

Types of Tea
 types of tea, namely Tea. Both are made and both are equally is in the process of gives each a different after it is plucked is 'fired' or dried, then being exposed to the Tea its dark reddish Green tea is immedi- blucking, which pre- are delicious blends of these types and Black and Green Tea n four qualities.

ADA"
 No! I was only trying to see if the face would hold water without leakin."

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The Road To Better Health

BROKEN BONES

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.

Accidents resulting in broken bones are likely to occur anywhere and under many different conditions. So one never knows when a knowledge of what to do in the way of first aid may come in handy.

Before medical aid arrives, it is possible that people who have suffered broken bones may be handled in such a way that additional injury will result. This is most likely to happen when removal of the victim from the scene of the accident is attempted. The movement incident to lifting and carrying the injured person is liable to cause the ends of the fragments of broken bone to move about and cut into the soft tissues. If a doctor can be had without delay, and if the place in which the accident occurred will permit, it is probably best not to attempt to move the victim until the doctor arrives and can supervise the job. In the meantime, the patient should be kept warm and protected from shock by covering him with a blanket, an overcoat or anything else that will serve the purpose.

Break Should Be Splinted

If it is advisable to remove the victim to some more favorable place, the parts in which broken bones are

suspected should first be temporarily splinted. This should be done carefully with the least possible disturbance of the broken bones. The idea is to prevent further damage to the injured area by movement.

Most any suitable object that is at hand can be made to serve as a splint for temporary use. Such things as a board, a broom handle, a cane, an umbrella or pieces from the wreckage of automobiles or railway coaches will do.

If possible, the injured person should be placed on a padded plank or something else that will serve as a stretcher on which to carry him, particularly if a hip, a leg, an ankle or vertebrae are broken. Lifting and carrying should be done with the greatest care to protect the injured parts.

The important thing to remember in giving first aid to people who have broken bones is to take every precaution to guard against additional injury.

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HEALTH QUESTIONS AND ANSWERS

High Blood-Pressure
 A. S. writes: "Kindly tell me the cause of high blood-pressure. How should it be treated in a woman of 65? What would cause pain over the kidneys after a fair day's work? Sometimes I have it a week before menstruation. At other times, I have a pain in the middle of the body somewhere about the ovaries. Hot applications seem to be all I can get to relieve this pain. I am also tired at night, but cannot sleep. Still, during the day, I do not feel so badly. Sometimes in the afternoon, I feel tired but cannot sleep."

Reply
 The blood-pressure normally becomes elevated to some extent as one grows older. Aside from age, Bright's disease, anything that causes the arteries to become hardened, infections, certain kinds of poisoning—such as lead—a high tension life, some cases of heart disease, and becoming very much overweight, may cause the blood-pressure to be high. Treatment consists in care to avoid overeating, the avoidance of constipation, moderate exercise, and the eradication of any nests of infection that may be present. High blood-pressure is a symptom, not a disease. Treatment should be directed at the underlying cause, if this can be found. Pain in the region of the kidneys

sometimes comes from infections in the pelvis of the kidney. Very often, however, it is caused by a chronic inflammation of the muscles of the back due to the presence of infected tonsils or teeth. Incorrect posture, muscular weakness, nervous disturbances, and disease of the vertebrae are possible causes. So you see, a careful examination may be necessary to determine the cause. And it is only through remedying the cause that permanent relief is obtained.

If you do not feel ill-effects from your inability to sleep, why worry about it? When you stop worrying about it, you will probably be able to sleep.

Increase in Cancer
 E. H. H. asks: "Why is it that there seems to be so much more cancer than there used to be? A lot more people seem to have cancers than they did when I was younger."

Reply
 There has, apparently, been an increase in the cancer rate. Cancer is a disease of old age. People are supposed to live longer than they formerly did. So it may be that more people live to be old enough to develop cancer. The presence of cancer is probably more often detected nowadays.

