



# The Road To Better Health

## Frostbite

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.

The parts of the body usually frost-bitten are those that are most exposed to the cold and in which circulation is not so active. Hence, the ears, hands, feet and sometimes the nose and cheeks, are most likely to be affected.

Frost-bites occur most readily in the old, in those who are for any reason debilitated, and also in the very young. Exposure to intense cold produces different degrees of damage to the tissues. The milder forms consist of a contraction of the smaller arteries which supply blood to the part, with slowing of the circulation, pallor and numbness. If the action of the intense cold is continued, additional changes take place in the tissues which may result in gangrene. The reaction, which follows the milder frost-bites, or which may be brought about by a too sudden exposure to warmth, consists of redness, swelling and burning or pain.

### Immediate Attention Needed

Much pain and probably considerable damage can be avoided by properly caring for frost-bites after they have occurred. It is very important to remember that sudden exposure of the affected parts to

warmth is very likely to result in a severe and painful inflammatory reaction. So proximity to a stove or radiator, or even going into a warm room immediately, should be avoided. The frost-bitten parts should be rubbed with snow or cold water in an effort to restore the circulation and at the same time make the thawing-out process gradual. When the skin becomes warmer and the congestion which has resulted from the sluggish circulation disappears, the part should be treated by dry friction until it has further recovered. And then swathed in dry cotton-wool. Whatever bandaging is done to hold the cotton-wool in place, should be loose enough so as to cause no constriction.

While the more severe forms of frost-bite, or those in which the victim shows signs of general illness, are not suitable for home remedies—much trouble may be avoided by proper care before the doctor arrives.

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### HEALTH QUESTIONS AND ANSWERS

#### Diet For Reduction

Mrs. C. P. writes: "I am a married woman; age 29; height, 5 feet, 2 inches; weight, 131 pounds; and I want to reduce."

1. "Would you kindly send me instructions on diet and some exercises that I could do for reducing?"
2. "What should my correct weight be?"
3. "Will it hurt to exercise when one has had an abdominal operation five years ago?"
4. "Do tonsils grow again in a child after having them once removed?"

#### Reply

1. Reduce the amount of all food that you eat. You must live on a diet that supplies less fuel to the body than it uses until your weight is down to normal; this, in order to compel the body to consume its stored up energy, or fat. The general instructions given by Rose are about as follows: Supply the necessary proteins by eating 1/3 pound of meat and two eggs daily. At each meal take a moderate helping of some carbohydrate food (beside sugar). Carbohydrate foods are such things as potato, rice, bread, macaroni and tapioca. You may eat unsweetened fruit, carrots, squash, cabbage, string beans, using no cream dressing, and salads, lettuce, etc., without olive oil. Use no more than three teaspoons of sugar a day. Avoid candy, sweets, ice-cream, bananas and cakes, as well as fat meats, cream, olive oil, bacon and nuts. Limit the amount of butter to 1 1/2 ounces daily. If you possessed one of the books

on the subject of diet ("Eat Your Way to Health" by Rose, is a good one)—you could, by consulting it, figure out the caloric value of your food. This would be of considerable help to you in reducing. It is probably best not to lose more than one pound a week. Walking, golf, swimming, calisthenics, especially exercises which bring the muscles of the trunk into play, afford suitable exercise.

2. 122 pounds.
3. Usually not.
4. Not if completely removed.

#### Should Not Have Coffee

Mrs. M. M. asks: "Is it all right to give coffee to a child, three years old. This child likes coffee, and it has been allowed to have some."

#### Reply

Unless prescribed by a doctor, coffee should not be given to small children. You cannot always be guided by the child's tastes in selecting the articles of diet most suitable for it.

#### Soap For Shampoo

R. H. L. asks: "What is the best soap or shampoo to use on the hair? Is twice a week too often to wash the hair?"

#### Reply

1. Any good toilet soap may be used for washing the scalp and hair. 2. While once a week is as often as a man is usually advised to wash his hair, if it is very oily, or if you work under conditions which expose the hair and scalp to an unusual amount of dust and dirt—there is no objection to washing it oftener.

#### Drowned While Getting Drink

A telegram from Vancouver last Monday told of a former Walkerton High School student meeting with a fatal accident. Walter J. Lloyd, 40 years old, insurance agent, formerly a Methodist minister and high school teacher, was drowned in the Pitt River near Port Coquitlam on Sunday while attempting to get a drink of water. Endeavoring to fill a cup he slipped into the water and was carried away by the current before aid could be rendered him. Mr. Lloyd was a graduate of Victoria College, Toronto. His parents live at Chesley.

#### HIGHER TEA PRICES EXPECTED ANY DAY

The estimated increase in the consumption of tea in 1924 over 1923 has amounted to over 39 million pounds. An increase in production of only seventeen million pounds during the same period has resulted in tea prices advancing in primary markets from ten to fourteen cents per pound since last summer. The price to the consumer today is on the basis of much lower primary costs, so a general increase to tea drinkers is inevitable in the near future.

### THE FAMILY NEXT DOOR



### Flesherton.

(Our own Correspondent.)

