



The Road To Better Health

BILIOUSNESS

By DR. W. J. SCHOLLES

Note: Dr. Scholles 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. Scholles, in care of The Durham Chronicle.

One of the words that has received no place in the terminology of modern scientific medicine is "biliousness." It lacks exact meaning. It is commonly used to describe functional disturbances consisting of a varying group of symptoms that are supposed to arise from an excess of bile. The symptoms usually consist of languor, coated tongue. Often there is constipation. These symptoms evidently are not caused by an excess of bile, if there is any exact idea of their cause.

The person who is inclined to be "bilious" is generally what is known as a "good liver." He or she not only eats too much, as a rule, but eats the wrong kinds of food. The diet contains too much fat, greasy and fried foods, sugar and stimulants. If anyone can get an excess of these things and not get into trouble, it is the person who gets plenty of exercise. The "bilious" one is not, as a rule, much given to exercise.

The manner of living that predisposes to so-called "biliousness" is much the same as that which predisposes to disease of the gall-bladder, gall-tones, obesity and diabetes.

Popular Treatment Doubtful
Someone has said that when it comes to being doctored, the liver is the most abused organ in the human body.

The popular treatment for "biliousness" consists in taking some drug that is expected to stir the supposedly sluggish liver. It is extremely doubtful if the drugs that are commonly taken to "stimulate the liver" have any direct action on that organ. Their beneficial effect, when they do appear to be beneficial, probably results from any laxative action that they may have.

A short, fast and, perhaps, a simple laxative would be the best home treatment for the so-called bilious attack. But if what one takes to be a bilious attack is accompanied by pain in the abdomen, it is much safer just to stick to the fast until seeing a doctor. For, remember that the word "biliousness" is similar to the word "indigestion." As a diagnosis, it is a label without any very exact meaning.

HEALTH QUESTIONS AND ANSWERS

Height and Weight
M. G. asks: "What would be the appropriate weight for a boy 5 feet 2 1/2 inches tall?"

Reply
How old are you? The average weight for boys of this height, and other heights as well, varies with the age. A general average would be about 110 pounds. At 11 years of age, it would be about 105 pounds. Then it would increase with each additional year, until at the age of 19, it would average about 126 pounds.

Kidney Stone Colic
C. B. writes: "I am 34 years old. Within the last three years, I have had two attacks of what the doctors call kidney stone colic. I have had blood in the urine and have passed a few small stones during or following each attack. Since my last attack, I have been in good health and feel no discomfort on the right side where I had all of my pain. Would the X-ray show whether I still had any stones in the kidney?"

Reply
The X-ray sometimes shows stones when present, though not always.

Shingles
B. H. writes: "I would like to ask some questions about shingles. I had them for over two weeks, and the doctor I went to said that it would take just so long to get rid of them. 1. Is that so? 2. What causes them? 3. How long do they generally last? 4. Are they dangerous?"

Reply
1. Yes.
2. Irritation, most probably due to infection of the roots of the sensory nerves.
3. From one to three weeks.
4. Not to life. When the eye is affected, the sight is sometimes impaired or lost.

Wants to Reduce
E. B. D. writes: "I weigh about 35 pounds too much for my height. I have always had a good appetite and have eaten about everything and as much as I wanted. For several years, (I am now 52 years old)—I have not taken very much exercise. What kind of exercises should I take to reduce?"

Reply
It would be safer at your age to undertake the job of reducing under the supervision of a physician. The amount that you eat must be reduced to something less than the fuel requirements of your body. Your body must be compelled to live on some of its fat. Starchy and fatty foods and sugar must be cut down. As for exercise, care must be taken not to do yourself more harm than good. Just what is suitable exercise for you depends upon the condition of your organs. Before you begin your campaign, have a careful medical examination.

MRS. T. NICHOL BELL RECEIVES
Mrs. T. Nichol Bell received for the first time since her marriage at her home on Gladys street on Friday afternoon of last week when a large number of ladies took the opportunity to call. Mrs. Harvey Bell and Mrs. Norman Kerr received with the hostess. Mrs. Bell wore her wedding dress of peach crepe. The tea table, presided over by Miss Fairweather, was covered with flint cloth, and had for decorations, pink flowers and pink candles. Assistant: Mrs. French, Misses Kerr,

Things to be Avoided
There are more crimes in the United States every year than in all the rest of North America, all of South America and all of Europe outside of Russia and the Balkans. Such was the remarkable statement made by Chief Justice Marshall of the Ohio Supreme Court recently. Court delays, technicalities, weakness of law enforcement officers and persons who hold the law in contempt, he said, were to blame for the conditions. He expressed the belief that most executives were elected on a basis of non-enforcement of law, or at least of some of the laws, and most of the failures in enforcement he charged to graft.

Learned Pat
An Irishman and his wife on a visit to London, went to a theatre. The wife noticed the word "Absentos," printed on the curtain.
"Faith, Pat, and what does 'Absentos' on the curtain mean?"
"Be still, Maggie; don't show your ignorance. That's Latin for 'Welcome.'"

