



The Road To Better Health

GOITER

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.

At the front of the neck are located two small lobes united by an isthmus that spans the trachea, the whole constituting one structure which is called the thyroid body or gland. When this gland is enlarged it is known as a goiter.

Persons born without a thyroid develop cretinism and become the so-called midgets you see on the vaudeville stage and in the circus. They are midgets because they have no thyroid. When the thyroid ceases to function or is entirely removed in an adult he develops the condition called myxoedema.

The Cause of Goiter

Much has been written regarding the cause of goiter. The consensus of opinion is that a lack of iodine in the system is responsible for enlargement of the thyroid. Certainly persons who live near the seashore, the natural habitat of kelp, the seaweed from which iodine is derived, are less given to goiter than inhabitants of the inland. Furthermore, goiter is more prevalent among the residents of mountainous districts where the water contains a large portion of lime.

The iodine theory has much physiological and clinical evidence to back it up. Baumann, a noted German scientist, has shown that the thyroid has the power of forming a specific organic compound of iodine. He succeeded in isolating this substance, known as iodothyron, from the gland and demonstrated that nearly 10% of its dry weight consists of iodine.

In the clinical field the iodine hypothesis also has much support. There is, for example, no question that eating foods containing iodine (shell fish) is a preventive of goiter, or the same desirable effect may be gotten by taking a drop of the ordinary tincture of iodine in a glass of water once a week. Some manufacturers of table salt now incorporate a small amount of iodine in their product.

Is Goiter Increasing?

It is impossible to say definitely.

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HEALTH QUESTIONS AND ANSWERS

"All" About Blood Pressure

Mrs. C. S. writes: "Will you please tell me all you know about high blood pressure, what causes it, what is best to do for it, and what is best to eat?"

"I have had dizziness and fainting spells. I also have pain on my sides and my blood doesn't seem to circulate very good at times. Do you think it would help me any to go to a different climate?"

REPLY

It would take all the space in the paper for me to tell you everything I know about high blood pressure, and I know the editor would not permit that. So I'll have to touch the "high spots" only in answering your letter.

DICK TALMADGE IN FAST ACTION PICTURE

The flavor of a Stevenson and a Conrad; the adventurous charm of a "Treasure Island" plus the excitement and thrills of the usual Dick Talmadge vehicle pervade "The Isle of Hope," the current F.R.O. production featuring the famous stunt star, which will be seen here for the first time next Friday and Saturday, October 22 and 23 on the screen of the Veteran Star Theatre.

The venturesome Dick gets himself into more trouble than a soap salesman in Soviet Russia during the flashing of this picture, a mutiny but a fire on shipboard, a mutiny of his crew, a sunken vessel, a shipwreck on a desert island, a beautiful girl who lives alone in a ruined castle, a pirate's treasure stored in the dungeons and plenty of fighting. Dick is an idle young man.

High blood pressure is caused by disease of the heart, liver, kidneys and blood vessels. It is a symptom, not a disease. People with signs of high tension should consult a doctor whose business it is to tell them why they have a high pressure and what to do to reduce it.

You have some of the signs and you should not delay in placing yourself in the hands of a competent physician. Whether or not he will advise a change of climate will depend upon the underlying cause, which I cannot define without making a physical examination. This much is certain, you'll get a "change of climate" without anybody's advice if you lose any time in attending to it yourself.

Mr. Will Gray of the 4th con. disposed of his farm implements on Monday afternoon. Auctioneer J. O'Neil conducting the sale. Will has sold the farm to Mr. George Ryan of town and is taking Mr. Ryan's house and lot in town on the deal. In the spring his father and mother will retire to town and dwell in the home.

Nasty Man—Mrs. Thomas—"Why did you fall in love with me Tom?" Thomas—"So you've begun to wonder, too?"

Ordinary political platform shorn of all glib and nonsense: I want the job.

Traverston (Our Own Correspondent)

Too Late For Last Week

On Tuesday, Oct. 5, to Mr. and Mrs. George Street was born a son. Congratulations.

