of the ducts of the glands which supply oil (sebum) to the skin. The accumulation of the secretion in the gland gradually leads to its distention. This causes the lump, which is called a wen, to appear on the scalp. The treatment consists in removal of the sac and its contents by operation. The operation is usually done under a local anesthetic.

Effects Of Mineral Oil

E. B. B. asks: "Is mineral oil taken as a laxative, fattening? Has it a bad effect on digestion? I have been taking it for the past four months, and have been told that it is fattening."

Reply

Mineral oil is not absorbed, so is not fattening. It probably causes digestion and emptying of the stomach to be retarded to some extent.

JAIL BIRDS INCREASING

The population at the Ontario Reformatory, Guelph, is growing. A gang of fourteen new prisoners was received at the institution one day last week in the custody of Bailiff J. J. Ryan from Hamilton. This addition to the already large number of prisoners incarcerated there brings the total up to 575, a larger number than has been in the institution for a considerable time. In addition to this number, there are over 100 confined in the criminally insane wards.

A KEEN BUSINESS MAN

A business man was very keen on having proficient clerks in his employ. Before a clerk could enter his office, he was required to pass a written examination.

At one examination, one of the questions was:

"Who formed the first company?"

A certain bright youth was a little puzzled at this, but was not to be floored. He wrote:

"Noah successfully floated a company while the rest of the world was in liquidation."—The Shield.

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ONTARIO SHEEP WIN

Ontario sheep breeders have won many prizes at the International Live Stock Exhibition at Chicago. They showed the champion ram and ewe, the best aged flock, the best yearling flock and the best pen of lambs of the Dorset breed. Ontario men owned the champion and reserve champion rams in the Shropshire class and the champion Leicester ram and won prizes with sheep of the Lincoln breed. On Friday last a London firm took first prize with a carload of Southdowns.

The record established by sheep breeders in this Province is worth noting for several reasons. In point of numbers, the sheep population of Canada is not large. The total number of sheep and lambs in the Dominion in 1923 was estimated at 2,753,860, of which 1,750,000 were shearable sheep. Of that total, 907,673 sheep and lambs were in Ontario. In that year an official bulletin of the Ontario Department of Agriculture commented upon the state of the sheep raising industry in Canada. "At the present time," said the bulletin, "the sheep and lamb trade in Canada is the weakest feature of the live stock market. It is a phase of the live stock industry in which not only Ontario but the whole of Canada is backward, but, notwithstanding this backwardness, Ontario has 33 per cent of the total number of sheep in the Dominion and leads all the other Provinces of Canada in sheep raising, emphasizing its fitness for this branch of the live stock industry. In 1911, there were approximately 800,000 sheep in Ontario, in 1923 the figures were slightly in excess of 900,000, an increase of only 100,000 sheep in thirteen years when there might have been from ten million to fifteen million. The sheep population in Ontario increased only slightly in thirteen years, but the sheep population of the Dominion as a whole is reported to have decreased steadily in the last five years. In 1920, the number of shearable sheep in the Dominion was 2,555,020 and the wool clip amounted to 15,785,140 pounds. There was a slight drop in the number of shearable sheep and in wool clip in 1921. In 1922 the number of shearable sheep was 1,977,249 and the wool clip was 13,844,443 pounds. In 1923 the number of such sheep fell to 1,750,000 and the wool output to 12,250,000. In 1924 it is estimated that the number of shearable sheep is 1,575,000 and the total wool clip will reach 11,025,000 pounds. In the much smaller country of Great Britain, there were 24,000,000 shearable sheep in 1923 and in New Zealand, 27,000,000 of which 90 per cent were cross-bred. The reason for the de-

cline in sheep population may be apparent to those engaged in the sheep raising industry. It has not been confined to Canada. It is said to have been world wide and world production of raw wool is stated to have fallen from 3,150,000,000 pounds in one year prior to the war to 2,600,000,000 pounds in 1921. Demand for raw wool this year, it is said, will considerably exceed the available supply.

President Coolidge alluded to this situation in his recent speech in Chicago when he noted the improved condition of the live stock industry generally on this continent. This year and added: "Sheep and wool growers are in a more favorable position than either the producers of cattle or hogs. The world," he said, "is short of sheep and wool and their prices are and will be decidedly better than those of other farm animals." The Ontario sheep breeders who have won awards at Chicago have shown people of other countries and also farmers here, that this Province can grow a fine class of sheep of a number of breeds. They may lead other farmers of Ontario to ask why, if the Province can produce sheep of high quality, it should not produce sheep in greater quantity?

CROSS-WORD PUZZLES

(Thornbury Review-Herald)

Mah Jongg has passed on. At least, that is what might be expected by the paucity of jokes and remarks in the press on the Chinese game which on first arrival in America, took its deep foot in Canada and the United States in the form of the cross-word riddles.

Much more can be said in favor of the latest pastime. The puzzles are products of minds which are well acquainted with an English vocabulary and which are real brain dusters to unravel. It is a pastime that is as interesting to the elder person as to the youth. It requires thought and patience to fill in the missing squares, and there is satisfaction to be gained when one can derive the correct answers.

Speaking of vocabulary, there is brought to mind words which appeared in a copy of the Bolton Encyclopedia of 30 years ago and then said to be the longest in the language. It would be a real puzzle if such were used in the cross pattern squares. For the benefit of our readers, we print:

- Suficonstitutionalist.
- Incomprehensibility.
- Philoprogenitiveness.
- Honourificibility.
- Anthropophagenerian.
- Disproportionableness.
- Velocipedianistical.
- Proantitionsustationist.
- Transubstantiationbless.

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TAKING A BATH IN WINTER

Few people understand how to protect and care for their skin in the cold of Winter. The result is evidenced in the increasing prevalence of chapped hands and wrists, cracked lips, itching legs and chilblains in these days of silk hosiery, low shoes, liquid soap and paper towels.

Knowledge about your skin, its structure and its functions is extremely important, because its condition has a vital bearing on your personal health and comfort. If you want to avoid all woes that Winter brings to those with sensitive skins you must protect your skin as far as possible. Don't let it get cold. Try to keep your hands and feet always warm and dry, even if you must wear fur gloves and heavy stockings. Above everything, protect your feet from the wet.

Protection of the skin, however, means more than wearing warm clothes. One of the most important things to guard against is an excessive use of strong soap. Strongly alkaline soaps, notoriously injurious to the skin, are doubly so in cold weather. Even good neutral soaps may be too strong for a very dry skin, and there are many people who find it impossible to take a hot bath more than once a week in Winter on account of the intolerable itching

it produces. A cool bath is better, for it does not remove so much of the natural oil of the skin.

If you are blessed with a sound, supple skin with plenty of natural oil, bathe as much as you please; but if you are cursed with a skin that gets dry and harsh in cold weather, cracking easily, beware of soap and water.

Wash with warm, rather than hot, water; rinse the soap off completely, especially if it is liquid soap, and dry the skin quickly and thoroughly immediately afterward. A wet skin is a cold skin, and a cold skin chaps. A clean, soft, dry towel is the only kind that is really satisfactory.

After washing rub in a little of a good hand-lotion—glycerine and rose-water, an emulsion of olive oil, or a good cold cream.—Dr. Charles Mallory Williams, in Popular Science Monthly.

EARLY ON THE JOB

(Kincairdine Reporter)

It doesn't take long for firms to get in their quotations, etc., when they learn of a new project. Since the town mentioned about looking into the road building proposition, the town clerk's mail has increased considerably. Last week he received a letter from a firm wanting to know if Kincairdine would like to buy some special hose nozzles to be used to clean out the sewers that might be built some time next year.

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