

# The Bee.

VOL. 1.

ATWOOD, ONT., FRIDAY, JAN. 31, 1890.

NO. 2.

## THE BEE

IS PUBLISHED  
EVERY FRIDAY MORNING,  
AT THE OFFICE,  
MAIN ST., - ATWOOD.

TERMS.—If paid strictly in advance,  
\$1.00 per annum, otherwise \$1.50.

ADVERTISING RATES.  
First insertion, per line.....8c.  
Each subsequent insertion.....3c.  
Contract advertisements inserted at  
the following rates:

1 year.	6 mos.	3 mos.
One column.....\$60 00	\$35 00	\$20 00
Half.....	35 00	20 00
Quarter.....	20 00	12 00
Eighth.....	12 00	7 00

Business cards, not exceeding 6 lines,  
\$4 per annum; over 8 and under 12  
lines, \$5.

Advertisements of farms for sale,  
cattle stray and other small advertise-  
ments, \$1 for first month, and 50c per  
month thereafter.

**JOB PRINTING.**  
We have a first-class jobbing depart-  
ment in connection; latest designs in  
printing material, enabling us to exe-  
cute all descriptions of job printing on  
shortest notice.

Our terms for job work, casual ad-  
vertisements and special notices are  
CASH. Contract advertisements payable  
monthly.

R. S. PELTON,  
EDITOR AND PROP.

## Church Directory.

**EPISCOPALIAN.**  
Preaching every Sabbath at 3:00 p. m.  
Rev. E. W. HUGHES, Incumbent.

**BAPTIST.**  
Preaching every Sabbath at 3:00 p. m.  
Sabbath School at 1:30 p. m.  
Rev. D. DACK, Pastor.

**PRESBYTERIAN.**  
Preaching every Sabbath at 11 a. m.;  
Bible Class on Sabbath evening at 7:30.  
Sabbath School at 10 a. m. Prayer  
Meeting on Thursday evening at 7:30.  
Young People's Association meeting  
on Friday evening at 7:30.  
Rev. A. HENDERSON, M.A., Pastor.

**METHODIST.**  
Preaching every Sabbath at 11 a. m.  
Each alternate Sabbath at 6:30 p. m.  
Sabbath School at 10 a. m. Prayer  
Meetings, Wednesday and Friday evenings,  
at 7:30.  
Rev. D. ROGERS, Pastor.

## Business Directory.

**LEGAL.**  
W. M. SINCLAIR,  
Solicitor, Conveyancer, Notary Public  
&c. Private funds to loan at lowest  
rates. Collections promptly attended to.  
Office—Coerger's Hotel, Atwood.  
Every Wednesday at 12:24 p. m., and  
remain until the 9:12 p. m. train.

**DENTAL.**  
J. J. POSTER, L. D. S.,  
Uses Vitalized Air, &c., for painless  
extracting. Satisfaction guaranteed in  
all operations. Office—Entrance beside  
Lilloie's Bank, Listowel, Ont.

**W. M. BRUCE, L. D. S., DENTIST.**  
Is extracting teeth daily without pain  
through the aid of "The Electric  
Vibrator." The most satisfactory re-  
sults are attained by the use of this  
wonderful instrument, for which he  
holds the exclusive right. References,  
&c., may be seen at his dental apart-  
ments, over Thompson Bros.' store,  
Entrance, Main St., Listowel.

**AUCTIONEERS.**  
CHAS. MERRIFIELD,  
Licensed Auctioneer for the County of  
Perth. Auction sales attended to with  
promptness and at reasonable rates.  
Care, Merrifield, Monkton.

## NEW PAINT SHOP.

J. JEWELL,  
Mitchell, purposes opening up a general  
Paint Shop in Atwood about 1st of  
March, 1890, and solicits the patronage  
of all those in need of House Painting,  
Calsomining, House Decorating, etc.  
Terms moderate. Reserve your orders  
until the above date.

**Tenders Wanted.**  
Sealed tenders will be received by the  
undersigned up to Monday, February  
10th, at 2 o'clock p. m., for the purchase  
of the Agricultural Show Ground at  
Newry, and also for the purchase of the  
Society's farm lot, being lot 20, con. 12,  
Elma.

