

RIES—No. 3

# Teas Best

the pure cool tea garden. The and more de. This is partine on a high more invigor-frequent rain-The largest and evation of 7000 flavour to the feet above sea-LALADA" blends 7,500 feet ele-LALADA" is a

# DA"

the most difficult thing... the making of sixteen easy... The Shield.

# Our Graduates

been placed to date and here are calls for more. our course NOW. If you get it you pay for it in smaller earnings opportunities. any day. Write, call for information. BUSINESS COLLEGE and Mount Forest

# IE'S

be work en

only \$3.95

# WEAR

\$4.50 - \$5.00

\$3.49

of

rt Rugs

Let us show

pers Save Time

per roll

new stock

Durham

If It's New It's Here

g Store

Suits

al Prices

weeds for

VER

SHIRTS RWEAR

RTS and GLOVES

r Blue Suits

ETT

Durham, Ontario



## The Road To Better Health

Slight Wounds and Infections

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.

Wounds of any considerable size and severity are generally regarded as serious. They usually come under the care of the doctor. But this is not always the case with small wounds. So many small scratches, cuts and abrasions receive no care and heal up without any bad results, that we are inclined to regard them as practically free from all danger.

But it is well to remember that germs can gain entrance to the tissues through any break in the skin. If the germs do not happen to be virulent, if they are few in number, or if the blood and tissues destroy them, no ill-effects result. It sometimes happens, however, that virulent germs get into the wound, survive and multiply. And even though the original wound seemed insignificant, extremely serious infections may follow.

Among the germs that often enter the tissues through breaks in the skin is the streptococcus. This virulent germ is a common cause of dangerous "blood poisoning." Another possible result of wounds incurred under certain conditions is lockjaw. And there are others almost equally serious.

### Care Determines Results

The point is that the size of a wound is not always an index to its seriousness. The presence or ab-

sence of infection, and the kind of infection largely decide this. And whether or not infection develops at the site of a wound is largely determined by how the wound is cared for.

Trivial wounds should be painted with iodine or mercurochrome. This should be done without washing the wound. Attempts at washing are likely to introduce germs if these are not already present. Then the wound should be covered with sterile gauze, care being taken not to touch the surface of the gauze that comes in contact with the wound. For it is possible to introduce germs into a wound even after it is received.

Wounds that are dirty, or deep, that bleed very freely, or are ragged, should be cared for by a doctor. And even slight wounds that show signs of soreness should receive medical attention.

Proper care of slight wounds would prevent many serious infections.

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

### HEALTH QUESTIONS AND ANSWERS

#### No Evidence For It

Mrs. G. F. C. writes: "I was reading an article on hardening of the arteries in which the author said that 'drinking hard water caused the arteries to harden on account of the lime.' This interested me because we happen to live where the drinking water is hard. Is it true that drinking hard water makes the arteries hard?"

#### Reply

There does not seem to be any scientific evidence in support of the idea.

#### Arthritis

L. D. writes: "I have what the doctors call arthritis. My joints are stiff and sometimes feel sore, and they crack sometimes when I bend long time and would like to know what I can do to get rid of it. What causes arthritis, and is there any cure for it after you have had it for some time?"

#### Reply

Arthritis means inflammation of a joint. In the more acute forms, it is the characteristic feature of inflammatory rheumatism. It seems to be caused by infection. The infection often appears to enter the system through the tonsils. The chronic forms also appear to be due to infection, as a general thing. Abnormalities in the metabolism—the chemistry of the building up and tearing down of cells—may possibly be a cause in some of the

forms. There are the chronic forms in which the joints have a tendency to become deformed. (Arthritis deformans.)

It is very essential that all infections should be gotten rid of if the disease is to be arrested. The teeth, the tonsils, the sinuses and other structures which may harbor infections, should be carefully examined. Massage, fresh air, and vaccine treatment if your physician thinks it advisable in your case, may help you. You cannot be assured of complete recovery from the structural changes that have already taken place in your joints, even though you get rid of the cause.

#### Measles and Light

Mrs. F. A. W. writes: "There were measles in the family of one of our neighbors a little while ago. Their doctor wanted them to let the sun shine into the room where the children with the measles were. That seemed to be wrong advice to me, as light is bad for the eyes in a case of measles. Isn't this so?"

#### Reply

It is not considered advisable to keep the room darkened in cases of measles. Sunlight kills the contagious material of measles. If the eyes are inflamed, smoked glasses or glasses with blue tenses should be worn by the patient. But let the sunlight in.

### THORNBURY TO ERECT COMMUNITY SHED

That Thornbury is to have a free public shed for the convenience of all who drive horses to town, is now practically a certainty. At Monday night's council meeting, a motion was passed that the Board of Trade be given leave to build a shed on the town property just east of the Beaver River on King Street, the site to be laid out by the property committee, the shed to face the street and to be built as per plans. About \$1,500 has already been sub-

scribed, and many rural people have signified their intention of "doing their bit." Three or four hours after the subscriptions lists had been opened, \$1,150 was subscribed by the business men of the town. Building on the 80x50 feet foundation is expected to be started shortly.

