



MECHANICS OF HEALTH AND DISEASE

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.

It cannot be emphasized too strongly that the mechanical overshadows the chemical in the human organism. The body IS more a machine than a laboratory.

The Hidden Cause of Disease

Take, for instance, gastro-intestinal troubles. What is the usual course of these cases? Isn't it true that they go from doctor to doctor, each of whom give the disorder a different name?

Fortunate, indeed, is such a patient if chance takes him finally to a physician who regards the body as something besides a chemical laboratory—who has an understanding of the mechanics of the organism.

The Power Behind Function

The functional capacity of all parts of the body depends upon their motive power. The heart, lungs, liver, stomach, intestines, kidneys, glands, blood vessels, all possess a certain amount of contractile tissue (muscle) which is the power be-

hind their activity. The moment this structure loses its tone and elasticity, the part ceases to properly function.

Results of Reduced Motility

Returning to our illustration, the gastro-intestinal system, what would follow? Food would be imperfectly broken up because the stomach lacks motility. The cellulose envelope of the food cells would not be dissolved because secretion is defective.

In the face of such abnormal functioning, what will be the result? Indigestion, gastritis, atony, dilation, ptosis, malnutrition, auto-intoxication, constipation—each contributing its distressing symptoms to the clinical picture.

Would medicine help such a case? Would an operation relieve the sufferer? Would a diet cure him? Would a change of climate do him any good?

The answer is—NO!

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HEALTH QUESTIONS AND ANSWERS

Pleurodynia vs. Pleurisy

F. L. writes: "I have a tumor on the arm about one inch from the elbow. It seems more attached to the skin than the muscle. Sometimes it itches. At times it is tender."

"Have had it one year. Paint it with iodine. Local doctor thinks it is a piece of cartilage that broke loose and started to grow."

"(1) Do you think the doctor is right?"

"(2) Is it cancer?"

"(3) Will X-ray show what it is?"

"(4) Following a cold in 1923, I have had pains in the left side between the ribs, of a burning character. It is worse in the morning and when I take a deep breath. What is it?"

"(5) Will X-ray do it any good?"

"(6) Can it be cured?"

Reply

(1) Yes.

(2) No.

(3) Yes.

(4) You have what is technically known as intercostal neuralgia or neuritis or rheumatism. Probably all three. It is an inflammation of the nerves and muscles between the ribs. It is caused by pressure and a toxic condition. Many people think it is pleurisy, and it is so much like pleurisy that it is often called pleurodynia.

(5) No.

(6) It can be cured by finding the point from which infectious matter is being thrown into the blood stream. This may be in the teeth, tonsils, gall bladder, appendix, or large bowel. Have a good doctor examine you to find the focus of infection. Then get whatever attention is necessary.

Egremont-Council

(Our Own Correspondent)

Council met September 20. Members all present. Minutes adopted.

Mr. McArthur, Township Road Superintendent, reported on the construction of the McArthur bridge, concessions 7 and 8, and recommended that the contractor be paid a first estimate on said bridge to the amount of \$1,000 for construction of abutments and steel.

Mack-Wilson: That the report of the Road Superintendent re McArthur bridge be adopted and that an order be drawn on the Treasurer in favor of Mr. Woods to the amount of \$1,000. Carried.

Wilson-Robb: That the Reeve be instructed to sign the pay sheets for road improvement for the period of August 16 to September 20, amounting to \$619.05; Superintendent's services \$34.65. Carried.

Mack-Wilson: That a grant of

\$25 be given to the Egremont School Fair. Carried.

By-Laws were passed directing payment of taxes into the Bank of Montreal, Holstein, also authorizing tax notices to be mailed.

Wilson-Ferguson: That the following accounts be paid: H. Horsburgh, sheep killed \$25.00; R. McKenzie, sheep killed \$12.00; T. R. Bowman, inspecting sheep \$3; Clerk, postage re Voters' Lists, \$2.69; Chronicle office printing account to date, \$155.75; Members of Council, attending meeting to date \$15.00; R. Christie, use of room \$2.00. Carried.

Council adjourned to meet Monday, October 18, at 10 o'clock a.m., for general business.

D. ALLAN, Clerk.

Uses His Head

"He's only a bookkeeper, but he uses his head?"

"Yes—wipes his pen on it."

SCHOOL FAIR HELD MONDAY AT HOLSTEIN

Big Crowd in Attendance and Large Number of Entries in Even's Assured Most Successful Day, With Keen Competition in All Lines.

