

# SICK ABED EIGHT MONTHS

### After Taking Lydia E. Pinkham's Vegetable Compound Could Do All Her Work and Gained in Weight

Melfort, Saskatchewan. — "I had inward troubles, headaches and severe pains in my back and sides. I was so sick generally that I could not sit up and I was in bed most of the time for eight months. An aunt came to visit and help me as I was unable to attend to my baby and could not do my work. She told me to try Lydia E. Pinkham's Vegetable Compound, and after taking two bottles I could get up and dress myself. I also took Lydia E. Pinkham's Vegetable Compound. When I first took the medicine I only weighed seventy-eight pounds. Now I weigh twice as much. If I get out of sorts or weary and can't sleep I always take another bottle of the Vegetable Compound. I find it wonderfully good for female troubles, and have recommended it to my neighbors. I will be only too glad to answer any letters receive asking about it." — Mrs. WILLIAM RITCHIE, Box 486, Melfort, Saskatchewan.

## GOOD, OLD JOHN BULL

The American at least is willing to give unstinted approval to John Bull for his share in the rubber business. He writes to a Canadian paper from Birmingham, N.Y., and referring to the traditional lull of amused pity on the part of many Americans, he concludes, "With others I have held the naive view that the tires on my Rolls-Royce (of Detroit vintage) might be immortal, at least achieve a reasonable old age; but now they 'burst' with more than the us-frequency, if it will help John Bull's rubber business.

Here's to old John Bull, may he squeeze the very last dollar out of rubber, oil, platinum or anything he can lay his venerable hands on. He not only needs money in the bank, but deserves it; the only nation that has fought, shed blood, suffered, spent, lent, gave and received, after all paid.

discussing present day life. "I can't for the life of me think of the women these days from freezing."

"Maybe you're not supposed to."

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ig and Poultry Feeds reasonable prices. as we intend buying EVERY DAY. Day. WAN Durham, Ontario



# The Road To Better Health

## MEASLES

By DR. ARTHUR L. FORSTER

Note: Dr. Forster 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. Arthur L. Forster in care of The Durham Chronicle.

Few persons reach adult life without having measles, and one attack is usually the limit. In view of these facts many people have the idea that one might just as well expose himself to it and be through with it, as he is bound to get it sooner or later, anyhow.

While measles is not a serious disease, we never know what case may terminate fatally. Its general mortality rate is about 5 per cent. The cause of measles is still a hidden secret. However, the fact that it is so highly contagious certainly points to a germ of some kind. Whatever it may be, the poison spreads quickly and widely.

Very brief exposure will communicate the disease to others; nor is it necessary to come into close contact with the patient. Hold, for instance, where one child contracted measles from another fifteen feet away, after being exposed for only half an hour. So it may be taken for granted that, except in the case of very young infants, exposure to the disease means its certain contraction.

Measles is most contagious during the time the fever is highest, the eruption is most marked and the catarrhal symptoms most severe. It is not, as a rule, conveyed through the medium of clothing, furniture or a third person. Nor is it carried by a physician who takes just ordinary precautions.

### More Than "Skin-Deep"

Most people think of measles only in terms of the rash, whereas the disease is much more than skin-deep. The changes in the mucous membrane lining the mouth, nose, eyes, throat and bronchial tubes are just as much a part of the disease as are those of the skin. There is virtually always a marked inflammation of these parts, which causes all the complications and after-effects that go with measles. And the unfortunate part of it is that these complications occur mostly in children under four, who are the least able to cope with them.

The most common complications are broncho-pneumonia, inflammation of the bowels, disease of the ear, and membranous croup. The most dangerous of all is, of course, pneumonia — which occurs most often in children under two years of age.

Measles, as a rule, develop gradually, the first symptoms being those of a "cold in the head"—redness of the eye-lids, watering of the eyes, aversion to light, sneezing and "running" of the nose. When there is added to these symptoms a barking cough, it shows that the inflammation has extended down into the larynx. Accompanying these local signs are the usual systemic symptoms of all infectious diseases—drowsiness, a tired feeling, dullness, headache and pains in the back.

This so-called invasion period lasts three or four days, and is followed by the appearance of the rash, which is first seen behind the ears, on the neck, and at the roots of the hair along the forehead. The next day the rash shows up on the face, front of the neck, upper part of the chest and the back. On the third day, the

remainder of the trunk is covered and scattered spots appear on the extremities. By the time it has fully covered the limbs, it has started to fade from the face, and it continues to fade in the order of its appearance.

