

ZION

Mr and Mrs Hugh McArthur visited the first of the week with the latter's parents, Mr and Mrs John McNally, Durham.

PRICEVILLE AND VICINITY

PRICEVILLE

The ladies of the Women's Institute met Thursday afternoon last at the home of Mrs R. T. Edwards.

Mrs F. G. Karstedt is visiting with friends in Toronto this week. Mr J. M. McGillivray returned Saturday from a two week's business trip to Toronto.

teacher to a hundred of the other sex but nowadays it is reversed and probably one gentleman to one hundred ladies.

"Tuberculosis"

Paper Prepared by Miss Fetta, Matron of Durham Red Cross Hospital, and read at the Women's Institute, Thursday, Feb. 5th.

Tuberculosis is a chronic communicable disease, caused by the growth of the tubercle bacillus in some of the tissues of the body.

damage done, but finally the day is with the conservative protective forces—the seed has fallen upon stony ground.

DR. C. McLELLAN Graduate, University of Toronto Successor to Dr. Mair. Office and Residence, MAIN STREET, HOLSTEIN, ONT.

J. L. SMITH, M.B., M.C. P.S. Office and residence corner Courtess and Lambton opposite old Post Office

DR. A. M. BELL Office on Lambton St. (late Dr. Hutton's Office) Office Hours: 2-5 p.m., 7-9 p.m., Sundays excepted

DRS. JAMIESON & JAMIESON Office 2-5 Afternoon Hours: 7-8 Evenings, Except Sunday, Durham

DR. O. E. CARR, B.A. Office and Residence: PRICEVILLE Telephone 2, r 1-5.

W. C. PICKERING, DDS, LDS HONOR GRADUATE OF TORONTO UNIVERSITY, Graduate of Royal College of Dental Surgeons of Ontario

J. F. GRANT, D.D.S., L.D.S. HONOR GRADUATE Toronto University; Graduate Royal College Dental Surgeons. Dentistry in all its branches.

MIDDLEBRO', SPEREMAN & MIDDLEBRO' Barristers, Solicitors, Etc. (Successors to A. B. Currey) Mr. C. C. Middlebro' is permanently located in Durham.

CHIROPRACTIC The Science that adds Life to years and years to life. Call and See us. Consultation Free. In Durham Tuesdays, Thursdays and Saturdays

DRS. C. G. AND BESSIE MCGILLIVRAY Chiropactic Specialists

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Individual Instruction permits you to enter any day at the Northern Business College Owen Sound, Ont. and start your studies in Commercial, Short-hand, or Preparatory Courses. Unequaled in Canada. Unexcelled in America. Catalogue Free. C. A. Fleming, G. D. Fleming, Principal Secretary

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Schutz's Pump & Tile Co. Just Arrived—A Shipment of Ayler Pumps Pump Repairing Promptly Attended to TILE—always on hand 8, 10, 12, 16, 18 and 24 inch. O'posite High School, Durham

Boys' Suits at a Special Price

Just to speed up sales we are offering Boys' Tweed Suits in Grey and Brown and Navy Blue Serge, with 2 pairs of Bloomers \$9 to 10.00 to each Suit, from \$9 to 10.00 A limited quantity only, at this price.

Radio Reception is Wonderful Now

Don't leave it too late to get your Radio. Buy a De-Forest-Crosley Radiophone, either two or three tubes, and get anywhere on the continent. We sell them.

Eggs Handled in Cartons

Beginning next week, we are going to distribute Egg Cartons to the Producer, under the name of "Springfield Eggs." The Producer grades her Eggs at home, and markets them through us, thus assuring her a much better price. Come in and hear more about the Carton System.

Store Closes Tuesday and Thursday Evenings at 6 p.m.

KARSTEDT BROS., Priceville

Grocery Specials

- Blue Rose Rice 3 lbs for 25c
Magic Baking Powder, 1 lb tin 35c
Dried Peaches 20c lb
Seeded Raisins 2 pkts for 25c
Bulk Sodas 2 lbs for 35c
Swan Down Cake Flour 4c pkt
Choice Prunes 2 lbs for 25c

EXTRA SPECIALS

Three String Broom This Week 29c

J. McKechnie

Every Day Bargain Day

THE PEOPLE'S MILLS

Sovereign Flour, Eclipse Flour, White Lily Pastry Flour Wheat Cereal, Rolled Oats, Bran, Shorts, Feed, Flour, Oat Chop, Crimped Oats, Mixed Chop, Mixed Grain for Poultry Feed, Blatchford's calf Meal, Pig Meal and Poultry Feeds.

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Highest Price paid for any quantity of wheat delivered at the mill. Goods delivered every day.

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JOHN MCGOWAN

The People's Mills Durham

PRICEVILLE & GLENELG

We always like to read the Swinton Park correspondent's writings. In last week's paper he was giving an historical sketch of an old Armesela boy, in the person of Mrs. Karstedt's son, Mr. Angus McLeod.

We draw the good S. P. correspondent to some 40 more or less years ago. He will remember when he and another fellow we call Joe, were captives at the raising of the late Mr. George Haw's barn, now Mr. Chas. Ferguson's.

