

THE PEOPLE'S STORE

Often the Cheapest

Always the Best

A Prosperous and Happy New Year

We thank our many friends and customers for their liberal patronage during 1912 and wish one and all a New Year of happiness and prosperity.

FURS! FURS! FURS!

From our collection you can make a satisfactory selection without exceeding the amount you proposed paying; and the distinctive style and superior quality will greatly add to your appreciation of them

Mens Cloth Coats with Fur Collars Fur lined Coats, Black Fur Coats & Coon Coats Ladies Cloth Coats and Fur Coats

See these before you buy.

We Want Your Butter and Eggs. Highest Price Paid for Fowl.

ROBT. BURNETT Always the best

GREETINGS

At the close of another year we beg to extend to our customers and friends our sincere thanks for the generous support during the past year and our best wishes for a Prosperous New Year.

J. S. McILRAITH, The Down Town Shoe Store

McKechnie's Weekly News

The New Year

Has just commenced and with it New Prices in Brooms 40c Brooms for 23c

Lumbermen's Rubbers

- 1 buckle Lion Brand.....\$1.75 1 buckle Snag proof..... 2.00 3 lace, low for leggings..... 2.35 Lumber King, solid heel..... 2.40 3 lace solid heel..... 2.50 12 inch top snag proof..... 3.75 Men's Plain Overs..... .85 Men's High Heel..... 1.00 Men's Rolled Soles..... 1.15 Boys' 1 buckle Rubbers..... 1.35 Youths' 1 buckle Rubbers..... 1.13 A Complete Stock of Boots and Shoes.

Fresh Groceries are continually arriving.

A New Stock of Sweater Coats.

Blankets

- All wool, 60 x 80..... \$3.50 All wool, 64 x 84..... 4.75 and 5.50 10 x 4 Flannellette..... 1.00 11 x 4 Flannellette..... 1.15 12 x 4 Flannellette..... 1.45

Charming Wall Papers

We take pleasure in requesting you to pay us a visit for the purpose of seeing our New Wall Papers. We are confident that you will appreciate the rich beauty of the designs and the artistic treatment of the colorings.

The Highest Price for Butter, Eggs, Poultry and Dried Apples

G. & J. McKECHNIE

Care of the Teeth.

An Address given by Dr. J. F. Grant at Dec. meeting of Durham Branch of South Grey Women's Institute.

Before entering upon the subject of "The Care of the Teeth," it will, perhaps, be necessary to enquire "why they should receive any attention?" If the health of the body is in any way dependent upon the attention which the teeth receive, or, if any of the diseases which play such havoc among mankind can be traced either directly or indirectly, to the unsanitary conditions of the mouth, that surely, should be reason enough to convince even the most skeptical of the necessity of keeping the teeth and oral cavity in general in a neat, healthful condition.

During the last few years many in both the medical and dental professions have been convinced that numerous diseases have their origin in unsanitary mouths. Professor Miller found 35 diseases that definitely enter the system through the mouth and produced 149 cases in all. Dr. Larkins in the "British Journal of Children's Diseases" of January 1910, brings to our notice the following facts: He examined 1000 children five years old and found that of those who had measles, twenty-one and nine tenths per cent had sound teeth while those who had not measles thirty three and nine tenths per cent had sound teeth. He stated that the time between the attack of measles and his examination of the teeth was so short, that the only conclusion that reasonably could be reached was that decayed teeth, in some way contributed to the infection of measles.

The germs of diphtheria are almost constant guests in the mouth of those who have decayed and unsound teeth, and they only wait the determining resistance of the body to give them the opportunity of producing the disease. Typhoid fever germs enter the mouth in food, liquid or solid, most of which passes into the stomach but part is left behind to ferment in the mouth and between teeth, when they are left unbrushed, unanesthetized, and uncleaned.

Rheumatic fever, the disease of childhood, next in importance to Tuberculosis, frequently receives its initial infection from decayed teeth. In the city of Chicago some time since there was an epidemic of scarlet fever in the schools and the health dept. quarantined the children who had it. They were kept in their homes until the infection stage was long past and after all danger was seemingly over they returned to school, but still the disease kept spreading. These children who came back after the requisite number of weeks gave it to the other children and the health department was puzzled. Finally Dr. Evans, Health Commissioner for Chicago, began to look very closely for the reason why these children brought back the disease to school and he found scarlet fever germs were being harbored and kept alive for an indefinite time in cavities in these children's teeth. The trouble disappeared when the children were compelled to have their teeth put in proper condition.