### Recession Dangerous

Most doctors just smile wisely when people talk about the danger of the rash "going in," when the child is exposed to the cold. But there is a real danger in recession of the rash, as will be seen when we consider what the rash really is.

Now then—Why is there a rash in measles or any eruptive fever? Here is the answer, and it explains the danger of recession:

The blood and lymph streams are choked with a certain type of poison. The kidneys and bowels strive valiantly to eliminate it, but they are unequal to the task, and the skin—the greatest eliminator of them all—comes to the rescue. It starts to cast out the poison through its countless open pores, and it suffers a certain injury in the process which we call rash, whose nature depends on the kind of poison being thrown off. The reason the rash in measles appears first on the head and face is because here there is the largest collection of poisonous matter in the eyes, ears, nose and throat.

Let us suppose the patient's body surface is exposed to cold air. What happens? The pores automatically close, as they are physiologically supposed to do, and further elimination of the poisons ceases. As a result, they are locked up in the body, and serious disturbances follow.

So, when anyone says recession of the rash is dangerous, he is speaking the absolute truth, and anyone who ridicules this idea has no conception of either the purpose or object of the rash. Nature has a reason in everything she does, and it is generally with the good of the individual in mind. So the rash in measles or any other eruptive fever is simply an evidence of the working of nature to eliminate poison through the skin just as the diarrhea in cholera morbus is the expression of nature's effort to throw poisonous matter off through the intestinal tract.

Measles is a self-limited disease. It runs a definite course, and nothing can be done to prevent it, shorten its course or lessen its severity. Many people regard the condition so lightly that they do not call in a physician. This is a mistake, in view of the fact that the disease kills one out of every twenty children who have it. The doctor cannot do anything for the measles, but he can do a whole lot in respect to its complications. And in so doing, he saves many a little life that might otherwise have been snuffed out.

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### HEALTH QUESTIONS AND ANSWERS

#### This Looks Like Cancer

R. L. writes: "I have a sore on my lower lip which has been there for several months now. It does not seem to get any worse, but it does not get better. I have used different kinds of salves and medicines on it, but none of them seem to do it any good. (1) What causes this sore? (2) What can I do to cure it?"

#### Reply

(1) A sore on the lower lip of several months' standing sounds suspiciously like cancer. I may be wrong, but on the basis of information submitted, that is the most likely diagnosis. I know your age and could have other points of information, it would help.

(2) The best thing for you to do is to see a physician about it. You may be wasting valuable time in letting this go on without competent attention.

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## The Home Garden

### QUALITY VEGETABLES HOME PRODUCT

Vegetables are never so high and fine a quality as when fresh picked. Quality cannot be bought because the marketing makes it impossible to stock fresh-picked vegetables on order. They are bound to have been out of the garden for some hours at best when they are sold to customers.

It is likely that, computed in dollars and cents on a working time basis, the amateur gardener might find that he saved no money on growing his vegetables at home. However, gardening should be regarded as a recreation, and as such it cannot be properly estimated on a working time basis. It is easier to hire cheap labor. But he gets quality for his table which he cannot buy.

Two garden crops are unpurchasable in first-class top-notch quality sweet corn and green peas. These have to be eaten at their best. Chemistry prevents the best intentioned green grocer from selling sweet corn that is really sweet and green peas that are as sugary as they really ought to be. It is now a matter of common knowledge that a chemical change begins as soon as these popular vegetables are picked that changes the sugar to starch which is the reason for "green bullets" or "field corn," charges often made against the grocer who is in no way to blame. You have got to grow them yourself to have them or else get them fresh picked from somebody else.

String beans are much higher in quality when fresh picked than after they have had a chance to wither in the market. Root vegetables are the only ones that can be bought practically as good as they can be grown at home. But baby carrots and baby beets are home garden products not often to be had in the market of first-class quality.

Quality vegetables can be grown in the home garden. They can't be bought, and this factor alone makes it well worth while to plant a garden no matter how small the plot available. It will pay for itself in quality produce. A square foot will give you a tomato vine that will furnish many a salad. No place is too small for a garden.

### GARDENING TASKS NOW LIGHTER

Our forefathers seemed to have the fixed idea that the harder work they could make a task, the better it was done, an idea that does not prevail now. Gardening formerly was made as hard as possible. Old English gardeners from whom we derive our chief garden traditions always advise trenching the soil. They still advise it in English periodicals on gardening. This consists of digging ditches two spade lengths deep, putting the top soil back into



the bottom of the pit with fertilizer and the bottom soil on top.