TERMS—10 per cent. on day of sale,  
balance in 30 days. The highest or any  
tender not necessarily accepted. Tenders  
to be marked "Tenders for Show  
Ground," or "Tenders for farm lot," as  
the case may be.

JOHN MORRISON,  
Sec'y Elma Ag'l Society.

## The Question.

What is the question of the day?  
What is it the people say?  
Meeting a friend, they have to stop,  
And always the same question pop.  
They ask it with a watery eye,  
As though the question made them cry,  
They sneeze about it, and they choke,  
As though their lungs were filled with smoke.

They walk along with aching bone,  
Their very question is a groan,  
They murmur low, with quivering lip,  
Oh! have you, have you had the gripe?

## Atwood Public School.

The following is the standing in  
arithmetic of the pupils of the Atwood  
school—third and fourth classes—as  
shown by Friday's examination. The  
names are in order of merit.  
JUNIOR THIRD—Wm. Longmire, John  
Corrie, Geo. Porter, Annie Giddins,  
Wm. Hoar, Dec. Dunn, Bella Pelton,  
Hannah Priest, Eva Priest, Wm. Rog-  
ers, Wesley Nichols, Jacob Klump,  
Russel Switzer, Edith Hope, Lizzie  
Graham.

SENIOR THIRD—Minnie Corrie, Geo.  
Dunn, Archie Reddon, Edith Robert-  
son.  
FOURTH CLASS—Annie Priest, Nellie  
Hoar, Frances Mader and Kate Priest  
(all equal), Geo. Longmire, William  
Wilson, Florence Stacey.

## ELMA COUNCIL.

The Council elect for the township of  
Elma met at Newry, Jan. 20th. Mem-  
bers, R. Cleland, Reeve; W. Lochhead,  
1st Deputy; Y. Coulter, 2nd Deputy  
Reeve, and G. Richmond and J. Bray,  
Councilors. The members having sub-  
scribed their declarations of office and  
qualification the chair was taken by the  
Reeve and the Council proceeded to  
business. Minutes of last meeting read  
and signed by the Reeve and Clerk.  
Moved by Mr. Lochhead, seconded by  
Mr. Coulter that T. Fullerton be ap-  
pointed Clerk. Moved by Mr. Lochhead,  
seconded by Mr. Coulter that T. Full-  
erton be appointed Clerk and M. Harvey  
Treasurer for the township of Elma for  
the ensuing year. Carried. Moved by  
Mr. Lochhead, seconded by Mr. Bray  
that W. Shearer be re-appointed Asses-  
sor for the ensuing year. Carried.  
Moved by Mr. Coulter, seconded by Mr.  
Richmond that J. W. Rowland be ap-  
pointed Assessor for the year 1890 ac-  
cording to his application. Lost.  
Moved by Mr. Richmond, seconded by  
Mr. Lochhead that T. Smith, 8th con.,  
be Auditor in behalf of this Council for  
the ensuing year, and that the report be  
laid before this Council at next meeting.  
Carried. The Reeve appointed J. W.  
McBain Auditor. Moved by Mr. Loch-  
head, seconded by Mr. Bray that E.  
Broughton be paid \$35.00 as a final  
claim for all demands whatsoever for  
work done in connection with 14th con-  
dram and clearing river. Carried.  
Moved by Mr. Richmond, seconded by  
Mr. Coulter that W. Lochhead be ap-  
pointed to interview Mrs. Richardson  
in reference to certain drainage along  
the 7th and 8th con. lines and on con-  
dition that Mrs. Richardson will not do  
such work as will give the necessary  
outlet for such water along concession  
eastward from R. Forrest's gate than a  
Mr. Lochhead be authorized to put in a  
culvert across the roadway. Carried.  
Moved by Mr. Lochhead, seconded by  
Mr. Coulter that the time for the Col-  
lector to collect the taxes and return  
the roll be extended till the 15th Febru-  
ary and positively no longer. Carried.  
Moved by Mr. Bray, seconded by Mr.  
Richmond that the next Council meet-  
ing be held at R. Graham's hotel, At-  
wood. Carried. Moved by Mr. Loch-  
head, seconded by Mr. Coulter that By-  
law No. 270 appointing municipal offi-  
cers be passed. Carried. Moved by  
Mr. Richmond, seconded by Mr. Loch-  
head that orders be issued for payment  
of the following accounts:—J. Priest  
\$4, culvert gravel road south of Newry,  
and \$3 culvert south of Atwood; T. J.  
Curtis \$3, ditching con. 8; W. Dunn  
\$12.69, lumber; T. Fullerton \$7.92,  
postage to date, and \$11.90 registering  
bonds, deeds and mortgages; G. T. R.  
\$42, freight on tile; T. Code \$15, for  
gravel; R. Lang \$2, lumber; J. McCrae  
\$3.24, lumber; E. Henry \$14, grading  
con. 18; S. Johnston \$2.40 on side line  
con. 37; J. Sprout \$3.62, putting in tile  
and repairing two culverts; G. Guthbert-  
son \$11.24; J. McComb \$17.55, ditching  
con. 12; W. Wilkinson \$57 on account  
municipal drain; T. Code \$1, repairing  
bridge; T. Grubler \$4, culvert side road  
con. 7; J. Johnston \$6, gravel; T. Mc-  
Farlane \$1, cleaning ditch con. 12; W.  
Chisholm \$6, plank; J. Gimblett \$14,  
\$3, graveling con. 8; G. Hamilton \$4,  
overseeing and spreading gravel; M.  
Harvey \$6.27, making out financial  
statement; J. Priest \$30, ditch gravel  
road; J. B. Hamilton \$5.50, gravel; P.  
Bucklow \$1, gravel; W. Chmie \$125.50,  
printing; J. Morrison \$3, part engineer's  
expenses; J. Irwin \$3, for use of school  
house at nomination; E. Hunt \$5.75,  
culvert township line Elma and Wallace  
W. Chisholm \$1, repairing bridge gravel  
road; I. Whaley \$2, for drain side road,  
con. 1; F. Stoll \$1.25, digging drain and  
filling same, and R. Henderson 5c cents  
for tile. Carried. Council then ad-  
journed till 15th February.

