PUT ON YOUR HAT

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.

Gaar Williams, in a recent number of his cartoon series entitled "A Strain on the Family Tie," shows a father addressing his hatless, balloon-panted son in these words: "Listen here, young man. If you wanta walk down town with me, you gotta put on a HAT and dress up."

Sunlight Necessary to Life

Albeit life on this little ball of ours is made possible by sunlight, too much of this, like an excess of anything, is as harmful as a deficiency.

We all know how prevalent such infections a Flu become when Old Sol is off the job for a few days. Sunlight kills some of the germs and inhibits the activity of others, but as soon as we have a few cloudy days, they multiply into countless billions. Then there's an epidemic. So a certain amount of sunlight is absolutely essential to our well-being.

The Hatless Fad

Some people who always run to extremes—the kind that reason if one teaspoonful of medicine will cure them in a week, the whole bottle at one dose will do the job in a day—have decided that if a little sunlight is a good thing, more sunlight is a better thing.

This idea has given rise to the fad of going bareheaded, a habit that is as detrimental as it is ill-advised. Especially so in summer when the dangerous actinic rays of sunlight are most powerful.

This vogue has become popular mostly among young people and is on a plane with the mode of letting the hose hang over the shoes, so far as any sense in the procedure is concerned.

Nature's Protection Against Sunlight

If sunlight in unlimited quantities were a good thing, why has nature covered the Negro of Africa with a black skin and a crop of black, curly, oily hair? Answer: Because black skin and hair excludes some of the harmful actinic rays in the sunlight. Here we have another of the countless health lessons nature herself teaches those able and willing to learn. The dark tropical races are a product of their environment in the same sense that are the blond northern races of their less sunny surroundings.

Going Bareheaded Is Harmful

The fad of going bareheaded must accordingly be regarded as harmful and should be discontinued. The actinic rays produce marked congestion of the brain whose effects run all the way from a severe headache to a fatal sunstroke. Parents should warn their children of this danger and insist that they wear a hat whenever they are exposed to the sun's rays!

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HEALTH QUESTIONS AND ANSWERS

Iodine for Goitre

Mrs. L. D. writes: "My daughter, aged 15 years, has been troubled with goitre for the past two years.

"(1) What are the causes of goitre?

"(2) We have been using spring water for 18 years.

"(3) What is best to do for goitre?"

Reply

(1) Goitre is an enlargement of the thyroid gland (one of the ductless glands, located in the neck). The reason the gland enlarges is that there is a deficiency or excess in the endocrines which nature strives to compensate by increased activity of the thyroid. That is a purely physiological enlargement, and generally takes care of itself. It is this form that your daughter has, and she has it because at this particular period in her life, her sympathetic nervous system is undergoing a complete transformation.

(2) Your water very likely lacks certain necessary ingredients. Chief of these is iodine. If you lived near the sea, your daughter might not have goitre.

(3) Give the young lady one drop of ordinary brown tincture of iodine in water, once a week.

—o—

Symptoms and Cure of Stomach Catarrh

"Would-Be-Wise" writes:

"(1) What are the symptoms of catarrh of the stomach?

"(2) What will cure same?"

Reply

(1) Distress after eating, nausea and vomiting in the morning or after eating, pain in the pit of the stomach relieved by fasting, constipation, fickle appetite, loss in weight, coated tongue, eructation (belching) of gas and sour matter.

(2) Rest. Regulation of diet. Attention to bowels. Washing out stomach. Massage. Electricity, Hydro-therapy, Medicine.

KNECHTEL PLANT IS ENDANGERED BY FIRE

Flames Checked by Sprinklers Before Tanks of Benzine and Varnish Reached.

Fire, due to friction caused by a slipping belt, for a time Wednesday evening of last week endangered the main plant of the Knechtel Furniture Company at Hanover, the largest furniture manufacturing firm in the British Empire. The sprinkler system in the building, however, operated effectively and extinguished the flames before they had penetrated the ceiling and floor above the dip room, in which were large tanks of benzine and varnish.

The plant had been closed down for a day or two while adjustments were being made to the valves of the main engine. Wednesday night the engine was tested, with the fire resulting from the belt slipping over a pulley in another part of the building. B. F. Ahrens, a Hanover business man, while on his way home, noticed smoke issuing from the plant and called the firemen who quickly responded. They, however, found it unnecessary to lay any hose, the sprinkler system having the fire practically checked. The damage is estimated at around $4,000.

Test

"Why do you want a first reader?"

"I want to give a spelldown for may stenographers next week."

MISS MACPHAIL HAS REAL OPPONENT ROBT. T. EDWARDS

Chesley Enterprise Says He's an Able Man and Has "Made Good."

