r Yourself TEA

revelation. Try it.

DISTRICT MINISTERS MET AT HANOVER

Chesley, Elmwood and Hanover Ministers Held Interesting Gathering. All the resident ministers of Ches-

ev, save one who was absent Monday afternon of last week for the ourpose of attending a special rereption given by the Hanover Minisalso present from Elmwood. The party was met at the Canadian National Railway depot by a delegation and escerted to the Hanover United church. A sumptuous repast was provided by the ladies of the congregation after which a joint meeting was held in the church at which the Rev. H. D. McCulloch of Chesley read a paper on "The position of the layworker in the Christian church of today." After showing that the problems of the present are very similar to those which confronted the Christian clergy of generations past. the speaker offered some practical suggestions for the greater efficieney of the laymen in the church. There were some ministers, he averred, who did not leave enough for their lay helpers to do, but atempted to do almost everything hemselves, with disastrous results. n other cases the laymen were

telp if called upon. An interesting discussion ensued, n which ministers from Hanover. mwood and Chesley took part, Rev. D. Becker of Hanover presided, and Rev. C. C. J. Mass, Chesley, made eknowledgments on behalf of the

vaiting for the ministers to assign

asks to them, and were willing to

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Durham, Ontario

"The White Empresses of the Pacific"



THE MENACE OF FLU

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.

During the closing months of 1918, | hood-the men in our army camps, I through 1919, and during the first who were presumed to be, and months of 1920 a pandemic of influ- were, the very cream of the virile enza swept the earth leaving in its man-power of the nation. And they wake a trail of death as great as that succumbed to it witnout a struggle. of any epidemic in sae world's history.

The Probable Cause of Flu

manifested during this epidemic led gainst influenza. Various kinds of many to wonder if it really was the vaccine were made, but none of ordinary form of influenza, or grip, them possessed a great deal of merwhich is more or less prevalent at it-at any rate, so far as control of all times. Certain it is that nothing the mortality rate of the disease is in the memory of those who have concerned. There is, however, astudied the subject even approached bundant evidence that vaccine does it in virulence. People in the full have considerable influence in preflush of health were struck down venting the disease. But once it has and killed quickly, irresistibly, and developed, vaccination locks any despite anything done for them. We considerable value. were as helpless during this pandemic as we were during any like

epidemic of past years. feeting organism there can be no cially those whose resistance is low. question. It is, however, extremely And so it is obvious that all measdoubtful whether the influenza ba- ures designed to maintain one's recillus isolated by Pfeiffer in 1891, sistance at the highest point of perwhich has since been regarded as the fecion constitute the basic protection specific cause of the disease, is real- against this disease. ly that. Without going intno tire- These I would epitomize as folsome detail, it may be stated that a lows: mass of evidence exists tending to show that we have not yet found the bacterium that specifically causes influenza. It perhaps remains for some one to find an organism that kinds may be so small it passes detection under the most powerful microscope of the present day.

Prevention of Flu In the consideration of this topic to cold and wet. I have in mind the form of influenza | Get outdoors every day in as we customarily see it, not the fresh air and sunlight. type that prevailed during the last | Isolate the sick insorar as is pospandemic. I do not consider that sible. sures were worth the time expended in your face. in carrying them out during that ep- At the first sign of a "cold" call a idemic. No measure of resistance doctor and go to bed. was proof against its attack. It Don't think you can fight the Flu.

struck down the power of our man- | You don't get Flu-1, gets you! (Copywright, 1926, by The Bonnet-Brown Corporation, Chicago.)

HEALTH QUESTIONS AND ANSWERS Eye Trouble

135 pounds.

ful to move my head in any way but be a visual defect.

also painful.

a year and it is growing worse. . responsible for it. I very seldom by a competent chiropractor or oshave a headache and when I do it is teopath. Of it may be arthritis, so all in the back of my head and in have an X-ray made before you do back of my eyes."

Reply

You have probably been correctly delay.

height 66 inches; weight at present cause of such a complaint.

Have your eyes examined by a for a stiffness in my neck. It is pain- prescribe proper lenses should there

worse on forward and backward If examination of the eyes reveals movement. Sidewise movement is no abnormality we must assume that the trouble is local. The most likely "There is a spot in my spine just cause in that event is a strain of the below the back of the head that is muscles and ligaments of the neck. very tender. Have noticed this for with perhaps even a slight malposition of one of the vertebrae. Such "I have been told that my eyes are a state of affairs could be relieved anything. However, the first step is to have your eyes examined, and would urge you to do this without

engages our attention. The simple anything else, so he had a ton sent play that we sometimes see, devoid around with his best love.

THAT AVOIRDUPOIS IMPRESSION of massive settings, and long speeches very often contains the greatest value-its very simplicity carries Too many judge things by their one above the effect of magnilosize, bulk or weight, but the most es- quence and stupendousness. We are sential things must be appraised by apt to be like the young fellow who the specific standards of their qual- sought to make an impression on his ity if the right notion is to be obtain- best girl with a moderate expenditure. He looked at a great many About the only impression some of things and discovered that he could us get is one of avoirdupois-bigness get more hay for his money than

Vaccination Against Flu

During the recent world epidemic many scientific minds were engaged The malignancy which the disease in the development of vaccines a-

General Preventive Measures

Like any other infectious disease, That the exciting cause is an in- influenza successfully attacks espe-

Get plenty of sleep and rest every

Eat wholesome food of the proper Avoid crowded places, like street-

Safeguard against undue exposure

eggs and viability to the chicks.

informed regarding the cause of the clean cut faces, and bright, promin- them for egg production.

being garbed in white.

