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It is the one roof that is not affected by heat and cold. It never leaks—never hardens or cracks—is rain, snow and fire-proof—and lasts a lifetime. Cheaper than shingles.

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## N., G. & J. McKechnie

(The popular Cash Store.)

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This department of our business was never in better shape to supply our customers than it will be this season.

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## N., G. & J. McKechnie

### The Durham Review

A leading weekly Journal, giving prominence to local news of Durham and County Grey, with special attention to the South Riding.

Subscription price—\$1.00 per year if paid in advance; \$1.25 if not so paid.  
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THURSDAY, AUG. 30, 1906.

#### Alcohol as Medicine.

Most remarkable was the unanimity with which the British Medical Association in Toronto last week spoke its mind on the evils of Alcohol, not as beverage merely but as a drug. One could almost imagine it to have been a temperance meeting. There was no uncertain sound and the views of the great medics, both in medicine and surgery, will add strength to every temperance and moral movement. Below will be found a thoughtful article on the subject from the Toronto Star.

Nothing could be more effective in the cause of temperance than an address like that delivered by Sir Victor Horsley at the temperance luncheon. This eminent surgeon says that the medical profession in England is now hostile in its attitude towards alcohol. "They have found out what alcohol's value is as a drug, and that is, in my opinion at any rate, practically nil." When he was a student, alcohol was the traditional remedy in surgery for blood-poisoning, and for infectious diseases like pneumonia. It is no longer so used. In 1882 the expenditure on milk in the London hospitals was \$15,000 a year, and on alcohol \$40,000 a year. In 1882 the expenditures for milk and for alcohol were equal. About that time antiseptic surgery became general, and in 1902 the expenditure for alcohol was reduced to \$15,000.

The decrease in the use of alcohol, he says, is one of the good results of antiseptic surgery. When Sir Victor was a student, it was the custom to give three or four ounces of alcohol to every patient entering the theater for an operation. The quantity has diminished, and the custom is dying out. For the conditions existing after the operation, alcohol has practically disappeared, having been proved superior to many other drugs. Dr. Hancock, a well-known practitioner, has not used alcohol for seven years.

It would be difficult to exaggerate the value of this testimony. The use of alcohol as a medicine has given it a respectable standing and a glamor. If a doctor could prescribe alcohol, a patient could prescribe a little for himself. Even those who saw the danger of excess accorded to alcohol the fascination of power. The wizard in the bottle was wicked, but he was a wizard still, and might be coaxed to do good as well as harm. Adulterated liquor was very bad, and caused men to beat their wives; but some virtues undoubtedly lay in pure liquor, soft, creamy liquor, old mellow liquor, mountain dew, liquor that felt just like milk in the mouth.

Now all these illusions are being swept away, and all the fine language will disappear also. The fellow in the bottle is not a wizard of any kind, has no medical or magical power, and no power at all except such as might be attributed to a man who sets fire to a building. This is the tremendous result of such teaching as Sir Victor Horsley's.

### FALL TERM at the NORTHERN Business College Owen Sound

Commences September 3, 1906. It only requires a few months at this institution to complete a thorough, practical Business Course, or Shorthand and Typewriting Course, and fit you for a remunerative position. Students admitted at any time. Full particulars at any time free. C. A. FLEMING, Principal

#### Vital Statistics.

Why People Die—And how many of them.

We have compiled for the benefit of Review readers some facts from the latest report of the Registrar General as to the Mortality of Ontario which are interesting and some of them give food for reflection.

The total number of deaths in the Province during 1904 was 30290. The death rate of the Province was 14.1 per thousand of population, an increase of 0.7 per thousand over 1903. The lowest death rate is in Rainy River District 10.8, Co. Grey next with 11.1, Huron 11.3, Waterloo 11.5, Algoma 11.6. Among the high death rates are Fort William 33.2, Port Arthur 38.5, Toronto Junction 38.5, Hawkesbury 28.3. Special causes it is claimed increased the two former, while in Hawkesbury there was an extraordinary infantile mortality, which the Reg. Gen. puts down to ignorance of parents.

Deaths in 1904 exceeded those of 1903 by 1646. Of this increase, 207 were infants under one year. The birthplace of 8773 of those who died was given as "foreign" and nearly one third of these were infants recently arrived. 49.9 per cent of deaths were married people an increase of 3 per cent, while 45.9 per cent were returned unmarried, the remainder returned as "not stated."

March had most deaths, June least; July and August lead in death by accidents, corresponding to the bathing and boating season.

Of the "communicable diseases" diphtheria easily leads with over 35 per cent, typhoid fever is next with 27.8 per cent, influenza next with 19.1 per cent. Peel Co. was the only one free from typhoid, York was highest though Toronto increases that. Thunder Bay and Nipissing follow York. In Muskoka only four deaths reported from typhoid.

The deaths from Tuberculosis was 2877 the largest since the years 1896—1901, when in one year deaths from this cause rose to 3464. The cities show the worst proportion. Muskoka is large, but is explained from the deaths of afflicted persons who go there to recover, but die.

Cancer is increasing showing 1253 deaths an increase of 97. Nervous diseases are also increasing. Diseases of the Circulatory and Respiratory systems show decrease.

The report concludes with "Malformations, Diseases of Infancy, Old Age etc." and says: "To this group there must ever be attached the interest associated with the rendering of life's parishbook both before it has begun to vibrate and after it has lost its tension and tune. The number of 'still births' keeps steadily mounting upward. If the causes were all natural one would not perhaps, think so much of it, but when the tendency of the present day is for families on the permanent unit basis without any intention of extension on this basis, or what is worse still and more criminal, it is in many instances the avowed purpose of our young people entering the married life with the expressed intention of remaining free from family duties and responsibilities. With these facts in view and also having a belief that the sexual instincts are still strong in our vigorous Canadian race, it is with feelings of mingled alarm and remorse I direct attention to this steady increase in still-births in our province. Of the total number, 1,600, the cities returned 546, the towns 86, the remainder having occurred in the rural districts."

