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USE FOR AN EGG

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FRESH AIR IN SLEEPING ROOMS

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.

Some time ago I had an argument with an elderly man on this topic, he taking the stand that night air is bad for the health, while my contention was that night air is no different from day air and is good for the health.

Which View is Correct

My friend argued that in the old country they always kept the windows tightly closed at night because the night air affected people's eyes, and in support of his argument he stated that five times as many people on this side of the water wear glasses. This baneful effect (sic) of night air is just one of a long list, each of which is an outgrowth of some provincial fancy or superstition.

As a matter of fact an analysis of some air collected at midnight would give the same findings as air gathered at mid-day. The theory that there is a difference in the air of day and night is kin to the belief that there are goblins, witches and such like floating through the air at night.

Why Fresh Air is Necessary

During the night we are occupying a constant position for a continuous period of eight hours, and the time is spent indoors. We are not moving from place to place, spending part of the time outdoors as is the case during our waking hours. Lying quietly, we re-inhale some of the expired air with each inspiration.

Obviously it is necessary that the air in the room be renewed and that it be actively circulating to insure a fresh supply. This necessity is very apparent to the nostrils of anyone who steps into a bedroom with closed windows that has been occupied by a sleeping person during the previous eight hours.

Moreover, sanitary engineers have compiled figures and facts which clearly show that in much less time than this the oxygen in the room has been consumed and replaced by carbon dioxide. Fortunately for the individual who believes in excluding the night air enough gets in through the cracks and crevices to defeat his purpose and keep him going.

People Realize Difference

It is a common observation that people who are accustomed to living out-of-doors find it very diffi-

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HEALTH QUESTIONS AND ANSWERS

Pyorrhea Effects and Cure

'Luckless' writes: "I was told that pyorrhea could be cured if attended as soon as one knew he had it, but not after it had got down to the roots of the teeth. Is this true?"

"I have had pyorrhea for five years or more and never had it treated. Have had a tired feeling and was told the pyorrhea was responsible for it. So I decided to have my teeth taken out.

"The dentist said the teeth did not need to be extracted. Instead he used some sort of instrument which he put down in the gums and pulled out some decayed matter. He said it ought to be all right in about a week and that if it should come in a week to see if it was all killed."

REPLY

What your dentist did was scrap-

SOME STRAIGHT TALK

Here's some straight talk from F. F. Anderson, of Cozard, Nebraska, a successful merchant: "I have no sympathy for the merchant who sleeps between advertised blankets, on bed springs that are nationally advertised, sleeps in advertised pyjamas, puts on advertised under-

ing the roots of the teeth. Perhaps he also applied some medicine beneath the gums. However, regardless what he did, I doubt very much whether one such treatment would cure your pyorrhea in a week. If it could be done as simply as that your dentist could make a million dollars in the next six months.

I regard any treatment other than extraction of the teeth as a waste of time and money. No treatment will reach the affected parts effectually. The teeth will finally drop out of their own accord, as the gum and bone tissue shrink away from them.

Your systemic condition is undoubtedly due to absorption from the infected areas and you can get relief in no other way than by having your teeth extracted, the infection cleaned up, and a nice new set of "store teeth" inserted.

wear, shirts, garters, hose, shoes and clothing when he gets up in the morning, who eats advertised cereals and foods for breakfast, who rides to work in an advertised car, and who, when he gets to work, refuses to advertise. If I were to start in business again to-day, I would put five per cent of my gross sales in advertising. It pays!"

IS AMERICA GRADUALLY DRIFTING WESTWARD

Canada Participates in World-Wide Investigation as to Movement of Continents.

Is America drifting westward? Was it originally one with Europe, Africa, and Oceania? Was there at one time only one vast continent, which subsequently broke up, the component parts gradually drifting apart to eventually take up the positions they occupy today? If so is this gradual drift still continuing at a rate which can be measured? These are some of the questions which have been arousing interest in scientific circles for a number of years.

This theory, first set forth in concrete form by Wegener, an Austrian geophysicist, has, in the light of recent knowledge, many points in its favor. It is now, for example, practically an accepted fact that the basaltic substratum underlying the surface crust of the earth is not absolutely rigid and unyielding, subject only to volcanic or tectonic action, as previously believed. The present idea is that all rock is susceptible, under the action of long-continued stresses, to gradual deformation, so that the continents may be considered as floating on a substratum which, when long periods of time are considered, acts like a semi-viscous fluid. The flow of ice in glaciers is a similar phenomenon.

It is only necessary to examine a map of better a terrestrial globe, to see that the outlines of America on the one hand, and Europe and Africa on the other, would fit into each other with remarkable precision by a simple displacement. There are also many geological and paleontological evidences to show that in early times there must have been a much closer association between the forms of plant and animal life existing on these continents. Briefly the theory is that in the progress of ages the Americas have been gradually drifting westward; it is claimed that the existence of a western coastal range of mountains extending throughout the whole length of these continents is simply the effect of a buckling or crushing at the forward edge due to this drift; the present rate of the drift is estimated to be of the order of one metre per year.