The political views of the Chesley Enterprise, edited by Mr. William McDonald, a former M.P.P., are always interesting, and the editorial on Mr. Robert T. Edwards, the Conservative candidate in South Grey, is no exception. In an editorial last week, The Enterprise says:

"Robert T. Edwards, a prominent farmer of Glenelg Township was the unanimous choice of the Conservative party of the riding as their standard-bearer at the approaching election at a largely-attended convention in Durham on the 26 ult. His opponent will be Miss Macphail. It is not likely that the Liberals will put up a candidate. Last October Miss Macphail had a walk-over in her contest against Dr. Campbell of Markdale, but Bob Edwards will be a much stronger opponent.

"We have not met Bob Edwards since we were classmates in High school, but we know his record as a teacher and farmer, in both of which he has made good. He is a very high type of citizen and while he is a strong party man, we do not think Bob Edwards would countenance wrong-doing by any party. He has a ready wit, is well posted on public affairs, and would make a very creditable representative of the riding.

"Edwards is up against a strong candidate who has kept in close touch with her riding, and her name has become a household one in every school section of the riding owing to her giving prizes at the Township School Fairs. It will be a bonnie fight between the Glenelg farmer and the Maid of Ceylon. At the convention in Durham, R. J. Ball, ex-M.P., dubbed Miss Macphail a Red because she associated with Woodsworth, a Labor member from Winnipeg.

"The genial and clean-living Bob Edwards of Glenelg is no relative of the late Bob Edwards of Calgary Eye-Opener fame, but he will produce an eye-opener in the riding, and all over Canada, too, if he defeats the redoubtable Agnes Macphail, the only woman candidate in the general election. While Bob Edwards of Glenelg is a great admirer of the fair sex, the fact that his opponent wears a skirt will not hold him back from making her take a man's place in the political rough and tumble."

ENGAGEMENT

The engagement is announced of Carolyn May Jamieson, daughter of the late Rev. and Mrs. W. S. Jamieson of Toronto, to Major Robert Clarke Rowland, M.C., of Toronto, son of Mr. and Mrs. John Rowland of Walkerton, the marriage to take place quietly the latter part of August.

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THE ELEPHANT SEAL

The Mexican Government Saves This Rare Mammal From Destruction.

The elephant seal is a huge, clumsy beast with a flexible trunk or snout, which of old males, reaches a maximum length of sixteen inches. It is a giant compared to the ordinary seals seen along the beaches. An elephant seal may grow to be twenty feet long and weigh almost a ton.

The trunk, which inspired its name, appears to serve no useful purpose except as a resonator. When the elephant seal throws back its head to utter its snore-like call, the end of the trunk, blown full of air like a toy balloon, is thrust into the widely-open mouth. Scientists believe that the elephant seal is a survivor of an ancient lineage, not properly belonging to the present age of highly-organized creatures. This viewpoint is strengthened by the fact that it sheds its skin, the cuticle peeling off in large flakes.

This strange creature was once abundant along the Pacific Coast, but when whalers learned that it yielded a valuable oil, slaughter began, and it became so scarce that it was thought the species had become extinct volcano, and uninhabited, is true; the remnant north of the equator had chosen Gaudalupe Island for a last stand.

Gaudalupe Island is the westernmost possession of Mexico, located about 180 miles southwest of San Diego, California. The island, an extinct volcano, and uninhabited, is 20 miles long and three miles wide. It was once the refuge of a herd of rare fur seals numbering no less than 100,000, now completely exterminated by hunters who left the island strewn with bones.

Recently a group of scientists visited Gaudalupe Island. It was found that the elephant seal herd had increased to over 800. As soon as possible after their return to the mainland, the scientists petitioned the Mexican government to make Gaudalupe a reservation. This was done almost immediately. Now unauthorized landing on Gaudalupe is prohibited, and no one is permitted to molest an elephant seal within three miles of the shores. Heavy penalties have been fixed for violation of the protecting measures.

It is interesting and gratifying to note that notwithstanding Mexico's unsettled social condition of the past ten years, her leaders are not unmindful of the welfare of the dumb creatures entirely dependent upon the finer instincts of men for their future existence. Such acts help American friends of Mexico to convince their more critical and less patient countrymen that Mexican leaders are sincere in their efforts to lead their people into the highways of justice, happiness and prosperity.

He Had the Proof

"I know we are poor, dear papa," said Evelyn, nestling her head against his shoulder, "but Robert is brave and hopeful, and he says that love will make a way."

"I know it will," said her father grimly. "It made away with six tons of parlor coal and £5 worth of gas last winter."

A Handicap

Mae: I can't dance with you because of a couple of big stringed instruments.

Ray: What big stringed instruments?

Mae: Your shoes—they're always in my way.

Wife (examining day's catch): Is it true that fish go about in schools?

Hubby: Yes dear, why?

Wife: Oh, by the size of these, I should think you have disturbed a kindergarten.

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