#### Paste in your Hat.

Do you remember the "Twelve Good Rules" of King Charles I? They are worth pasting in your hat for daily perusal.

1. Urge no healths.
  2. Profane no Divine ordinances.
  3. Touch no state matters.
  4. Reveal no secrets.
  5. Pick no quarrels.
  6. Make no comparisons.
  7. Maintain no ill opinions.
  8. Keep no bad company.
  9. Encourage no vice.
  10. Make no long meals.
  11. Repeat no grievances.
  12. Lay no wagers.—New York Press.
- If Charles I had pasted these in his hat and observed them he might have retained a place to wear his hat a few years longer.

#### Undertaking and Embalming

We have opened up Undertaking Rooms in Thos. Swallow's building opposite the Middaugh House and are prepared to do business with any person requiring undertaking. Satisfaction guaranteed in Embalming. Our stock of funeral supplies has arrived; also a full line of Catholic robes, etc.

BARCLAY & BELL

#### HOUSEHOLD ECONOMIGS

##### The Food Value of Milk—Its Digestion

Now that some idea of its composition has been gained, it is well to know something of its digestion. It is by many looked upon as being a drink, such it is not as it contains all the food substances and so having certain functions to perform. Comparatively speaking it is easy of digestion. This depends largely on the size of the clot formed, for when milk is swallowed and enters the stomach it is set into a dense clot owing to the action of rennet and the larger the amount swallowed at one time the larger the clot formed, thus rendering it difficult for the digestive juices to penetrate. It is thought that milk may be rendered more digestible by:

1. Diluting with water.
2. Boiling with water.
3. Diluting with lime water.
4. By mixing it with some other food to prevent a dense clot forming when milk is used in a diet all the proteins of milk are digested and a larger percentage of proteins of the other food than if the milk were omitted.

Now since milk contains all the essentials for growth and is easy of digestion, one would think that it is a perfect food; but to be such it must at least have:

1. The required nutritive constituents, these in a proper relative proportion and be obtainable at a moderate cost. It does not contain these substances in good proportion being too rich in proteid and fat and too low in carbohydrates.
2. It is too bulky, eight pints daily is necessary in order to give required nutrition and so burdening the system with too much water.
3. An ordinary mixed diet may be obtained for less than 25c per day. Therefore milk is not a perfect food, but does well in supplementing the deficiencies of other articles of diet.

#### Who Did That?

Goldwin Smith in a recent Sun in a characteristic fling at Chamberlain has the following fine piece of writing almost pathetic coming from an old man of 88:

"The Englishman who still feels pride in old England hardly likes to be told that without Chamberlain's imperial policy and Kipling's muse England would be 'a fifth-rate power.' Waiving the question whether in a moral and intellectual world war-power is the only power, let us look at history.

A fleet, the mightiest the world had ever seen, is entering the British Channel. It is sent by the master of an enormous empire, both in the Old and New World. It comes with the blessing of the head of reactionary superstition, to extinguish all the liberties, both of body and soul, in their last citadel. It is encountered by the brave mariners of the land which it had come to enslave; it is annihilated; and the liberties of the world are saved. Who did that? "Little England."

The poor Protestants of Savoy had been hunted down by the bloodhounds of superstition under the influence of the Papacy. Suddenly a mighty arm is stretched out for their protection. Persecution cowers and slinks away. In the midst of Papalists thirsting for his blood, the Protestant Savoyard worships in peace. Who did that? "Little England," by the hand of Oliver Cromwell.

One morning, near the Danube, two armies are facing each other. One is the army of Louis XIV, tyrant of Europe, and enemy of all her liberties, hitherto unconquered and deeming himself invincible. At evening the French infantry are prisoners, the French cavalry is in the Danube, the French general is in Marlborough's carriage. Europe is delivered and breathes again. Who did that? "Little England," Even the union with Scotland had not then taken place, much less had the world been painted red.

#### WESTERN REAL ESTATE EXCHANGE Limited

78 Dundas St., London, Ont.  
If you wish to sell or exchange your property quickly or profitably or if you wish to buy, don't fail to see or write our Gen. Agent for the Co. of Grey, Wm W Ramage, Thistle P. O., who has lately been appointed to this position. We make no charge unless the property is sold. For further particulars, apply, personally or by letter, to either of the above addresses.

#### NOTICE

In reference to the above, I beg to announce that I will be pleased at any time to meet with parties wishing to buy, sell, or exchange, but will for convenience be in Durham every Saturday afternoon. If we don't see you, send us a post-card; we will gladly give all information. Orders or enquiries at the Review Office will receive prompt attention.

W. M. W. RAMAGE, Gen. Agent

#### MEDICAL

**J. G. HUTTON, M. D., C. M.**  
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#### Auctioneers

**D. McPHAIL**  
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Terms moderate. Arrangements for sales as to dates, etc., must be made at the Review Office, Durham. Correspondence addressed there, or to Ceylon P. O., will be promptly attended to. Terms on application to  
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or to C. RAMAGE, Durham  
Ceylon has a telephone office.

**JOHN CLARK**  
Licensed Auctioneer for the County of Grey.  
Licensed Auctioneer for the Co. of Grey. Sales promptly attended to. Makes reasonable orders may be left at his Imprest Warehouse, McKinnon's old stand, or at the Review Office, Durham, Nov. 16.

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150 Acres above Durham, well improved, \$4000  
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