The home of Mr. and Mrs. W. G. Coburn, Orange Valley, Artemesia, was the scene of a very pleasant event on Friday evening, January 30th, when the esteemed couple celebrated the twenty-fifth anniversary of their wedding day. About fifty guests, relatives and friends, were present to join in the festivities. The groom was born in Wellington County, and the bride, formerly Miss Emma S. Littlejohns, in Glenelg Township, near Markdale, where she was married at the home of her parents, the late Mr. and Mrs. Charles Littlejohns. Rev. William Buchanan, now living in the West but then pastor of Markdale Methodist Church, officiated at the marriage; and Rev. F. N. Bowes, B.D., now pastor of the same church, was master of ceremonies at the silver wedding. At the marriage, the late Mr. Wesley Littlejohns was groomsmen, and Miss Jean Coburn, now Mrs. James Whaling of Toronto, was bridesmaid. She again acted as bridesmaid on this occasion, and Mr. G. W. Littlejohns, nephew of the deceased groomsmen, acted as best man. A feature of the occasion was the rite of baptism administered by Rev. F. N. Bowes to Mr. and Mrs. G. W. Littlejohns' young son, Clifford Currie McKenzie, and to Mr. and Mrs. A. W. Miller's little daughter, Thelma A. Another feature was that Mr. Coburn celebrated his birthday on the occasion. A sumptuous wedding supper was served, after which a very enjoyable evening was spent. Rev. and Mrs. Bowes entertained, with pleasing musical numbers, games were engaged in, and a humorous playlet entitled "Blundering Bill" was presented by five actors very much enjoyed. The bride and groom received many valuable gifts in silverware, cash etc., from their neighbors, a handsome gasoline mantle lamp. After their marriage, Mr. and Mrs. Coburn lived two years in Euphrasia, and since then in their present home. They are blessed with one young son, Willis, who is now receiving his public school and musical education. We join in congratulations to Mr. and Mrs. Coburn.

Mr. Roy Patton, who recently completed his apprenticeship at printing in the Advance office here, has changed to the tonsorial art, and accepted a position in a shop in Toronto.

Mr. and Mrs. Harry Quigg of Harrison left for home on Saturday after visiting nearly two months with relatives in this place and vicinity. Mr. and Mrs. Gordon McKinnon left last week for their home at Weston after an extended visit with the former's mother here.

Miss Allie Norris is visiting her cousin, Mrs. Mark Wilson at Durham.

Mrs. W. Boyd spent a few days last week at Saugeen visiting her parents, Mr. and Mrs. Binnie who are preparing to move to Toronto.

Markdale and Flesherton hockey teams played a good match in the rink here on Thursday night last in which the home team won by 6-3.

Mr. James Henry, who was employed in the Down and Sons garage, has returned to his home at Lucknow.

Miss Pentland of Dungannon is visiting her sister, Mrs. William Henry.

A sleigh load of local fans went to Markdale on Thursday night to witness the Markdale-Orangeville match, and it was a good one.

Mrs. (Dr.) Murray's young ladies class in the Methodist Sunday School entertained Mrs. Findlay's class of young ladies in the Presbyterian School at the home of Miss Aleda Mitchell on Thursday night last, and a very pleasant time was spent.

Mr. Roy Thistlethwaite is leaving this week to again take a position in Toronto.

Mr. C. J. Crossley of Toronto visited over the week-end with his wife, who is visiting her mother, Mrs. W. J. Boyd.

Miss Elizabeth Moore has returned to her home at Brampton after visiting for a few weeks with her sister, Mrs. George Stewart.

Miss Tippin, nurse, Tara, is visiting Mrs. W. B. Cross.

Miss Stewart of the High School staff, who was called to her home at Stratford by the illness and death of her mother, returned last week and has the deep sympathy of her friends here in her bereavement.

Mr. Joseph Blackburn received word last week of the death at Stonewall, Man., of Mr. James Walton, husband of his niece, formerly Miss Bella Cleland, to whom he was married about forty years ago and who survives him. Mr. Walton had been in poor health, but his death was sudden and a shock to his relatives and friends. He was an Ontario boy, brought up in Bolton, but went to Manitoba many years ago and settled at Stonewall, where he conducted a successful business. He was a Presbyterian in religion, an advocate of temperance and interested in all moral reforms. The rising town, in which he has lived so long, suffers by his death. Numerous relatives in this place and vicinity sympathize with the widow, who lived near this village in her early girlhood.

Christmas is past, a while, but memory of it was renewed with us on Monday by an appreciated gift from Mr. Joseph Buchanan's productive garden.

At the Methodist Church on Sunday, Mr. W. Brooks, a young student at Shelburne, supplied the pulpit very acceptably. Mr. Brooks is a promising young man for the ministry. He possesses a good voice, reasons well and delivers his matter clearly. At the evening service, there was a large congregation and a male choir lent interest to the service. At the Presbyterian Church, Mr. Frank Chard had to take the service on short notice owing to the illness of the pastor with a gripple cold. Many in the community are ill with it.

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## SHAKE IT OFF

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They're chocolate coated tablets which contain the necessary ingredients to "fix" a cold in a day and a night. They relieve the feverish condition and clear the cold from the system without interfering with either work or pleasure. Keep a box handy—you may need them at any time.

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## SPECIALS FOR THIS WEEK

- Men's Mackinaw Coats, 2 Only, Sizes 38 and 40; Regular \$8.00; Each ..... \$6.00
- 2 Only, Men's Overcoats: Size 37, Regular \$37.50, For ..... \$28.00
- 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
- Men's Caps, Each ..... \$1.00
- Men's Leather Mitts, Per Pair ..... .75c
- Men's Wool Mitts, Per Pair ..... .60c
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