I wish to refer to another fact that shows the importance upon health of the condition of the teeth. Everyone knows that if the interior of her house scrupulously clean, when the entrance was littered with filth? Yet that is what a vast majority of people are attempting to do. They strenuously endeavor to keep the mouth in health, while the portal is teeming with germs of disease.

Putting for a moment the condition of an uncleaned-for month, in such a month, teeth are decaying, pulps exposed, abscesses discharging pus which is constantly being swallowed with the food. This pus is a deadly poison, so deadly, in fact, that were a small portion of it injected into a healthy rat, it would kill him in a short time. Then when we consider the decaying fermenting food left to decompose we have a picture revolting in the extreme.

Then again a fact frequently overlooked is the effect decayed teeth and mouth have on the condition of the child's progress in school. In the city of Cleveland, twenty-seven school children whose teeth were in poor condition and who had been failing in their studies year after year had their teeth cared for by the dentist and were taught how to brush and care for them and how to properly masticate their food. In one year's time there was found a marked improvement in their studies and their general efficiency increased 98 per cent.

The chief cause of decay of teeth is lack of cleanliness in the mouth. It is not hardness or softness of the teeth but the condition of their surroundings. Decay of the teeth is just as much a disease of the system as smallpox and is only always produced by germs. Decay of the teeth can only occur when germs or bacteria find a lodging place on the surfaces in a cavity or under fine particles of food remaining in the mouth, forming a gelatinous plaque, the plaque not only gives protection to bacteria but supplies food and here also are found the ideal conditions of moisture and warmth. In fact so perfect is the mouth for a home for bacteria that there exists several forms which have never been developed out of the mouth. Under the plaque the germs form an acid in contact with the enamel of the tooth and gradually dissolves the calcium salts and forms a cavity. The cavity thus formed fills up with greater rapidity on account of germs being less disturbed in the cavity and the tissues being softer as decay advances. If bacteria can be kept off the teeth, prevented from finding a lodging on the teeth, there will be no decay. Perfectly clean teeth cannot decay. Decay is always the consequence of neglect.

Extraction of teeth should never be resorted to unless absolutely necessary.

Always use plenty of water on brush and finally rinse the mouth, forcing the water between the teeth and over surface of gums and other tissues. The most thorough cleansing should be given before retiring. The best brush obtainable to-day is the Huxat, medium size and Huxat powder is reliable. Renew the brush frequently, not waiting for bristles to come out. The denture or plate should be brushed with a stiff brush after meals and before retiring. Any soap may be used if care is taken to remove every trace of it before replacing denture. Mouth should be rinsed before inserting denture. The denture should be disinfected frequently. To do this clean thoroughly and place in solution of 1/2 teaspoon baking soda to glass of water from 3 to 6 hours. Bridge work requires hard brushing. Then 3 per cent Peroxide Hydrogen in three parts water held in mouth for a few minutes gives good results.

In Valparaiso, Indiana, they had scarlet fever for years. Dr Nesbit of the health dept, came to the conclusion that diseased teeth keeping active the germs was the cause, so he made the ruling that any child who had traveled through from infectious diseases should be sent to the dentist and have the mouth put in proper shape. When this was done scarlet fever was immediately stamped out.

It has been stated on good authority that Tuberculosis, which is causing such suffering to-day, comes directly or indirectly from faulty conditions of the mouth. I am not a medical man but can perhaps explain what the conditions are. The cavity in the tooth of a child who is at all susceptible to Tuberculosis, forms a channel whereby the bacilli alimentary canal, infection of the ear, tooth and cause an infection of the glands in contact with it. That means finally the infection of the entire system. The tubercle bacilli have been traced directly from a decayed tooth, down the canal in the root, to the glands in the mouth and neck.

