



The Road To Better Health

Individual Typhoid Preventives

By DR. W. J. SCHOLLES

Several outbreaks of typhoid fever occurred during the early part of the winter as a result of eating raw oysters. As is well known, oysters and shell-fish, grown in water which has become polluted with sewerage, are likely to contain typhoid bacilli.

Typhoid is a disease of which the cause, means of conveyance and prevention are rather thoroughly understood. Among the infectious diseases, it is regarded as one of the most preventable.

While regulation of the water, milk and food supplies, the isolation of typhoid patients and typhoid carriers, and the proper disposal of sewage are public health functions of the community, there are certain precautions which the individual can take to protect himself against infection. These consist of means which tend to prevent typhoid germs from entering the system, and of vaccination to make the individual resistant, or immune, if he does happen to be exposed to infection.

If in Doubt—Boil Water Only water from sources which are above suspicion should be used for drinking, cleaning vegetables and fruits which are to be eaten raw, and for bathing. If there is any doubt as to the purity of the water, it should be boiled before being used.

Milk should be boiled or pasteurized instead of being used raw. It is always safer to avoid raw oysters and shell fish. It is certainly best to avoid these at a time when it is obvious that they are causing cases of typhoid. Polluted water, milk and raw oysters are common sources of typhoid infection.

Keeping away from people who are known or suspected of having typhoid, exercising care to thoroughly wash the hands with soap and hot water before eating also will greatly lessen the chances of becoming infected. Those who cook and handle food cannot be too careful in regard to the cleanliness of their hands if they would avoid endangering others.

When there is danger of exposure, anti-typhoid vaccination is strongly advisable. It offers the best individual protection against infection with this disease.

(Copyright, 1924, by The Bonnet-Brown Corporation, Chicago)

HEALTH QUESTIONS AND ANSWERS

Prevention of Goiter
Mrs. G. F. asks: "What is the best form of iodine to take for the prevention of goiter?"

Reply
Iodine has been used in different forms for this purpose. Different authorities have taken advantage of the different methods by which it is possible to introduce this substance into the system. Evaporation of the iodine crystals in the school-room, the use of ointments containing iodine, and internal administrations of various forms of iodine have all been used.

Salts of iodine in solution, the substitution of one of the table salts containing sodium iodid in place of the ordinary table salt, and chocolate tablets containing iodine are some of the methods of internal administration. The dose is more readily controlled when the iodine is given as a solution of one of the iodids or in the form of tablets. The tablets are much more pleasant to take than a solution.

There are some who doubt the wisdom of the wholesale administration of iodine. There is no doubt, however, as to its value in the prevention of goiter. It is best, perhaps, that its administration as a preventive be supervised by either the school physician or your family physician.

Infection Possible
H. C. L. asks: "Is there any chance of getting venereal disease infection from drinking cups or glasses?"

Reply
It is possible to become infected

DEATH IN NORMANBY
The death occurred on Thursday last in Normanby, says last week's Mount Forest Confederate, of Archibald McPhee at the age of 63 years, 7 months. He was a son of the late Malcolm McPhee and for the past six or seven years, had lived on the homestead with his sister, Miss Nellie McPhee. Previous to that, he had spent many years in the Rainy River District and in Saskatchewan. His health being impaired, he came home. A brother, Mr. Donald A. McPhee of Chicago arrived on Saturday. The funeral took place on Monday.

The service at the house was attended by a number of friends and relatives, and the remains were taken, not without difficulty on account of the very bad state of the roads, to the Mount Forest cemetery. Rev. James Stewart conducted the services at the house and in the cemetery.

A man's busy day is when he stays at home to rest and his wife gets him to do a few little odd jobs around the house.

BOREMOOT COUNCIL
Council met February 9th. Members all present. Minutes of previous regular and special meeting held January 15th read and adopted. Commissioner Ferguson reported—Neil McQueen, gravel 48 cents; drawing same \$1.40, total \$1.88, 1924 account. Report adopted.

WILSON-ROBB—That Councilor Mack be appointed to examine the records of the Registry Office re Treasurer's securities and report at next meeting of Council. Carried.