Monday was School Fair day at Holstein, and it was a most successful gathering, judging from the interest taken in the various events and the big crowd reported in attendance. Throughout the whole afternoon, the keenest competition is reported, and the management is delighted with the showing made. Following is the list of prize-winners:

Darning Hose—M. Nelson, M. Aitken, F. Hargrave, M. Love. Kitchen Apron—S. McCall, H. Smith, D. Preet, M. Heaney, A. Leith, J. Stevenson.

Patching—A. Eurig, A. Leith. Snaps of Grey County—S. McCall, I. McCall. Map of Egremont Township—B. Holliday, K. Ross, L. Ellis, D. Troup, W. Dowling, E. Dowling.

Flower in Crayon—L. Bilton, H. Bilton, A. Eurig, R. Gardiner, E. Holliday, A. McDougall. Writing, 4th Class—F. Cowan, E. McEachern, L. McDougall, M. Hamilton, H. Smith, K. Alles.

Writing, 3rd Class—M. Nelson, M. Aitken, C. Watson, D. Troup, E. Bowman, M. Hunter. Writing, 2nd Class—L. Bilton, A. Eurig, G. Horsburgh, H. Bilton, W. Schenk, A. McDougall.

Writing, 1st Class—M. Horsburgh, J. McCall, M. McEachern, E. Love, F. Thompson. Driving (Boys)—K. Henderson, J. Matthews.

Asters—M. Aitken, W. Lewis, K. Lamont, O. Eccles, B. Halliday, R. Switzer. Sweet Peas—B. Arnill, B. Webber, J. Lewis, M. Leith, W. Bowman, E. Holliday.

Cosmos—L. Henderson, V. Leith, R. Rahn, S. McDougall, W. Smith. Calendula—M. Campbell, W. Stevenson, K. Alles. Salpiciosis—A. Ellis, B. Calder, R. Ketchebau.

Phlox Perennial—L. Ellis, G. Calder, J. Matthews. Phlox Drummondii—N. McDougall, M. Nelson, R. Switzer. Gaillardia—M. Wilson, G. Smith. Home Bouquet—K. Lamont, I. Rife, D. Troup, C. Arnill, B. Calder.

Weeds, mounted—M. Aitken, E. Ross, G. Henderson, I. McCall, G. Stevenson, R. McEachern. Weed Seed Collection—M. Eurig, I. Sim, M. Gardiner, E. Ross.

Model in Wood—J. Matthews, F. Wagner, W. Wagner, A. Eurig, M. Fiddler, C. Johnston. Model of Gate—F. Mather, G. Calder, M. Fiddler, E. Blyth, W. Schenk, W. Dowling.

Marquis Wheat—J. Ferguson, J. Campbell. Sheaf Marquis Wheat—J. Ferguson. O. A. G. No. 21 Barley—W. Campbell, K. Alles, G. Calder, C. Hargrave, G. Stevenson.

Sheaf Barley—G. Stevenson, K. Alles, G. Calder, C. Lamont, C. Hargrave. Banner Oats—C. Johnston, J. Lewis and B. Calder. Sheaf Banner Oats—J. Lewis.

Sheaf Field Corn—E. Hamilton, A. McGuire. Ears Sweet Corn—I. McCall, W. Aitken, M. Hamilton, E. Smith, M. Aitken, W. Nelson.

Mangolds—E. Ross, F. Ketchebau, W. Lewis, A. Eurig. Onions—L. Ellis, B. McKenzie, J. McCall, I. Leith, M. Kerr, F. Thompson.

Collection Apples—G. Calder, J. Lewis, V. Blyth, F. Cowan. Turnips—B. Mather. Potatoes—N. McDougall, K. McKenzie, W. Bowman, R. McEachern, C. McQueen, W. Renwick.

Boots—A. McDougall, W. Ferguson, E. Love, D. Preet, F. Clark, I. Ketchebau. Carrots—L. McDougall, D. Bogle, M. Eurig, R. Rinsman, B. Smith, M. Wilson.

Parsnips—I. Sim, M. Eurig, L. Schenk, J. Klein, E. Hincks, B. Holliday. Half Bushel Oats—E. Blyth, K. Alles, J. Lewis, E. Ross.

Barley—J. Lewis, G. Henderson, W. Nelson. Wheat—J. Campbell, J. Lewis, W.

