



HELP NATURE TO KEEP YOU COOL

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.

In health, the bodily temperature is practically constant. As recorded by a thermometer placed under the tongue, it averages 98.6 degrees Fahrenheit. It is neither lowered in a cold atmosphere nor elevated in a hot one.

Most of the heat produced in the body results from chemical reactions. Those generating the most heat take place in the muscles. They are a part of muscular activity.

Some of the body heat is lost in the air expired from the lungs. Most of the heat is lost through the skin by radiation, conduction, and the evaporation of perspiration.

The fine balance between the production and loss of body heat is maintained by a heat-regulating center in the brain. During hot weather, the heat regulating mechanism acts to increase the loss of heat. The blood vessels of the skin dilate. The skin contains an increased amount of blood. This favors the radiation and conduction of heat from the body.

Perspiration Necessary

If the surrounding temperature is

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HEALTH QUESTIONS AND ANSWERS

Ice Water

C. S. asks: "Is there any harm in drinking ice water?"

Reply

Ice water taken during a meal may chill the stomach and temporarily retard digestion. If swallowed hastily, especially while one is hot, it may cause cramps. Tradition teaches that the drinking of very cold water while one is overheated is dangerous.

The purity of the ice placed in drinks is also an important consideration. All germs are not killed by freezing in ice. Typhoid is an example. Some ice is manufactured under conditions that preclude the use of contaminated water.

Some of the ice that is used in smaller towns, and is taken from ponds, creeks, rivers or lakes that may receive sewerage, should not be put into drinks.

Cool water is probably a better drink than ice water.

Perspiring Arm-pits

Mrs. L. D. writes: "I am very much troubled with perspiration of the arm-pits. Is there anything that I could use that would stop this?"

Reply

Bathing them with hot water would help some. A lotion that is commonly recommended for this purpose is a 25 per cent solution of aluminum chloride in water. Apply it once a day for two or three days.

No Harm

E. G. W. asks: "Is it all right for a boy sixteen years old who had scarlet fever late last winter to go in swimming? He seems to be perfectly well now and has been since he got over the scarlet fever."

Reply

Yes.

Oranges Not Harmful

N. S. M. writes: "I have high blood-pressure and albumin in the urine. I would like to know if it is all right for me to eat oranges, or if the acid in them will hurt me."

Reply

Oranges will not harm you. When taken into the system, they act as mild alkalis, not as acids.

Pin Worms

E. M. L. writes: "Can you tell me something that can be used to get rid of pin worms?"

Reply

Wash out the bowel with a soap suds enema. Then inject a pint of quassia tea. This should be retained for a few minutes. Quassia tea is made by placing one ounce of quassia chips in a little over a pint of water and boiling down to one pint, then straining. Repeat this treatment for three or four evenings.

Boils

F. K. writes: "During the last few weeks, I have had lots of boils. I get them on my arms and have had as many as three at one time. What causes them?"

Reply

Boils are caused by an infection of the skin. The infection is due to a germ called the staphylococcus. Too much sugar in the blood, diabetes, is one of the most common conditions that make people susceptible to boils.

Better have the urine examined. Eat less sugar and starch.

Paul Was Puzzled

Little Paul was turning the pages of a new picture book which had been given to him. He came to two which were uncut. He tried to turn the page, found that he could not, lifted up the corner and peeped under and stopped to ponder the situation.

"Mama," he called. "Mama, come here a minute." "What is it dear?" asked his mother.

"Look at my book," said Paul,

showing his mother how the leaves were stuck together. "How did they ever get the pictures in there?"

Sally, who is very thin, called to see Bob's new dog, which seemed to take quite a fancy to her. It followed her all around the garden.

This flattered her, and she remarked proudly: "Bob, your dog likes me better than he does you."

"Don't you know why?" said Bob. "He thinks you're a bone!"

Cross-Canada Happenings As Told By Wire

News From Halifax to Vancouver Boiled Down and Tensely Told

The House of Commons has voted \$10,000 to be used in connection with Earl Haig's visit to Canada. The amount was in the supplementary estimates under the Department of National Defence.

Since the British cattle embargo was lifted on April 1, 1923, 156,875 head of cattle had been shipped to Great Britain up to May 31 last, and the estimated value to Canada of these exports is \$14,135,715. This was stated in the House of Commons recently in answer to a question.