The Loose Nut
The paper spoke the other day about a loose nut wrecking a car. That is one trouble we have. There are too many loose nuts running around in cars. Some of them ought to be locked up. When a loose nut gets tight, it may be worse at that. —Los Angeles Times.

EGGS OF TODAY AND YESTERDAY

Every householder must recognize the value of the grading of eggs. While in bygone times, a certain percentage of every dozen bought for family consumption would probably be a bit tainted or stale, the housewife of today can know exactly what she is buying whether specials, extras, firsts or seconds. An eight-page pamphlet just issued by the Dominion Department of Agriculture that can be had freely for asking from the Publications Branch, Ottawa, goes into the value of eggs for food, tells what is being done to ensure their purity, gives particulars of the different grades and furnishes recipes of various uses to which eggs can be put. It also contains interesting facts of which the following are a few:

The wise consumer in buying will insist on graded eggs. Eggs are the breakfast food of the nation and have great food value.

Eggs contain all the necessary elements for the growth and proper development of the young and the replacing of waste tissues in the adult.

Eggs being a perishable product care should be taken in their keeping. Keep eggs in a cool, dry place and away from anything smelly, such as fish, onions, kerosene or kerosene.

There are no substitutes for eggs. Eggs enrich the blood and keep it in proper solution. Eggs are invaluable and indispensable in health and in sickness.

The absence of eggs in the diet is harmful. Mothers should consider how much eggs foster the growth and development of their offspring.

An egg, at least, a day is a practical necessity. Two or more are better.

THE LADY OR THE BEAR
Bears, says Sir Hiram S. Maxim in My Life, do not make safe pets. If you step on a dog's foot, the dog has brains enough to know that it is an accident and actually expects you to pet and pity him for your blunder, which no doubt you will do. But if you step on a bear's foot, the bear will not stop to reason. He will retaliate by taking about a pound of steak out of the calf of your leg.

My uncle, Hiram Stevens, after whom I was named, captured a small cub and brought it up as a pet. It was almost anything and about as much of it as a pig, so it soon attained considerable size and had very peculiar ways of showing its affection. At that time my uncle was paying his respects to the young lady who afterward became his wife, and she objected very strongly to the bear. The next Sunday night, therefore, my uncle locked the bear securely in the woodshed, but he had not been very long with his ladylove when the rushed door was burst in his lap. That brought matters to a crisis; the young lady delivered her ultimatum,—he must either break off the engagement or kill the bear,—and so the interesting pet was sacrificed on the altar of Cupid the next day.

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THE WORLD'S PRIZE FOOL

A considerable experience with animals, big and little, has convinced Mr. Courtney Ryley Cooper, author of "Lion's n' Tigers n' Everything," that there is a smaller proportion of brains in the camel than in any other creature of anything like the camel's pretensions. He says on this point:

As for the baby camel—here, ladies—s-s-s an' genis, is the prize fool of the whole animal kingdom. When Nature devised the camel, somebody carried away the brains, leaving the finished article, especially in babyhood, the most idiotic, dunce-like oaf that ever struggled about on four legs. For instance, in the course of its wanderings, the baby camel may walk up to a brick wall. It doesn't know enough to go round it; it merely stands there butting its head against the obstacle or standing in amazement, waiting for the wall to move! When it isn't doing something like that, it is getting in the way of the horses, the men, the elephants or anything else that happens to come along, not because it is obstinate, but simply because it doesn't know enough to get out of the way. The only other thing it does is to stand at a time, apparently taking delight in the unusual flatness of its voice.

While this is going on, the mother is howling also for her prize number, and the concert continues for an hour or so before the child finally understands that somebody who feeds it stands its company at home. But does the poor idiot obey the command? It does not. Frantically, and with an added howling, it goes to every other member of the camel herd before it finds its own mother!

As a reward for which the camel mother promptly knocks down her senseless offspring, spits at it and then bites it on the head, probably knowing, in her motherly way, that there is less sensitiveness there than anywhere else!

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Its strength and freshness are unique. The uniformly high quality never varies. Try it.

Reached From Grave to Deliver Rebukes

The following is an excerpt from the will of a Wall Street man which was probated in the New York courts:

"To my wife I leave her lover and the knowledge that I wasn't the fool she thought I was.
"To my son I leave the pleasure of earning a living. For thirty-five years he has thought that the pleasure was all mine. He was mistaken.
"To my daughter, I leave \$100,000. She will need it. The only good piece of business her husband ever did was to marry her.
"To my valet, I leave the clothes that he has been stealing from me regularly for the past ten years. Also my fur coat that he wore last winter when I was at Palm Beach.
"To my chauffeur, I leave my cars. He almost ruined them, and I want him to have the satisfaction of finishing the job.
"To my partner, I leave the sug-

gestion that he take some other clever man in with him at once if he expects to do any business.

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Information as to Courses may be obtained from the Principal. The School has a creditable record in the past which it hopes to maintain in the future.

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THERE YOU ARE! AIN'T SHE THE PEACHES?



BUT THE WORST OF IT IS I GOTTA BUY A PORTABLE GARAGE FOR IT!



PORTABLE GARAGE? WHY A PORTABLE ONE?

SO I CAN MOVE IT TO WHERE SHE STOPS!!