Canadians grow just as good gardens without this extra effort which is unnecessary, as few vegetables send their roots down two spade lengths deep and rely upon the first foot of soil for most of their nourishment. Spading the garden does not need to be a ditch digger's job. It really isn't.

Turning the soil one spade's depth is plenty; the main factor being to break it up finely as it is turned over. This will suffice for good crops provided the soil is fertile, and if it isn't, it is an easy matter to rake in fertilizers. Fertilizers shouldn't be spaded in when commercial fertilizers are used, as they leach out of the soil, and when near the surface or sprinkled on the surface are taken down to the roots of the plant where they will

do the most good by the spring rains. Buried in the ground, they are washed away from the roots.

Cultivation is the main essential, keeping the surface soil stirred and pulverized to keep down weeds and prevent too rapid evaporation of the soil moisture. We now have a series of hoes built to lighten this task with rake tines and cultivator tines as well as the old-fashioned blade for chopping. Best of all is the wheel hoe which will cover a garden in jig time if it is started before the soil has been permitted to cake and harden. Cultivation should start as soon as seeds are through the ground sufficiently to show the location in the rows. An early start will make gardening a light task.

### SEED TREATMENT FOR THE CONTROL OF OAT SMUT

Oat smut is a serious disease attacking the heads of the plant forming masses of dark brown powder and occurs annually causing much damage in oat fields which varies with the cleanliness of the seed used and weather conditions, says R. H. Hurst, Experimental Farm, Charlottetown, P. E. I. Smutted plants are usually stunted and consequently escape notice.

Smut control is based on the fact that the smut organism enters the grain only at the time it germinates. The seed grain is, therefore, the source of infection, and treatment destroys the spores on the surface without injuring the grain.

#### Sprinkling Method

Mix one pint of fresh formalin (40 per cent formaldehyde) with 40 gallons of water. Place the oats on a clean floor, sprinkle with the formalin solution and mix thoroughly by shovelling over and over. This operation should be continued until each grain is dampened, but care used that the grain is not soaked with the solution. Too much liquid will injure the grain. Now cover the pile with bags which have been sprinkled with the formalin solution. Remove three hours later and spread out in a thin layer to dry. Seeding can be done as soon as the grain is dry enough to go through the drill, which should be adjusted to allow for the slight swelling of the kernels. Forty gallons of the solution will treat 50 to 60 bushels, 2 quarts being allowed to a bushel.

#### Concentrated or Dry Formaldehyde Treatment

This method is recommended by the distinct advantages of safety, simplicity, efficiency and ease of application.

Place the grain in a pile on the barn floor and while shovelling it into another pile SPRAY with a solution composed of one part of formalin to one of water, using it at the rate of one pint to 25 bushels of grain. For this operation a quart hand sprayer or atomizer is convenient. The nose and throat can be avoided by providing a free circulation of air and holding the sprayer close to the pile. After spraying the oats, they should be covered by sacks which have previously been sprayed inside and out. Remove the covering exactly five hours later, then bag the grain and sow immediately. This method is for oats only.

#### TELL 'EM ABOUT IT!

He who whispers down the well About the goods he has to sell Is not so apt to get the dollar As one who climbs a tree to holler.

Moral—If it is anything you want to advertise, put it in this paper.

There is more and more invitation to worship the golden calves.

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### THE CROP OF THE MAPLE TREE

The Canadian maple continues to yield its annual crop of sweetness. The crop last year exceeded a value of five million dollars in sugar and syrup, which was slightly less than in 1924 but over a million more than in the previous season. The increase of the past two seasons is credited more to higher prices for the crop than to more extensive tapping, and this again is believed to be a direct result of the more general adoption of modern equipment and methods of manufacture. The province of Quebec continues to lead in sugar production, yielding as it does about half the total crop, Ontario, Nova Scotia and New Brunswick yielding the remainder. There has been a great improvement in the process of sugar making in recent years. The replacing of the open sap buckets and the old sugar kettle by the modern covered pails and rapid working evaporators has raised the quality both of the syrup and sugar produced. The adoption of this better equipment has given the industry a worth while place in modern agriculture wherever there is still standing a grove of sugar maples. With these

products, as with other foods, the quality has much to do with the price of the crop, which can be fine only when processed in the modern way. Bulletin No. 30 of the department of Agriculture at Ottawa, explains very clearly the modern process of sugar making and shows by illustration the equipment that is necessary to work a considerable grove with comparatively little labor. This bulletin, which has reached its third edition, is available at the Publications Branch of the Department of Agriculture at Ottawa.

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