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Hardening of the Arteries

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.

Hardening of the arteries is called arteriosclerosis. It is one of the most important features of the process of growing old. Hence, the saying that "a man is as old as his arteries."

Arteries which have begun to harden, lose their elasticity and some of their capacity to function. Consequently, there is some degree of interference with the blood-supply of the organs of the body, which gradually atrophy and slow up in their activity. The total result is a slowing-up of the activity of the individual. He becomes "old."

Some people seem to inherit better arterial tissue than others. This, together with a life in which the arteries are not abused or damaged, often seems to defer the hardening process beyond the average. Those who begin life with poor arterial tissue, and whose lives result in damage to these structures, may develop arteriosclerosis long before the average.

Common Causes

Syphilis and other infections,

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HEALTH QUESTIONS AND ANSWERS

Bleeding Gums

Miss M. K. writes: "When I brush my teeth, my gums bleed very easily. Sometimes they even bleed when I am not brushing my teeth. I brush them twice a day, and always use the softest toothbrushes I can get and brush very gently. What would cause this bleeding?"

Reply

Scurvy and pyorrhea are two possible causes. Any irritation of the gums may be a cause. As pyorrhea is extremely common, it is most likely to be the cause in your case. The services of the dentist are required for effective treatment. Oranges, tomatoes and lemons will help you if scurvy happens to be the cause.

Different Diseases

Mrs. T. B. asks: "Is chicken-pox a mild form of small-pox? If one has had chicken-pox, can they get small-pox? Does the vaccination which is done to prevent small-pox, also prevent chicken-pox?"

Reply

Chicken-pox and small-pox are two separate and distinct diseases. Having had an attack of chicken-pox does not protect one against small-pox. Having had small-pox does not protect one against chicken-pox. Vaccination against small-pox does not protect against chicken-pox.

Endarteritis Obliterans

H. T. McG. writes: "I was recently reading an article in a popular periodical in which the term endarteritis obliterans was used. It was used as the name of a disease. Would you be so kind as to tell me what the meaning is?"

Inflammation of the inner coat (intima) of an artery is called en-

KEEPING QUALITIES OF APPLES

The most important end of apple growing today is quality production, and it is the first consideration if the industry is to prosper. The three years' investigations carried on by the Department of Agriculture to ascertain the probable reasons for apples spoiling in transit or shipment has revealed, among other things, that apples produced on young trees were poorer shippers

...and keepers than those produced on older trees; that apples produced on clay loam have better keeping qualities than those grown on either heavy clay or sand. Rough handling is, however, the cause of greatest loss, and amounts to from ten to fifteen per cent of the crop marketed by the average grower.

The old timers had a regular breakfast room, too, but it was called a kitchen.

lead-poisoning, overeating, excessive muscular activity, and a life of hurry and tension are regarded as the common causes of arteriosclerosis. Some include alcohol and tobacco in the list. Bodily and mental fatigue, dizziness, headache, ringing in the ears and numbness and cramps are early symptoms. All of these may be caused by other conditions, so are not peculiar to arteriosclerosis. Avoidance of infections, or their eradication if present, moderation in all things, including eating, working and muscular activity, and periods of relaxation, lessen the strain on the arteries, and help to prevent them growing old too early. Even when the process has begun before it should, much can often be done to stay its progress if one is aware of his condition. That is one good reason why a yearly medical examination is advisable.

Pernicious Anemia

T. K. writes: "One of my near relatives has what the doctors call pernicious anemia. They say that this disease lives for quite a while, but they do not give us much encouragement as to a cure. I would like to know something about this disease. Is it in any way catching? What causes it? What can be done that offers the best chance?"

Reply

Pernicious anemia is a chronic disease in which there is a progressive diminution in the number of red corpuscles in the blood. It is believed to be caused by the destruction of the red cells. But just what causes the red cells of the blood to be destroyed is not known. There are some who believe that chronic poisoning as the result of bacterial infection is the cause, but this is an unproved theory. The disease is not catching.

One of the characteristics of pernicious anemia is the tendency of the patient to show periods of improvement, called remissions. Sometimes, these remissions result in what almost looks like recovery, and may last for considerable time. But, unfortunately, they are practically always temporary.

There is no known cure. Removal of all sources of infection, rest, fresh air, all the good food the patient can eat, transfusions of blood, and the proper administration of arsenic, constitute the best known treatment.

