

FFER
O MORE

Owe Health
Pinkham's
Compound

nitoba.—"I was
great pains during
my periods so that
I could not sweep
the floor. The
pains were in the
right side and ex-
tended to the left
and then down-
wards. It seemed
as if the body was
heavy and upside
down. It is for
these troubles I
took the Vegeta-
ble Compound. I
sper and one wo-
e to take it. It
every way. The
have more appe-
to recommend
Vegetable Com-
pound."—LEA DE-
Manitoba.

at Relief
am at the Change
ashes, dizziness,
ousness. I had
short of breath.
six months when
Pinkham's Veg-
the newspapers,
tles so far and
—Mrs. R.J. SAL-
Manitoba.

at the name is
ing the sittings
the procedure
mple than dur-
of the revising

TO
STONE
Y, AUGUST 24

in page 1)
edingham, B.A.,
ngreen-Presby-
met, B.A., St.

er, which is
there will in
record crowd
sbyterian faith
portion of On-
citizens of the
he celebration
ent in connec-
program of a
congregation.

TER
All Kinds
d Separators
ndmills
and Muir
es
Tile Co.
rham, Ont.

by
ys,
eat
ily
in
er-
as
ble
K



The Road To
**Better
Health**

STINGS AND BITES

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.

Many insects and reptiles excrete a poison by means of which they defend themselves and destroy their prey. What guns are to man, such excretions are to these lower forms of life.

The stings of nearly all insects owe their effect to the formic acid which is the active ingredient of the excretion; the bites of reptiles to a venom which they excrete.

Treatment of Insect Stings

A number of remedies are available for relieving insect stings. Ordinary ammonia is probably the most handy and as useful as any. Sometimes vinegar, pure or diluted, is equally effective.

A useful application to prevent mosquitos from biting is equal parts of oil of citronella and alcohol, which is to be applied freely to the exposed skin.

A one per cent or two per cent solution of carbolic acid relieves the itching, is antiseptic, and repels the insects. The exposed parts should be freely sponged with a piece of absorbent cotton saturated with the solution.

Colloidal (commercially known as New Skin or Liquid Court Plaster) is another very useful remedy. It can be made even more effective by the addition of bichloride of mercury in the proportion of 1 to 1000 or by adding 5 grains of salicylic acid to the ounce.

Treatment of Snake Bite

Five things are to be done when a person is bitten by a poisonous reptile. Needless to say, they should be done at once, as they are ineffective once the poison has entered the blood stream. Although I have them listed consecutively, they are to be performed practically simultaneously.

The first step is to suck the wound. There is no danger in this procedure, as snake venom is not very poisonous, even if some of it is swallowed.

The second step is to slash the wound made by the fangs of the snake. Use anything that comes to hand, from a pocket knife to a piece of glass. Don't stop to sterilize it. Cut across the fang holes deeply.

(Copyright, 1926, by The Bonnet-Brown Corporation, Chicago.)

HEALTH QUESTIONS AND ANSWERS

Eat Pork for Stomach Trouble

Mr. H. H. E. writes: "I am troubled with diarrhea alternating with constipation. Have a pain in the right side and a sense of fullness in the stomach. Tongue is coated—sometimes white and other times dark brown."

"One doctor says it is my stomach and I should eat lots of fat pork. Another doctor tells me it is my liver, and I should never eat pork."

"(1) Would gall bladder trouble cause diarrhea?"

"(2) Would the pain in my back mean kidney trouble?"

"(3) What is my trouble?"

"(4) What ought I eat?"

Reply

(1) Gall bladder trouble will bring on attacks of diarrhea alternating with periods of constipation, and all the other gastro-intestinal disturbances you mention.

(2) The kidneys seldom cause pain in the back, for they have practically no sensory nerves. Only in an acute congestion of the kidneys could there be pain, and then only referred.