The valley of the Saugeen and the hillside fronting Hayward's Falls has been marvellously beautiful the past week with the autumnal coloring.

Miss Annie McArthur, of Owen Sound and Mrs. Cullis, formerly of Euphrasia, visited among kindred, Blairs, McNally, and Mrs. John Ellison last week.

Mr. James Ellison has another basketful of red ribbons won by his fine team at the various fairs. To top off the season's business, he purchased thirty head of cattle last week.

Zion's 65th church anniversary on Sunday was a splendid success. Rev. F. N. Bowes, M. A., of Markdale, assisted by the Rev. Wm. Harvey of Toronto, took the morning service and Rev. J. E. Peters conducted service in the evening. Splendid discourses were given on both occasions. The altar table and the front were beautifully decked with choicest flowers. The choir was in full force and never appeared to better advantage. The anniversary entertainment on Monday evening will be written up by the editor.

Who, with Mrs. Irwin was present for the festive event. Some much needed improvements have been made, new carpet purchased and 18 new chairs for the use of the choir. Alfalfa has many advantages; but it has its drawbacks. Mr. George Street lost a valuable cow and spring calf from grazing it last week.

Mrs. Wilson (nee Annie Young), is on a visit to her brothers Messrs. Dave, Joe, and George Young, her mother and her sister, Mrs. John Laughlin.

The Baptist congregation on the 10th con. are holding the Golden Jubilee of their church on Oct. 24. Rev. Mr. Harris of Hanover conducting the service in the afternoon. Rev. Mr. Taylor of Durham in the evening and Rev. Mr. Farmer of Owen Sound to be present at the big affair on Monday evening following.

Mrs. George Stoddart, a pioneer mother passed quietly away on Wednesday October 6, at the residence of her daughter, Mrs. James Goodwill on the 12th con. Her maiden name was Eliza J. Wright and she was born in Toronto, eighty-two years ago. At the age of eighteen she was happily wedded to Mr. Stoddart and the first seven years of their wedded life was spent at Mendonville, after which they moved to land 9 on the 14th con. and there they resided until Mr. Stoddart's death 38 years ago. Some years ago she purchased a home in Markdale; but quite frequently visited among members of her family, the living being: Will, in Artemesia; George, in the West; Wesley, north of Markdale. Mrs. Wm. LeGoodwill, of Toronto, Mrs. Jas. Goodwill, of Glenelg. The funeral took place on Friday last. Rev. Mr. Courts of Markdale conducting the service. Among those from a distance, who attended the funeral, were Mr. and Mrs. Henry Wilson of Durham, three daughters of Mrs. George Goodwill, with their husbands from Toronto and friends from Holland.

Some of those whom we noticed on Sunday from outside points attending Zion's Anniversary services were Mr. and Mrs. Harold Lawrence of Egremont, Mr. and Mrs. Philip Harrison of Swinton Park, Mr. and Mrs. Frank Twamley, Mr. and Mrs. Will Campbell and two boys of Welbeck, Mr. and Mrs. Elmer Fee of Normanby, Mr. and Mrs. Robt. Barbour of Egremont and Mr. and Mrs. Jim Crutchley of Dornoch and Miss Kathleen Firth of town.

Mr. Ab. Teeter's sale last week was a fine success as the cattle were a prime lot and sold high. The young fellows gave Ab a good send off on Friday evening, presenting him with a warmly worded address and a set of military brushes.

