



The Road To Better Health

Avoiding Pneumonia

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.

Pneumonia, an inflammation of the lungs with a general infection of the system, is one of most fatal diseases. About one-fourth to one-half of those who get pneumonia die. The largest number of cases occur during the late winter and the early spring.

Pneumonia is a germ disease and is therefore infectious. The germs which cause it are spread from one person to another by means of the sputum and the discharges of the nose. They are spread by spitting, coughing and sneezing. People who have bronchitis, colds in the head, certain kinds of sore throat, or pneumonia — harbor pneumonia germs and are capable of causing infection in others. The same is true of people who are recovering from an attack of pneumonia.

How To Avoid It

So about the best way to avoid becoming infected is to avoid people who are coughing, spitting and sneezing, or who have any of the illnesses mentioned.

Some of the things which lower the resistance to pneumonia infections are exposure to cold; getting wet and chilled; becoming fatigued;

crowded and poorly ventilated rooms; and living in houses in which the air is too hot and dry. The drinking of alcoholic beverages has always been considered an important pre-disposing cause of pneumonia.

Besides avoiding the sources of infection as far as possible, about the only thing that can be done to keep from getting pneumonia is to avoid the conditions which predispose to it. This means the avoidance of fatigue, and unnecessary exposure to cold and wet, and the avoidance of alcoholic beverages. Crowded, hot and poorly ventilated rooms should also be avoided. By avoiding crowds, you lessen the chance of infection.

Since any cases of pneumonia begin as a common cold, colds should not be neglected. At this time of year, when pneumonia becomes more prevalent, every effort should be made to avoid this deadly disease.

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HEALTH QUESTIONS AND ANSWERS

Enlargement of the Heart

T. L. N. writes: "I had an insurance examination a while ago, and the doctor who examined me said that my heart was enlarged. He said that I had a murmur, too, but that I needn't worry because I was now in good shape. I feel well and seem to be able to exercise about as much as most other people. Is there any danger from an enlarged heart?"

Reply

You probably have a hypertrophied heart. This means a heart in which the muscle is increased. The size of the heart muscle increases because the heart is doing additional work. The additional burden of work may be due to some condition in the heart itself, as a defective valve, or to some condition elsewhere in the body which throws additional work on the heart. Hardened arteries (arteriosclerosis), Bright's disease and muscular exertion are among this class of causes.

A search should be made for the cause of the hypertrophy. If it is caused by a defective valve in the heart, it is a good thing. As long as the heart can meet the demand for extra work, there will be no symptoms of heart disease. If it is caused by Bright's disease, for instance, this, in itself, may be dangerous, and should be remedied if possible.

May Get Infected

Mrs. L. F. asks: "Is it all right for a healthy child of fifteen to sleep with a person who has tuberculosis?"

Reply

No. The child may get infected.

Solid Food For Baby

Mrs. G. C. M. writes: "When a baby is being fed at the breast and seems to be getting along, what is the proper time to begin to feed it solid food? What are the best foods to begin with?"

Reply

At the fifth or sixth month, if teeth should appear and the baby is developing normally in other respects, it may be permitted to chew on a crust of toast, a piece of zwieback or a cracker once a day. Be careful that the baby does not choke on any of these. At the seventh or eighth month small quantities of a well-cooked cereal, such as farina or cream of wheat, may be given. Start giving it at the mid-morning meal. A meat broth containing strained vegetables, such as well-cooked mashed carrots and finely chopped spinach, may be started about this time or a little later.

Hess believes that orange juice may be given in small quantities during the third month, even in the breast fed. That small quantities of well-cooked cereal may be started in the fourth month, and that it may be advantageous to start the meat and vegetable broth early in the second half of the first year. Of course, it is advisable to made changes in, or additions to, the baby's diet under the direction of a physician who has an opportunity to study the requirements of the baby.

SPLENDID CONNECTIONS MADE FOR SASKATOON AND EDMONTON BY THE VANCOUVER EXPRESS

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.

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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 11:10 p.m.; Ar. Vancouver 7:00 p.m. The equipment of the Vancouver Express is of the highest standard, including dining car, Tourist, Stan-

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Let your nearest Canadian Pacific agent supply definite information concerning tickets, reservations, etc., and Victoria, Canada's national winter resort where summer sports may be enjoyed the year round. 1 15 3

All For It

Ascum—"I see there's some talk of having the people vote at the next State election upon the question of abolishing capital punishment. Would you vote to abolish it?" Fogie—"No, sir; capital punishment was good enough for my ancestors, and it's good enough for me." —Washington Star.

TWIN BOYS KILLED BY GAS AT THOROLD

Former Resident of Durham Be-reaved When Sons Meet Death by Asphyxiation.

A special dispatch to Monday's Toronto Globe says one of the most shocking tragedies in Thorold for some years past occurred on Saturday night, when Frank and Charles, 10-year-old twin sons of Frank and Mrs. Everett met their death by being suffocated by gas.

Mr. Everett conducts a bakery on Front Street, and while the parents were busy during the early part of the evening, the two lads went to take a bath. It was thought that the bath had been taken and the lads had retired as was their usual custom, but when passing the bathroom about 11 o'clock, the mother observed that the light was burning and opened the door to turn it out. She discovered her two sons lying in the bathtub, which was half filled with water.