Mr and Mrs A. B. McArthur and Mr Angus McArthur left the beginning of the week for Toronto to be present at the funeral of their niece, Miss Christina White. We extend our sincere sympathy to the bereaved father and sister and other relatives.

IN DAYS OF YORE

15 YEARS AGO

From Review file of Feb. 17, 1910 Sincere sympathy is felt for Dr. and Mrs. Gun over the loss of their little daughter, Florence Helen, aged 2 years.

Born, at Varney, Feb. 11th, to Mr and Mrs Wm Grant, a daughter. The mother is dropping out of business and Mr. Grant is in the hospital.

A pretty wedding took place on Feb. 9th at Greenside, Egremont, at the home of Mr. and Mrs. John McKechnie when their daughter Maggie became the bride of Mr. Andrew Watson of Glenelg.

The home of Mr. and Mrs. Wm. Ramage, North Egremont, was the scene of merriment Friday last on the occasion of the celebration of their silver wedding.

Mr Geo Twamley packed a car of horses this week and left on Tuesday for Saskatchewan. He is among the first of quite a number who are doing likewise.

25 YEARS AGO

From Review file of Feb. 15, 1900 At a Flesheron Carnival the prize winners were Will Swallow for best skater and Miss E. Swallow for best lady skater while the same two took the combination prize.

We saw Mr. Allie McInnes, teacher, at No. 1 school, Durham Road, the other day and was one of the scholars while outside. This brings the scholar in touch with the teacher and all appreciate his manner in playing with them outside and they in like manner appreciate his manner of asking for discipline inside.

In bringing our thoughts back to our school days scores of years ago, we find many changes in the manner of teachers to their pupils. The successful teacher always met his pupils when not school days with a pleasant greeting, while others would only look upon them with a cool manner, passing them by and scarcely taking notice of them.

Rev. Alex Stewart will occupy the pulpit in the Baptist church Sunday next in the absence of the pastor who expects to be in Brantford. Honor Roll, Sr. 5th class, 1900: Nellie Moran, Dora Davidson, Jewel McComb, Annie Lawrence, Arthur Smith.

Durham Patriotic Club scored its first success in their patriotic concert. Rev's Ryan, Ferguson, McGreg. or were representatives of the clergy.

There was an abundance of good music, J. A. Hunter leading off with Kipling's well known piece, 'The Absent Minded Beggar', putting into it the necessary vim and vigor. The patriotic chub quartette gave 'Take the muzzie off the lion' and 'Under the same old flag.' The quartette comprised Messrs J. A. Hunter, Ed. McClocklin, John Whelan and A. W. H. Lauder. The chief feature of the evening was the 'National Historical Representation' given by the scholars of Miss Large. Mr J. P. Telford also contributed 'Hearts of Oak' in brilliant style.

A quiet wedding took place at the home of Mr. Donald McCormack, Proton, on the 7th inst. when his daughter Mary, became the bride of Mr. Chas. R. Moore.

BUNESSAN

Mr Allan McInnis visited an evening recently with his friend, Wilfrid Brown.

A social evening was spent at the home of Mr and Mrs Walter Ewing on Tuesday last when all present had an enjoyable time with music, games, etc.

Miss Susie Tucker of Egremont, visited last week with her cousin, Miss Winnie Binnie.

A few of our young folks took in the dance at Mr Donald McMillan's at Priceville Wednesday evening of last week the occasion being the 50th wedding anniversary of Mr and Mrs McMillan.

Miss Mary Beaton of Durham H. School, spent the week end with her friend, Miss Annabel McArthur.

We are very sorry to learn that Mrs Kennedy is suffering from a severe cold at present, but hope she will shortly be around again in better health.

The annual meeting of Glenelg Centre Baptist church was held on Friday evening at the home of Mr. J. P. McGillivray. The usual business was transacted and officers reelected. A very favorable report was given by the Clerk.

Mr and Mrs A. B. McArthur and Mr Angus McArthur left the beginning of the week for Toronto to be present at the funeral of their niece, Miss Christina White. We extend our sincere sympathy to the bereaved father and sister and other relatives.

The germ of tuberculosis produces countless small nodular lesions. The affected area, if the type there is of little or no fever, usually a harassing morning cough, the shoulders lower on the affected side and the chest sunken.

In chronic ulcerative tuberculosis of the lungs the lesions proceed to ulceration and softening. Later the softened material is coughed up, leaving cavities of various sizes. Changes in the pleura and bronchi and lungs occur, the cavities may have certain areas filled with cheesy masses, others covered with nodular deposits. Even after a cavity has formed the disease may be arrested, but the tendency is for the cavity to increase.

The early symptoms are usually progressive weakening fatigue on slight exertion, and loss of flesh. There may be night sweats, cough, morning nausea and laryngitis but in some cases the disease is far advanced.

The tuberculosis germ may enter the body in three ways: 1st, by being inhaled, by breathing the germ, laden dust in the air. 2nd, by being ingested or taken in through dishes or saliva or by milk and meat from a tuberculosis animal.

