



The Road To Better Health

Respiratory Infections in Infants

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.

By respiratory infections, we mean such diseases as cold-in-the-head, bronchitis, pneumonia, influenza and whooping cough. The germs which cause diseases of this type enter the system through the nose, mouth or throat.

One of the recent bulletins issued by the Illinois Health Department gives the 1923 mortality statistics for the state. Deaths are listed according to age-groups and causes. Broncho-pneumonia caused the death of 1097 infants less than one year old. For this same age-period, lobar pneumonia caused 282 deaths; influenza, 300; acute bronchitis, 231; whooping cough, 256. Broncho-pneumonia caused 3153 deaths among people of all ages. It will be noted that over one-third of all the deaths due to this disease occurred among babies less than one year old.

Bronchitis a Cause

Bronchitis is a common cause of broncho-pneumonia. Measles, scarlet fever, diphtheria, influenza, typhoid fever and small-pox may be complicated by broncho-pneumonia.

All of these are infectious and are transmitted either directly or indirectly, from one person to another. Anything that prevents any of these diseases, also serves to lessen the occurrence of broncho-pneumonia.

The germs which cause the respiratory infections, as well as other infectious diseases are conveyed in the secretions of the nose, mouth or throat. Indiscriminate kissing of the baby by adults and older children, coughing or sneezing into the air in the vicinity of the baby, and permitting the baby to put into its mouth things which may be contaminated with germs, are some of the ways in which the baby may become infected with colds, bronchitis or infectious diseases. And any of these may lead to broncho-pneumonia.

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HEALTH QUESTIONS AND ANSWERS

Not Effective

G. I. R. writes: "Some one has told me that insulin, the new remedy for diabetes, can be taken by mouth. I have a mild case of diabetes, and my doctor does not think it is necessary for me to take insulin. What I want to know is—if insulin can be taken by mouth, and if every diabetic should have it?"

Reply

Insulin is not effective when taken by mouth. It is always injected hypodermically. The patient is trained to administer it to himself. Many cases of diabetes can be treated without insulin.

Wants To Be Taller

Sam G. asks: "Is there any way a fellow can make himself taller? I am 23 years old and am too short. I used to see advertisements of ways to grow taller but cannot remember what they were for."

Reply

There is no known way of actually increasing your height after you have obtained your growth. Use what height you have to advantage by correct posture. Don't waste any money on fraudulent treatments.

Effects of Wood Alcohol

As. S. asks: "What are the effects of wood alcohol when taken internally."

Reply

The effect produced by poisoning with wood alcohol is muscular weakness, serious disturbance of the heart action, nausea, vomiting, delirium or coma (profound stupor). Death sometimes results. Taken repeatedly, wood alcohol has a tendency to produce neuritis and atrophy (wasting) of the optic nerve, the result of which is blindness.

Not Necessarily Immune

Mrs. T. A. asks: "If a vaccination..."

SOUTH AFRICAN PRISONERS GIVEN ANOTHER CHANCE

Over 800 Released by Order of Minister of Justice.

A novel reform, surprising the whole country, is provided by a plan of the Minister of Justice giving minor prisoners "another chance," says a dispatch from Cape Town, South Africa.

The minister issued an order for the liberation from all jails of prisoners sentenced prior to January 1, 1925, to periods not exceeding three months and to prisoners serving

sentences for contravention of the liquor laws, whose terms have not more than six months to run. Approximately 800 prisoners are affected.

The release order was sent direct to prison superintendents, the police not being notified, and many of the released men were rearrested on the supposition that they had escaped.

Only a fool will laugh at a girl because she can't hit the side of a barn with a brick. He may marry her sometime, then he'll be glad of it.

Incubation of Small-pox. M. F. S. asks: "If one is exposed to small-pox, how long does it take before he gets it? What are the first signs of it?"

Reply

Small-pox develops from 9 to 15 days after exposure, usually about 12 days after. Chill; severe headache and pains in the back and limbs; vomiting. If you have not already done so, be vaccinated and avoid small-pox.

A permanent cure can be brought about only by finding the exact cause and having this remedied. Temporary relief is often obtained by applications of heat to the lower back, massage or having this region strapped with adhesive tape.

