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The Road To Better Health

HOW TO REVIVE A DROWNED PERSON

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.

Most persons who have been submerged in water for five minutes are dead when taken out, and all efforts to resuscitate them are usually fruitless.

It occasionally happens, however, that one pronounced dead is revived, and everyone should accordingly be familiar with the best method of giving first aid to the drowned.

The first step is expulsion of the water from the lungs. Most people start hunting for a barrel under the delusion that rolling the patient on it is the only way to expel the water. And while the search is going on, the patient peacefully passes away, for keeps.

The simplest and most effective method of clearing the air passages of water is to hold the patient up by his feet and let the head hang down. This, of course, provided there is someone present strong enough to perform this operation. Otherwise, placing the subject in the prone position and raising him in such a manner that his head will be lower than his feet is the second best procedure.

Having expelled the water, the next step is artificial respiration.

The Schafer Method

The best system of reviving the drowned is the one devised by Schafer. He claims several advantages for his method, viz. (1) It is simple and easily mastered. (2) It can be performed by one person without becoming fatigued. (3) The mucus and water are expelled and prevented from blocking the passage of air in and out of the lungs.

The Schafer method, briefly de-

scribed, is as follows:

Place the patient in the prone position (face down).

Stand astride him and place the hands on either side over the lower ribs. Make firm but not violent pressure, allowing the weight of the body to come on the arms. Maintain this pressure for three seconds, then relax and at the same time bring the patient's body upward.

Repeat the entire movement at intervals of five seconds—twelve times a minute.

Accessory Measures

During all this time, the patient should be kept warm as possible. He should first be dried thoroughly and then wrapped in warm blankets. Friction of the surface of the body from the extremities toward the center should be kept up simultaneously with the artificial respiration.

After the heart action has definitely stopped, there is little use in continuing efforts to restore breathing. However, so long as the heart is beating, artificial respiration should be maintained regularly and systematically. It should be thus continued for two hours before hope is abandoned.

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HEALTH QUESTIONS AND ANSWERS

A Sick Baby

Mrs. J. McC. writes: "My baby is 15 months old, weighs 26 pounds and has 14 teeth. He cut the last two stomach teeth recently, and I expect will be cutting the other two upper eye teeth shortly."

"Last winter, at a few months of age, a rattle developed in his throat and chest which he has had ever since. This winter he had the measles, and his cold was worse afterward. The doctor gave him some medicine to keep his cold loosened saying it was bronchitis and that it would clear up after he cut his teeth."

"At times, when the rattle and phlegm are in his throat, he is very cross. He seems to keep up in strength and flesh fairly well. When his cold is tight, he has a whine in his breathing when asleep."

"I have put a mustard plaster on his chest and back. I do not take him outside, as it is too cold. What do you suggest to do?"

"I am feeding him milk, bread, soup, potatoes, gravy, cooked apples and oatmeal, but still he is constipated. I give him milk of magnesia frequently. He doesn't like orange or prune juice, and it does him no good. What would you recommend to give him for his constipation?"

Reply

From the description you give of your baby's condition, I agree with your doctor in his diagnosis of

bronchitis. The thought has occurred to me that there might also be an asthmatic tendency. My reason for that belief lies in the chronicity of the condition and its resistance to treatment.

Nothing can be accomplished by keeping the baby indoors. Get him out even if it is cold—if he is properly clothed, it cannot hurt him. Keep his bowels open at all costs, as constipation aggravates bronchitis. Give him one teaspoonful of pure cod liver oil three times a day. Have the baby inhale the steam of a solution of one teaspoonful compound tincture of benzoin in a pint of boiling water.

The more cathartics you give, the more constipated the youngster will become. You are using good judgment in feeding, but he must get fruit juices. Put him on the toilet at the same time every day, and several times until he is regulated. As a last resort, use an enema.

Cure for Sweating

Farmer writes: "Is there any cure for sweating under the arms? I have been told that talcum powder is good. If so, is it a cure?"

Reply

Excessive sweating in one area of the body is often a sign that the general perspiration is deficient. Talcum powder is in no sense a cure. All it does is absorb the excess moisture and lessen any odor that may be present. The best remedy is Non-Spi.

NEW CHANGES IN PLANT REGISTRATION

At a meeting of the Plant Registration Committee of the Canadian Horticultural Council, held recently in Ottawa, a slight modification in the regulations governing registration was made. Instead of issuing a certificate of record when a new plant was accepted for recording, no certificate will in future be issued until the plant is fully regis-

tered. It has been provided, however, that the Council, upon the recommendation of any recognized horticultural organization, will grant an award of merit certificate to any plant recorded at the Plant Registration Bureau.

Full details of the method of recording a new plant and of the operation of the Plant Registration Bureau in respect to registration can be obtained on application to the Secretary of the Canadian Horticultural Council at Ottawa.

Canada's Key Problem

The Creation of a Unanimous and Vigilant Public Demand for a Comprehensive and Constructive National Colonization Policy.