At the meeting of the Board of Trade last week, a board of trustees for the new town shed was appointed. They are Messrs. C. E. Keast, F. Hartman and E. G. Carr.

Only the fast thinkers become leaders. He who hesitates is bossed.

## This Week In The Legislature

Toronto, April 10, 1925.

In deference to the wishes of private members anxious to get away to their farms and business, without returning after Easter week-end, the Government achieved completion of all business on the eve of Good Friday, and did it without denying consideration to any important legislation. Indeed, it was found possible to permit discussion of various more or less academic resolutions. Belanger, Liberal, East Huron, was given opportunity to continue his discussion of French-English training schools, and on the last day of the session, the House after pretty well cleaning up the order paper, listened to F. W. Wilson of Windsor speak to his resolution calling for sale of liquor in shops under a local option plan. It had been intimated that W. E. Raney, Progressive leader, proposed to divide the House on the sessional indemnities Bill, the Cabinet Ministers' salary increase, the Temperance Act amendments and the beverage tax bill. When the time for amend only the O. T. A., by proposing the six months' hoist. (Russell) was necessary to halt a meeting of the Public Accounts Committee in order that members might vote. Five Liberals and two Labor men voted with the Government.

The redistribution committee's report was presented to the House toward the close of Wednesday night's sitting. Its contents were pretty well forecast, except that in its desire to refrain from cutting down rural representation too much, the committee increased the House membership by one, making it 112. The rural ridings which disappear are East Middlesex, Centre Grey, West Huron, one of the Northfolks, Centre Huron, one of the Wellingtons. The two Durhams made one. Frontenac, Lennox and Addington become two seats instead of three. There is slight readjustment in Lambton and Simcoe and the Wentworths. Additional seats are given Windsor, Ottawa, Hamilton, and for the city of Toronto proper, 15 seats. The bill, of course, does not come into effect until after next session.

In connection with sessional indemnities, the debate on second reading of the bill disclosed a certain desire on the part of certain Progressive Members to go on record against the increase and at the same time not to prejudice the position in regard to receiving the \$2,600. Premier Ferguson caustically suggested that it would not like to make any man go home with the cheque who had promised his constituents he would not take it, and perhaps it would be well to give instructions that cheques for only \$1,400 be issued in such cases. However, there was no division called for, nor amendment proposed in committee. Mr. Raney refrained even from moving the "six months' hoist" upon third reading. Premier Ferguson very frankly told the House that members found themselves committed to many expenses by reason of their position, including contributions they were called upon to make in their own ridings. Leslie W. Oke, (U. F. O., East Lambton) admitted that he had changed his views as to what \$1,400 would do, since coming to Toronto, and M. M. McBride (South Brant) said that his experience was that members had to work 365 days a year on public business. In regard to the increase in Cabinet Ministers' salaries, the Premier said he did not feel that he could call upon able men to devote full time to these positions at the present rate of remuneration. The Government took full responsibility for the measure, and from his contact with public opinion during the last recess, the premier said he believed the people would concur.

The final skirmish on church union took most of Wednesday evening in the House, when a batch of amendments on behalf of the Presbyterian Church Association were proposed in committee of the whole by R. L. Brackin, Col. John A. Currie, W. G. Weichel, M. M. McBride and others. Three amendments of some importance were carried. Non-concurring congregations are to

stand in the same relation to any new church to be formed as they did to the Presbyterian Church in Canada before the passage of the bill. No rights in court arising from union are to be affected by the bill, and pictures in Knox College are to be the property of the continuing Presbyterians, instead of the unionists, as originally provided. Amendments which failed to carry included the following proposals: That the Ontario bill should be in accord with the Dominion bill as it stands now or will be with amendments; that the Church Property Commission should have its powers extended; that Knox College should be given absolutely to the anti-Unionists as other colleges are given to the Unionists, and that the books in the library of Knox College should be property of the anti-Unionists. In the last case, the chairman of the committee, C. R. McKeown, Dufferin, cast the deciding vote. Hon. W. F. Nickle announced that he personally decided upon the personnel commission and library trustees, and in regard to the former three said they had not yet given their acceptance. Upon third reading, Thursday afternoon, Col. Currie moved an amendment which would have the effect of making Knox library a public library, but upon Premier Ferguson pointing out that legislation to this effect could be obtained at any time upon request, the mover withdrew his amendment.