Mack—Robb—That the Township be divided into the following divisions for the respective Commissioners: Reeve's division—From Sideroad Lot 28 to Sideroad Lot 33 including Concessions 2 and 3, also Concessions 12, 14, and 16 to the Blind Line 15th Sideroad inclusive. Deputy-Reeve's Division—From Sideroad, Lot 43 to Sideroad Lot 63 including Concession 2 and 3, also Concessions 6, 8 and 10 to the Blind Line 15th Sideroad, inclusive. Commissioner Mack's division—From Glenelg Town Line to Sideroad Lot 22, including Concessions 2 and 3, also Concessions 20 and 22 to the Blind Line 15th Sideroad inclusive. Commissioner Robb's division—Concessions 6, 8, 10 and 12 from 15th Sideroad east to Proton Town Line, including also Sideroads 20 and 25 from Arthur Town Line north to the Blind Line between Concessions 12 and 14. Commissioner Wilson's division—Concessions 14, 16, 18, 20 and 22 from 15th Sideroad east to Proton Town Line, including also Sideroads 20 and 25 from the Blind Line north between Concessions 12 and 14. Carried.

By-Law No. 473, governing the proceedings of the Council was passed; also By-Law No. 474 appointing Overseers of highways was passed.

Wilson—Ferguson—That the following accounts be paid: John McQueen, conveying Rhoda J. Way to the House of Refuge, \$9.00; Durham Hospital, for services re Rhoda J. Way, \$23.00; Reeve, services re Rhoda J. Way, \$3.00; Clerk, services re Rhoda J. Way, \$2.00; Telford and Bernie, solicitors fees re By-Laws, \$26.00; Clerk, for services re highway returns, \$12.00; J. McMurdo, for threading irons re brace rods, Lawrence's hill, \$2.00; Members of Council in attendance at meeting to date, also special meeting \$21.00; B. Gibson, use of room, \$2. Carried.

Council adjourned to meet Monday, March 2nd, at 10.30 a. m., to receive the Auditors' report and general business.

Overseers of Highways, Township of Egremont—W. Bogie, J. Bryans, R. Morrison, R. Carmount, P. Cornish, J. Smith, T. Kirby, A. Moyer, M. Holliday, J. T. McAnish, P. Black, T. Wilson, J. Marshall, J. Queen, J. Lewis, A. Hunter, W. Tyndall, G. Burrows, B. F. Sharp, J. McKenzie, J. McDonald, R. Cantion, P. Brown, F. Foster, A. McIntyre, S. Harris, J. Burke, G. McEachern, D. Currie, J. McPhee, H. Wilkinson, D. McQueen, E. McRobb, A. Rae, G. McBride, G. Rawn, A. Buchanan, W. Arthur, W. J. McDougall, J. H. McDougall, K. Horsburgh, J. Spicer, N. McQueen, A. Hudson, D. Cackett, W. P. Hore, D. Dods, H. Schenck, P. Mutch, A. Ross, C. Ross, A. McGillivray, J. McEachern, J. Gardiner, E. Reid, D. Eccles, T. Reid, J. Bunston, F. Hopkins, Sr., G. Love, J. Nelson, J. G.

David Allan, Clerk.
The following accounts were paid: G. H. Mitchell, printing, \$74.26; J. H. Ahrens, balance salary, \$55.00; J. H. Ahrens, rooms and expense stamps, \$21.60; Mary McCallum, auditing, \$6.00; James Brunt, auditing, \$8.00; Treasurer of Sullivan, balance due, \$36.49; James Sullivan, refund dog tax, \$2.00; One meeting of council, \$13.75.

Sheep Valuers
Hugh R. Riddell, Thomas H. Lawrence, Andrew Magwood and Wilfred Wright.

Pound Keepers
Div. 1—Robert Ledingham, Samuel Putherbough, James McDougall.
Div. 2—Andrew Park William McCracken, Ernest Roseborough.
Div. 3—James Park, Daniel Kobe, Solomon Hillgartner.
Div. 4—James Tulloch, Thomas Brigham, Charles Wilkinson.