AS SEEN BY CHARLES W. PETERSON, CALGARY, ALTA.
The Seventh of a Series of Special Articles to Appear From Time to Time Exclusively in THE CHRONICLE

THE PRICE OF EXPANSION

In the light of the present perspective, the era of spectacular expansion which struck Canada, particularly the West, a score of years ago and came to an abrupt halt shortly prior to the outbreak of the war, must appear to the newcomer like a general epidemic of lunacy affecting equally all classes of the community from the peanut vendor to the bank president. The Federal and Provincial governments of the day enthusiastically pledged the public revenues to a fantastic degree in underwriting the bonds of unnecessary railways, for the erection of ornate public buildings, etc., thus adding to the overhead of government in a variety of ways. Municipalities were even more reckless within their own limited field of expenditure.

THE PEOPLE THAT NEVER CAME

There was, however, a trace of method in this apparent madness. The flow of immigration to Canada had set in. Anyone could at that time figure out what our population should be in ten years. That the village would be a town and the town a metropolis! If—There was the rub. Immigration ceased abruptly and is only now showing the first feeble signs of revival. The antics of our "expansion period" were primarily due to a colossal miscalculation and a somewhat blind illusion, tremendously aggravated by a subsequent stringent Canadian exclusion policy, conceived in the moment of war enthusiasm and in abject imitation of a similar policy at that time enacted in the United States, for entirely different reasons which, however, we were too stupid to properly analyse and interpret. We did not realize that what is meat for one nation may be rank poison for another. We cheerfully took the poison and are now suffering the dire consequences.

THE OBVIOUS REMEDY

Canada is today staggering under a burden of overhead expenses largely due to the creation of a huge governmental and transportation machine capable of accommodating a population twice as great as the census returns reveal, aggravated by a war created industrial plant of similar fantastic pro-

portions. As was clearly brought out at the last Dominion Boards of Trade convention, where the subject was fully and intelligently debated, there is only one obvious course open to this country and that is an early augmentation of our rural population. But there is no adequate indication that the views of Canada's leading business men finds favor in official circles. We are still messing around in the good, old-fashioned, obsolete way with this paramount national problem. Nothing short of an educated and militant public opinion on this subject will stir the powers-that-be into action.

Down in Miami

She: Why do you smoke those awful cigarettes? Don't you know they slow up the heart action?
He: If they didn't, mine would be racing all the time down here at the shore.

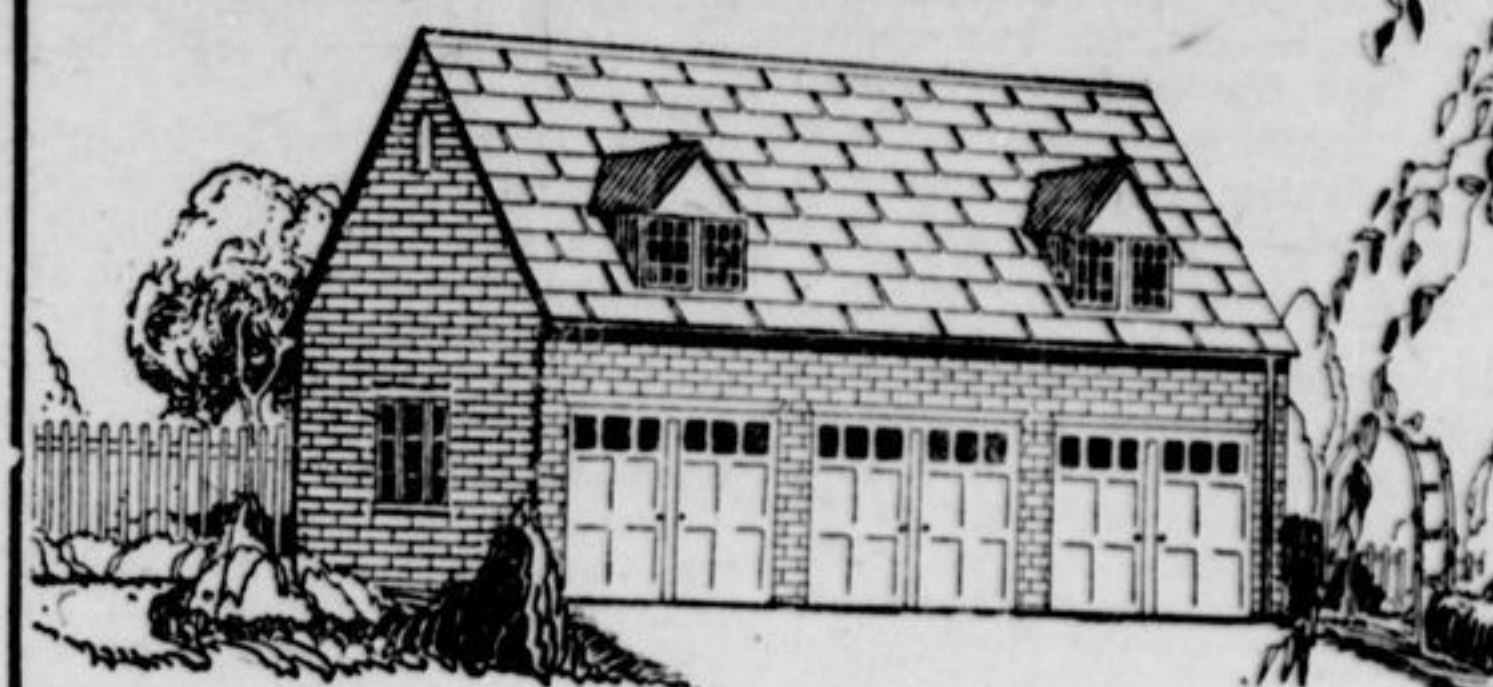
Pat (to Yankee): We have the best athletes in Ireland that the world produces.
Yankee: Nonsense; why, our American champion ran 18 miles and then jumped a nine-bar gate.
Pat: Yes, but look at the run he had at it.

