nen Readers

Health and Happiness

Should Seek Real Your Headaches

NARD KEENE HIRSHBERG

M. D. (Johns Hopkins University)

est of all complaints is the be written about them and

little acorns, headaches rise pation, lack of sleep, infec-, ear troubles, bad eyesight, ent, hurry, over-eating, bad g gallstones and other such

happen to those few and sighted persons, but it constantly happens

yes in water, also irrigate the nose and throat almost twice a day with alkaline antiseptic fluid almost diluted three times in water.

2—Punishment, medicines or operations do no good. Patience, persistence, close attention to the child twice during the the strain night and education of the will power

F. A. D. Q-Kindly advise a remedy 2-What will remove dandruff from the 3-What do you advise for hair that is

2-Dandruff occurs in tiny flakes of dry present. Sometimes there is itching ar present. Sometimes there is terming and burning, sometimes not. Sulphur is an avowed remedy, one dram of it with ten grains each of resorcin, salicylic acid mhappy be, and sulphate of quinine to an ounce of petrolatum, used three times a week feel sick all does much good.

3.—Alopecia or falling hair is from grunk of the ten in the come from fevers, colds and illnesses

headaches.

M. A. M. Q-My husband has been troubled with noises in the head and vere headaches. What do you advis or

cept the baron or spend the remainder of her life in a cloister. The baron is supplied with wine, and is left alone to recover. He forgets his wrongs when he

Operas

determine whether the trouble is due to middle ear disease, high blood pressure,

HOW TO KEEP WELL

BY JOHN W. S. McCULLOUGH, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

EFORE GOING to a place for your summer vacation it is well to be sure that the water-supply is not likely to give you or the members of your family typhoid fever. Get a sterilized bottle from the Provincial Board of Health Laboratory at No. 5 Queen's Park, and have the water examined. If you have a cottage of your own, take particular care that the contents of your water-closet is screened against the entrance of flies which may carry disease to your family or the families of your neighbors. Besides, if you take these precautions, you will have a right to demand that your neighbors take like precautions. If you use a closet, be particularly careful that its contents do THE SUMMER not get to any source of water supply.

RESORT

If there is a good supply of sand near your cottage
it is a cheap and simple matter to instal a system of subsurface sewage disposal. The Provincial Board of Health will supply you
with a pamphlet telling all about how to establish a plant of this kind. If there is no sand or gravel the safest system to use is a closet with buckets, using dry earth or ashes to cover the excreta each time of using. Have close-fitting lids to the closet holes and a screen door to keep out the flies. It is a good plan to get your doctor to incculate you against typhoid and paratyphoid fevers. If you are not satisfied that the drinking water is pure, either get a safe supply or boil all water used about your place.

Some of the doctors are complaining because the Registrar General is prosecuting them for not reporting births. Well, they cannot complain that they have not had warning. For years doctors and parents have been repeatedly warned that they must obey the law regarding notification and registration of births. Some few of the doctors say they should be paid for this service. In the opinion of the should be paid for obeying the law. Any physician who does not think enough of his patient to register the birth of her baby does not deserve to have the baby's mother for a patient any longer. The Government demands that physicians shall forthwith notify the Division Registrar of the birth of a baby at which they attend. The Division Registrar who lived on earth at Thesties claim the right to buy their own tood and household articles without asking the permission of the central bureau. There was an outburst last week in the Hanover city council, several members of which accused the central bureau of boycotting the country which was unable to procure butter, sausage and hams, notwith-standing the fact that some places in the vicinity were sufficiently supplied. It was argued that it was plied. It was argued that it was unto this kingdom and glory (chapter) will provide post-card forms for this purpose. These are carried post free. The neglect of the doctor does not relieve the parent or householder where the birth occurs. They too are supplied with post-free cards for this purpose. It is the duty of the Division Registrar if these returns are not promptly made to him to get after both parents and doctors and obtain the information. If it is not supplied to him promptly he should notify the

These are the three most common means by which diseases are spread from one person to another. How can these means of contagion be prevented? Fingers must be kept out of the sources of disease. Children must learn not to put their fingers into their noses or mouths; if the hands, as they invariably do, become dirty they must be FINGERS, if the hands, as they invariably do, become dirty they must be washed before each meal. Dirty fingers may carry infection to toys, pencils, etc., often used in common by children, and to cups, spoons, and other table utensits which may be used by other members of the family. In the large concentration camps one of the important measures taken to prevent the spread of disease among the men is to have all the food utensils, such as cups, plates, knives, forks, etc., boiled after each meal. Boiling is a convenient and certain means of destroying disease germs.