The chief manner of communicating the disease is by the means of the dried sputum of consumptives. The germ exists in millions in the expectation of a long time after drying and mixing with the dust. Experiments have proven that the minute drops of saliva which are thrown out during loud speaking, sneezing or dry cough may also communicate the disease.

The expired air from the consumptive's lungs is not infective. Authorities all agree that the consumptive himself is harmless or practically so, provided his habits and the methods of caring for him are good.

Predisposing causes are debilitating diseases, damp, dark, unsanitary surroundings; lack of ventilation and excesses of all kinds; improper food and occupation in which irritant particles are inhaled. The disease is most common in early adult life, occurring between the ages of 18 and 35 years.

It is seldom, if ever, a babe is born with the germ of tuberculosis in his system. He may however, be born with feeble resistive powers with a narrow, flat chest and a generally delicate constitution which renders him far more liable a victim to communicable diseases of any kind. If the mother has tuberculosis when she is nursing the child, she should not attempt to nurse it. The child should not sleep in the same bed as its mother and should spend as much time as practicable in the open air. The living and sleeping rooms should be well ventilated day and night and never overheated and the child should be gradually accustomed to cold baths after the first year. It should have lessons on deep breathing, chest expansion exercises and practised regularly.

A baby born free from the germ has every opportunity to acquire it if he is much in contact with consumptives, if he is kissed on the mouth by them or allowed to be on the floor on which the consumptive germs are in the dust. The child instinctively carries everything he can grasp in his mouth and if the germs are in the dust he cannot expect to escape them.

There is no need of one having an exaggerated fear of this disease. The body has its own protective forces always at work. A perfectly healthy body is not favorable soil for the development of the disease. There are tissue soils in which the bacilli are in all probability killed at once—the seed has fallen by the wayside.

There are others in which a lodgment is gained and more or less

The average patient with limited means has a far better chance of curing all the essentials to a cure in his own back yard at home. Except for a few months in the winter, a tent in the yard or a verandah with a southern exposure can be arranged to meet the requirements. In winter a window tent which is arranged so that the head is practically out of doors while the body is warmly covered inside is practicable for most homes.

The mental condition of a patient is a strong factor in his recovery. The dividing line between a wholesome courage and optimism and the reckless despair which leads to taking unnecessary exercise which is understood by both nurse and patient. In the diet meats, milk, eggs in abundance should be included, all of these to be the best that can be procured. Plenty of cream, butter, olive oil and fat of meats are desirable.

Every effort should be made to prepare the food so that it will be attractive as well as easily digested. The patient's tastes should be considered as far as practicable. There is no advantage in the use of raw eggs over properly cooked ones in this disease. Fruits and vegetables are also used, especially such as peas and beans. Raw beef has particular values in some cases and may be prepared by scraping, ground to a pulp, seasoned and mixed with mashed potatoes or spread on bread and made into sandwiches.

Coughing can occasionally be temporarily relieved by simple inhalation of steam. The head wrapped in a bath towel and held over a pitcher of boiling water, to which has been added a teaspoonful of compound tincture of benzoin is a good aid. Parents should be encouraged to control the cough whenever they can and cough as gently as possible as there is danger of spreading the tuberculosis process over a larger area in the lung and also a danger of hemorrhage from violent coughing.

THE MIDDLE OF THE ROAD By Philip Gibbs This is the story of a returned soldier who found it a lonely and difficult task to walk in the middle of the road. His wife and her friends held the view that the working people were thoroughly lazy, utterly demoralized, tyrannical and snobbish, infected with Bolshevism, and ought to be kept in their places with a strong hand. His father and his father-in-law, spoke of the Irish as blackguards and one of his sisters married an Irish rebel. Among his own comrades, he found them violently intolerant of all men not in agreement with themselves, and of ignorance and stupidity in high places.

THE AFTER-WAR PROBLEMS THAT SO MANY RETURNED SOLDIERS IN ENGLAND HAD TO FACE, THE STRIFE AND BITTERNESS IN IRELAND, THE HATRED OF THE FRENCH TOWARDS THE ENGLISH, THE LACK OF HUMILITY AMONG THE GERMAN PEOPLE, THE UTTER RUIN IN RUSSIA, MAKES INTERESTING AND INSTRUCTIVE READING. THERE IS A LOW IDEAL PRESENTED IN THE SOCIAL LIFE IN THIS BOOK, MAKING IT OBJECTIVE FOR YOUTHFUL READERS, BUT THE MATURER MIND WILL GLANCE THROUGH THIS PORTION AND FORGET IT, AND ENJOY READING FACTS AND WORLD PROBLEMS.

FARM FOR SALE Good 100 acres, well fenced and watered, close to church. Frame barn with stone basement, large building fitted for pigs, hens, implement and work shop. Comfortable house, orchard and bush, 5 acres fall wheat, 10 sweet clover. Ploughing done, etc. Will sell with stock, implements, etc., if desired. Apply to Elizabeth McRae, R. R. 2, Priceville

BOOKS YOU SHOULD READ IN DURHAM PUBLIC LIBRARY By Isabel Cranston McGirr

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