A Grey County, Ont., man has fallen  
heir to an estate in Portugal worth four  
or five million dollars.

## SPARE OUR BLUSHES.

THE BEE is the name of a new paper  
published at Atwood, by R. S. Pelton.  
We welcome THE BEE to our exchange  
list, and hope the proprietor will meet  
with success.—Gorris Videte.

R. S. Pelton, of the Deseronto Tribune,  
has started THE BEE in Atwood, Perth  
county. Whatever money it may collect  
there is not much money in the busi-  
ness.—Clinton News-Record.

The Picton Times of the 17th inst.,  
says:—R. S. Pelton, of the Deseronto  
Tribune, left on Monday for Brussels.  
It is his intention to start a newspaper  
in Atwood, a thriving village in the  
county of Perth.

A new paper called THE BEE has  
been started in Atwood by R. S. Pelton.  
It consists of eight pages of five cols-  
els each, and is a neat little sheet. It will  
be independent politically. The Herald  
wishes THE BEE may long him.—Strat-  
ford Herald.

THE BEE is the name of a paper pub-  
lished at Atwood by R. S. Pelton, a grad-  
uate of the Sentinel-Review office. It  
is a bright, clean, newsy sheet, and if  
there is a field for it should fill the bill.  
—Woodstock Sentinel-Review.

The latest candidate for public favor  
in the newspaper line is THE BEE,  
published at Atwood, Ont., by R. S.  
Pelton. The first issue is before us and  
presents a very creditable appearance.  
May it prosper and long continue to  
"lum."—St. Marys Argus.

THE BEE is the name of a new jour-  
nal published at Atwood, Ont., by R. S.  
Pelton. The initial number presents a  
very creditable appearance, and should  
receive the hearty support of the citi-  
zens of Atwood. We wish the publish-  
er success.—Meaford Mirror.

THE BEE is the name of a spicy  
little paper started at Atwood, the first  
number of which we received last week.  
R. S. Pelton is editor and proprietor.  
Atwood is a village on the C. T. R. in  
the county of Perth. We wish it suc-  
cess. The more the merrier.—Wingham  
Advocate.

THE ATWOOD BEE is the name of a  
new aspirant for public patronage. It  
is published by R. S. Pelton, at the  
stirring village of Atwood, and is a  
bright, neat little sheet, and should re-  
ceive the support of the people of the  
village and surrounding country.—  
Wingham Times.