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Many Criminals Are Betrayed By Trifles

William Pinkerton, one of the most famous of detectives, once uttered a sentence that has become, according to a writer in the Philadelphia Public Ledger, classic in the anthology of crime detection. He said: "There never was a criminal who didn't leave a clue, and there has never been a crime that cannot be solved. Sooner or later the criminal must pay. No one can get away with it." Greater nonsense, we suppose, was never uttered by Mr. Pinkerton or anyone else. The vast number of crimes for which nobody was punished, nobody arrested, is proof enough that Mr. Pinkerton was emitting tosh when he made the remark. There are historical crimes which have remained mysteries, and there are crimes being committed every day that never will be discovered. If every criminal leaves a clue, then it must be that the detectives are not intelligent enough to find them. If there never was a crime that cannot be solved, why are they not all solved? For instance, why is the mystery of the disappearance of Ambrose Small not cleared up? Few people doubt that he was murdered. Fewer still believe that anybody will ever be convicted of the murder.

Convicted by Spectacles

The Ledger writer takes the Pinkerton assertion as the peg on which to recall some memorable crimes of recent years whose detection was the result of trifling discoveries. For instance, Loeb and Leopold, the young Chicago murderers, would never have been arrested had not Leopold dropped his spectacles near the spot where they had hidden the body of young Franks. The lenses were of a peculiar composition. It was a matter of mere routine for the detectives to find the manufacturer of them, then the oculist who had prescribed them and then the person who had bought them. This led them directly to Leopold. But even after this discovery, they might have impressed the detectives with their denials had it not been that the Loeb chauffeur contradicted young Loeb and asserted that the family car had not been out of the garage on the eventful night. The murderers had endeavored to establish an alibi and said that they had spent the evening driving about in the vicinity of the murder. This denial was made, Loeb broke down and confessed.

A Coat Label

Koretz, one of the most noted swindlers in modern times, who was arrested not long ago in Halifax and sent back to Chicago, had established a separate identity after fleeing from the United States. He might have lived unsuspected for years had he not forgotten to rip a label from one of his inside pockets. This label bore his name and was noted by a Halifax tailor who had done work for the swindler and had not been paid. He was more anxious to dun his debtor than denounce a fugitive from justice, but he had a bank clerk between them

completed Koretz's identification. Another crime which had a Canadian ending was discovered when the body of a man was found one winter day on the road between South Chicago and Hammond. There were no marks of identification upon it, but a large sum of money was found in the pockets. There had evidently been a watch and tie pin, but these had been removed by the murderer after he had put two bullets in his victim's back.

A Single Button

It seemed as though the body would not be identified, when a newspaper reporter came upon a single button, hidden by an inner waistband, which bore the name of a Chicago tailor. He kept his discovery secret and hurried to the tailor with the button and a small piece of cloth. There he learned that eight suits had been cut from that particular material. Six of them were found in possession of the original owners, the seventh was being worn by a porter. The eighth had been ordered by Fred J. Higgins and delivered to a Chicago address. Presenting himself at the address, the reporter found a striking looking girl named Valentine de Guerra, who denied, however, that she knew any Higgins. The reporter induced her to write the name down, and this when compared with the tailor's receipt for the delivery of the clothes, proved that she had taken them in. Then the police were informed, and the girl was interrogated. She persisted in her denials, and then asked permission to phone her sister. This was granted, and the detectives listened in. They heard her give a message to a man, and then they rushed out, but they were too late. The man had fled.

Scott's Fatal Mistake

It was learned later that the man who had been murdered was the head of an automobile stealing syndicate, and that he and W. Palmer Sparks, his chief lieutenant, had quarreled. Sparks was traced to Canada, where he enlisted and went overseas. There he was killed and accounts were squared. Russell T. Scott, formerly well known in Toronto, and now under sentence of death for a Chicago murder, might not have been caught had he not left his hotel room in the drug store where he killed Joseph Maurer. When the detectives reached the room, he was not there; but they found on a writing pad a telephone number. They traced it to a West Side flat. Detectives waited near the flat, and at dawn Scott turned up with the girl who lived there. He was arrested. Another horrible Chicago murder mystery was solved by the finding of a wedding ring and two small bones at the bottom of a sausage vat. With these trifling articles, detectives were able to prove that Adolph Leutgert, a sausage manufacturer, had murdered his wife and destroyed her body in quicklime.

