Spring Tonics

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.

We are approaching the season when many feel the effects of the great annual epidemic of physical and mental languor commonly known as "spring fever."

Whether this feeling of lassitude is a natural phenomenon of spring, or whether it represents the accumulated effects of somewhat unhygienic living, is difficult to say. It is more likely to be the latter.

Winter is the season during which we spent much time indoors. We are usually not exposed to an overabundance of fresh air. And we get about as little outdoor exercise as at any time of the year. The person in ordinarily good health, however, suffers no loss of appetite. The usual tendency is to eat too much for the amount of exercise that is being taken.

So it is not at all surprising that living in this way for three or four months is likely to make one feel a little sluggish about the time that spring begins.

Old Methods Passe

The old way of attempting to cure this vague ailment was to consume one or more bottles of some so-called blood-purifier or spring tonic. And, perhaps, a spring tonic is in order. But this is usually not one of the kind to be taken out of a bottle or in the form of pills.

Of course, those who have definite physical ailments may require some medicine in the course of treatment. Such people have more wrong with them than a simple attack of spring lassitude.

For those who have no disease, however, the best tonics are suitable exercise, fresh air and care to avoid overeating. When possible, the exercise should be taken in the open air. This insures a plentiful supply of fresh air at the very time when the system has the most use for it.

A short vacation spent largely in outdoor exercise of some kind would no doubt be an ideal tonic. But, as this is not always possible, a moderate daily dose of some form of exercise in the open air is the next best thing in the way of a spring tonic.

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HEALTH QUESTIONS AND ANSWERS

Fish as Food

J. K. R. asks: "Had fish much real food value? As much as meat?"

Reply

Yes. One hundred grams of fresh, raw white-fish has a food value of about 154 calories; lake trout, about 169 calories; fresh salmon, 209 calories; fresh mackeral, 142 calories; fresh herring, 146 calories; fresh halibut, 124 calories; cat-fish, 251 calories; black bass, about 100 calories.

Smoked herring has a caloric value of about 298 to each 100 grams. Salt mackeral, 297 calories; canned salmon, 202 calories, and canned sardines, 277 calories per 100 grams. To give you a basis of comparison, baked sirloin steak has a caloric food value of about 193 per 100 grams. Most fish are fairly rich in proteins. Catfish contains about 20 per cent fat.

Adhesions

Miss J. G. asks: "Can you please tell me what causes adhesions after an operation. Can they be cured without an operation?"

Reply

Adhesions are often the result of the disease for which the operation was performed. For instance, repeated attacks of appendicitis frequently give rise to the formation of adhesions. The same is true of other inflammatory conditions that may require operation.

The healing of operative wounds occasionally results in the formation of adhesions. These usually stretch, as the time goes on, and cease to be troublesome. Adhesions which persist in giving rise to much discomfort for considerable time after an operation, may require operation for their relief. If you are sure that adhesions are the cause of your trouble, see if time will effect a cure.

Blood-Purifiers

Mrs. H. D. writes: "I think that I need something to purify my blood. Would you tell me of some medicine that I could get and take that would do this?"

Reply

There is no such medicine. The blood is constantly purifying itself by getting rid of its waste products in such organs as the kidneys and lungs. So there is really no need for taking any such medicine, even if there were one. Some infections, commonly referred to as blood diseases, require definite treatment for the purpose of overcoming the infection. But even in cases of this kind, the blood will purify itself when the infection has been gotten rid of.

Requires Examination

G. S. F. writes: "Every once in a while, I spit out some blood. It isn't very much, and it isn't there all the time. Can you tell me what this comes from? And I would like to know what I can do to stop it."

Reply

About the only way in which you can find out where the blood is coming from is to have an examination of your mouth, nose, throat and lungs. It may be caused by disease of any of these. Treatment can be intelligently undertaken only after the cause is found.