(3) Your are doubtless suffering from liver trouble, but only a physical examination could reveal the nature of the condition. Try to find a doctor who will take a genuine interest in your case, place yourself in his care, and pay him a respectable fee for his work.

(4) You certainly should not eat pork. I don't think much of it as a food for anybody—well or sick. No fixed diet is indicated in your case. Eat whatever agrees with you. You will have to be the final arbiter in this matter, after all is said and done. In most cases, the "food specialists" ask the patient what agrees with him and what disagrees with him—then fix up an elaborate dietary from what the patient has told them. In other words, you have to be your own doctor in this regard.

Wrongly Catalogued

A man appeared in court on a charge of beating his wife. "Where did you meet her?" asked the judge.

"Well," replied the man. "I don't think I ever really met her. She kind of overtook me."

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

PRODUCTION AND MANAGEMENT

The Recent European war and its aftermath brought home to the world a multitude of strange economic facts, many of them old as the hills, but up to that time wholly unrecognized. One of the outstanding lessons taught mankind was that there is absolutely no limit to the amount of work to be done in this world, or to the amount of business to be developed. The truth is that over-production is inconceivable. The purchasing power of every country lies in its own power of production, and the more each country produces, the greater may be its trade with other countries, and the more they all produce together, the greater the variety of comforts and necessities available for the world's population. We have not even approached within measurable distance of satisfying reasonable human wants leave alone over supplying them.

What Canada, and many other countries, has suffered from during recent years, and what has given rise to general unemployment, is not over-production, but unbalanced production. While Canada's population has been unequally distributed, our aggregate working force has been, and still is, vastly below our minimum national requirements. With millions of acres of the world's richest agricultural lands lying idle and undeveloped, and the world clamoring for food, it is paradoxical to harbor an unemployment problem. Widespread unemployment under such conditions is prima facie evidence of bankrupt statesmanship in so far as sufficient intelligence and energy has not been focussed on the solution of a problem which obviously lends itself to correction by well-known and proven methods.

In a vast country like Canada, containing within its boundaries so great a wealth of natural resources, there should be only to major problems in public policy; first, to provide for the gradual development of these resources by the introduction of new capital and by promoting a healthy increase in the working population, and secondly, to so direct the quest for and distribution of such new population as to insure, as far as possible, that their energies shall be devoted to such occupations as will ensure a fairly

balanced national production. Canada's present primary need is an increased rural producing and consuming population. With this need supplied, our industrial and transportation plants would be working overtime.

VENTILATION OF THE APPLE WAREHOUSE

In order to provide the necessary ventilation for an apple warehouse, direct tight outlet flues from the ceiling of the room to be ventilated to the highest outside point in the roof are necessary, says W. S. Blair, Superintendent, Experimental Station, Kentville, N.S. It is estimated that an apple storage house should have for each 1,200 cubic feet of storage room volume, one square foot of outlet.

The intakes are of equal importance, and one square foot of air intake is necessary for each 700 cubic feet of storage volume. In a warehouse measuring 100 feet by 50 feet, there are usually five to six doors, and if these be furnished with latticed openings, they will provide the necessary intakes. The need for leaving doors open at night has not been fully appreciated. Were larger outlets provided, much of the difficulty now experienced in keeping apple storage-houses cool would be overcome.

The outlets and intakes indicated will provide for an air-movement equivalent to three complete changes of air per hour. If air is entering a room 40 degrees and leaving it at 50 degrees, it is estimated that a volume of air 1000 times the volume of the apples is necessary to

So Truly Fine
"SALADA"
GREEN TEA

Drink it and you will say "Superb".

cool the apples from a temperature of 60 to that of 50 degrees. This indicates the importance of placing the apples in storage in the cool of the morning, rather than when they are warm from the day temperature.