Fence Viewers
Div. 1—Donald McLean, R. J. Corlett, Andrew Hastie.
Div. 2—Henry Reay, William

BENTINCK COUNCIL
Owing to the unfavorable condition of the roads, Council meeting was postponed until Saturday, February 14th.

Members all present. Minutes of last meeting read and adopted.

Turnbull—Magwood: That By-Law No. 86 (re abolition of statute labor) as sanctioned by the municipal electors of Bentinck be read on the 5th day of January, be read a third time, finally passed and sealed. Carried.

Bailey—Turnbull: That the county treasurer be authorized to cancel arrears of taxes on Lots 2 and 3 of Division 15, Concession 1, W. G. R., the same having been paid. Carried.

Magwood—Grierson: That Miss S. Jamieson be refunded \$2 dog tax, being error in assessment. Carried.

Bailey—Grierson: That money received for timber sold be expended in that division. Carried.

Magwood—Turnbull: That Auditors' Report, as presented by James Brunt, be accepted and Clerk have copy of report published. Carried.

Harold McKechnie is Assessor
Applications for the position of Assessor were received from Harold McKechnie, Peter McQuarrie and Melvin Purvis.

Magwood—Bailey: That Melvin Purvis be appointed Assessor for this year. Lost.

Turnbull—Grierson: That Harold McKechnie be appointed Assessor for this year. Carried.

Advertise For Road Superintendent
Magwood—Grierson: That whereas it is necessary to appoint a Road Superintendent for the Township, we authorize the Clerk to advertise for applications for said office until noon, March 7th. The salary to be at rate of \$4 per day for time spent in performing his duties. Carried.

The Accounts
The following accounts were paid: G. H. Mitchell, printing, \$74.26; J. H. Ahrens, balance salary, \$55.00; J. H. Ahrens, rooms and expense stamps, \$21.60; Mary McCallum, auditing, \$6.00; James Brunt, auditing, \$8.00; Treasurer of Sullivan, balance due, \$36.49; James Sullivan, refund dog tax, \$2.00; One meeting of council, \$13.75.

Sheep Valuers
Hugh R. Riddell, Thomas H. Lawrence, Andrew Magwood and Wilfred Wright.

Pound Keepers
Div. 1—Robert Ledingham, Samuel Putherbough, James McDougall.
Div. 2—Andrew Park William McCracken, Ernest Roseborough.
Div. 3—James Park, Daniel Kobe, Solomon Hillgartner.
Div. 4—James Tulloch, Thomas Brigham, Charles Wilkinson.

Fence Viewers
Div. 1—Donald McLean, R. J. Corlett, Andrew Hastie.
Div. 2—Henry Reay, William

Should Walk Warily
(Flesherton Advice)
It is announced that there is likely to be a heavy advance in the administration of affairs in the province of Ontario. It is intimated that our Cabinet Ministers purpose giving themselves \$5,000 instead of \$6,000 as received at present, and the members will be granted another \$500, making their sessional indemnity \$2,000.

Mr. Ferguson has said that "if the public desires competent administrative ability, it should be prepared to more nearly meet the earning powers of these men in private life."

There is an old saying that one should never try to cross a bridge until you come to it. The time has not arrived when a dearth of candidates prevails at the current price of remuneration. In fact, the very opposite is the case as evidenced at any of our political conventions where candidates are chosen. There is a whole forest of timber available. We would respectfully remind Mr. Ferguson that another element than money enters into the question, and this element makes it absolutely unnecessary that a raise in sessional indemnity should be made at this time. There are men, and good men too, who would be willing to take even a smaller salary with the honor that is attached thereto.

Until there is an evidence that good men will not enter the provincial legislature at the present remuneration, Premier Ferguson will do well to walk warily in this matter even with the precedent or encouragement given by Mr. Drury.

DISAPPOINTED WORLD-ENDERS
(Lucknow Sentinel)
Many little bands of simple people scattered throughout the United States were disappointed last Friday night because the world did not come to an end and because they were not transported to some sort of heaven beyond the stars.

These folk belong to a "reform" branch of the Seventh Day Adventists, but just how they got it into their heads that the world was to come to an end on Friday night will forever be a mystery to sane people.