No less an authority than J. Fletcher Little, Medical officer of health for "Harrow-on-the-hill" England, states that cancer of tongue is frequently caused by broken jagged teeth; that cancer throughout the alimentary canal is usually caused by the chronic irritation set up by food imperfectly masticated through the lack of sufficient teeth or teeth so decayed as to be unfit for their proper functions.

All the irregular places in between the teeth and the gums where food accumulates, as in the very locations in which germs multiply. From such places they are when dislodged, distributed to the rest of the body. If it be true, that neglected teeth will carry disease and it seems unquestionably to be the case, then surely it is time to stop the dental decay in the mouths of our children.

Diphtheria, Measles, Pernicious Anemia would receive their death blow to-morrow if people could be given clean mouths properly repaired and if the mouths could be kept clean. Unless you keep the mouths of your children healthy, you cannot hope their general health to be good.

Where is the household which would expect to keep the interior of her house scrupulously clean, when the entrance was littered with filth? Yet that is what a vast majority of people are attempting to do. They strenuously endeavor to keep the mouth in health, while the portal is teeming with germs of disease.

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Farm for Sale

Lots 19 and 20, Con. 1, N. D. R., Glenelg, containing 100 acres, 80 acres cleared. Good grass farm, well watered with spring creek, good buildings, 5 miles from Durban, one half mile from Glen Station C. P. R. and from school, one quarter mile from P. O. Possession given next spring. DAN McCORMICK, Bunnessan.

Farm for Sale.

On Reasonable terms, 200 acres, comprising West halves of Lots 1 and 2, 2nd Con., W. G. R., Bentinck and Lot 3 on the same Concession, 100 acres cleared, well watered by spring creek, two bearing orchards. Good frame house, cedar log barn. Convenient to School and P. O. Apply to JAK. PATON, Prop., Swinton Park.

Property for Sale.

38 acres situated in Tp. of Normanby, Lot 1 & 2 of 1. Con. 1, 11 miles south of Durban. Good brick house and bank barn, conveniently situated and a good home. Also part of Lot 20, Tp. Glenelg, Con. 1, E. G. R., containing 40 acres about 1 mile from Durban. Also a stone residence containing 6 rooms in Lower Town, Durban, on Garrafrax St., with over an acre of ground attached. Arrangements can be made at any time for possession. D. McCRUE, Prop.

Electric Restorer for Men Phosphonal restores every nerve in the body. It is the proper tension; restores vitality, restores memory, restores weakness, restores decay and all restlessness. Price \$1 a box, or two for \$2. Mailed to any address. The Sobell Drug Co., St. Catharines, Ont.

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CANADIAN PACIFIC

SPECIAL CRUISE AROUND THE WORLD

Empresses of Russia and Asia (New C. P. R. Pacific Steamships) The Empress of Russia will leave Liverpool April 1st, calling at Gibraltar, Villefranche and Port Said, proceeding via Suez, Colombo, Penang, Singapore, Hong Kong, Shanghai, Nagasaki, Kobe and Yokohama, arriving at Vancouver May 31, 1913.

Empress of Asia will sail from Liverpool May 27, making similar cruise. Most direct connection for April 1st sailing is via "Empress of Britain" from St. John, N.B., Mar 21.

Rate for Entire Cruise, \$639.10 Exclusive of maintenance between arrival time in England and departure of "Empress of Russia." Get particulars from Can. Pacific Agents or write M. G. MURPHY, B.P.A., C.P.R., Toronto R MacFarlane, Agent, Durban.

C. P. R

The following timetable will be in effect until further notice: Read down

Table with 4 columns: From, To, a.m., p.m. Rows include Durban, Walkerton, Allan Park, P. O. Durham, McWilliams, Priceville, Sang.Jct, etc.

Connecting with trains to and from Toronto. Only one change between Durban and Toronto. Speed, comfort and safety. Come to us for tickets and information. We are also agents for Allan and Dominion line steamships and C. P. R. ocean liners.

OVER 55 YEARS' EXPERIENCE PATENTS

Anybody sending a sketch and description may quickly ascertain our opinion free whether an invention is really patentable. HARRISON ON PATENT APPLICATIONS strictly confidential. HARRISON ON PATENT APPLICATIONS taken through Munro & Co receive special notice. Without charge, in the Scientific American. A leadingly illustrated weekly. Largest circulation of any patent journal. Terms for advertising in its various departments given by all mail order.

