



The Road To Better Health

Preventing Diabetes

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.

The belief that getting too fat is one of the important factors in causing diabetes seems to be gaining more widespread acceptance. While it is far from proved that fat is the cause of this disease, we know that diabetes occurs much more frequently in the fat than in the lean. There is much more diabetes among the sedentary than among those who are active. As a race, the Jews are inclined to become fat, and they seem to have more diabetes than other people. Along in middle age, after 40, the rate of occurrence of diabetes increases. It is along in middle age that many people become less active physically and accumulate fat.

So if fat plays an important part as a predisposing cause of diabetes, the prevention of this disease would seem to be largely a matter of getting rid of the excess fat. The popular methods are less food and more exercise. The particular kinds of food that favor the accumulation of fat, and are therefore to be avoided, are the starches, sugars and fats. Among the articles containing these are potatoes, rice, white bread, cream, candy, sweet desserts, oil, butter and fat meats.

Exercise Would Aid

By omitting these from the diet, and living on green vegetables, lean meat and fruit, the body would be compelled to consume its own fat to produce heat and energy. Exercise

suitable in kind and amount to the age and condition of the individual, would aid in burning up the fat. Aside from the possible prevention of the development of diabetes, the gradual and careful reduction of the weight to near normal will be of benefit to the general health. That there are possibilities of harm, resulting from an uncontrolled attempt at reduction, should not be overlooked. It is best to have some physician supervise the process. The loss of weight should never be rapid, and any existing disease condition must be taken into account, any medicine that may be necessary, and direct you in detail in regard to your rest, diet, the amount and kind of exercise that is advisable in your particular case.

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HEALTH QUESTIONS AND ANSWERS

Dropped Stomach

Mrs. J. W. writes: "For the last four years, I have had trouble with my stomach. I bloat and get sore all through my intestines. Everything I eat hurts me, and I am nervous. I have a dropped stomach and wear a belt. Should I suffer now that I wear it?"

Reply

Any one with a dropped stomach (gastroptosis) is likely to suffer from some degree of discomfort. Sometimes a corset or binder designed to support the abdominal organs gives some relief, but not always. The cure of this condition depends on overcoming the underlying nervous condition which is usually present, putting on fat, and trying to strengthen the abdominal muscles by suitable exercises. Rest, a good nourishing diet, and forgetting about the position of your stomach will help you.

It would be best to place yourself in the care of some doctor, allow him to study your case thoroughly, including X-ray examinations of your abdominal organs, and follow his directions carefully. By his examination, the doctor may be able to find out if there is anything else the matter with you. He will give you

Food Value of Cheese

E. E. R. asks: "Is cheese a good food? Is it very nourishing?"

Reply

Cheese is an excellent food. The ordinary American and cream cheese contains about 130 to 140 calories to the ounce, besides vitamins. Cheese has the reputation of being constipating.

Cold Baths and Reducing

Mrs. F. W. asks: "Will taking cold baths enable one to get rid of fat?"

Reply

Just So "And do you really love me?" "Yes," said the young doctor, "the mere sight of you, Isabella, sets up violent cardiac disturbances, super-

Cold baths increase the metabolism, and hence, the breaking down of tissues. If the diet does not replace, or more than replace, the small amount of tissue thus burnt up as the result of each cold bath, it would seem that the effect should be to reduce the weight. But it is doubtful if cold baths alone would have much effect. Exercise and a properly restricted diet give better results. None of these should be undertaken very strenuously without the advice of a physician.

Diet in Bright's Disease

R. C. writes: "I have some albumin in the urine, also some casts, and my blood-pressure is higher than it should be. Several doctors have told me that I have Bright's disease. I am a heavy man and have always been a hearty eater. What kind of a diet should one with Bright's disease live on? Is there any kind of medicine that is good for Bright's disease?"

Reply

The usual advice given to people suffering from Bright's disease is to avoid meat, vinegar, pickles and not to eat very many eggs. The idea is to lessen the work of the damaged kidneys. Alcohol in every form should be avoided. The diet should consist largely of cereals, vegetables and milk. Fish and poultry may be eaten, but not more than once a day. Particularly should liver, kidneys and sweetbreads be avoided.

There is no medicine that has any effect in overcoming the disease-changes in the kidneys. Your doctor may give you medicine to help remedy certain definite disturbances that may arise in the course of your disease, but he does not give it to you with the hope of curing the Bright's disease.

induces dryness of the palate, epiglottis and larynx and brings on symptoms of vertigo."

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This Week In The Legislature

Toronto, March 14, 1925.

