



The Road To Better Health

Whooping Cough

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.

While whooping cough may occur at any time during the year, the greatest number of cases usually occurs during the cold weather of late winter and early spring. This disease, like the other respiratory infections, is caused by a germ, and is transmitted directly from one person

Exactly how long it takes for whooping cough to develop after exposure is not known, but it is apparently from two to fourteen days. It begins with symptoms of catarrh and a cough which may be spasmodic. It is usually a week or ten days, however, before the characteristic whoop occurs with the spasms of coughing. The entire duration of the disease is from four to six weeks, sometimes longer.

Contagious In Early Stages

Unfortunately, many cases of whooping cough are not recognized until the child begins to whoop during the spells of coughing. As the disease is probably most contagious during the early stages, this often results in delay in quarantine and the exposure and infection of other children. The fact that a child has been in contact with a case which proves to be whooping cough, and that it develops a spas-

modic cough, should lead one to suspect whooping cough and keep the child away from others. It is a good rule in any cough.

By means of a blood examination which reveals an abnormal increase in certain of the white corpuscles, the physician is sometimes able to make an early diagnosis.

Because of its complications, which include bronchial pneumonia, tuberculosis and occasionally hemorrhages, whooping cough is a dangerous disease, particularly in babies and young children. Every effort should be made to prevent it by avoidance of exposure to coughs and known cases of the disease.

When one of a family of children develops whooping cough, vaccination of the others seems to be successful as a preventive. Even when given during the early stages of the disease, the vaccine seems to lessen the severity and duration of the attack.

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HEALTH QUESTIONS AND ANSWERS

Sore Throats and Gargles

E. S. H. asks: "Can you suggest anything in the way of a gargle that can be used for sore throat? Every winter I get one or more sore throats and would like to know something that is good for it."

Reply

There is always one very important thing to look out for when sore throat occurs. That is diphtheria. So the first thing to do is to find out whether or not you have diphtheria. This is done by having throat cultures taken and examined. If the sore throat proves to be diphtheria, antitoxin, given immediately and in sufficient doses, is the important thing in treatment.

A gargle that is frequently used consists of one-half teaspoonful each of salt and baking soda (sodium bicarbonate) in a glass of warm water. Another one is a solution of boric acid in water.

Perhaps you have badly diseased tonsils. If so, their removal may prevent you from having so many sore throats.

Infection Probably More Important

S. M. W. asks: "Does what a person eats have anything to do with having gall-stones? If it does, what kinds of foods cause them?"

Reply

Some authorities believe that the wrong kind of diet, by causing intestinal trouble, may eventually lead to inflammation of the gall-bladder. And inflammation of the gall-bladder is the chief cause of gall-stones.

Excessive amounts of starches and fats in the diet have been blamed. But excessive eating is considered to be as important as the kinds of food. Drinking too little water is also considered by some to be a cause.

Requires a Diagnosis

E. N. writes: "I often get a burning pain in the stomach after I eat. I can stop it by taking some baking soda, but it comes back again, sometimes in a couple of hours and sometimes not for several days. I have taken medicine for it, but it does not cure me. What I want to know is how much soda I should take and how often I should take it so I won't have any burning?"

Reply

The first thing to do is to find out just exactly what your trouble is. In other words, your case requires a diagnosis. You may have some functional derangement due to wrong habits of living, but it is also possible that the symptom that you complain of may be caused by ulcer, a diseased appendix or gall-bladder, or some other condition requiring attention. There is not much chance that soda will cure you. It may make you worse by causing an increase in the hydrochloric acid in the stomach. Have a careful examination.

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A GREATLY IMPROVED TRANS-continental service is provided by the Canadian Pacific Railway in the Vancouver Express leaving Toronto every night at 9:00 p.m. (effective January 11 for Vancouver.

Direct connections are made at Regina for Saskatoon, and at Calgary for Edmonton.

Leave Toronto 9:00 p.m.; Ar. Winnipeg 10:00 a.m.; Ar. Regina 11:05 p.m.; Ar. Saskatoon 6:05 a.m.; Ar. Calgary 4:30 p.m.; Ar. Edmonton 11:00 p.m.; Ar. Vancouver 7:00 p.m.

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ONE DOLLAR A POUND TEA PREDICTED BEFORE LONG

The tremendous increase in the popularity of tea as a beverage has been such that the producing countries have been unable to satisfy the demand. The price of tea has been steadily increasing for a number of years. Since, however, you can make from 250 to 300 cups of tea to the pound, even at the price of \$1.00, the cost per cup is only one-third of a cent.