Partly with a view to testing this hypothesis, an international arrangement was reached by which, during October and November last, some fifty stations distributed among nearly thirty countries were united in a longitude net by astronomical observations coupled with radio time-signals. The relative longitude of these stations having been once determined, it will be possible by the repetition of the observations at some future date to definitely settle the drift of the continents.

Canada took her part in this investigation by occupying two stations, one at the Dominion Observatory, Ottawa, the other at Vancouver. At the latter place the point selected was a small field observatory which had already been occupied by the Ottawa Observatory a number of years ago, for latitude and longitude observations for purely Canadian purposes.

At each station two telescopes were in constant use, as well as the usual auxiliary equipment of clocks, chronometers and wireless instruments. At Vancouver, since the clock equipment was not of the same permanent and concise character as was possible at Ottawa, gravity pendulum, swinging entirely free and in a vacuum, to serve as a check on the clock. At Ottawa astronomical observations were obtained on thirty-three nights, and at Vancouver on twenty-five. At each place wireless time-signals from five different sending stations were received and measured at all hours of the day and night; the total number of distinct signals received was over thirteen hundred. Observations to determine the relative personal equations of the four observers engaged were made at Ottawa both before and after the main series of observations.

Fully Protected Now

Gruff father to son: "Why don't you get out and find a job? When I was your age I was working for \$3 a week in a store, and at the end of five years I owned the store."

Son: "You can't do that nowadays. They have cash registers."

Teacher: "Take four out of five and what do you have, Tommy?" Tommy: "Pyorrhea, me'am."

Gleneig Council

Met on February 5th at Township Hall, members were all present; the Reeve was in the chair. Minutes of last meeting were read and adopted.

The Auditors, Messrs. H. Beaton and J. McGillivray presented their report to the council which showed receipts in 1926 to be \$34,373.99 and total payments \$30,049.08, leaving a balance of cash on hand as on December 31st, of \$4,324.91.

Black-McKechnie—That the Auditors Report be accepted and they be paid \$10. each for their services.—Carried.

Accounts were passed and ordered paid as follows: H. E. Ratz, timber for culvert, Lot 21, Con. 3, E. G. R., \$7.37; H. Beaton, 40 rods wire fence, bonus Lot 24, Con. 2, N.D.R., \$10.00; George Whitmore, examining Treasurer's sureties with Auditors, \$1; A. H. Jackson, do 75c.; H. H. MacDonald, registering 23 births, 5 marriages and 15 deaths for 1926, \$10.75; Municipal World, assessor's and office supplies, including school rate book, \$44.13; Grey and Bruce Fire Insurance Co., 2nd installment on insurance on Township Hall, \$6; W. Banks, cutting brush on sidewalk at lot 10, Con. 5, \$5; Wm. Banks, 2 cords wood for Tp. Hall, \$8; Geo. Campbell, work on 2nd and 4th con. X. D. R., \$4.25; Geo. Campbell, for gravel, \$1.25; A. Stonehouse, work on 40 S. R. South, \$2; Geo. McMeekin, delivering tile to Priceville in 1926, \$5; Jas. McKechnie, commission on expenditure, \$1.60; Mal. Black, commission on expenditure, \$10.00.

Weppeler-Whitmore—That township printing for the year 1927 be awarded to the Markdale Standard with the exception of Auditors' Report.—Carried.

Whitmore-McKechnie—That we accept Eldon Weppeler's application as Assessor for 1927 at a salary of \$90, and that Bylaw No. 69 be filled up accordingly.—Carried.

The following Bylaws were passed: No. 688, abolishing statute labor; No. 689, providing for expenditure on County roads for 1927; No. 691, appointing E. Weppeler assessor for 1927; No. 692, appointing fenceviewers, pound-keepers and sheep valuers for 1927; No. 693, amending by-law No. 644, school boundaries.

Fence Viewers for 1927: J. G. Firth, J. D. MacFayden, Thos. Bell, W. Nichol, John Stothart, Jno. McLean, Wesley Bell, W. J. Hamilton, D. H. McDonald, Donald McMillan, John McCarthy S. H. Wright, L. G. McLean, Wm. Jack, Albert Coffey, Thos. Glencross, John McGrath, John H. Robson, Emerson Peart.

Pound Keepers: Wm. O'Mara, Jas. Ellison, Wm. Vessie, Peter Darcy, Wesley Arnott, Henry Eckhardt, W. H. Patterson, R. E. English.

Sheep Valuers, Ward 1: Wm. Edge, Ward 2: Malcolm McInnis; Ward 3: S. H. Wright; Ward 4: Colin MacArthur.

Weppeler-Whitmore—That the Treasurer be instructed to notify all ratepayers, in arrears of taxes, as to consequences if taxes are not paid before April 1st, next, and that all uncollected taxes on the roll after the 1st day of March, next, will be placed in other hands for collection.—Carried.

Weppeler-Black—That the clerk

be instructed to advertise for a Township Road Superintendent, applications to be received up till March 4th, next.—Carried.

Council adjourned to March 5th, for appointing Road Superintendent and general business.

H. H. MacDONALD, Clerk.

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