We are exceedingly gratified to learn  
that R. S. Pelton, a former resident of  
Blyth, has located in Atwood, and has  
called THE BEE. Mr. Pelton is a young  
man of push, pluck and perseverance,  
and will no doubt make a success of his  
new enterprise.—Huron Examiner.

THE ATWOOD BEE, a neat 8-page  
paper, saw the light last week. It prom-  
ises to deal with all matters of local in-  
terest, handling politics from an inde-  
pendent standpoint. R. S. Pelton is the  
proprietor. If the people of Atwood  
and locality do their part will be able  
to advance their interests.—Brussels  
Post.

We have received the first number of  
THE BEE to be published by R. S. Pelton  
at Atwood. It promises to be independ-  
ent politically. It consists of 8 pages  
with patent ready-made inside, the first  
number being very presentable. If it  
finds room enough to employ its use-  
fulness we wish it success.—Listowel  
Banner.

THE ATWOOD BEE is the name  
of a lively little paper started at  
the village of Atwood, under the man-  
agement of R. S. Pelton. It has lots of  
local and general news and should be  
well supported by the business people,  
for that is the only kind of support that  
will make a paper a permanent success.  
—Clinton New Era.

The latest aspirant in the field of  
newspaperdom is THE BEE, published  
at Atwood by R. S. Pelton. It is an ex-  
ceedingly neat paper, and filled with  
valuable items, and should commend it-  
self to the citizens of Atwood and Perth.  
It will be independent in politics  
and allow the big dillies to do the  
dirty work.—Leamington Post.

As mentioned last week THE ATWOOD  
BEE has made its debut, and seems to  
be worthy of a wide and richer field,  
the publisher is R. S. Pelton, who has  
displayed great industry in the initial  
number of his venture. There is a gen-  
eral impression that the field is too cir-  
cumscribed—that there is insufficient  
prospect for THE BEE's sustenance.—Strat-  
ford Beacon.

Atwood now boasts of having a  
paper, THE BEE having made its ap-  
pearance in that progressive village.  
THE BEE has quite a respectable ap-  
pearance, and if it can extract enough  
key out of its rather limited territory  
to keep it thriving, it gives promise of  
being a spicy little sheet. Mr. Pelton,  
formerly of the Brussels Post, is the  
proprietor.—Listowel Standard.

We are in receipt of THE BEE, a  
paper which has just made its appear-  
ance in Atwood, a little village five  
miles south of Listowel, R. S. Pelton  
is editor and proprietor. The new as-  
pirant makes a most creditable appear-  
ance and is well filled with local news.  
Mr. Pelton must be possessed of a good  
deal of courage to launch out in a place  
of the size of Atwood, and we hope his  
enterprise may be fully appreciated, and  
that a liberal support will be given his  
journal. It has the very best wishes of  
the Advocate.—Mitchell Advocate.

R. S. Pelton, formerly on the Stand-  
ard, has started in the newspaper busi-  
ness at Atwood. His paper is known as  
THE BEE. R. S. was a well behaved  
young man while in this place and we  
wish him the very best success in his  
new enterprise.—Blyth correspondent  
to Clinton New Era.

THE ATWOOD BEE is the latest  
aspirant for journalistic honors in the  
Huron Tract. Its constituency will be  
somewhat circumscribed, owing to the  
proximity of a number of old-established  
journals, but as it promises to be a  
busy BEE and not a slumbering one, it  
will likely get its share of honey. The  
editor is R. S. Pelton, formerly of Brussels.  
—Goderich Signal.