EGREMONT COUNCIL

Council met January 12. Members elect subscribed to the statutory declaration of office and took their seats as members of the Council for the year 1925. Reeve, Neil Calder; Deputy-Reeve, John A. Ferguson; Councillors, James Mack, Erwin Robb and Noble G. Wilson.

The Reeve addressed the Council, followed by short addresses by the other members of the Council and the treasurer and clerk. Minutes of meeting of December 15, 1924, read and confirmed.

Councillor Ferguson reported—R. J. Nichol, repairing culvert, Egremont and Proton Town Line, \$5.50. Report adopted.

Mack—Robb: That Dr. McLellan be paid \$320 expenses re Miss Rhoda Way to Durham Hospital. Carried.

Mack—Robb: That the clerk be instructed to order 7 copies of the Municipal World for members of the Council, Treasurer and Clerk. Carried.

Mack—Robb: That the Deputy-Treasurer Officers be paid \$4.50; Poll Clerks, \$2; Polling Booths, \$3 as formerly. Carried.

Ferguson—Mack: That the treasurer be authorized to place to the credit of the Police Village of Holstein the following sums: Special rate levied, \$401.49; Committee statute labor, \$384; Total, \$785.49. Carried.

By-Laws were passed appointing James Nicholson and Frank Hopkins auditors, salary, \$18.00 each; James H. McDougall, member of the Board of Health; J. J. Wilton, Jacob Smith, Charles Robertson, James Johnston, R. Aitken, R. Irvin, N. McDougall, E. Gariner, R. Cantlon, J. Wilkinson, H. Wilkinson, R. H. Canfield, W. J. McDougall, A. Yake, H. Lamont, P. Mutch, C. McGillivray, J. D. Drimme, V. Adams, F. Clark, J. Geddes, M. Matthews, Reginald Ramage and fence viewers.

Wilson—Mack: That the Reeve and clerk be authorized to sign and submit to the Minister of Public Highways the petition of the Corporation of the Township of Egremont showing that there has been expended upon the Township roads during 1924 the sum of \$3,629.88, and requesting the statutory grant on that amount as provided by the Ontario Highways Act. Carried.

Ferguson—Wilson: That in reference to the communication received from Prof. Clarke and Moon, solicitors, requesting information bearing on the quashing of the By-Law re Continuation School, S.S. No. 3, that the desired information be forwarded by the clerk in so far as it pertains to Township. Carried.

Mack—Wilson: That any previous resolutions of Council in reference to medical attention for indigents be rescinded. Carried.

Mack—Wilson: That the pathmasters look after the opening of the roads after a storm and send the account of the time to the clerk to be deducted from the statute labor. Carried.

Ferguson—Robb: That all accounts on the pay sheet not covered by By-Law or motion be paid. Carried.

Accounts on pay sheet: B. Gibson, use of room \$2.00; Municipal World, account \$7.26.

Council adjourned to meet, February 9, at 10:30 o'clock a.m. to appoint pathmasters, receive auditors' report and general business.

—David Allan, Clerk.

BENTINCK COUNCIL

The Council met in the Township Hall on Monday, January 12, at 11 a.m. The oath of office was taken by each member. The Council consists of—Reeve, D. J. McDonald; Deputy-Reeve, Robert Grierson; Councillors: Charles Bailey, George Magwood and James Turnbull.

Bailey—Turnbull: That James Brunt and Mary McCallum be appointed auditors of accounts. Carried.

Magwood—Grierson: That Dr. J. L. Smith be Medical Officer of Health at salary of \$150, and Alex. Wilson resident member of Board. Carried.

Magwood—Grierson: That By-Law No. 88 appointing officers and stating salaries be passed. Carried.

Magwood—Bailey: That \$5.00 be granted to Sick Children's Hospital and \$5 to Elmwood Library. Carried.

Grierson—Magwood: That James Sullivan be refunded \$2, being error in assessment. Carried.

Turnbull—Bailey: That H. W. Hunt be paid \$3 for moving wheel scraper. Lost.

Turnbull—Grierson: That arrears of taxes on part Lots 14, 15 and 16, Concession 3, N. D. R., assessed to Hanover Cement Company, be struck off the roll, the said lots being sold for arrears of taxes. Unless redeemed by the Company, the lots are property of township. Carried.

Turnbull—Bailey: That account of Hanover Memorial Hospital be paid, \$41 for attendance on Frank Warner and R. H. Richardson \$30 as burial expenses. Carried.

Magwood—Grierson: That contract for township printing be given to G. H. Mitchell. Carried.