Food and water carry many diseases, the former because it is often exposed to dirty fingers and to flies; the latter because sewage containing the discharges of human bodies is allowed to get to the source of supply, be it spring, river, well, or lake. Such a food as milk may be handled by people who are nursing typhoid, diphtheria, or scarlet fever patients and thus be the path whereby these discovers are transmitted to others. Or the milk may be the product of cover eases are transmitted to others. Or the milk may be the product of cows affected with tuberculosis. This is the cause of the greatest proportion of tuberculosis in children in whom it often lies dormant until the age of 15

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stroying disease germs.

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W. S. STERNE

120 MARKET ST.

Municipalities Claim Right to Go Ahead and Buy Their Own Food. Prepared by Rev. D. M. Stearns.

STOCK FOUND. Central Bureau Has Seized air for His church and to the earth It All, It Evidently Be-

ing Smuggled.

MUCH RUBBER

The Hague, July 8.—Via London.

Information reaches The Hague to large German cities and the central purchasing bureau. The municipalities claim the right to buy their own food and household articles without

Registrar General, giving the names and dates. The Department will do purpose. As potatoes are scarce in Saviour. That makes him to

> ier districts, which are supposed to have been smuggled into the coun-

mitted foreign claims on German to do all in us and through us because firms for the purpose of facilitating of His faithfulness (chapters i, 9; iv, settlements of balances. These lists 11; v, 5, 10, 16-18, 23, 24). are free to approved neutral firms.

COURIER AGENTS The Daily Courier can be purcha

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CRIVNER, W., corner Spring and Che

JIM HILL'S SON Louis W. Hill, president of reat Northern Railway and son the late James J. Hill, has just visited Wall Street, where he gave an interview on conditions in the Northwestern States and incidently created a very big impression among the big business men of Gotham. Louis Hill was born in St. Louis, Minn., in 1872, and was educated at Yale. After graduating he became associated with his father in the latter's various railroad enterprises, and succeeded him as president of the Great Northern Railway Sytem in 1907, but for the last four years he has been chairman of the Board of Directors. While he does not measure ne late James J. Hill, has just visectors. While he does not measure up to the high standard of construc-

to the general managership. He was born in Kingston, Ontario, educated in that city and joined the Merchants' Bank in 1894 as a junior. He came to Montreal in 1893, was made manager of the Montreal branch in 1905, and now becomes general manager. He is regarded as particularly efficient banking offi-

Lesson II.—Third Quarter, For

THE INTERNATIONAL SERIES.

13-18-Memory Verses iv, 16, 17. Golden Text, iv, 14-Commentary

meditate upon this week, and especially such a one as this, so full of the coming and its two stages, first to the with us to set up His kingdom of righteousness and peace. The references to His coming in each chapter we gave in last week's lesson, and bereceive a few heart lessons from the whole letter. It is from the three the effect that for several weeks there has been continuous friction between the authorities of various faithful and devoted witnesses to the butter, sausage and hams, notwith-standing the fact that some places in the vicinity were sufficiently sup-plied. It was argued that it was physically impossible for one bureau to control all municipalities. Cologne, Dresden, Chemnitz and other cities already are purchasing supplies independently, having rehis sins to God and receive the Lord

1, 5, 6; ii, 2, 4, 8, 9, 12; iii, 2; iv, 1).

The one only thing that a sinner is asked to do and can do is to turn from his sins to God and receive the Lord

presentatives in Holland for that Jesus Christ as his own personal Germany, while the supply of rye is sufficient, Adolph Von Batocki, head of the food regulation board, has dedoft the Lord Jesus, life eternal, the cided it will not be necessary to mix forgiveness of sins, acceptance in potato meal in war bread.

Christ and a joint heirship with Him A census of rubber stocks has re-without any works whatever or any realed large quantities in the fron-merit on the part of the sinner.

Having eternal redemption, our one occupation is summed up in serving have been smuggled into the country. The central bureau has seized all this rubber, paying for it at the rate of five marks a kilogram.

