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Durham, Ontario



SINUS TROUBLE

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.

We hear a great deal nowadays regarding sinus trouble—not that it is something new—it is as old as the sinuses themselves. But the medical profession has of recent years made some important discoveries concerning these parts of the human anatomy and the causes, symptoms and treatment of diseases affecting them.

What Are the Sinuses?

The sinuses are eight small cavities in the cranium, each of which connects with the nasal passages by means of a canal. There are four such sinuses on either side: two in the forehead just above the root of the nose; one in each upper jaw bone; two in the sphenoid and two in the ethmoid bone. The latter four are subdivided into smaller spaces and are often referred to as the sphenoid and ethmoid cells. All the sinuses are lined with mucous membrane, a continuation of that which lines the nostrils.

Purpose of the Sinuses

Under normal conditions air passes in and out of the sinuses with each breath, and a certain air pressure exists within the sinuses. This enables them to perform their chief function which is to give resonance to the voice, and they do this in the same manner that the box of a violin imparts tonal quality to the vibration of its strings. Without these sinuses the human voice would be nothing but an unintelligible squeak.

Causes of Sinus Trouble

Like mucous membrane elsewhere that which lines the sinuses secretes a fluid that keeps the surface moist. This mucous secretion drains through the nose. Obstructions of the connecting canals causes reten-

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HEALTH QUESTIONS AND ANSWERS

Use Physical Therapy

Mrs. M. P. writes: "I have noticed an article by you entitled 'Mechanism of Health and Disease,' in the Home Nurse column of Farm and Home.

"I appreciate this article thoroughly, since my husband has undergone just such an experience with gastro-intestinal troubles which you describe.

"You point out the treatment which will not cure him, as I also know by experience. But just on account of that I want to know if you can tell me what will cure him.

"Can you diagnose his case fully by correspondence, or will it be necessary to examine him personally?"

"The emphatic 'No' at the end of your article is what prompted me to write."

Reply

I am very glad you liked "Mechanism of Health and Disease." Have received a number of favorable comments.

What will cure the disorders that article had in mind must be left for a future treatise, as space in the papers is limited.

Briefly, it is mechanical measures (physical therapy) that must be employed to effect a cure in these cases. Naturally what will apply in one case will not fit another. Hence it becomes necessary to accurately diagnose each case and treat it specifically and individually on its own merits.

I could not diagnose such a case by correspondence—it is a real job sometimes to correctly diagnose them when under ones direct observation, though it can always be done if the proper means are employed. And inasmuch as I am located in Chicago, that is a rather remote possibility, although I do have people consult me from all parts of the United States and Canada.

Your husband's only hope is to secure the services of a physician who is a good diagnostician and uses physical therapy methods.

farm, which was the homestead of the late John Malcolm, is one of the best in Brant Township. It is the intention of Mr. Jacklin to move to Chesley.—Chesley Enterprise.

The example was recently cited of the zeal of one woman who was at the forefront in all church work, and whose tombstone bore the inscription: "This is the only stone she ever left unturned."

Germans' Latest--A "Motorcycle Fire-Engine"



HERE is a sort of take-off on our motorcycle-side car combination. Only, where we have the familiar "bath-tub" attachment, the Germans have substituted a fully-equipped fire engine. It is said to have been found quite practical and speedy by the Berlin, German, fire department. The engine can also be detached and run on its own power.

EACH FARM PRESENTS ITS OWN PROBLEMS

Many Factors to Be Considered in Establishing Rotation Plan.

Flexibility in crop rotation is a long recognized principle of farming economy. Agricultural history contains many illustrations of the use that has been made of this idea from the Middle Ages to the present time, especially in Europe. It is commonly observed that uniformity of soil, even on a single farm, is most unusual, and that one field may require an entirely different rotation of crops from another adjoining it. A rotation best suited to a low-producing sandy soil is unlikely to be suited to a highly productive silt loam. Again, a hillside field, subject to soil washing, calls for different rotation management from a field on a flat area.