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This Week In The Legislature

Toronto, March 21, 1925.

There has been a perfect flood of petitions laid upon the table of the Legislature recently, from church and other organizations relative to the proposed Temperance Act amendments. A common form has been the request that the Government "make no change in the Act except such as will strengthen it." It is for the House and the public to judge, now that the bill has been introduced, but the Government is convinced, and most people will agree, that the numerous provisions of the measure brought down by Hon. W. F. Nickle on Thursday will go a long way toward removing some of the technical features of the Act and restoring respect for law and order. In moving first reading of the bill, the Attorney-General said:

"Broadly speaking, the principles are these: The Government thinks the time has come when we should get away from mere theoretical principles and meet this problem as a practical problem in a sound, common-sense way. In the debate on the Address, I said the present limitation in the O. T. A. was artificial, onerous and certainly not scientific. The Government feels that increasing the alcoholic content from 2 1/2 per cent proof spirits to 2 3/4 per cent absolute alcohol by volume is in the general interests of temperance, and as I said on a previous occasion, the Government has been filled with alarm at the rapid extension of whisky and alcohol drinking in Ontario. Therefore, while the Government respects the principle of the Act in sale, making it an offense to sell liquor that is intoxicating, the Government is of opinion that 2 3/4 per cent alcohol in beer does not make that beverage intoxicating, and, therefore, the Government takes the responsibility of submitting an amendment to the Act to permit regularity of such sale.

"My desire is to get away from much of the hypocrisy that has characterized the administration of temperance legislation, not only in this province but in other countries. You cannot brush the tide back with a broom, but sometimes, if you can catch the tide at the ebb, you may to an extent, control it as it rolls in; and I believe today, if we have wise temperance legislation and the co-operation of the province in the administration of this law, we will obtain a better temperance spirit than prevails today, when coercion and compulsory abstinence have made, in many countries where the people are against the law, almost a rebellion against law and order in the broad acceptance of the term."

Sale of the so-called 44 per cent beer is to be more restricted than was forecasted. It will be sold on a dual permit system, having regard to the individuality of the applicant and the nature of the premises. Its sale will be permitted, in the words of the Attorney-General, in standard hotels and well conducted restaurants and cafeterias, for consumption on the premises, and by genuine grocery stores for delivery. It will not be sold to those under 18 years of age. As had been anticipated, the number of permits for liquor which a doctor may issue without coming under review by the license board is to be reduced from 50 to 30. In addition, the board may prohibit any druggist from supplying liquor on the prescription of any physician named. Wholesale druggists in future must obtain their supplies from the license board direct. Among the drastic provisions of the bill is one setting a fine of \$5,000 in the case of a brewer convicted of infringing the Act, and he may be required to give bond of \$10,000. If a permit-holder, other than a brewer, offends, he is to be subject to fine or imprisonment, without alternative, for a first or subsequent offense, and upon a second offense, his premises may be closed for three months and placarded. On the other hand, a relaxation in the present law which brought "Hear! Hear!" from members of the House when it was explained, is to reduce from \$200 to \$50 the minimum fine for "having or drinking" liquor in a public place. There have undoubtedly been cases of severe hardship because magistrates had no option in

cases of technical or unwitting infractions. Another change to avoid discrimination against those who have little means is found in extension of the time allowed for appeal from a magistrate's judgment in an O. T. A. action, from 10 days to 20. Debate will come upon second reading of the bill, and Premier Ferguson has promised to give ample notice of the date.

When W. E. Raney, K.C., Progressive Leader, unexpectedly and in violation of an arrangement between the leaders, introduced on Tuesday an amendment to the budget motion, he started something he probably was not prepared for. One result is that the debate goes over until next week. The immediate outcome was to bring down upon Mr. Raney's head the first real attack to which his group has been subjected this session. Things had been going pretty smoothly. The Conservatives had refrained from mentioning the Peter Smith case, and it remained for his former colleague to revive the whole controversy centring about the Home Bank secret commissions. Mr. Raney in his amendment took the remarkable course of moving censure upon the Public Accounts Committee of last year for "failure to make adequate investigation" of the commissions. It must be remembered that Mr. Raney himself was a member of the committee, but took no part in its work; and, on the other hand, that Manning Doherty, R. H. Kemp and other members of the U. F. O. group did take an active part in the committee investigations and concurred in the report that was presented to the House on the closing day of last session. So obviously was the amendment a political move that even Beniah Bowman, Leslie Oke, U. F. O. members, rose on Thursday and declared they would vote against it. Mr. Oke, who is member for East Lambton, said:

"I cannot feel that all the blame can be attached to one administration and let the other go scot-free. Any suspicion having arisen, Mr. Drury should have been held in the alert. This amendment would leave the treasurer of the late government of all responsibility. I was a member of the public accounts committee and sat through all the sessions, and I know of no instance where anything was held up or not gone into. (Applause). The amendment is more for political purposes than to get at the bottom of what has happened."

Upon the same evening, E. Proulx (Liberal, Prescott) said he did not see how he could vote for the amendment, unless it exhibited some real desire to re-open the investigation and bring new evidence before the committee. Personally, he was a member of the committee and thought its work finished.

Mr. Raney's speech had been carefully prepared and typed. There was just one thing overlooked. After being forced by the Speaker to withdraw an objectionable phrase used in regard to Hon. Mr. Price, provincial treasurer, Mr. Raney naturally omitted some language of the same kind that he had further along in the same speech, but forgot to inform his newspaper organ in Toronto, and that faithful newspaper reproduced the full text, including some interesting passages not uttered in the House. A striking feature of the debate was that William Finlayson, (Conservative, East Simcoe), who had been away attending the funeral of Senator Bennett, dropped into the House in time to hear part of Mr. Raney's speech. At its close, he immediately took the floor and without preparation, except that he was chairman of the public accounts committee last year, began a smashing reply which was not concluded until adjournment of the debate Wednesday afternoon. Mr. Finlayson carried the war into Africa by pointing out that while Mr. Raney specifically condemned as "improvident" the Ridout transac-

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tion of 1923, in which \$100,000 was wasted in the placing of Treasury Bills in New York, the ex-attorney-general was himself responsible for that very deal. He recalled that D. D. Ridout was a Toronto insurance man, not a broker, but a close friend of the late J. Walter Curry, who though a Liberal, had been lending valuable support to Mr. Raney in the Legislature. He came to the Parliament Buildings and made an offer, which was accepted, for \$10,000,000 of six-months Treasury Bills; placed them within a day or two, and pocketed \$100,000. Mr. Finlayson suggested that somebody in New York cleared another \$100,000, while the Bank of Montreal was accustomed to handle such business for 1/64th of one per cent. Mr. Raney, the records show, presided at the meeting of the Cabinet Council which approved the deal, and personally signed the order. Evidence before the public accounts committee later showed that Ridout had lent Walter Curry \$3,000 in legal tender, without security. Mr. Finlayson closed this part of his speech in these words:

"The Ridout transaction was factored and authorized by the late attorney-general, and he must be responsible for it. It is up to him to investigate this toll-gate and see what became of the \$200,000, and explain to the House and Government why this money was thrown away and this fund created immediately prior to an election, and money handed over to a Liberal whom he appointed to office as registrar in this city. I suggest when these matters are heard and the House and country are satisfied as to these facts, then perhaps, the late attorney-general may come back, and we may forget the inaccuracies he has been guilty of. I apologize to the House for bringing in the names of Mr. Curry and Peter Smith, but neither of those were mentioned until Mr. Raney attempted to hide behind his late colleague."

There has been a curious tendency, not so much in the House as on the part of Liberal newspapers, to criticize the Government commercial concerns with which George Ecclestone (Muskoka) and Hon. James Lyons, (Sault Ste. Marie) are connected, sold goods to certain departments, as shown by last year's

public accounts. The whole matter arose chiefly by reason of Premier Ferguson's decision to ask all members to refrain from having business relations with the Government. They are in no danger of disqualification under the law, thanks to an amendment to the Legislative Assembly Act which was passed, not under a Conservative Government but in 1897. This exempts members who hold shares in incorporated companies. What has happened now is that the Prime Minister has called upon members, notwithstanding the protection of the Act, to observe the intended spirit of it by avoiding "appearance of evil" in future, and they have agreed, although in one case, it is quite a serious matter commercially.

"What sort of time is Frank having on his motor tour?"
"Great! I've had two letters from him—one from a police-station and the other from a hospital."

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