Turnbull—Magwood: That Reeve, Deputy-Reeve, Treasurer and Clerk be a committee to compile the local history of the township. Carried.

Turnbull—Bailey: That Clerk prepare a statement of expenditure on Bentinck and Sullivan townline, and Treasurer to forward cheque to balance account of Sullivan. Carried.

Magwood—Grierson: That By-Law No. 89, abolishing statute labor, as required by Department of Public Highways, be passed and Clerk forward copy to Department. Carried.

Turnbull—Bailey: That, if it be necessary to open or plow roads during winter, the rate be 15 cents for man and 30 cents per hour for man and team. Carried.

Magwood—Turnbull: That Clerk advertise for Assessor, applications be received until noon, February 9, salary \$105. Carried.

Bailey—Grierson: That Reeve and Clerk be authorized to sign and submit to the Minister of Public Works

CANADIAN PACIFIC

Toronto—West St. John Through Sleeper Service

IN CONNECTION WITH THE EAST-bound sailings of the Canadian Pacific S. S. Montrose on January 23, and the S. S. Montcalm on January 30, a through standard sleeper will be operated by the Canadian Pacific from Toronto direct to the ship's side at West St. John as follows:

Leave Toronto January 22, and 29, 9:00 a.m.; arrive Montreal 5:10 p.m. Leave Montreal 7:00 p.m.; arrive West St. John (ship's side) 12:20 p.m. January 23 and 30.

This direct service it is confidently expected will prove a great convenience to travellers to Great Britain.

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statement of expenditure during the year 1924 re 20 per cent government grant. Carried.

The following accounts were paid: Election account, \$73; J. H. Chittick, salary, \$90; W. G. Hastie, salary, \$75; J. H. Chittick, postage, express and phone, \$17; W. G. Hastie, postage, war tax, \$18.16; P. Ramage, advertising re tenders, \$3.30; W. G. Hastie, financial statement, \$4; George Hastie, dragging, \$2; John Reier, plowing road, \$2.20; Charles Klagus, 12 yards gravel, \$1.20; Alex. McDonald, school atten, \$3.75; William Fulton, 75 rods wire fence, \$18.75; D. J. McDonald, Speersman and Middlebro', legal advice, \$5; Robert Twamley, culvert, \$1; One meeting of council, \$13; Municipal World, 7 copies, \$7.

Grierson—Magwood: That we adjourn to meet on Monday, the 9th day of February, for appointing an Assessor and transaction of general business.

J. H. Chittick, Clerk.

DUSTY LONDON

During recent excavations of old cloisters in London, it was determined that about one foot of dust settles on the city every hundred

years. An English paper reports: "In the city of London, many old buildings have sunk from sixteen to eighteen feet below the surface since the Reformation; Bow Church is sixteen to eighteen feet below the surface of the road."

DURHAM HIGH SCHOOL

The School is thoroughly equipped to take up the following courses: (1) Junior Matriculation. (2) Entrance to Normal School.

Each member of the Staff is a University Graduate and experienced Teacher.

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Information as to Courses may be obtained from the Principal.

The School has a creditable record in the past which it hopes to maintain in the future.

Durham is an attractive and healthy town, and good accommodation can be obtained at reasonable rates.

J. A. M. ROBB, B. A., Principal. JOHN MORRISON, Chairman.

McKechnie's

This week we are offering some Special Values in the following:

- Men's Heavy Winter Caps, in dark gray \$1.79
- All-Wool Stockings for Boys and Girls, pr. 69c.
- Mill Ends in Blue Denim with white stripe 39c.
- Ladies' Juliet Felt Slippers, black or gray \$1.59

3-String Broom, each 29c

Now is the time to buy your

New Wallpapers

All our New Spring Wallpapers are in stock. Come and let us show you our new samples.

Stanton's Semi-trimmed Wallpaper Saves Time—22 ins. wide

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Now Dry Feeding Is On

Now is when you want health in the barnyard. Every animal fit and healthy to turn the products of your summer's work into beef, pork, mutton, milk and butter at a profit.

DR. HESS' STOCK TONIC

Keeps cows in milking trim—healthy, hungry—to eat, to digest, to convert your feed into pails of milk. Rids hogs of worms. Keeps all the organs functioning. Feed it to your horses off work or on rough feed.

DR. HESS' PANACEA

Puts Hens In Laying Trim

You want industrious hens—hens that will get off the roost on winter mornings and scratch for their breakfast. A lazy hen never lays. Add Dr. Hess' Poultry Panacea to the daily ration, and see the combs turn red. See those high-priced eggs pile up in the nest.

Costs little to use—the price of one egg tonics a hen for two months.

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