Canada's Sweet Tooth

Miss Canada has a sweet tooth, according to a dispatch from Ottawa. Official returns show that in 1923 there were manufactured in Canada 93,000,000 pounds of chocolate and sugar confectionery, 36,000,000 pounds of plain and fancy biscuits, 2,760,000 gallons of ice cream, and \$2,400,000 worth of chewing gum.

OLDER BOYS' PREMIER GAVE GOOD ADDRESS

(Continued from page 1)

and officer of a Tuxis Square; (3) must be a member of an evangelical church; (4) must be a non-user of drugs, liquor or tobacco. The abstinence from tobacco, the speaker noted, had been voluntarily inserted in the qualifications by the boys themselves.

The first Parliament was held in 1917, with 32 members; in 1922, it had 67; in 1923, 86; and in 1924, the membership was 96. The Ontario Boys' Work Board were the promoters and were representative of all the evangelical churches in Canada.

Premier Lapp gave a short resume of the workings of the Parliament held this year, the first day of which was spent in the election of a Premier. The second day, an address on parliamentary procedure was given by Mr. Dymond in the forenoon, the afternoon was devoted to committee work, and in the evening, the session opened. The session continued during Monday, Tuesday and Wednesday of the next week, afternoon and evening. During the session, it was visited by several members of the Ontario Legislature, and the boys were highly complimented by Cabinet-General Nickle and other Cabinet ministers. During the session, not one breach of parliamentary procedure was made.

There were five bills passed last session as follows:

1. To seek to establish a Boys' Work or C.S.E.T. Sunday in Ontario, when services will be conducted entirely by Tuxis boys.
2. A program of activities for members to carry out on their return to their constituencies.
3. An amendment to the Boys' Parliamentary Act.
4. A League of Nations Act expressing boys' abhorrence of war among civilized nations.
5. The budget. This involved the bond-selling campaign. The sum of \$8,500 is needed to finance the Boys' Work Movement in Ontario. Of this amount, the objective for South Grey is \$100.00, Durham's share being \$22.00.

The speaker referred to the need of finances and leadership if the Tuxis movement were to function properly. With this idea in view, Borsoleil Island in the Georgian Bay had been secured for a training camp when a ten days' training course was given each summer. It was advised that Durham send three boys there next July to enter training for future leadership.

Referring to the sale of bonds, Premier Lapp said that the Boys' Parliament was only a means to an end. Its object was the training of teen age boys for bigger things, and it needed finances to carry on the work. Last year \$6,000 had been asked for. They got \$12,000. Fourteen district camps had been established, the one held at Chesley being closest to Durham. Mayor Hiltz of Toronto had contributed \$50 and considered he had made a 100 per cent investment.

Premier Lapp stressed the point that it was a lot cheaper and much more satisfactory to spend time and money in the formation of character in the youth of the country than to spend it later in reformation of character.

The speaker covered a great deal of matter in his address, and it is impossible to enter fully into an extended report. He knows his subject, has a good, clear enunciation, and wastes no time once he begins. In his address of an hour and a quarter, he covered very fully the formation, growth and development of Tuxis work from 1911 to the present, and his address contained a wealth of information for those interested in the boy life of the country. We enjoyed his address very much and regret that more of the older people of the community were not in attendance. Tuxis work in Durham should profit from the appearance here last Thursday night of Premier Lapp of the Ontario Older Boys' Parliament.

WEEKLY MARKET REVIEW

The egg market in Chicago last Friday took a tumble of from 10 to 12 cents per dozen. This spectacular decline was no doubt due to the mild weather prevailing all over the country which probably increased production considerably. Chicago wholesalers were offering eggs in car load lots at 32½ cents f.o.b. Chicago and with an added cost of 5 cents for duty and transportation to Toronto, brings the cost of them delivered at Toronto to 37½ cents. With prevailing mild weather, the market is very likely to take another drop. Ontario markets are governed entirely, especially at this time of the year, by the Chicago market. Local merchants have lowered their prices accordingly.

Fresh creamery print butter was being bought in London, Ont., last Friday in box lots at 30 cents, which shows the decline that this article has taken in the past few weeks.

There is no poultry being offered these days excepting a few dressed chickens which are commanding their regular price.

It couldn't be true that it was the Church Union controversy that clouded the sky eclipse day. The clouds were too cold looking for that!

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