R. H. de Courcey, who under the name of H. D'Clermont, was arrested in New York on a \$25,000 grand larceny charge, later coming to Montreal while out on bail and who was arrested in that city by local authorities, waived extradition to the United States. He will be taken back to New York.

Dr. Charles A. Zaritz, of the Ontario Agricultural College, was elected president of the Canadian Seed Growers' Association at the concluding session of the association convention at Edmonton, G. H. Clark, president for the past four years, was elected honorary president. No other changes were made in the list of officers.

To discuss subjects relating to the pulp and paper industry, about 50 delegates from technical section of the Canadian Pulp and Paper Association of Canada, met at Ottawa recently. The first morning was spent in registration, and in the afternoon, a business session was held at which a paper was read by R. W. Stearn and discussed by the convention.

The Tuberculosis Veterans' Association of Canada, in convention at Ottawa, recently, passed a resolution repudiating the opposition to the granting of \$100,000 out of the canteen funds to the establishment of an adjustment bureau in Ottawa. The convention declared in its resolution, which is being forwarded to the Government with the request that it be read on the floor of the House, that the association's former secretary, C. S. B. Hind, had taken on himself authority which he did not possess to write to the Government, on behalf of the association, opposing the measure.

The Senate Friday gave third reading to the Australian trade treaty without amendment. Two men were killed and two others slightly injured Thursday night in a fire which destroyed half a block of buildings at Quesnel, B. C. The loss was estimated at \$100,000.

Some 400 miners employed in five Edmonton district mines are taking a strike vote. The new agreement calling for a wage reduction of \$1 per day, submitted by the operators, has been refused. The new Grain Act made its final

appearance in Parliament Friday morning and passed all stages. Considerable opposition had been expected to the amendments made by the Senate, particularly in the mixing clause. When the Bill came up in the Commons, however, the Senate amendments were almost immediately adopted "on division."

A resolution urging the Dominion Parliament to consider legislation to mobilize the whole power of the nation for national service in the event of a declaration of war, was adopted by the Great War Veterans' Association convention at Ottawa Friday afternoon during a discussion on world peace. The conscription of property and man-power was urged. A similar resolution was recently presented to the United States Congress by the American Legion of ex-service men.

By a vote of 60 to 53, an amendment moved by Wm. Irvine (Labor—East Calgary), on third reading of the Dominion Elections Act, was defeated in the House of Commons Friday morning. The amendment would have permitted labor organizations to contribute to funds for election purposes. It provided for changing the clause which declared that no unincorporated or incorporated company or association other than one organized for political purposes shall contribute funds for election purposes, making an exception in the case of labor organizations. Following the defeat of the amendment, the Bill was given third reading.

Testing Her Faith Fortune-Teller: "Don't worry, dearie. You'll soon come in to a big sum of money." Client: "Fine! Would you mind waiting for your fee till I get it?"

Bordered and Beadora Voiles

Rust color Canton Crepe, per yard\$2.50
Crepe de Chenes, per yard \$1.50
New Stock Corsels and Corsellettes, @.....\$1.00 & \$1.35
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THE ROYAL BANK OF CANADA

DURHAM BRANCH
J. A. Rowland, Manager.

THE KISS BARRIER IS NOVEL PROTOPLAY

A rather new treatment of motion picture plot is incorporated in "The Kiss Barrier," a new William Fox production starring Edmund Lowe, which will be shown at the Veterans' Star Theatre tomorrow and Saturday evenings.

The old saying, "the villain still pursued her," is out of place. To fit "The Kiss Barrier," it should be "the villain still pursued him," for in this interesting photoplay, the real villain is a girl—a regular vamp who tries all sorts of machinations to thwart the hero in his purpose.

Mr. Lowe portrays the role of Captain March, an aviator who falls in love with Marion Weston, a pretty ambulance driver. The war over, he returns to the stage. After over-riding many obstacles, the gallant Captain March wins her. The role is ideal for the popular Fox star, and he gives a very capable performance. Claire Adams, in the role of Marion Weston, is quite dashing. By her clever acting, Marian Harlan lifts Marion's cousin into a major role. Thomas Mills, Diana Miller and Charles Gray—every one a trouper—add interesting characterizations to the entertainment. "The Kiss Barrier" is a

delightful story by Fred and Fanny Hatton. R. William Neill is responsible for the direction.