The sect, of course, was small and their numbers must have been recruited from the very ignorant, or from among "religious nuts" as such folk are appropriately designated. Having accepted the belief, nothing would turn them from it. All who differed from them were set down as "unbelievers," who were marked for destruction.

The expectation was that before leaving the doomed Earth, these "faithful" were to be transported on clouds to a hill near San Diego, California, where they should remain for a time to witness the "destruction of the unbelievers, by pestilence and fire." Until one comes to this part of the story, one might think that these people were perhaps good, but simple and deluded. Doubtless, they are harmless in small matters, but this belief in the painful destruction of millions, while they, few in numbers were to look on in safety, and later wing their way to heaven, suggests a state of mind not altogether innocent nor kind. It must have arisen out of a pleasing spirit of self-righteousness and a desire for revenge. Evidently they would be pleased to see those who dared to disagree with them get "what was coming to them."

Every few years, the members of some religious body get it into their heads that the world is to come to an end on some set day. It would be interesting to hear the explanations of the prophets to their disappointed flocks.

Where there is a fair measure of education and enlightenment, these fake prophets gain no following.

Clean Sheet in Greenock
(Walkerton Telescope)
Mr. Thomas Fullerton, collector of rates for Greenock, gathered in the substantial sum of \$52,600 for 1924 taxes. Mr. Fullerton had the bulk of the money in before the first meeting in January and before the end of the month, every farmer but one had paid his levy in full. This is surely an exceptional record for a municipality boasting 530 property-owners and speaks well for the township as well as the good work of the popular collector.

THEN SHALL I SEE GOD
When I shall have cast aside my every sinful pleasure,
Which binds me to this earth-bound shore,
When I shall have proved to Him,
I am my brother's keeper;
When in His Being, bask I more;
When I shall have reached to heights where self is all forgotten,
Where love lights all the path I've trod;
When no vile thought shall ever cloud my mind's horizon;
Then, and only then, shall I see God.
—A. E. Irvin.
Holstein, Ontario.

Orangeville public school is so badly overcrowded that it has been found necessary to open a class in the schoolroom of the Baptist Church.

All Our Graduates
have been placed to date and still there are calls for more. Get your course NOW. If you do not get it you pay for it anyway in smaller earnings and lost opportunities.

Enter any day. Write, call or phone for information.
CENTRAL BUSINESS COLLEGE
Stratford and Mount Forest

Fertilizer

See us about your supply of Fertilizer for Spring Seeding.

We have a full line of the most reliable brands.

Fertilize-It Pays

FLOUR

Maple Leaf, Ogilvie's Royal Household and Pilot Brands

None Better—Prices Right

Snowflake and Calla Lily for Pastry

Rolled Oats and Oat Flakes

Bran, Shorts, Oat and Heavy Chop, Crimped Oats, and Poultry Feed.

We pay Highest Market Prices for All Kinds of Grain

Chopping and Oat Crimping Every Day

AT McKECHNIE'S MILL

J. W. Ewen & Son

Phone 114 Box 82, Durham

Bargain Sale of Ready-made Suits

Men's Blue Serge, sizes 37, 38, 40 and 42. Regular price \$30.00, for \$24.50

Men's Grey Serge, sizes 38, 40, 42 and 44. Regular price \$24.00, for \$18.50

Men's Brown Herring-Bone Stripe Serge, sizes 37, 38 and 40. Regular price \$24.00, for \$18.50

We have a few Young Men's Models in sizes 33, 34, 35 and 36, valued up to \$22.00. Your choice for \$14.50

These Prices Are for Cash Only

D. M. SAUNDERS

Gent's Furnisher - Durham, Ontario



pure, by it. ends.

was appointed by Township meeting held

GARAGE

CE

ers for

Gas

es

DRIES

INDS

PAIRING

olet

Service

E. Prop.

ouldn't door in faces!

has two door and

ho are pro- fitting your making it buy from

ould like to.

ntelligent, answer their the exper- pleasant one wish to

many stores organize their trments for would be a you.

urant

Flour

wn

ND

The custom- February

ALWAYS

Durham