The bureau for the protection of German mercantile credits abroad has issued lists of certified German claims on foreign debtors and addressed in the list of the list of light rejoicing, in everything giving thanks and trusting the God of Peace

Having become followers of Christ, who suffered everything and was killed for our sakes, we must not shrink from suffering with Him and being killed for His sake, never pleasin men, but only and always pleasing God, who trieth our hearts (chapters i, 6; iv, 14, 15; iii, 4). Being delivered from the wrath to come, of which PICKELS' NEWS STORE, 72 Colborne St. He speaks more fully in the second STEWART'S BOOK STORE, 72 Market St. epistle, our attitude should always be that of waiting for His return. individual personal salvation is threefold-we are saved, we are working it out, and we wait for the redemption of the body at His coming. This is simply stated in chapter i, 9, 10, but and John iii, 1, 2. There is another and ering the whole church, which shall be caught up at His coming, then the salvation of all Israel at His coming back with us in His glory, and after that the salvation of all nations, s that "salvation," one of the greates words in the Bible, has a sixfold significance, reaching on to the kingdom when the earth shall be filled with the

glory of the Lord. Paul seems to have taught so much about the blessed hope and associated events that the believers feared lest those who had died had missed a great blessing and privilege, but he assured them that those who might remain until the state of the second party and provents. them that those who might remain until the Lord came would not prevent or go before or gain any advantage over those who had died or, as to their bodies, fallen asleep (chapter iv, 13-15). I have many friends who think that between death and resurrection the soul sleeps and that there is no conscious existence, but I cannot find any foundation in Scripture for such a belief, so I tell my friends that if I shall die I will be more alive than I the shall die I will be more alive than I of am now, believing Phil. i, 21, 23; II vis- Cor. v, 8; Rev. vi, 9-11; Luke xvi, 22.

up to the high standard of construc-tive business ability shown by his father, Louis Hill is nevertheless an able, well trained, competent rail-road manager.

The standard of construc-ment, in the twinkling of an eye, all living believers shall be changed with-out dying and, together with the raised ones, be caught up in the clouds to meet the Lord in the air, and so THE MERCHANT'S BANK HEAD

Mr. D C. Macarow, who has been appointed general manager of the Merchants' Bank, was formerly manager of the Bank's chief branch in Montreal. He succeeds Mr. E. F. Hebden as general manager, who in turn becomes managing director of the Bank. Mr. Macarow has grown up with the Merchants' Bank, filling every position from a junior clerk to the general managership. He was

> Children Cry FOR FLETCHER'S CASTORIA

Announcement

Foreseeing the probability of the Electric range taking the place of the gas, we have finally, after considerable time looking over the various makes of ranges, been successful in pro-curing the Local Agency for the National Electric Range.

This range is made by the NATIONAL ELECTRIC HEATING CO. of Toronto, who are the pioneers in the manufacture of electric heating appliances in Canada.

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The range is absolutely guaranteed in material, workmanship, economy and service by the makers and surselves.

We invite the citizens of Brantford to inspect the NATIONAL ELECTRIC RANGE in our Show Room No. 9 King Street, where we have six different styles and sizes to choose from.

We are offering these ranges at respectively one price only, for we are selling them at the lowest possible profit.

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9 KING STREET

ee of Father's Houses were vacant.



And had been vacant for some time. And Dad was getting mighty peeved about it because he had put up those houses for an investment, not for pleasure. And he was getting hotter every day when I happend to think that a

> For Rent ad. in the DAILY COURIER

might help. And it did. After one insertion we got many inquiries. And many seemed interested. And would you believe it

-the next week there was a moving van in front of each House.

Times' estimate of fire losses in Can-ada during June is \$494,557 com-pared with \$773,269 for June, 1915.

Dr. Watson is leaving this evening There were only three fires in which for a two weeks' vacation to Georgian the loss was estimated at over \$25,- Bay.

000, at Brockville, Atlin and St. FIRE LOSSES FOR JUNE

Out, at Brockville, Atlin and Sti miss Jennie Richardson, 30 years

y Special Wife to the Courier.

Toronto, July 8.—The Monetary

To

Children Cry FOR FLETCHER'S CASTORIA