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FORGING BULBS

The forcing of bulbs in the house in the winter is so easy that more people should experience the delight of having hyacinths, tulips, daffodils and other blooms at that time. The bulbs should be planted as soon as they can be procured in the autumn, as, unless a good root system is made before one tries to force most of the bulbs, the blooms will not be satisfactory. If good loamy soil cannot be obtained quite satisfactory results may be had from coarse sand. A soil that does not bake is desirable. For hyacinths, tulips and daffodils pans of five or six inch pots, and one or more hyacinth bulbs per pot are used, depending on the size of the pot. When planted in pans six or more tulip bulbs are used. Provide drainage for pot by putting a piece or pieces of broken pot, coal clinkers, or charcoal in the bottom, fill the pot with soil and shake it down by knocking the pot against something. Do not press down the soil to accomplish this, as it will be too firm and the bulb will lift out when it begins to root. After tarring the soil, place the bulb on the upper side and press down until the surface of the bulb is level with the surface, then make the soil firm around the bulb to prevent it lifting. After planting there should be not less than three fourths of an inch between the surface of the soil and the top of the pot, as, if there is less, it will be difficult to give enough water. The pots should now be put in a cool part of the cellar, but where the soil will not be frozen. Water thoroughly and see that the bulbs are well rooted, which will be in six weeks or more, and until they are rooted well, if the soil becomes dry the roots will be injured and they will not force well. Freesias and Chinese Sacred Lily do not require to be well rooted before forcing. One should not try to force tulips before January even though they show growth above the soil, as

even if well rooted, they will not force satisfactorily before this.

Some good, inexpensive varieties for forcing are—

Hyacinths—Roman, Gigantea, Norma, La Grandesse, Enchantress, General Pelissier, King of the Blues, Narcissus—Paper White, Princess, Golden Spur, Emperor, Sir Watkins, Lucifer, King Albert, Madame de Graaff, Madame Plomp.

Tulips—(early single) Gold Finch, Keizerskroon, Lady Boreel, Proserpine, Maes, Sir Thos. Lipton, Prince of Austria, Duchess de Parma. (Early Double—Murillo, Gouronne d'or, Imperator Rubrum. (Darwin Tulips)—Bartigon, Clara Butt, Farncombe Sanders, Wm. Pitt.

Those Hired Men!

Farmer: "How did you come to get that black eye, Sam?"

New Hired Man: "That danged old brindle cow kept flicking her tail in my face so I tied a half a brick on to it."

NO SPECIAL PRIVILEGES

Since the town council set apart Queen Street as a "through" street and have made certain streets leading thereto "stop" streets, where motorists are compelled to stop before proceeding to Queen street, some have the idea that they have the right of way over the cars coming on from other streets. On this hypothesis some motorists have been rushing right through in the assumed assurance that those coming from the side streets are transgressors for not making certain the main road is clear before entering. They are wrong. The Ontario Motor Vehicle Act clearly states that through streets don't give drivers any further privileges as regards right of way over what they would ordinarily have on any other highway. The Ontario law is clear on the point that a driver on your right has invariably the right of way on all street intersections.—Kincairdine Reporter.

Hardware Savings!

Happy Thought Quebec Heater



A good heater is not the only thing that is required of a stove. It must be economical on fuel and easy to control. These features are all combined in our Quebec Heaters. The sturdy construction ensures many years of satisfactory use. Heavy brick linings, blued cold rolled steel body, heavy cast top. The large swing top allows the use of large chunks of wood. Stocked in two sizes, No. 119 with 11-inch fuel-box inside the bricks, and No. 125, with a 13-inch fuel-box inside the bricks. Priced at \$15.50 and \$17.90

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Happy Thought Cosy Home Quebecs



are still our strong suit. The Quebec range that heats, bakes and cooks at the same time. Large copper reservoir, 6 No. 9 lids, large oven, 18 x 20 the large firebox takes a 20 inch stick. High Closet finished in white rock enamel.

Queen Heaters

These Stoves are designed for temporary use, and give splendid satisfaction. You get every bit of heat out of your wood; nothing lost.

Priced from \$4.25 to \$5.00

We have a list as long as your arm of satisfied users right here in Durham. Ask to see it.

A. S. Hunter & Co., Durham Seed Refiners Hardware Merchants

Sweet Dreams!

THE FAMILY NEXT DOOR



October 21, 1926. BED MONTHS Lydia E. Pinkham's Compound Could Do Work and Gained Weight... TER of All Kinds... ROOM Yourself SIERY... Hats BARGAINS... APS... Oct. 22... AL PRICES