THE INSPECTION
 Consider the business man and how he suffers inspection—not gladly as fools are suffered. A man comes along and inspects his weights or measures—\$3 or more, as the case may be, whether the scales are correct or not. Another comes along to see that tobacco, for instance, is in the caddy it belongs to. If displayed elsewhere, it is a final offence. Others come to inspect the butter, the cheese, the eggs, the extracts—lines burking all about. Others come to inspect the lifts, the boilers, the heating plant, the lavatories, the building in general. Still others demand to see that the minimum wage scale is posted up in a conspicuous place where the employees can see it. If you have some change made in the wiring of your shop or house, an inspector must needs come to pass upon it. Other inspectors come around to see about the pool rooms, about the amusement tax, about the

ERRING YOUTH MUST GO TO REFORMATORY

Wilfred Lever Sentenced to From Six Months to Two Years at Geulph

Wilfred Lever, the Flesherton youth, who on April 1st, was arrested and charged with the offense of seduction, and who was remanded by Magistrate Greaser for sentence after having pleaded guilty, was on Thursday afternoon sentenced to a determinate period of six months in the Ontario Reformatory at Geulph, with an indeterminate sentence of two years less one day. When the accused came up for sentence a week ago, his counsel, H. G. Tucker, requested the privilege of changing his plea of guilty to one of not guilty, taking the ground that the accused had not been well advised, that they had not secured counsel, and that he wished to have the opportunity of presenting evidence in the case. Advice was sought on the question of the right of the Magistrate to permit a change of plea, and word was received from the Attorney-General's office that they would not interfere with the decision of the Magistrate, and then the Magistrate informed Mr. Tucker that he had not been shown where he had any power to permit a person who had pleaded guilty to change that plea to one of not guilty. There was a lengthy argument over the matter, but in the end, the Magistrate sentenced the accused as above stated. The friends of the accused made an offer of a sum of money to the Children's Aid Society regarding the care of the child in the case, but the amount offered was not acceptable to Mr. A. E. Trout, the Inspector, and this matter is still in abeyance.

THE NEW OUTLOOK NAME OF UNITED CHURCH PAPER

By unanimous decision of all interested boards and committees in the three uniting churches, the name of the paper, which on June 10th will combine the Christian Guardian, Presbyterian Witness and Canadian Congregationalist will be The New Outlook, the Methodist Book Committee having added its approval during its annual sessions recently.

The new weekly aims to be non-sectarian in character and international in interest. "A broadly religious and Christian paper, devoted to all matters of interest and value to the Canadian citizen, who is a citizen of the world as well, and keenly interested in the founding of the Kingdom of God on earth," according to announcement.

DUNDALK MAN IS TAKEN FROM TRAIN

Fined for Obstructing Conductor on C. P. R. Train on Local Branch.

The Orangeville Sun says: While on his way from Toronto to Dundalk, William H. Thompson became boisterous, and when the train arrived here, he was taken in charge by Provincial Constable Dohson and next day fined \$10 and costs for being intoxicated. He appeared before Magistrate Hugh Falconer charged with "obstructing a conductor in the execution of his duties," the C. P. R. being the plaintiff. The fine imposed was \$25 and costs amounting to \$48, due to the entire crew being present as witnesses. Several years ago, Thompson, who is a Dundalk cattle buyer, assaulted Conductor Scanlon and was fined \$200 and costs.

THE USES OF ADVERTISEMENTS

When Mark Twain was editor of a Missouri paper, a reader wrote to him saying that he had found a spider in his copy of the current issue. Would the editor please say if this was a sign of good luck? To this Mark Twain replied: "Finding a spider in your paper was neither good luck or bad luck for you. The spider was merely looking over our paper to see what merchant is not advertising, so that he can go to that store, spin his web across the door and lead a life of undisturbed peace ever afterward."

The Boy Scouts' Column

EDITED BY GREEN PLUME

Inspection
 The First Durham Troop was given the once over by Mr. Edgar T. Jones, Field Secretary of the Boy Scout Association for Ontario. He commented very favorably upon the turn-out and the work of the Troop.

The Troop was there almost to a man. Mr. Jones put on a model troop meeting which was very helpful to the Troop and to the S.M.

Following out the suggestion of the Inspector, the Troop is being divided into four patrols. Heretofore there have been two patrols of about eleven each. By the new method, it is hoped to have more direct contact between the Patrol Leaders, the Scouts and the S.M.