## Perth Sabbath School Associa- tion.

The annual convention of the county  
of Perth Sabbath School Association  
will be held in Main street Methodist  
church, Mitchell, on Tuesday and Wed-  
nesday, February eleventh and twelfth.  
The following will be the programme:  
Session—2 p. m., Devotional Exercises;  
2:15 p. m., Appointment of Minute Sec-  
retaries and Business Committee; 7:30  
p. m., Address, "Personal Consecration,"  
by Rev. T. M. Campbell, St. Marys;  
Discussion; 3:40 p. m., Address, "The  
Teachers' Aim," by C. J. McGregor,  
Stratford; Discussion. Second Session—  
7:30 p. m., Devotional Exercises and  
Reading Minutes; 7:50 p. m., Secretary  
Treasurer's Report; 8 p. m., Address of  
Welcome, by Rev. John Mills, pastor of  
the church; President's Reply; 8:30 p. m.,  
Address, "How to Interest Parents in  
Sunday School Work," by Rev. W. H.  
Brewers, Stratford; 9 p. m., Address,  
"Role Heading in the Home and School  
Life," by Rev. W. J. Taylor, Mitchell;  
9:30 p. m., Closing Exercises and Silver  
Collection. Third Session—4:30 a. m.,  
Prayer and Praise Service, led by the  
President; 10 a. m., Reports from Schools  
in reference to Spiritual Results; 10:30  
a. m., Address, "Sunday School Helps,"  
by Rev. W. M. McGibbon, Millbank;  
Discussion; 11:15 a. m., Address, "The  
Art of Questioning," by S. Nethercot,  
Mitchell; Discussion. Fourth  
Session—2 p. m., Devotional Exercises  
and Reading Minutes; 2:15 p. m., Ad-  
dress, "Sabbath School Music," by  
S. F. Robbins, Mitchell; 2:45 p. m.,  
Normal Lesson, "Principles of Instruction,  
the Seven Laws of Teaching," by Rev.  
W. C. Henderson, D.D., Listowel; 3:45  
p. m., Mass Meeting of Children, address-  
ed by Rev. D. Rogers, Atwood, Dr.  
Hipple, Stratford, Rev. D. Dack, Listow-  
el, Miss M. Mowat, Stratford; Silver  
Collection. Fifth Session—7:30 p. m.,  
Devotional Exercises and Reading  
Minutes; 7:30 p. m., Report of Business  
Committee; 8:15 p. m., Address, "The  
Bible in its Relation to Human Progress,"  
by Rev. F. E. Nugent, Mitchell;  
8:45 p. m., 2nd, Morally, by  
Rev. E. H. Hamilton, Motherwell; 9:10  
p. m., 3rd, Spiritually, by Rev. E. H.  
Hughes, Listowel; 9:30 p. m., Silver  
Collection and Question Drawer; 9:40  
p. m., Farewell Addresses.

**HOW TO COLLECT.**  
An unidentified exchange gives the  
following rules for collecting most of  
which are based on experience and good  
sense.

1. Never give the idea that you called  
because you happened to be in the  
neighborhood.
2. Never plead that you are in abso-  
lute need of money.
3. Never explain why you want the  
money further than by some general  
phrase as to meet outstanding bills.  
The debtor is generally an expert in  
showing a man how he can get along  
without money.
4. Always be civil, however business-  
like and importunate you may deem it  
necessary to be.
5. Never think you have done wrong  
because a debtor gets angry. His anger  
under civil treatment shows that he  
does not intend to pay. This you might  
as well know early as late.
6. Show quite as firm a resolution to  
get the money on your tenth call as on  
any previous one, or else it would have  
been better if you had not made it.
7. Never leave a debtor without his  
settling a time when he thinks he can  
pay, and never fail to be on hand at the  
time set.
8. As between yourself and the em-  
ployee let the most business-like of the  
two make the dun.
9. Suggest instalments. Shame the  
debtor into an arrangement to pay  
something every week or month. If  
not \$10, then \$5, or \$3, or \$1. It will  
convince him that you have set to work  
in earnest to get the money.
10. If a debtor gets angry, or has worn  
out your patience, a threat to attach  
his salary may be effective, not so much  
that he is likely to fear that you will  
get the money in that way, as that the  
affair will come to the knowledge of his  
employer.
11. Similar effects may be produced  
by saying you intend to place the bills  
in the hands of a lawyer, particularly if  
you mention a lawyer who has a reputa-  
tion for harassing debtors. Profes-  
sional debtors however, become careless  
about legal processes.
12. Drop into a debtor's favorite  
haunts. It will make him uneasy, espe-  
cially if you do not hesitate to ask him  
politely but promptly for your money  
on every occasion.

## Elma Farmers' Mutual Fire Insurance Company.

The annual meeting was held at At-  
wood, on Tuesday, 24th inst. There was  
a fair attendance. W. Lochhead was  
called to the chair.

