



The Road To Better Health

PLANT POISONING

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.

HOW LONG WILL YOU LIVE?

The human body is a highly organized mechanism, the length of whose life is governed by two main factors—the quality of material that goes into its makeup and the manner in which it is used.

That summarizes all the volumes that have been written by scientists and centenarians on longevity.

The Love of Life

Self-preservation is the basic law of life. Every living thing recoils against annihilation. We think with horror of destruction. We cling to life with every faculty of our being.

And yet every day we do things that inevitably clip days from our life's calendar. We subject the body to abuse and neglect, to over-work and lack of rest, to poison and filth. We love life, but we are unwilling to pay the price Nature exacts for the privilege of living.

Heredity and Environment

The human being is a product of two essential fundamentals—heredity and environment—both of which largely determine his span of life. The first is beyond the control of the individual; the second is under his direct command.

With reference to the kind of stock we come from, it may be said we owe a double duty—to ourselves and to posterity!

The individual born with a physical handicap can overcome it in a large measure by extra effort in correcting it, and by so ordering his life that no unusual demands be made on this weaker member.

His debt to posterity consists in doing everything that will improve the race and protect the oncoming generation. Mothers should receive proper care during pregnancy. They should nurse their offspring. Hereditary diseases should be stamped

out. The spread of contagious diseases should be checked.

Personal Hygiene

It rests with each individual to so care for his body that its period of life may be extended to its natural limits.

First and foremost, shun that trio which, in my opinion, is responsible for most fatal maladies after middle life—Venus, Vulcan, Bacchus—(lust, hardship, drink).

Having definitely made up your mind to this, observe the following "Ten Commandments" of Health:

1. Guard against venereal disease; if infected consult a physician, not a faker.
2. Protect your body against hardship, exposure, over-work. Do not burn the candle at both ends.
3. Let alcoholic drinks strictly alone.
4. Be clean in mind, body and environment.
5. Get sufficient fresh air and sunshine.
6. Exercise indoors and outdoors.
7. Eat foods that are suitable, properly prepared, in proper quantity, and well-balanced. Masticate your food—well chewed food is half digested.
8. Clothe yourself correctly as befits the season.
9. Divide your day into three sections—8 hours for work, 8 hours for play, 8 hours for sleep.
10. Practise moderation in all things.

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HEALTH QUESTIONS AND ANSWERS

Cataarrh of Stomach

P. K. writes: "What is the cause of foul breath, bitter taste in the mouth and a white coat on the tongue in the morning? I feel per-

fectly healthy otherwise."

Reply

These are all symptoms of catarrh of the stomach. Better get after it before some more serious symptoms develop.

EUGENIA

Eugenia! Beloved! God has made thee
Cathedral-like! Thy craggy hills
reach high
As if to touch with eager-lifting
fingers
The sagging, soft blue fabric of the
sky.
The balsam trees that fur thy rocky
ledges
Are minarets wherein a spirit calls
To worship; and the winds of his
conjuring
Go forth and shake the scattered
waterfalls
Into a million befs; the thistle-
perfume
Makes incense, swooning sweet,
upon the air.
And all the air is hushed and bright
and holy
As if celestial presences were there.

Eugenia! Beloved! I must leave thee
And walk within the common ways
again,
Prim thoroughfares and pigmy hab-
itations,
For men have need of men and I of
men.
Yet in that hour when tears shall

not suffice me,
When laughter cannot spell my
ecstasy,
My spirit, weary with its wander-
-lusting,
May find at last a Heaven like to
thee,
How stilly must the night bring
starlight round thee,
How soft the dawn bloom redly o'er
the land!

God stoops, perhaps, to cup this
shining valley
Within the gentle hollow of His
hand.

—Anne Sutherland.

Golfer to caddie: If I go around
in 84, I'll make you a present of
five shillings.
Caddie (touching his cap): Thank
you sir, it will come in handy in
my old age.

A man watching a very dull play
turned to his companion and said:
"This is dreadful. I wonder the
audience does not hiss."
"You must remember," replied the
other, "that it is impossible to hiss
and yawn at the same time."

Read the Classified Ads. on Page 7

WEBB SWAM CHANNEL FIFTY-ONE YEARS AGO

August 24 will always be a memorable date in the annals of long distance swimming, for it was on this day in 1875 that the English Channel was first swum by a man. The hero was Captain Matthew Webb, a statue of whom is to be seen in Dover, and whose name is the most illustrious of all swimmers since the time of Leander. It took Webb 22 hours and 45 minutes to accomplish his Herculean task. Much faster time has been made, but all things considered, the feat of Captain Webb was one of the most remarkable in athletic history. How many miles he swam in crossings is not precisely known, but estimates vary from thirty-nine to sixty. In Webb's day nothing was the stroke today that every swimmer masters whether he is a speed or a long distance specialist. Webb plugged ahead with the breast stroke, occasionally resting by swimming on his back. The elaborate paraphernalia now at the disposal of the Channel swimmer did not exist when he crossed. His first attempt ended in failure. Then on the second, he was accompanied by a single boat, and only a handful of people knew of his intention. He suffered torments in the water and was almost blinded by the salt before he reached his goal. But he was a rugged young man and quickly recovered.

