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This will tone up your
in a fine, thriving con-

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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.

Much information regarding the nature of respiratory affections so prevalent at this season of the year may be gained from the character of a cough which is a constant accompaniment of these diseases.

Different persons have their individual ways of coughing. Some cough with great vigor (most of it unnecessary); others cough quietly and easily.

Varieties of Cough

The cough of bronchitis may be of any type but it generally loud and harsh. It may be productive and moist or unproductive and dry. Pain, which is often severe, is usually situated under the breast bone and is due to the vibration of the mucous lining of the inflamed tube.

The cough of croup is a low-pitched bark, metallic and dry. When it is husky it is an indication that mucus or membrane is present.

In pleurisy there is nothing to expectorate, hence the cough is dry. Because of the severe pain in the affected side induced by the cough, it is repressed as much as possible.

During the early stage of pneumonia the cough is dry, and in the later stages moist. Pain is aggravated by coughing, being referred to the affected side near the nipple.

Tuberculosis in its early stages is noted by its peculiar little hacking cough. Later on, when bronchial catarrh has developed, the cough becomes moist and productive. Most of these patients learn to restrain their cough realizing that it serves no useful purpose and is exhausting. When the throat is involved there is a croaking cough caused by the ulceration of the vocal cords.

There is nothing harsh about the cough of asthma. It is wheezing in character and associated with it are all kinds of rattling sounds.

A cough that is purely nervous and has become a habit is usually a single forced expiration repeated at regular intervals.

The cough of whooping cough occurs in paroxysms. During the height of the disease the glottis closes partly during inhalation and the air drawn through the narrow slit gives rise to the characteristic "whoop."

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HEALTH QUESTIONS AND ANSWERS

What Do Cramps Signify?

Mrs. E. L. writes: "My husband is sixty-four years old. He is a very hard worker, out almost all day, winter and summer."

"Sometimes he is taken in the night with the most severe cramps in both legs. I rub down the calf with all my strength until the muscles relax."

"Will you tell me if this is an indication of anything serious, and the cure?"

"He seems absolutely well and healthy in every way, particularly for a man of his age. He is 5 ft. 9 1/2 in. in height but weighs only about 136 pounds."

Reply

In the first place, your husband is very much overweight—about 40 pounds. But perhaps he has always been a lean individual, in which case

"Capital" is that sum of money in excess of your pile, that the other fellow has.

this may denote nothing abnormal. However, I think he will do well to try to fatten up a bit.

With reference to the cramps I cannot say anything definite. They may or may not be symptomatic of some disease of the central nervous system. But since you mention no other symptoms I assume there are none, and there certainly would be other signs present if disease of the spinal cord is developing.

It is more than likely, therefore, that Mr. L. has a focal infection from which poison is being thrown into the blood stream, which produces the spasmodic contraction of the calf muscles.

To make certain in either hypothesis he should undergo a thorough examination at the hands of a competent diagnostician. Cramps of the calf muscles are a symptom. Its significance can and should be ascertained.

Most accidents preventable? Well, possibly, if you begin with the bone-head's grandfather.

Short News-Items of Local Interest

Listowel Vet. Quits

Dr. R. J. Milner is giving up his veterinary practice in Listowel and is opening a practice in the city of Stratford. Dr. Milner will also be employed by the city of Stratford as meat inspector and to test the herds of cattle that supply milk to that city. The doctor leaves for Stratford the first of next week, but will not move his household effects to Stratford until the spring.—Banner.

Slot Machines Illegal

The slot machines operated in many cigar stores are illegal as they are gambling devices within the code. This is the substance of a judgment handed down by Judge Hearn in Waterloo County Court in the case of the Crown vs. Arnold Bros. The latter, as a result, was fined \$5 and costs. We understand some of these machines are being operated in Listowel, and the merchants operating these would do well to profit by the above information.—Listowel Banner.

A Dog-Gone Nuisance

Judge Owens, the newly appointed Judge for the Co. of Bruce, was on the bench at the local court on Wednesday. The only case heard was that of Walter Cairncross vs. Eldon McLeod. This case aroused considerable interest throughout the northern part of Arran and in Amabel township where the parties reside, and the court room was well filled. Mr. Cairncross was the owner of a collie dog to which he was greatly attached, and which he claimed was not vicious. The defendant, Eldon McLeod, claimed that the dog was a nuisance to him and that on a certain date last fall when he was riding past the Cairncross farm the dog bit his horse, throwing him to the ground. He claimed he was somewhat injured and very much annoyed and as a result he caught the dog dragged him a mile on the road and hung him to a tree. For this deed action was brought for \$50.00 damages by the plaintiff. The judge reserved judgment.—alt.



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though he censured the defendant for being so cruel as to dispose of a dog in that manner.—Tara Leader.

Arthur Man is Champion

Good fortune was with Arthur's representative, Mr. J. M. Small, at the Dominion Checker Tournament held in Toronto last week. Mr. Small won the championship in Class B, an honor which carried with it more substantial recognition in the form of a cash prize of \$35. Mr. Small finished with nineteen points, while his nearest competitor, a Saskatoon man, scored seventeen. Mr. Small has attended these tournaments for some years and has always made a good showing. This year, however, he really brought home the bacon and on his success the Enterprise-News has pleasure in offering congratulations.—Enterprise.

THINK WELL OF DURHAM

Both Paisley and Walkerton hockey teams think they were well used at Durham in their games here. The Paisley Advocate says in last issue:

"The Paisley Hockey Club wishes, on behalf of the 'Cardinals' to express their appreciation of the courtesy shown that team during their trip to Durham on Friday last. Never was a Paisley hockey team used 'whiter.' This expression of thanks is extended to the crew and officials of the C. P. R. train which carried the Cards from Walkerton to Durham and return, to the Durham Hockey Club and to the Durham fans."

Two weeks ago the Walkerton Telescope said, in referring to the game here:

"Hanover seems to think that they got a very rough deal in Durham, but our lads find Durham people good hockey sports."

The whole truth of the matter is that the Durham team and fans use all visiting teams and their rooters well, and would have done the same

by Hanover had not one of the Hanover players been looking for trouble all through the game, finally ending up by assaulting a Durham player when he lost his stick in a scrimmage. The offender himself, in the dressing room, is said to have admitted that he was in the wrong and "got what he deserved."

A woman drove up to a local garage and said: "I want a quart of red oil." The garage man gasped and hesitated. "Give me a quart of red oil," she said snappily. "A q-u-a-r-t of red oil," he stammered. "Certainly!" she replied. "My tail light

has gone out and the policeman told me to get it fixed right away."

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Durham Mixed Feed, ton		Five Crowns Flour, bag	4.50
sacked	31.00	O Canada Flour, bag	4.25
Corn Chop, ton, sacked	35.00	King Edward Flour, bag	4.00
Shorts, ton, sacked	35.00	Pastry Flour, 24 lbs.	1.10
Bran, ton, sacked	33.00	Tankage, 60%, per bag	3.50
Feed Flour, ton, sacked	42.00	Oyster Shell, per bag	1.75
Vim Feed, ton, sacked, ..	22.00		

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