A budget debate disposed of in five days! That is what the wind-up Tuesday next means. It is probably a record in the history of the Legislative Assembly. Less than two days would have sufficed for the contributions of Opposition members, and even these speeches were for the most part singularly devoid of criticism. Last session, Hon. W. H. Price brought down his budget on February 19th, and the debate continued until March 5th, a period which has been common for uncounted years. The Provincial Treasurer has taken pride in presenting the Public Accounts in clear and concise form, and accompanied the familiar blue book by a three-hour address which was fully explanatory. Nevertheless, the remarkable absence of criticism upon any important feature is a fine tribute to the Treasurer's work and the administration of the Government in general. The party leaders are to speak on Tuesday, which will provide some interesting material though no one expects such sensational disclosures as came last year in the Treasurer's closing speech, with respect to the bond deals of the previous administration.

It has been mentioned that criticisms from the Opposition side have been few. The fact is that this session there is much more business and far less politics than is usually the case. "That is the way things should be discussed in this House on a business basis," remarked Sam Clarke, Liberal member for West Northumberland, and dean of the Assembly, in his address of Thursday evening. No more striking illustration of the new atmosphere could be quoted than the attitude of F. C. Biggs, former minister of highways in the Drury Government. In the debate, he declared the budget "a business-like job" and the Treasurer, "a good man on the job." The Minister of Mines, Hon. Charles McCrear, described as one well trained for his position. He said the aim of the Minister of Highways, Hon. George S. Henry, was to "give the people the best, and possible value for the money," and expressed personal appreciation for the work of the Hamilton district during the year. He suggested that no one would care to avoid levy of the one-cent gasoline tax if it meant a return to the road conditions of a few years ago, and the House approved by applause. Mr. Biggs specifically commended the work also of the Minister of Health, Hon. Dr. Godfrey, and that of other heads of departments. All of which is a first-class testimonial from one who can be no means regarded as prejudiced in favor of this Government.

The Treasurer's bill providing for the acquisition by his Department of Succession Duty-exempt bonds, when held by an estate being wound up, went through the House without difficulty. Hon. Mr. Price estimates the saving to the Province in future at \$25,000 to \$35,000 a year, and some Opposition members thought it would be more. W. E. N. Sinclair suggested that the Treasurer, in stopping the passing of these securities from one large estate to another, to avoid succession duties, was not dealing fairly with investors, but the Liberal Leader added, somewhat humorously, that he was "strong on this breach of faith stuff" and did not press his point, particularly as W. E. Raney warmly approved the bill on behalf of the progressive group. There are over \$4,000,000 of these securities still outstanding, although an issue has not been made since 1917 with the exemption clause.

The House was pleased with much enthusiasm an announcement by the Prime Minister on Tuesday that the Government, in view of favorable reports received from the mining country, had decided to authorize an immediate start upon extension of the T. & N. O. Railway into the Rouyn gold and copper district. The work will involve building 37 miles in the Province of Quebec—an extension of the Swastika-Kirkland branch built under Nipissing Central Federal charter. Transportation is now very costly and laborious, although augmented by a private company's airplane service,

and the new line, as well as giving work to several hundred men, will mean a great deal to the mining industry in the new field. The Government hopes that the extension will also prove a paying venture to the provincial railway at an early date. It will be complete by December of this year.

A bit of legislation bequeathed to the Government by the late administration is to be cleaned up in the near future, in the case of the 1923 amendment to the Medical Act, bringing drugless healers under the definition of "practice of medicine." Regulations were to be framed, under the amended Act, governing the admission to practice of future graduates in drugless healing, but it has been found impossible to interpret the new legislation to the satisfaction of those concerned. Attorney-General Nickle held a long conference on Thursday with representatives of the Medical Association, Osteopaths and Chiropractors, and stated afterward that new legislation would be framed.

With the Premier at the helm, the House on Friday almost cleaned up a fairly heavy order paper. About 50 questions by members were disposed of by the Ministers, a batch of public and private bills advanced and five Government measures given second reading or put through committee of the whole, not without discussions but subject to no opposition. The second readings included Hon. W. H. Price's amendments to the Succession Duty Act and Audit Act, and also the Treasurer's bill authorizing the Lieutenant-Governor in Council to guarantee payment of certain English debt securities. It is not very long since Friday afternoon brought a remnant of members together for the prayers, for little else was done. It has become the heaviest business day of the session.

Beniah Bowman's bill to deal with animals running at large in unorganized districts led to discussion of a somewhat larger subject, the desirability of unorganized townships assuming municipal duties when able to do so. Premier Ferguson pointed out that Hon. James Lyons and previous ministers had grappled with the problem, but it was hard to determine a population unit on other basis upon which residents of these districts should begin to take charge of their affairs and pay their way. The Government has expended millions each year for roads and schools in the north country, but the Premier intimated that some means would have to be found to encourage organization, though probably not at the present session.