Each farm presents its own problems. The farmer who farms more or less with live stock is not so much concerned with rotation as with the acreage of crops necessary to meet his feeding requirement. The truck grower is concerned primarily with the question of crops in relation to market conditions. In either case rotation is a means to an end, with two aspects: The growing of the desired crops in a manner, or in different rotations, best suited to the soil and crop conditions; and the dovetailing of the different rotations so as to enable the farmer to realize, annually the required acreage of each crop he desires.

Still greater flexibility in crop rotation may be needed, owing to local conditions which may arise, such as insect pests, crop diseases or weeds. Changing the common fixed rotation may reduce insect injury, or an additional intertilled crop may help combat some obnoxious weed.

Changes in economic or market conditions may compel rotation changes. Any cropping system which will permit of easy alternation is preferable to one that does not possess this quality of elasticity.

Two men were discussing their private affairs in the smoke bar, when one of them said to the other: "I have always been your friend. Whenever people have said anything against you I have always stood up in your defense. Only the other night I heard a man say that you were not fit to live with the pigs." "And what did you tell him?" "I told him you were."

NEVER BRUSH SNOW OFF CAR

Do not try to brush snow collections off the car; let them melt off even if it takes days. By brushing or rubbing, the finish is scratched. It is all right to put warm water on the snow blanket and melt off the collection, but one should be sure that the interior of the garage is warm enough to prevent the water becoming a sheet of ice. To brush or rub snow off an automobile, however, is to rub sharp ice particles across a smooth, glossy surface.

Business is GOOD if you GO AFTER IT

Don't let your telephone stand idle, use it! Make it work for you!

You wouldn't let machines stand idle in your factory if you could help it.

Now that harvest time is here in the business world, reap all the benefit you possibly can. Reach out for more business by Long Distance!

Many subscribers who used to think they had to make Person-to-Person calls now find that they reach the person they want with Station-to-Station calls. They are quicker and cheaper.



Every Bell Telephone is a Long Distance Station.

JUDGE UPHOLDS INDIAN'S RIGHTS

Surprised If Affected by United States Immigration Law.—Covered by Treaty of 1794.

With the declaration that the United States is "as much the country of the Indian as it is ours," and that he would be "very much surprised if the new immigration law affected the aborigines," Judge Dickinson, of the United States District Court, at Philadelphia, last week reserved decision on the appeal of Paul Diabo, an Iroquois Indian, to block the efforts of the immigration authorities to deport him to Canada. His exclusion is sought on the ground that all Indians born outside of the United States are "aliens" and not allowed to enter the country without a visa, despite the Jay treaty of 1794 between the United States and Great Britain, giving all Indians the unrestricted right to

cross and re-cross the Canadian border at will.

The United States federal authorities claim this treaty was abrogated by the war of 1812.

Wife—I wasn't anxious to marry you. I refused you six times. Husband—Yea, and then my luck gave out.

Read the Classified Ads. on Page 7. It will pay you.

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The new Spring Wallpapers are all in stock, and we invite you to come and inspect them. We have some beautiful samples to offer this year.

GROCERY SPECIALS For Friday and Saturday

- White Beans, 3 lbs. for 25c.
- Bulk Lard, per lb. 20c.
- Perrin's Sodas, in bulk, lb 17c.
- Corn Syrup, 5 lb. size 39c.
- Corn Syrup, 10 lb. size 75c.
- Vanilla, per bottle 8c.
- Ginger Snaps, 2 lbs. for 25c.
- Mincemeat, fresh, lb. 17c.
- Snap, per tin 17c.
- Klenzine, 3 packets for 25c.

John McKechnie, Durham

One More Week for the OVERCOAT SALE

DON'T miss this opportunity to get yourself an Overcoat at a price you cannot afford to miss.

Last week we sold quite a number, but we still have a good range to choose from.

Our prices range up to \$20.00 for the best Coats we have in the store.

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