When the House was passing the main estimates under education, and the vote for Normal Schools was under discussion, Peter Heenan endeavored to bring up a question about the possibility of a new Normal in the north country. Premier Ferguson said: "In view of representations made by many people up there, and also by the Legislative Secretary for Northern Ontario (Mr. Keefe) we are having an inspectors make a survey, and while I do not know that, taking the aggregate, we should build any more Normal Schools at the moment, yet we recognize the isolated condition and the long distance up there, and I am inclined to think if such a step were taken, an institution of moderate size might be put up there some time, but the Government has not reached the conclusion they should do it as yet."

Investigations of the Public Accounts Committee, carried on right up to the close of the session, brought to light a curious situation in regard to administration of the Highways Improvement Fund. There were references by the Government auditor, A. H. Walker, to missing books and missing pages, and countless vouchers which could not be found. For over two years, he reported no cash book had been kept in the department, nor any book of record of expenditures. The disclosures, from an accounting standpoint, were sensational, and evidently impressed even Mr. Biggs, formerly head of the department, who was present at the sittings. As to whether the auditor thought, and matters, the auditor thought, and matters, he had checked up, after eight months' work, all but \$5,172, and this appeared to apply to pay- lists. The situation which brought about this chaotic situation was due to the fact that lump sums were paid for Consolidated Revenue into the Highway Improvement Fund and there dispensed by the Highways Department, subject to no audit by the treasury's auditor until the end of the year, when, of course, the money had been spent. Indeed, at the end of 1922, there had been spent \$1,300,000 more than the auditors had been advised, and there was from 1921 what Mr. Walker described as a "consistent overdraft" at the bank, notwithstanding the Province had funds in various banks at the time. The whole situation is being remedied, Hon. W. H. Price explained, by legislation which will provide for a continuous audit.

### WORRYING ABOUT IT

The hardest work you ever do Is worrying about it; What makes an hour resemble two Is worrying about it. The time goes mightily slowly when You sit and sigh and sigh again, And think of the work ahead, and then Keep worrying about it.

Just buckle up and buckle in— Quit worrying about it. By work, not worry, you will win— Quit worrying about it. A task is easy, once begun; It has its labor and its fun. So grab ahnd and do it, son— Quit worrying about it.

## TWO FERGUS STORES ROBBED OF \$4,000

Entrance Obtained by Front Door.— No Trace of Burglars.

Thieves early Wednesday morning succeeded in making good their escape with general merchandise to the approximate value of \$4,000 from the stores of James Russell and Steele Bros. in Fergus. In both cases, the glass panels in the front entrance doors of the establishments were crashed in to gain entrance. Mr. Russell estimates his loss at \$2,500, while Andrew Steele of Steele Bros. states that the goods which were abstracted from his stock would reach a value of \$1,500. Mr. Russell's loss was covered by insurance. The Russell store will be recalled as the one which was robbed in a similar manner last fall when a loss of approximately \$500 was sustained. In this former robbery, the thieves are supposed to have made good their escape in a motor car with furs and other valuable merchandise. No trace has been discovered of the robbers, although two men were seen travelling through the centre of the town in a large car about four o'clock in the morning.

### CURED OF THE HELLO HABIT

The Boston Post tells of a young woman employed as a stenographer who had a beau named Will. She talked to him some twenty-five times a day; and the lawyer, who labored under the impression that he was paying for the stenographer's time, was not pleased that Maggie should drop her work and rush frantically to the telephone every time the bell rang and stand there for fifteen minutes debating whether or not Will ought to have told Clara a secret which he well knew was none of Clara's business. One day the lawyer left his office and going to another telephone in the building, called up his own office. Of course, Maggie rushed frantically to the phone and answered, "Hello!" said the lawyer, in a muffled voice. "This is a lineman testing the wire. Kindly stand one foot in front of the receiver and say 'hello'."

Maggie obeyed. "Thank you. Now stand two feet to one side and say 'hello'." Maggie complied. "Thank you. Now stand two feet to the other side and say 'hello'." It was done. "Thank you. Now stand on your head and say 'hello'." Maggie seems to be somewhat backward in answering the telephone now.

### ARTHUR MAY HAVE BIRD SANCTUARY

An effort is being made to have Puslinch Lake converted into a bird sanctuary similar to that of Jack Miner at Kingsville. Mr. Miner has visited Guelph and Waterloo Councils in connection with the project. There seems little doubt that Puslinch Lake, as a bird sanctuary, would become more renowned than it ever would as a summer resort and would attract tourists from all parts of the province.—Arthur Enterprise.

Advertise in The Chronicle. It Pays.

## Campbell's Grocery & Restaurant

Black Tea, bulk, per pound 65c.  
Green Tea, bulk, per pound 65c.  
Cocoa, bulk, per pound . . . 10c.

Try a pint of our Fresh Cream

### House Plants on Hand

Come and see them while they last

BREAD AT 10c.

GOODS DELIVERED TO ALL PARTS OF THE TOWN

### George Campbell

Phone 115 North of Post Office Durham

Jay Evidently Has a Garden!

### THE FAMILY NEXT DOOR