PREPARING FOR BREEDING

ber of eggs.

ing to the official order, the white

paint will be topped off by a suitable

The poultry flock on the average

Canadian farm will be made up of

spic an' span in white paint. Accord- relations with the Far East.

SEASON IS IMPORTANT heavy deposits of internal fat.

sheer line streak of the vessels. This ton sister-ship to the Empress of Empresses of the Pacific" meets with was used when the three-funnel fleet | Asia, will be the third to arrive after | popular favor.

The male to mate to these females cured alfalfa or clover hay should size for his breed with long, broad is also excelent to put the birds in foce, and a prominent, piercing eye. pouring it over the grain or mixing Vigor is the foundation on which It is generally money well spent it in the mash.

all mating must be built. Continued for those who have no breeding rec- Hatch your chicks early. The late heavy egg production over a pro- ords, to purchase males of known summer chick is seldom a money longed period is one of the best indi- breeding from breeders who are maker. cations of this desirable quality, keeping careful records. These any of the usual prophylactic mea- Do not let people sneeze or cough according to a bulletin on this im- males, while conforming to the apportant subject sent out from the pearance previously described, experimental farms. This is espe- should be carefully selected from cially true when there is, in con- dams showing a heavy production of junction with this, the ability to large eggs over long periods, and give fertility and hatchability to the whose sire's dam also showed the same characteristics.

Those who have no records to These breeders should early be which they may refer should select separated from the palance of , the females that are active, that have flock and no attempt made to force

Mrs. C.E.R. writes: "I am a young pain and tenderness in your head ent eyes and that handle well, that Rather they should be given an married woman, 32 years old. My and neck. The eyes are the usual is, those having soft, pliable skins abundance of fresh air and exercise and that have soft abdomen's showing to keep them in good hard condi-

one of the general purpose breeds, back, the width carried right back the best physica condition and to that is, a breed that will give good to the fail, strong and verile with ensure strong vigorous chicks. This

"Am feeling strong and well except competent eye specialist who will GROCERY SPECIALS

For Friday and Saturday

Fresh Groceries just arrived for this Week-end Special in all choice goods at a great saving:

Whyte Pure Lard, in bulk, per Ib	20c
Green Tea 55c. lb. Black Tea 59c	. Ib
5-1b pails Edwardsburg Corn Syrup	39c
Choice Dates, in bulk	25c
Corn Starch, per pkg	10c
Bulk Soda Biscuits (Perrin's), per lb,	
Ginger Snaps 2 lbs. for	25c
[10 PMB 2018] 7 [10 PMB 27] 2018 [10 PMB 20	

WE SPECIALIZE IN FANCY CAKES

We have just received a choice line of Weston's English Biscuits at 35c. 1b., and also a complete line of Fresh Biscuits at 20c. and 25c. 1b.

John McKechnie, Durham

The C. P. Empress of Russia at the left in her garb of white. At the right is the Em-press of Canada in black.

annual overhaul in Hongkong and will complete the fleet to be known as "The White Empresses of the

As Royal Mail ships these Canadian Pacific Empresses have been supreme in the trade between America and Asia, being the largest and fastest on the Pacific route. Their service is augmented by being the important link between Europe and A striking note of interest comes in | was formerly painted white, and the the Orient by one transportation one of the first announcements effect acclaimed the ships among the system, the largest in the world, the for 1927 from the office of the Chair- most attractive in world commerce. Canadian Pacific

man of the Canadian Pacific Steam- On Feb. 13 the blue-ribbon ship Sailing in both directions every ships, Mr. E. W. Beatty. "The of the Pacific, the 21,500 ton Empress three weeks, these ships, which are White Empresses of the Pacific" will of Canada, will arrive in Vancouver the last word in floating architecture, again be the connecting transporta- clad in white. Holding the Pacific have attained great popularity with tion link between Canada and the speed record of fifteen days, twenty- the world traveller. They have Orient. The company's palatial fleet one hours from Hongkong to Vancarried to the markets of the world of monster steamships on the Pacific couver and from Yokohama to the the treasures of Oriental merchandise ocean will assume its former glory of Canadian port in eight days, ten as well as vast cargoes of such comhours and fifty-three minutes, the modities as tea and rice. In the world The Empress of Asia will arrive in blue line from stem to stern will be a war these Empresses played no small Vancouver on Jan. 24, and will be the fitting tribute to the flagship's power part in the protection of the Allied first to arrive in Canadian waters and to Canada's enterprising trade interests on the Pacific.

In consequence the announcement from the chief executive of the Arriving in Vancouver on March 6, company to the effect that the fleet is shade of Pacific blue around the the Empress of Russia, the 16,900 again to be known as "The White

that they are not loaded down with I tion. In the absence of reen food, wel-

should be heir counterpart, of good be liberally supplied. Cod liver of legs set well apart and "full of pep" may be fed at the rate of about two Do not drink alcoholic liquors to table fowl and also lay a fair num- as evidenced by activity, a clear cut per cent of the grain or mash by

My son has been trying your idea of allowance and we have made him keep an accurate account of how he spent his pennies. At the end of a month I Yound these items: candy, \$1.10; carfare, 90c.; H.O.K. 35c.; magazines, 50c.; H.O.K. 65c.; school supplies, 85c; movies, \$2.10; H.O.K. \$1.15. When I asked to look over the

account he said with evident satisfaction, "It balances all right." "What are those items marked

H.O.K.?" I asked. "What does H.O.K. mean?" . He replied: "Heaven Only Knows."

The discovery has just been made that the reason there are so many stenographers is because dishes have to be washed 1,000 times each year.—Kingston Whig-Standard.

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