



The Road To Better Health

CHAPPED HANDS

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.

The hands become chapped during the winter for the reason that the skin contains less oil during the cold than in warm weather. During cold weather the skin secretes less oil and sweat because evaporation and radiation from the body surface are cut down to keep the heat within the body. As a result the skin lacks fat and becomes dry and harsh. Cold air is irritating and this plus the susceptibility of the skin to irritation at this time leads to chapping of the hands—the parts most exposed.

Action of Soap

Persons who are compelled to use soap and water a great deal suffer mostly from chapped hands. All soap contains an alkali which is a solvent of fat, and it follows that dryness of the skin is increased by frequent use of soap and water. Obviously the prevention of chapped hands consists in the minimum use of soap and water—particularly soap.

The next step is to supplement the lack of natural fat in the skin by anointing the skin each day with a bland oil, cold cream being the best for this purpose.

Hand Lotions

These serve a number of useful purposes in this connection; they cleanse the skin and thus take the place of soap to a certain extent; they are soothing to the irritated skin; they keep the skin soft and pliable; they supply the fat of which it stands in need. All hand lotions are of one or the other of two general types—those having a glycerin base and those having a gelatinous foundation. To the first group belong the glycerin and rose water preparations and those whose chief ingredient is benzoin. In the second class come those made with tragacanth, quince-seed and like constituents.

Some people like the glycerin lotions best but for the majority they are less satisfactory than the gelatinous kinds as they tend to make the skin still more dry and they have no cleansing action.

Tragacanth Lotions

These are unquestionably as good as any hand lotions on the market, are inexpensive and are easily prepared.

A simple formula is the following:
Glycerin..... 2 oz.
Boric Acid..... 3 tsp.
Tragacanth..... 4 tsp.
Water..... 4 pt.
Oil of Bergamot..... 10 grains

The glycerin, boric acid and water are first mixed, after which the tragacanth is added and the whole shaken until the tragacanth is dissolved. The oil of Bergamot is then added, but may be left out if this perfume is not desired. The result is a mixture which has the consistency of mucilage, and which may be made more or less thick by adding a trifle more or less tragacanth.

This preparation should be used with the advent of cold weather as a preventive of chapped hands. There is nothing especially beautiful or comfortable about hands in such a condition. Neither is there any reason why people should have chapped hands, albeit with some they are such a perennial ailment that they have come to be regarded as just one more of the necessary evils of winter.

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HEALTH QUESTIONS AND ANSWERS

Probably Organic Heart Disease

E. B. writes: "I am a girl of 26, and for some time—approximately two years—have at times had violent heart beats which would be caused by the least amount of exertion or walking. There is a red and pimply rash comes out all over my body, which is very itchy. My hands and feet swell considerably and become covered with white blotches. Apart from slight weakness at times I feel well."

"Would I be in the first stage of anything serious?"

REPLY

I should say that you have a rather serious affection of the heart. It may be purely functional though I am very much inclined to the opinion that it is organic. In any event the symptoms you list would point that way. The best suggestion I can offer that you see a doctor at once, preferably one who makes a specialty of heart diseases. It is extremely important that you have the matter investigated at once so that no valuable time will be lost. It is obviously impossible for me to offer specific advice regard-

ing treatment in the absence of exact knowledge of the precise nature of your affection.

Don't Take Chances

Mrs. C. E. D. writes: "I have been bothered for some time with bladder irritation. I take a few doses of pills each week. They help me but if I forget them for a few days I get an attack. During pregnancy I had albumen."

"(1) What causes this?
(2) Are the pills habit forming and what should I do to overcome this?"

REPLY

(1) Your trouble may not be in the bladder, but in the kidneys. An analysis will decide where and what your disorder is. I do not know what the pills are, so cannot describe their effect.
(2) I doubt very much that they are habit forming in the sense that an opiate is. They very likely change the reaction of the urine and thus relieve the irritation, either in the kidneys or the bladder. My advice is to consult a physician, have the urine examined, and employ whatever procedure the doctor recommends.

How's This One?

A pretty girl, wearing the very latest in bathing suits, was sitting on the beach when a young man approached her and took off his hat remarking that it was a fine day.

"How dare you speak to me!" said the girl, indignantly. "I don't

know you from Adam."
"Well," returned the young man, unconcernedly. "I would hardly know you from Eve."

Beyond Compare

"Are mine the only lips you ever kissed?"
"Yes, darling, and the nicest."

FINDS HEALTH GOOD HERE

Sir W. Arbutnot, eminent doctor urges British people to emulate health methods of Dominion



LEON J. LADNER, M.P.

Though returned at the last election to the Federal seat for Vancouver South, he is said to have thrown his hat into the ring of provincial politics to oppose Hon. W. J. Bowser for the leadership of the Conservative party in British Columbia.

nation until ill-health has increased to an alarming degree.

"The latest report of Sir George Newman shows that 25,000,000 weeks of work were lost to the nation last year through temporary illnesses—a loss equivalent to a year's output of half a million workers. Not only do disorders of the digestion constitute a considerable percentage of these cases, but such cases as influenza, colds, bronchial troubles, boils and other septic conditions are closely related to the lack of resistance due to faulty diet.

"With the winter months upon us it becomes more essential than ever that the people should be taught how to build up within their systems the powers of resistance to the onset of colds, bronchial troubles, and ill-health generally. The microorganisms which convey various infections, carried by insects or present in dust and dirt, cannot wholly be avoided by anybody. But it is quite a mistake to suppose that when they are encountered they must inevitably cause illness.

"For everything depends upon the fighting capacity of the body, and that almost entirely depends upon the habits of the individual—the way he dresses, the amount of fresh air with which he surrounds him-

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"-DRAGG' YOUR POOR HUSBAND-- O-N' NIGHT AFTER NIGH'-- AND KEEP' 'EM UP ALL HOURS-- I TELL YOU I AINT GOIN'!!"



"WELL ANYWAY, I KNOW I AINT GONNA HAVE A GOOD TIME!!"

WILD GEESE

How oft against the sunset sky or moon I watched that moving zig-zag of spread wings In unforgotten autumns gone too soon, In unforgotten springs!
Creatures of desolation, far they fly Above all lands bound by the curling forms In misty fens, wild moors and trackless sky These wild things have their home
They know the tundra of Siberian coasts, And tropic marshes by the Indian seas; They know the clouds and night and stary hosts From Crux to Pleiades.
Dark-flying rune against the western glow—? It tells the sweep and loneliness of things, Symbols of autumns vanished long ago, Symbols of coming springs. —Translated for the Japan Advertiser from Pail Ta-shun.

The Local Salutation

"What struck you the first time you visited Chicago?"
"A blackjack."

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