Mrs. Everett called for help, but it was soon found that life was extinct. Four doctors were summoned to see what could be done.

The direct cause of death was from gas, which was leaking from an apparatus used for heating water in the bathroom.

Both boys were bright pupils of the Central School and were also members of the St. Andrew's Presbyterian Church Sunday School.

About fourteen or fifteen years ago, Mr. Everett was employed as baker by Mr. E. A. Rowe, and while here made many friends who will sympathize with him in his trouble. After leaving Durham, he was married and subsequently moved to Thorold where he opened up business for himself. The family is well and favorably known by Rev. and Mrs. W. H. Smith, formerly pastor of St. Andrew's Church, Thorold, but now pastor of Durham Presbyterian Church.

TAXATION IS KILLING INDUSTRY

(Toronto Saturday Night)

Few realize what stupendous sums are raised yearly in Canada in the way of taxes. Without going too deeply into the "Canada Year Book," the total net production for the year 1921 amounted to \$2,728,000,000, while the grand total of taxes in the same year, Dominion, Provincial and Municipal, amounted to \$627,902,000. In other words one-fourth of the annual net production of Canada was used up in taxes in that year, and if the figures were available for later years, it would probably be found that the situation was even worse.

To the Citizen's Research Institute of Canada, we are indebted for particulars in respect to this taxation, and it works out this way: Dominion taxes \$404,274,000, Provincial taxes \$47,342,000 and Municipal taxes \$176,288,000.

Between the years 1913 and 1920, the net debt of the Dominion rose from \$41.76 to \$360.77 per capita, and while all the figures are not available, it is safe to say that the Provincial and Municipal debts have increased in like measure. When is this to stop? We surely cannot go on spending with additional taxes staring us in the face.

Income taxes in Canada stand at the old figure, while in the United

States, they have been reduced materially on the principle that high income taxes are bad for business. Here are a few examples: On incomes of \$3,000, the Canadian levy is \$40; while in the United States, that amount of income is taxed \$7.50. Here we pay \$126 on \$5,000 income; in the United States, the tax is \$37.50. On a \$10,000 income our rate is \$319.50; while in the United States, it is \$207.50. On an income of one hundred thousand dollars, our rate is upward of ten thousand dollars over the United States levy.

Some people have the notion that a high levy on incomes—particularly if the incomes are large—is beneficial rather than otherwise. Nothing can be farther from the truth. This might possibly be the case if those in receipt of such income were not the usual procedure. What really happens is that a very considerable surplus on a large income goes back into industry in one form or another. It may go into a factory extension, or larger farm acreage, or into the purchase of bonds or other securities. In all cases it means more trade and industry, and incidentally the employment of more labor and the distribution of money to this additional labor.

Of course, it must be recognized at this time that this taxation is necessary, but the sooner we make it unnecessary by lowering our public expenditures, the sooner we will be on the high road to business revival and prosperity.

CANNIBALISM STILL PRACTISED

In Papua, only 400 miles from Australia and part of our Empire, cases of cannibalism still occur; the Papuans have a tradition that no youth may marry until he has shed human blood.

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. Montclair 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.

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UNIONISTS GOING OVER

Like the children of Israel following Moses over the Red Sea, Knox Unionists will follow their pastor, Rev. W. H. Burgess, into the United Church, when he goes over after Sunday next. This was decided at a largely attended meeting on the Unionists held in the District Agricultural Office here on Friday night, when they unanimously accepted an invitation sent by the Methodist brethren to come over and worship with them until the final consummation of the Union on June 10th. A formal answer in the affirmative sent in reply by the Unionists was read from the Methodist pulpit Sunday morning, at which service a considerable number of Unionists were present. Rev. Mr. Burgess, whose resignation as pastor of Knox Church, will be dealt with at a special meeting of the Bruce Presbytery held in Paisley next Tuesday afternoon, relinquishes his duties at Knox after Sunday next, and will become associate pastor with Rev. Mr. Pleyte, Methodist divine, over St. Paul's United Church here. This teamwork will continue until June 10th, when, we understand, some prominent outside preacher will take charge of the united flock. Arrangements have been made whereby the envelope collections of each body will go to the support of their own pastor until the official union in June, the loose collection in the meantime being devoted towards defraying the cost of light, fuel, etc.—Walkerton Herald-Times.

BOTH HAD NERVE

The youngster who got the grocer to take down a large order and figure up how much it came to—then coolly informed his victim that he wanted to know because it was the answer to one of his school sums, has a match in the Wellburn woman who asked a busy grocer to name the different brands of flour he carried and when he had done so, expecting a sale, said she didn't want to buy any, she thought one of the names might fit into a cross-word puzzle she was doing.

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

SHAKE IT OFF

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- Size 40, Regular \$25.00, For \$18.50
- Boys' Overcoats, Regular \$18.50, For \$14.00
- Boys' Overcoats, Regular \$14.50, For \$10.50
- Men's Overalls, Per Pair \$1.50
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