Brantford ROOFS

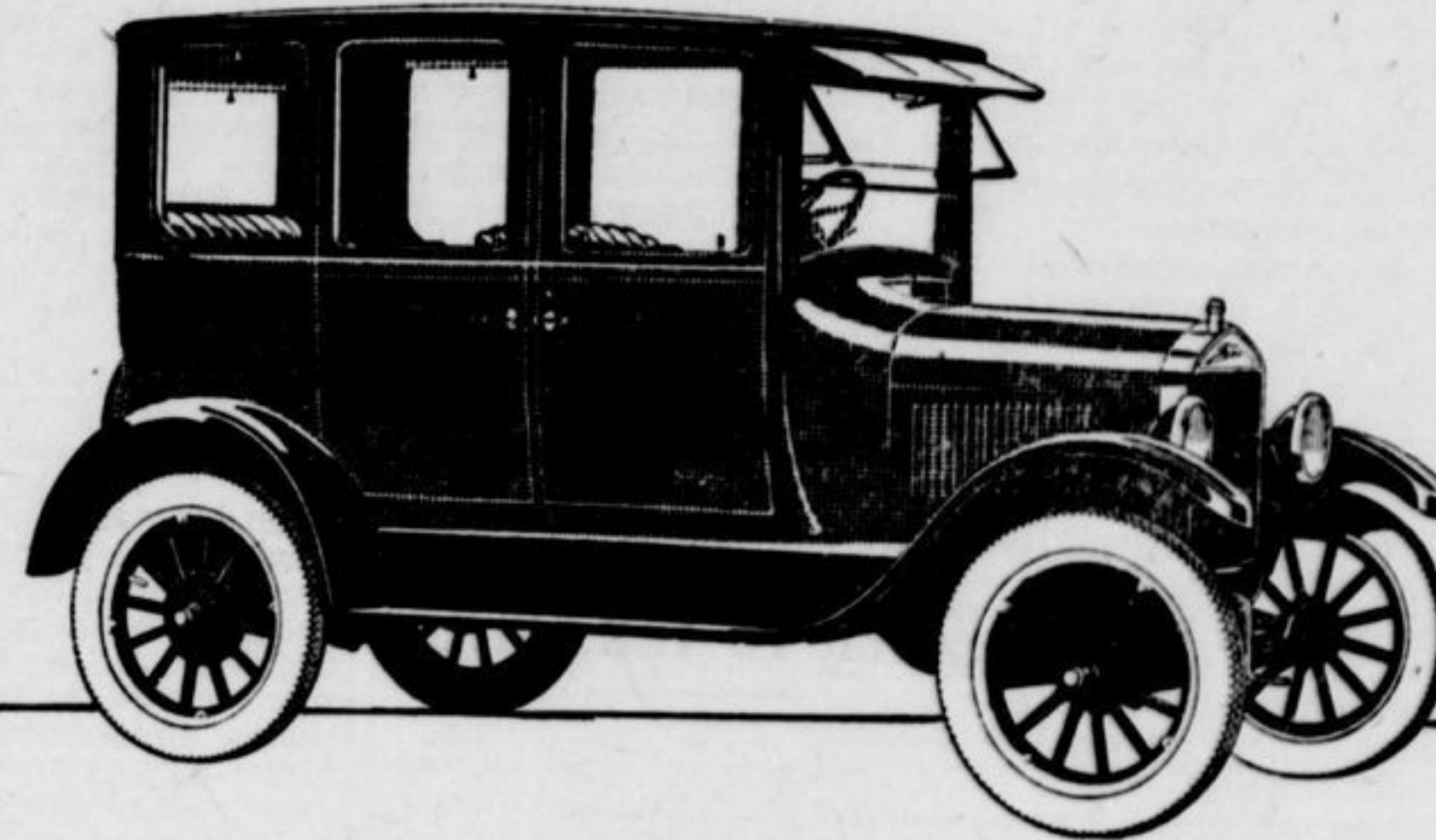
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