FINANCIAL STRENGTH OF THE TWO CHURCHES

A good deal of misconception is abroad regarding the relative financial strength of the Presbyterian and Methodist Churches. Reports have been received by the Church Union Bureau of Information that statements are being privately circulated to the effect that the Methodists are anxious for union in order to augment their financial strength. The values of real property and funds of the Methodist Church are nearly nineteen million dollars in excess of those of the Presbyterian Church, as the following table will show:

	Presbyterian	Methodist
Real Property values	\$40,000,000	\$57,067,429
College endowments	1,623,184	2,819,437
Pension funds, endowments	1,919,317	2,278,477
Mission reserve and trust fund including W. M. S.	725,573	675,496
Total	\$44,268,074	\$62,840,839
Debts on real property	4,075,461	3,761,739
Totals	\$40,192,613	\$59,079,100

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TWENTY YEARS AGO

From The Chronicle File of March 23, 1905.

We regret to learn of the serious illness from pneumonia of Mrs. Charles Lawrence of Hutton Hill. Mr. Lawrence himself is scarcely yet recovered from an attack of the same kind.

In a letter to his mother, Mr. R. J. Scott of Grand Bend, Sask., is loudly praising the western country. Mrs. Jamieson of London returned Saturday after visiting friends in town and attending the funeral of her brother-in-law, the late Robert Macfarlane.

Sandy Binnie was in Toronto last week as a representative of the Grand Lodge of the A. O. U. W. Arthur Laidlaw is recovering from illness which brought him home from Jackson, Michigan, about six weeks ago.

Mr. Thomas Livingston made a business trip to Montreal last week. Mr. Robert Smith returned on Thursday to Almeda, Assa, after visiting her mother, Mrs. Mathers.

Mr. Thomas Caldwell left Tuesday for Dauphin, Man., taking with him a couple of cars of horses. He was accompanied by Duncan McNab.

Dr. and Mrs. Thomas Kelly of Omaha, Neb., were in town last week, having come here with the remains of Dr. J. Kelly, who was interred in Trinity Church cemetery on Friday afternoon. Mr. Albert Kelly, brother of deceased, and Messrs. Fred and Reg., nephews, were also at the funeral.

Mr. George Putherbough went to London last week where he has secured lucrative employment.

The marriage of Miss Frank Saunders, second daughter of Mr. and Mrs. William Saunders, to Mr. James R. McLeod of Kincairdine, was solemnized in the Presbyterian Church, on Wednesday, by Rev. W. Farquharson. The young couple were assisted by Miss Jessie Saunders and Mr. Second Shane of Berwick. The wedding march was played by Mrs. Albert McClinton. The young couple will reside near Arrows, Ontario.

On Friday morning, Mrs. John McGillivray quietly passed away at the home of her brother, Mr. Archie McNab. She leaves a young son, a little daughter, Mary, passed away about a year ago.

We have just learned that Mr. John A. Graham has resigned his position as teacher of S. S. No. 9, Glenelg, to accept a position in the office of the Cement Company.

The Furniture Company has paid out about \$5,000 for logs this season, and has now advertised for tenders for the cutting of same.

Born—at Fillmore, Assa., on Sunday, March 19th, to Dr. and Mrs. Mahan, a daughter.

Born—in Durham, on Monday, March 20th, to Mr. and Mrs. Bert Stonehouse, a daughter.

Born—to Mr. and Mrs. Pettigrew, on Saturday, March 11th, a daughter.

Mr. Angus Cameron has returned to Bottineau, North Dakota, after spending the winter with his family here.

Mr. Conkey, who has been engaged for some months at McLean's mill, Egremont, returned last week to his

home at Kerwood, Middlesex county. Mr. Robert McLean and Miss Maud Hill were married on Wednesday last. This was the first marriage ceremony in the new Baptist Church and in order that the event might be remembered by the newly wedded couple, they were presented with a Bible.

Traverson correspondence.—Mr. E. W. Hunt conducted the services in Zion on Sunday, in the absence of the pastor, Mr. Arnold Noble, who has lived on Dave McAuliffe's farm on the Fourth Concession for the past two years, removed to Mr. H. McKechnie's farm, and Mr. McAuliffe has moved back to the farm.

Glenmont correspondence.—It is with deep regret that we learn of the death of Master John Tucker, who died on Wednesday evening at the age of five years, after an illness of three weeks from typhoid fever. Mr. Matt Hooper has the contract for finishing the church sheds, and by the progress he is making, will have them completed in a few days.

Allan Park correspondence.—Mr. and Mrs. Henry McCallin have moved to their home near Hutton Hill. Mr. Robert Brigham hurt his back one day last week while cutting shingles.

Mr. D. P. McClocklin left Saturday for Arkel to attend the funeral of Mr. George Watson. He was accompanied by William Caldwell, Robert Grierson and Mrs. William Whitmore.

Mr. Peter Hill left Tuesday morning for Winnipeg.

Mrs. Thomas Barclay has been indisposed for some time, but is now somewhat improved.

Corner Concerns correspondence.—Mr. E. Johnston has purchased the old Orange Hall, lately used as a dwelling house, from James Eden for \$101. Messrs. Lorne Allan and Fred Lee were among those who left for the Northwest last week.

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