AMERICA'S ANGRY TREE

Did you ever know that a tree can be very angry? There is a kind of acacia in Nevada that not only is as "touchy" as the sensitive plant, but as the gardner puts it, "goes very mad." It is about eight feet tall and is a very rapid grower. When the sun sets, it is ready to go to sleep and shuts its leaves together and coils the ends of its twigs just like a pigtail. If any one pulls that tail—well, the tree does not squeal, but it flutters and move uneasily and seems to be deeply agitated. If it is ever disturbed by a shock such as transplanting, the leaves stand out in all directions and quiver violently. Strangest of all, they send out a pungent nauseating odor that is most unpleasant.

Willie changes figures on his school report card and is licked by a dad who fakes his income tax return.

Flesherton

(Our own Correspondent.)

Another of the few remaining pioneers of Artemesia Township has passed away in the person of Mr. John White, a very highly respected old gentleman, who passed away in Toronto on Saturday, February 21, at 84 years of age. On the following Monday, the remains were taken to Markdale for interment, Messrs. S. J. Halbert, W. M. Foster, Thomas Wilson, Albert Jackson, J. R. Armstrong and Albert Erskine acting as pall-bearers. The deceased was born in the County Tyrone, Ireland, but when quite young, came to Canada with his parents who settled first in the Township of King, and afterwards in Artemesia to which they came seventy-one years ago. In the midst of an almost unbroken forest, the boy grew to manhood and assisted the other members of the family in clearing the land and making a livelihood. In those primeval days, many hardships were endured, but with courage and untiring effort, the early settlers left a heritage now being enjoyed by those who have come after them. Mr. White married Miss Elizabeth Weir and for many years after lived on the Toronto Line, a mile and a quarter from this village. They later lived for a number of years in Glenelg. Mrs. White died 13 years ago at the home of her daughter, Mrs. Taylor, by whom she was nursed in her illness. After retiring from the farm, Mr. White lived here for some time with Mr. and Mrs. Joseph Cornfield, the latter his cousin, and for the past twelve years has made his home with them in Toronto. He was a Methodist in religion and was for many years a member of the church. He attended Bathurst Street Church in the City. Many beautiful floral tributes showed the esteem in which he was held. He was the father of nine children, four of whom survive him; namely, Mrs. Thomas Taylor, Mount Zion, Artemesia; John, Markdale; David, Toronto, and Miss Margaret White, New York.

A death very sad was that of Mrs. Oliver Turner, who after an illness of about two years, died on Tuesday evening, at her home on the 8th Concession, Artemesia, aged 36 years. The deceased, who was the eldest daughter of Mr. and Mrs. William Magee, was born on the 8th Concession and married 13 years ago. Besides her husband, two children survive.

Mrs. Margaret Richardson, an esteemed aged lady in her 83rd year, passed away on Tuesday at the home of her daughter, Mrs. Knox, Ceylon, from where the funeral took place on Thursday to Swinton Park cemetery. The deceased was an old resident of Proton where many years of her life were spent.

The home of Mr. and Mrs. William J. Moore, Toronto Line, was the scene of a happy event on Tuesday evening, February 24th, when their eldest daughter, Mildred Iva, became the bride of Mr. Albert Ivison Clark, son of Mr. and Mrs. Adam Clark of Holland Centre. Rev. H. H. Eaton pastor of the Methodist Church, Flesherton, conducted the ceremony in the presence of a very large company of guests. The bride, who was given away by her father, looked very pretty in a dainty gown of green voile trimmed in gold. She carried a shower bouquet of roses and lily of the valley. The young couple were unattended. After the marriage and congratulations, a choice wedding supper was served, and the large company spent the evening enjoyably with dancing and other amusements. The esteemed young bride received a large number of beautiful wedding gifts. The happy couple are on their honeymoon at Holland Centre and after a short visit, will settle in their new home near Markdale, and many friends wish them happiness and prosperity.