The Heroic Webb

Matthew Webb was a Shropshire lad, born in 1848, and was thus twenty-seven years old at the time of his exploit. He was the son of a surgeon and one of twelve children. From infancy he had a love of the sea, and when he was a lad trained on the Conway. In this service he once rescued a man who had fallen overboard. From the age of seven he had been an expert swimmer, and as much at home in the water as other children of his age would be in a sandpile. He swam at every opportunity, and as he grew and his strength increased, he would impose severer tests upon himself. He became apprenticed to the India and China merchantmen, and in 1873 shipped before the mast on the Cunarder Russia. In a violent storm a man was swept from the deck, and Webb, merely shouting a warning, plunged into the sea. At the time the vessel was making almost fifteen knots, and was turned back with the greatest difficulty. But Webb kept himself afloat for thirty-five minutes and eventually was picked up. The heroic deed was acclaimed in England, and Webb received several medals and other honors. When he conceived the idea of swimming the English Channel, he made a careful study of the tides. Others had tried before him, but none had gone very far. None was so well qualified for the enterprise as Webb.

Perished in Niagara

After he had been in the water for seventeen hours, he saw Cape Gris-Nez immediately in front of him, but it was more than five hours later before the tide event-

ually swept him by, and he clambered ashore at Sangatte Beach. It was on July 24, 1882, that he lost his life in an attempt to swim the Niagara Rapids. Leander has been mentioned as a notable swimmer, but this is chiefly because his fame has been in the keeping of the poets. It is recorded that he was in love with Hero, a priestess of Aphrodite at Sestos, while Leander lived at Abydos. Between them stretched the waters of the Hellespont, now known as the Dardanelles. Leander used to swim across every night to see Hero, who always kept a light burning to guide and encourage him. One night the light went out and Leander lost his way and was drowned. The next day his body was washed ashore at the feet of Hero, who in despair threw herself into the water. Lord Byron proved that the feat of Leander was no tremendous one by swimming the Hessespond himself, and indeed the distance between Abydos and Sestos is less than the distance from the foot of Bay street to Hanlan's Island, Toronto.

Burgess the Persistent

From the time of Webb until the time of Burgess in 1911, some forty odd swimmers tried to cross the Channel. Two of them claimed to have done so, but their claims were disallowed. Burgess, a Londoner, succeeded on his seventeenth attempt, and will be remembered as the most persistent of all Channel challengers. On the thirteenth effort, he got within a mile and a half of his goal, when the turning tide snatched victory from him. Burgess was the trainer of Gertrude Elderle, who swam the Channel a short time ago, being the first woman to perform the feat. Among those of her sex who failed is Annette Kellermann, the Australian mermaid and noted beauty. Burgess had a terrible struggle before he won.

Other Conquerors

Burgess swam the Channel in ten minutes less time than Webb, and probably covered about forty miles. The first American to make the swim was Henry F. Sullivan, of Lowell, Mass., who occupied twenty-seven hours and twenty-three minutes in the crossing, swimming some fifty miles or more. He had the

ambition to make the attempt from boyhood and trained for years to fit himself. Probably he would have crossed earlier had it not been for the war. Enrique Tirabocchi, a giant Argentine, crossed in 1923 and was the first to make the successful effort from the French shore, although experts agree that this is much the easier passage. He occupied less than sixteen hours and a half and swam not more than twenty-seven miles. He and Sullivan each received \$5,000 as a reward. Herman F. Hunt of New Haven, a noted long distance swimmer, has hoped to be the first American to cross, but he found it difficult to get the considerable funds that a channel swim now requires. He tried to commit suicide when he found out that he could not raise the money. Charles Toth, of Boston, also coached by Burgess, who swam the last couple of miles with him, swam from Gris-Nez to Dover in 1923, his elapsed time being sixteen hours and forty-five minutes. Mrs. Elderle also crossed from France to England, when she made the swim that will be as long remembered as that of Captain Webb.

Prohibition

"Say, Buddy, where can a fellow get a drink in this town?"
"Didja notice that little house with green shutters, up on the hill about five blocks down?"
"Yes, I did."
"Well, that's the only place in town you can't get it."

LIVED IN HOLSTEIN

Died in London, Ontario.—David Cameron Was 79 Years of Age.

David Cameron, aged 79, died at his residence, 72 Cavendish street, London, Ontario, early Sunday evening. The deceased had lived in London for the last 20 years and before that had lived in Holstein.

He was a member of King Solomon Lodge, A. F. and A. M. Besides his widow, he is survived by two daughters, Mrs. F. M. Greenbough, Royal Oak, Mich., and Mrs. R. A. W. Stinchcombe, Wharnclyffe Road west.

The funeral was held from his residence Tuesday afternoon at 3.30 o'clock. Interment was made in Mount Pleasant cemetery.

Easy to Choose

Father William E. Cashin, who was chaplain of Sing Sing for twelve years, was liked by all the prisoners, but one day a brutal-looking burglar refused to shake hands with him.

"No, no," said the burglar. "I won't shake hands with you. You only preach for money."

"Very good, my friend, have it so," said Father Cashin. "I preach for money. You rob for money. Let God choose between us."

To finish a needle from a plain piece of steel to the finished product requires the work of 70 men.—St. Catharines Standard.

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