Bowman, L. Tyndall, J. Hargrave, K. Alles. Potatoes—H. Cowan, K. Alles, W. Adams, K. McDougall. Bread—M. Fiddler, E. Watson, F. Hargrave, M. Gardiner.

Oatmeal Cookies—L. Ellis, A. Ellis, M. Nelson, M. Heaney. Butter Tarts—M. Aitken, L. Ellis, C. Arnill, F. Hargrave, V. Allan, A. Eccles.

Chocolate Layer Cake—J. Stevenson, A. Eurig, M. Horsburgh, M. Love, M. Leith. Light Layer Cake—V. Allan, T. Watson, A. Brown, M. Love, R. Hill, S. Davis.

Sugar Cookies—E. Aberdein, S. Davis, F. Hargrave, B. Holliday. Apple Pie—J. Henderson, E. Hincks, E. Love, E. Drimmie, E. Harrison, C. Arnill.

Guest Towel—I. McCall, E. Gadd, M. Heaney, E. Love, S. McDonald. School Parade—S. S. No. 12, S. S. No. 10, S. S. No. 3, S. S. No. 14.

NEW TYPE OF AUTO LIGHT

If the new kind of automobile headlight just announced measures up to all that is claimed for it, the problem of lighting up the road for traffic without blinding people in front of the car, has been solved. Here is a description of the new light:

A new type of automobile headlight, radically different from any now in use, which will give long range without glare and illuminate the ditches alongside the road by a wide side beam, has been developed and was recently demonstrated publicly.

This recent demonstration was the first public showing of the new headlight, on which engineers have been studying and experimenting for more than three years. The new lights were demonstrated first in a searchlight range in the laboratory in comparison with many other types of lights, and later practical tests were made on city streets and country highways.

These tests showed that the new lights not only illuminated the roadway exceptionally well for a distance of more than 200 feet, but lit the ditches on either side of the road so that persons in the automobile could easily read car signs even when the front of the car had already passed them several feet. This backward illumination is one of the new features of this type of light.

In rounding curves, particularly sharp turns, this wide side beam proved valuable in keeping a view of the ditch constantly before the driver.

Both in laboratory and in road tests, demonstrations were made to show that these new lights would not cast a blinding glare. Visiting newspapermen were allowed to view the light from every possible angle, and found no glare, except when placing the head near the ground at the 100-foot mark.

Another feature brought out in the tests was that the nearer one approaches the lights, the dimmer they appear. In these same tests, persons standing three feet back of the lights about five feet to either side of them could be easily seen by persons 100 feet in front, stand-

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No Other Tea as Good "SALADA" TEA

We ask you to test this yourself. ing in the full illumination of the lights. The new lights differ greatly in appearance from the ordinary type. They are very thin, being scarcely more than three inches in thickness including the lens. Standard 21 candlepower lamps are used.

Again Doing Business In Same Old Stand

I take this opportunity of informing my former patrons that I have again opened up my store in the Middaugh House Block and am prepared to cater to the wants of the buying public.

My prices, as heretofore, will again be the lowest consistent with quality, and I solicit your patronage on my ability to serve you well.

See my new stock of Groceries, Boots and Shoes and Dry Goods. Everything on my shelves is priced right and guaranteed new and up-to-date.

Wm. Brigham Middaugh House Block Durham

Take in the Fall Fairs They're better than ever, this year

MOST of the crops are in. Relax. Visit the Fall Fairs. Here you'll find old friends, make new ones, establish valuable business connections, profit from the instructive exhibits and thoroughly enjoy the fun.

Good roads make it possible for you to see not only your own district Fair, but also those more distant. Take in as many as you can, for time so spent will pay you dividends in health, enjoyment and better understanding of what's what in Ontario generally.

CO-OPERATION MEANS CONSERVATION Tens of thousands will be streaming to the Fairs over Ontario's motor highways.

These splendid roads represent a large money investment in which you have shared. So do your part in preventing costly repairs. Drive reasonably. By your example help the traffic patrol which is rigorously enforcing speed laws for the greater protection of everyone.

THE HON. GEO. S. HENRY Minister of Highways S. L. SQUIRE Deputy Minister

Issued by the Ontario Government to secure the co-operation of motorists in abating the abuse of the roads of the Province.

THE FAMILY NEXT DOOR

Comic strip panels with dialogue about neighbors, lawn mowers, and property boundaries.

Sauce for the Gander!