After a lengthy period of failing health, Mr. Isaac Sinclair, a well-known and highly respected old resident here, passed away on Saturday morning, February 28th, at Whitby, at the home of his son, Rev. W. A. Sinclair, with whom he and his wife have made their home the past three months that the aged father might receive necessary care and nursing in his feeble condition. The remains were brought here on the Monday evening train and on Tuesday, the funeral took place to Meaford Road cemetery and interment was made in the family plot where two young daughters were before laid.

The burial service was conducted by Rev. H. H. Eaton, pastor here of the deceased, who had been for many years an official and faithful member of the Methodist Church. The deceased was born in Caledon on December 12, 1843, and was therefore in his 82nd year. He was married to Ellen Johnston of Caledon Township in January 1870. For several years, they lived in Simcoe County, from where they came to Artemesia in 1873 and settled on a farm on the Meaford Road three miles from this village. In 1900, they retired in a comfortable home here and were respected citizens. Mr. Sinclair is survived by his wife and one son named above. He also leaves three grandchildren, Arthur Sinclair of Whitby, Harold Ludlow and a married sister in Detroit whose mother died some years ago. Mrs. Arthur Johnston of Vandeleur, who died on February 11th last, was a sister of the deceased gentleman.

At Flesherton on Wednesday, February 25th, a son was born to Mr. and Mrs. James W. McMullen, a grandson to Mr. and Mrs. John Wright here.

Negotiations going on recently between Mr. John Nuhn and a prospective buyer from Chesley for the purchase of the former's woolen mill and business here have dropped and Mr. Nuhn continues in the business which he has conducted successfully the past thirty-one years. Mr. Nuhn has a wide market for his products sought for their well-known superior quality.

A car load of salt and sugar was delivered on Thursday last to the U. F. O. in this vicinity.

The hockey boys here played a match at Chatsworth, but lost to the team there by 6-2. The High School girls here met with defeat at Markdale, the score being one only for the home girls.

Mr. W. A. Hawken has been appointed treasurer of the Methodist Church in the place of Mr. Hickling, who resigned after filling the position very efficiently for a number of years.

Mr. S. Semple, mail courier, has been laid up for a few days with cold and pleaurisy.

Mrs. George Johnston, Collingwood Road, is very ill with pneumonia and other complications.

Miss Sophia Findlay of Toronto visited the past week with the Misses Ferris at the Park House.

Miss Ena Johnston of Dundalk visited the Misses Henderson part of last week.

Mrs. W. T. Ellis of Kimberley paid her daughter, Mrs. R. Chard and brother, Mr. Fred Stuart, a visit last week.

Mrs. Joseph Blakely visited Mrs. G. Blakely at Proton Station last week-end.

Mrs. W. B. Cross visited friends at Chatsworth on Friday and Saturday last.

Miss Allie Norris has returned from visiting Mrs. M. Wilson at Durham and is employed in the Hickling store.

Miss Reta Bellamy has returned from six months' visit with her sisters in the West, and her friends are pleased to see her home again.

Mr. Snowdon McLeod is home from Toronto on a holiday.

Mr. Gordon Jackson, son-in-law of Mr. and Mrs. D. McLeod, is in Toronto Hospital this week undergoing an operation.

The friends here of Mr. and Mrs. R. C. Walker of Mitchell, sympathize with them in their present bereavement by the death from scarlet fever and diphtheria of their only child, a boy about six years old. Mr. Walker learned printing in The Advance office here, and his wife is a daughter of Mr. and Mrs. David White, Rock Mills.

Mr. Justice W. H. Wright, who is ill in the Toronto General Hospital, has the sympathy of his old home friends here in his affliction. Recovery was being made, but his brother here received word the end of last week that he had suffered a relapse, which we trust will soon be overcome.

Mr. and Mrs. Charles Stewart received word last week of the death of their sister-in-law, Mrs. Cole, in Detroit. She was the widow of Mrs. Stewart's brother, Mr. Frank Cole, who died nine months ago.

Mrs. W. R. Graham of Markdale, a former Flesherton young lady who has been very ill, has the sympathy of her numerous friends here who wish her speedy recovery. Her mother, Mrs. S. Irwin, has been with her nursing.