A WINNING FIGHT

Telling of the progress made in combatting the terrible 20th century plague - Consumption. Notwithstanding the enormous increase in population in Canada in the past few years, it is more than gratifying to be able to record that the fight which the National Sanitarium Association are putting up against the "white plague" - consumption is proving a winning one. Prior to 1896 deaths from Consumption were on the increase every year. In 1910, despite the greater number of citizens, the figures in Ontario alone showed a decrease of 1118 over those of ten years ago. Isn't this splendid testimony to the noble work going on?

Maybe you haven't a father, mother, sister or dear friend of your own afflicted, but wouldn't it be good to help some poor soul in the throes of the dread disease to get back into the wage-earning class - to return cured to wife and loved ones? Our proud boast is that no needy Consumptive has ever been refused admittance to our Free Institutions at Weston and Muskoka because of poverty. But the good work cannot expand without your kindly sympathy and material help. The need is urgent. If you are blessed with that greatest of all blessings, good health, think of your needy suffering brother and sister. Send along your mite, however humble, to Mr. W. J. GAGE, Chairman of the Executive Committee, or to Mr. E. DUMAS, Exec. Treas., 547 King West, Toronto. Every penny you send goes to help.

J. G. HUTTON, M. D., C. M.

Member College of Physicians and Surgeons Ontario OFFICE: Over J. R. Telford's office, nearly opposite Registry Office. RESIDENCE: Second house south of Registry office on east side of Albert St.

W. C. PICKERING, D. D. S., L. D. S.

HONOR GRADUATE OF TORONTO UNIVERSITY, graduate of Royal College of Dental Surgeons of Ontario. Rooms Over J. & J. HUNTER'S New Store.

J. F. GRANT, D. D. S., L. D. S.

HONOR GRADUATE Toronto Ontario, Cdn. (King's College) Dental Surgeon, Deputy in all its branches. Office - Over Jewelry store and opposite Post Office.

ARTHUR H. JACKSON

Notary Public, Commissioner, CONVEYANCER, &c. Insurance Agent, Money to Loan. Issuance of Marriage Licenses. A general financial business transacted. DURHAM, ONT. (Lower Town)

J. P. TELFORD

Barrister, Solicitor in Supreme Court Notary Public Commissioner Money to Loan. Office on Lambton St., opposite Walpole's Station.

D. McPHAIL

Licensed Auctioneer for Co. Grey Terms moderate. Arrangements for sale of real estate. Correspondence addressed to Mr. D. McPhail, or to Mr. C. Ramage, Durban. Mr. McPhail has a telephone in his residence in Cayton.

New Year Greetings, 1913

A New Year replete with Plenty Prosperity and Happiness, is the Season's Wish to you from

W. H. BEAN THE BIG 4

More than 28 Years Ago

I established my business in Hanover. Do business with me and you get the benefit of the experience and knowledge of the locality, and of the people, which I have gathered in that long time. Do you want to buy a Farm? I can sell you one to suit you at the price. Do you want to Sell a Property? I can sell it if you make the price right. Do you want to Borrow? I have CASH on hand. Do you wish to Lend? I can get you first-class mortgage or other investments. Have you a/c, or notes you cannot collect? I can get the money if anyone can. "Always Prompt, Never Negligent."

H.H. Miller The Hanover Conveyancer

P. S. - I have now for sale a splendid farm near Hamppen and great bargain in a 100 acre farm near Williamsford.

A. BELL

UNDERTAKER and Funeral Director

Full line of Catholic Robes and black and white Caps for aged people. Embalming a Specialty.

Picture Framing, Shortest Notice SHOW ROOMS - Across from Middleburgh House.

RESIDENCE - First house south of Lawrence's Blacksmith Shop.

MATTHEWS & LATIMER

Flour, Feed, Seed & Groceries For Fresh Groceries New Fruits

Choice Confectionery Pure Spices & Vinegars No. 1 Family and Pure Manitoba flours

Fine Salt Farmers Produce etc.