Camp
 The question of the annual camp is still undecided. The White Cloud Camp opens on the 4th of July. Most of the Troop would like to take in a week of it at any rate; but the disconcerting news has arrived to the effect that the Gillwell Camp will be at the same time. The S.M. wishes very much to attend the latter, and if the dates of the Gillwell Camp are confirmed, will have to send the Troop to White Cloud in charge of another Scoutmaster.

Hikes
 Another all-day hike was staged last Saturday. About ten Scouts went up the river during the morning. Troop Leader Ted Clark put on some tracking games and signaling. After dinner, the afternoon was spent in improving the camping place and building fireplaces.

On Saturday, April 25th, it is hoped to put on an all-day affair with Hanover Troop, at Allan Park. Whether this will materialize or not is a little uncertain. Hanover is putting on a big concert this week, and the fellows may not feel like a big day on Saturday.

THE JUICY APPLE IS FOE OF DISEASE

They Lend Themselves to a Greater Variety of Uses Than Any Other Fruit.

Apples, being palatable, healthful, nutritious and the least expensive of fruits and in season the year around, lend themselves to a greater variety of uses than any other fruit. Various sorts of apples are adapted for different uses, and a bulletin issued by Cornell University for the first time attempts a classification of the various apples in regard to their desirability for dessert, apple sauce, baked apples, apple pie, puddings and for canning and drying.

The following were listed as very good for dessert, dessert being used in its oldest, accepted sense, eaten raw, out of hand: Yellow Transparent, when ripened; Chenango, Gray-enstein, Jonathan, Esopus, Tolman Sweet, Yellow Newton, Northern Spy and McIntosh.

The following are listed as good for dessert: Wealthy, Fall Pippin, Tompkins' Kings, Hubbardston, Fameuse, Wagener, Rhode Island Greening, Baldwin.

The following are listed as useful for dessert: Red Astrachan, Sweet Bough, Oldenberg, Roxbury Russet.

Excellent material for apple pies will be found in the following varieties: Yellow Transparent, Red Astrachan, Oldenberg, Twenty Ounce, Maiden Blush, Jonathan, particularly good; Snow, Baldwin, also recommended, and Northern Spy.

Baking apples are listed as follows—Sweet Bough, Alexander and Wolf River, Twenty Ounce, Wealthy, highly recommended; McIntosh, Tompkins' Kings, Tolman Sweet, Rome and Northern Spy, recommended particularly.

Apples for general cooking are as follows: Primate, Garvenstein, Fall Pippin, Hubbardston, Wagener, Rhode Island Greening, Esopus, Baldwin, Roxbury Russet, Ben Davis, Recommended for apple sauce are Red Astrachan, Oldenberg, Twenty Ounce, Maiden Blush, Wealthy, McIntosh, Fall Pippin, Tompkins' King, Jonathan, Esopus, Northern Spy.

The firm fleshed apples are recommended for combination with celery, nuts, dates and other materials in salads. Cooked apple blends with softer materials, such as tapioca, rice, other cooked fruits, and doughs

of various kinds. Apples are best with foods which do not have a strong flavor of their own which will conflict with or cover that of the apple.

A CANADIAN QUOTATION

Tis nothing but a bit of withered wood,
 Cunningly built, and wielded into shape,
 With some few strings a groat or so
 might buy—
 But when I die, I will beg them
 place it near me.
 Within my coffin, close here to my
 heart:
 That through the long, lone autumn
 night of death
 My spirit may vibrate to its living
 strings,
 Immortal with the chords that Mozart struck,
 That Paganini played, Beethoven
 rang.
 And when I wake, if ever there be
 waking,
 Beyond that awful sleep that follows
 life—
 My soul will wing to heaven on its
 strings,
 For did I know, how could I plead
 with God
 Without its melodies to voice my
 love.
 And heaven no heaven without my
 violin.
 —From "The Violin," by William
 Wilfred Campbell.

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 AND CONSERVE OUR FOREST CAPITAL
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 ENSURE FUTURE PROSPERITY; or

SHALL WE MINE IT
 AND DEplete OUR FOREST CAPITAL
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 MENACE FUTURE PROSPERITY

National Interest and National Security demand
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THE OBSTACLE to proper treatment is FIRE
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