Mrs. Mary Boland, widow of the late Mr. Thomas Boland, who died in Toronto last week, and was taken to Owen Sound for burial, was a niece of Mrs. A. S. VanDusen of this place, and was well known and highly esteemed here. She and her husband were residents at Vandeleur for many years.

Mr. Alfred Thistlethwaite has rented his dairy farm in the suburbs to Mr. H. Freeman of Markdale, who gets possession the first of March and will continue the milk delivery business here.

With others here, we felt the earthquake on Saturday night very distinctly. From the first tremor, our dwelling rocked perceptably, giving one a peculiar disquieting sensation. Articles in the room we occupied rattled and the floor and furniture had a quivering dazzling effect, but no damage was done. The sensation so new and strong made your correspondent at once suspect a quake, and in a few minutes got proof of it when we picked up our radio and heard it reported from Boston and other points.

Mrs. Newton Leader, sister of Mr. Thomas Fisher here, who underwent a critical operation recently in London Hospital, is reported making good improvement. Mr. Fisher paid his sister a short visit.

The Methodist League at Kimberley paid the Young People's Society in the Methodist Church a visit on Monday evening and gave a good program. Refreshments were served, and the young people spent a pleasant evening together.

Owing to the severe storm on Friday last, the W. M. S. united prayer service had to be postponed.

At the joint Official Board meeting last week of the Flesherton and Inistioge Methodist Churches held here, there was a good attendance, and the ladies here served a hot supper which made the social part of the meeting enjoyable.

Messrs. Fred Stuart and Frank Duncan are on the jury at the assizes at Owen Sound this week.

At the Presbyterian Sunday School on Sunday, Master Gordon Stuart was presented with a Robert Raikes Diploma for the most perfect record the past year, and Miss Edna McCallum had a seal added to her diploma for attendance and most verses recited. The pastor fittingly made the presentations.

Mr. and Mrs. J. D. Clarke have returned from three weeks' visit at Brampton.

Mrs. D. Buntz of Detroit is visiting her mother, Mrs. Martin Phillips and other relatives.

Mrs. S. Irwin has returned from nursing her daughter at Markdale and reports improvement.

Mrs. Holland, Sr., of Toronto, mother of Principal Holland here, celebrated her 81st birthday on Monday, and her friends here are pleased to learn she is yet smart and enjoying a fair measure of health. Congratulations to the esteemed aged lady.

Mr. F. H. W. Hickling, an esteemed citizen and merchant here, leaves this week on a trip to England and will holiday for a few weeks at his old home in London and other points. He expects to visit the great Wembley Exhibition before he returns. Mr. Hickling came to Canada 34 years ago and has visited the old land but once when 18 years ago, he and Mrs. Hickling spent several months in England and France. On this trip, he expects to sail from St. John, N.B., on Friday, and we wish him a pleasant voyage.

Mr. A. E. Bellamy returned a few days ago from the Soldiers' Hospital, Toronto, where he was under a short treatment for his rheumatic trouble. He is at business again and is to be congratulated upon his success as agent for the Crown Life Insurance Company. For the month of January, he secured 14th place among the agents for business done.

Mrs. George Cairns and children, who were on an extended visit with her parents, Mr. and Mrs. Crossley, here, have returned to their home at Glenella, Man.

Mr. F. Brackenbury is moving this week from Osprey to the farm he bought half a mile east of this village.

Miss Dunham of the High School staff, spent the week-end in Toronto.

Messrs. Alfred Down and James Stewart went to Toronto on Monday on business.

SPENDTHRIFT DOMINIONS

(Sidney, Australia, Bulletin)

There is probably no other country which so lightly regards the rights of future as our own Australia. To tear something out of the continent and pass it over to others for its present cash value has become the ruling principle. After nearly a century and a half of white settlement, the year 1925 finds us still largely hewers of wood and drawers of water for other peoples.

Stickers on the windshield; a sign on the rear. This is a fine world, but ain't the people queer.

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