FOUR-LEGGED CHICKEN

Mr. T. Jones, New Liskeard, says The Speaker, has a four-legged chicken hatched in his poultry yards. It seems a perfectly normal chicken, but for the two legs and feet complete, on each side. As the legs are not jointed, that is, have no elbow, the bird is clumsy in its walk, but nevertheless manages to get around quite lively and pick up a good living.

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Stratford and Mount Forest

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- Men's odd Pants, reg. \$5.00, for\$4.00
- Men's odd Pants, reg. 4.50, for\$3.75
- Men's odd Pants, reg. \$4.00, for\$3.25
- Men's Fine Shirts, reg. \$2.25, for\$1.50
- Men's Fine Shirts, reg. \$2.50, for\$2.00
- Men's Fine Shirts, reg. \$3.00, for\$2.25
- Men's Blue and Khaki Work Shirts, reg. \$1.25 each, 2 for\$1.75
- Men's Wool Hose, Grey, per pair29c

Watch for our Ad. We will have Specials for every week and can save you money on same

D. M. SAUNDERS

Gent's Furnishings Durham, Ontario

Smile Awhile

The surest foundation for smiles and happiness are good health and abounding vigor. You'll find both in

HENDERSON'S BREAD

Eat it at meals and in between meals—whenever you're hungry; for this loaf of purest quality ingredients fills every food-need for strength and nourishment.

Henderson's Bakery

MAKERS OF REAL GOOD BREAD



Just Like a Man!

THE FAMILY NEXT DOOR



JAY, I'VE STRAIGHTENED UP EVERYTHING IN THE HOUSE, EXCEPT YOUR PERSONAL PAPERS AND BELONGINGS—WILL YOU TAKE CARE OF THOSE?
YEAH! I'LL GO DO IT RIGHT NOW, HONEY!

I'M ALL THROUGH NOW, MONEY!!!!

OH, HONEY!

OH, HONEY!

Thursday, July 2, 1925.
PAINS IN BACK AND SIDES
...nded by Taking Lydia E. Pinkham's Vegetable Compound
...saskatchewan.
...en some slight trouble will cause a
...s in my back and sides that I could
...do anything—could not even lie
...ly in bed, and my head ached, too,
...worse after I was married. I was
...farm with not a house nearer than
...miles and there was not a person to
...me, as my folks live in Manitoba.
...sister-in-law told me about Lydia E.
...ham's Vegetable Compound and
...me to try it. I took her advice and
...been thankful for it ever since.
...taking the medicine for three
...s I can say it has helped me a lot
...in doing fine. I am glad to rec-
...end the Vegetable Compound to
...and you may publish my testi-
...al.—Mrs. HELEN BALANOFF, Pusi-
...saskatchewan.
...ent change of residence by
...foreigners was due to their
...some one.
...ers of the Holy Name So-
...cluding a large contingent
...onto and from other places,
...monster parade at St. Cath-
...Sunday, R. Rev. Mgr. Sul-
...resident of St. Augustine
...y and Mgr. Mossis, dean of
...harmes, officiated at ser-
...in St. Nicholas School
...HAM HIGH SCHOOL
...chool is thoroughly equipped
...up the following courses:
...Junior Matriculation.
...Entrance to Normal School,
...member of the Staff is a Uni-
...graduate and experienced
...The pupils should prepare to
...beginning of term.
...ation as to Courses may be
...from the Principal.
...ool has a creditable record
...which it hopes to main-
...in the future.
...is an attractive and
...and good accommoda-
...obtained at reasonable
...M. ROBB, B.A., Principal,
...MORRISON, Chairman.
...e's
...Pink and
...and A (summer
...\$1.00
...Pink, D and A
...\$2.50
...D and A, \$1.25
...Pink ...50c
...Hose in Black
...pair 29c
...Durham
...If It's New
...It's Here
...Store
...Collars
...ces
...HING
...Holler
...for \$35.00
...24.00 up.
...urham, Ontario