The Secretary read the auditors' re-  
port which showed that the Company  
held policies amounting to \$604,012.00,  
and had unassessed premium notes  
amounting to \$27,616.18. At date of  
audit and since the formation of the  
Company, 14 years ago, an assessment  
of \$2.16 on premium notes per annum  
had met all its requirements. On re-  
port was adopted. The retiring Direc-  
tors, Messrs. J. B. Hammond, S. McAllis-  
ter and S. S. Rothwell were re-elected.  
After some friendly discussion on var-  
ious matters a hearty vote of thanks  
was given to the Directors for the en-  
ergetic and judicious manner in which  
they had managed the business of the  
Company. The meeting then adjourned.

The Directors elect then met for or-  
ganization. The President, Wm. Shear-  
er; Vice-Pres., Jas. Donaldson, and the  
Sec.-Treas., Robt. Cleland, were re-  
elected. The Auditors, Wm. Keith and W.  
Heard were also re-elected.

Applications for insurance were re-  
ceived and accepted, amounting to \$10,  
250.00.

On motion made and carried it was  
agreed to hold the meetings of the  
Board in R. Graham's hotel for the en-  
suing year.

Meeting adjourned till the 1st Tues-  
day in March next.

ROBERT CLELAND,  
Secretary.

## La Grippe Forty-Three Years Ago.

FROM THE TORONTO HERALD, JAN., 1847

Probably at no period have we known  
more persons afflicted with influenza  
and catarrh than at present. To per-  
sons of robust habits it has been mild;  
but severe to delicate constitutions.  
Influenza, though supposed to be only a  
form of severe cold, is in fact an epidem-  
ic. The word is of Italian origin—  
the sufferer was supposed to have been  
"influenzed" by the stars. It has en-  
gaged the attention of all medical  
writers for the last three centuries.  
Sydenham, as early as 1673, considers it  
a general cough produced by cold and  
moist weather such as we have recent-  
ly experienced in this city. Influenza  
bears the same relation to a common  
cough that Asiatic Cholera bears to  
our ordinary cholera morbus, and de-  
pends upon the peculiar condition of  
the atmosphere, great and sudden  
changes in the temperature, either  
from warm to cold or cold to warm,  
with dampness and fogs, and a pre-  
valence of easterly winds. It sometimes  
affects every member of a family at  
once, and attacks persons in doots and  
out of doors. Whole crews of ships  
have been down with it at sea. The  
healthy and robust are particularly  
liable to attack—children less than  
others. In 1837, it was, as many well  
remember, fatal among elderly people.  
As an epidemic, therefore, it merits a  
passing notice among other events of  
the day, but more particularly from  
motives of humanity; for influenza,  
though generally considered as a com-  
mon cold or catarrh, is a formidable  
disease; not so much on account of its  
immediate symptoms as from its power  
to excite and run into other diseases.  
Independent of chilliness, or agues fol-  
lowed by flashes of heat, the influenza  
produces pains in the back and loins,  
and the whole body feels bruised or  
fatigued with lassitude, together with  
depressed spirits, tightness across the  
chest, and also with a dry business  
cough. Sometimes the throat is in-  
flamed, the wind-pipe dry and irritated,  
and the voice hoarse. These and other  
symptoms, our physicians say, are in-  
dicative of the present epidemic, which  
must never in its incipient state be ne-  
glected, or the violence of the disease  
may be concentrated in some particu-  
lar organ, frequently the head or chest.  
If unchecked by prompt and immedi-  
ate remedies, the disease may arouse  
into action those fearful terminations  
arising from typhus fever in all its  
alarming stages. The proper course to  
be pursued is, to apply remedies im-  
mediately, and never allow the disease to  
hang about neglected for twenty-four  
hours. The remedies for a common  
cold may be applied with effect. The  
physician generally prescribes light  
antiphlogistic remedies, a saline mixture  
of antimonal to render a healthy perspi-  
ration, squills to promote expectoration,  
combined with gum ammoniac. No-  
opiates; light food, no stimulus and  
poor diet. In early stages, when the  
stomach is disordered, a mild emetic;  
when the disease assumes an aggravated  
character, with much fever and  
hard dry cough, and great pain in  
breathing, frequent doses of calomel,  
with James powder, are given; some-  
times a blister to the chest. No bleed-  
ing unless the symptoms are decidedly  
inflammatory. Quiet pastime, and an  
absence of all anxiety, are necessary for  
a cure. We make these remarks for  
the benefit of those remote from a  
physician or who may not have the  
means of employing one. Caution,  
however, is a good preventative. Al-  
ways consult a doctor if possible.