Records at the Dominion Experimental Station at Kentville for a period of twelve years show a difference between the average daily minimum and maximum temperatures of 20.3 degrees Fahr. for September, 16.75 for October, 11.79 for November and 10.43 for December, with mean minimum temperatures of 46.92 degrees for September, 40.77 for October, 30.69 for November and 19.51 for December. This indicates that a suitable storage temperature is possible if all possible ventilation is provided during cool nights, and the warehouse kept closed during the warm part of the day.

CLEAN CAR AN ASSET

Aside from being a source of satisfaction, a clean, well-cared for car is also an excellent argument in its owner's favor when he has been so unfortunate as to have been involved in an accident. When witnesses and the police view the wreckage of two conflicting automobiles, it is natural for them to assume that the mud-splashed, rusty rattling one was in some way or other the cause of the trouble. The owner of the well-cared-for car usually gets the benefit of the doubt.

NEWS ABOUT TELTPHONE SIXTY-ONE YEARS AGO

An Eastern paper published the following news item 61 years ago: "A man about 46 years of age giving the name of Joshua Copper-smith, has been arrested in New York for attempting to extort funds from ignorant, superstitious people by exhibiting a device which he says will convey the human voice any distance over metallic wires so that it will be heard by the listener at the other end."

"He calls the instrument a telephone, which is obviously intended to imitate the word 'telegraph' and win the confidence of those who know of the success of the latter instrument without understanding the principles on which it is based. Well-informed people know that it is impossible to transmit the human voice over wires as may be done with dots and dashes and signals of the Morse code, and that were it possible to do so, the thing would be of no practical value."

"The authorities who apprehended this criminal are to be congratulated, and it is to be hoped that his punishment will be prompt and fitting, that it may serve as an example to other conscienceless schemers who enrich themselves at the expense of their fellow creatures."

Few great men get that way by waiting for instructions.

50,000 Harvesters Wanted
GOING TO WINNIPEG \$15 Plus 1/2 cent per mile beyond, but not west of Edmonton, MacLeod and Calgary
RETURNING FROM WINNIPEG \$20 Plus 1/2 cent per mile, starting point to Winnipeg
Aug. 18th
Aug. 20th
Travel Ladies and Children—Special Cars will be reserved for the exclusive use of ladies, children and their escorts. Full information from any Canadian Pacific Agent.

50,000 HARVESTERS WANTED \$15.00 TO WINNIPEG
Plus half a cent per mile beyond to all points in Manitoba, Saskatchewan, Alberta, Edmonton, Tanna, Calgary, MacLeod and East.
Returning—Half a cent per mile to Winnipeg, plus \$20.00 to destination.
Through special trains for Winnipeg via Canadian National Rys. will leave as follows: (Standard Time):
FROM TORONTO (Union Station) 12.01 A.M. Aug. 18 (midnight Aug. 17); 12.30 P.M. Aug. 18; 10.45 P.M. Aug. 18; 12.30 P.M. Aug. 20; 10.45 P.M. Aug. 20; 12.30 P.M. Aug. 31; 9.00 P.M. Aug. 31; 12.30 P.M. Sept. 3; 9.00 P.M. Sept. 3.
FROM OTTAWA 12.01 A.M. Aug. 18 (midnight Aug. 17); 12.01 noon Aug. 18; 1.35 A.M. Aug. 31; 12.01 noon Aug. 31.
FROM WINDSOR 12.01 A.M. Aug. 20 (midnight Aug. 19), via Chatham, London, Hamilton and Inglewood.
FROM PALMERSTON 9.00 A.M. Aug. 20, via Guelph, Georgetown and Inglewood.
Special through cars from other principal points connecting with above special trains. For details consult local Canadian National Agents.
THROUGH TRAINS—COMFORTABLE COLONIST CARS—SPECIAL CARS FOR WOMEN AND CHILDREN
Purchase your ticket to Winnipeg via Canadian National Railway, whether or not your final destination in the West is a point on the Canadian National. Tickets and all information from nearest Agent.
Travel CANADIAN NATIONAL

THE FAMILY NEXT DOOR



A Long Wait!