SUN.WIND.DUST & CINDERS

"Consumption Is No Respecter of Persons"

Respecter of Persons."

In one of the glistening, beautiful gooms of the Muskoka Hospital for Consumptives, Harry Williams occupies a bed right next to Jim Thom. Harry was studying Arts in the Toronto University, while Jim was a saborer in another city. (Of course, that was before both knew that they were victims of consumption.)

Harry is a handsome young man, may about 22, and is particularly well wersed in English literature. His home is in Western Ontario. Harry's brother is consumptive, too, and it was he who insisted that when Harry went back to school last fall, that he be thoroughly examined. The examination revealed consumption,—so Harry withdrew from his classes, packed up a few belongings and journeyed to Muskoka Hospital for Consumptives. "You know," says Harry. "consumption is no respector of persons. Here I am, just as sick as my room-mate. He was a laborer and I was a student. He worked nard for years while I never labored in my life. He had no good home surroundings, while I have been cared for since birth. I can't understand it, can you." And with that Harry and Jim are but two of the many who are at present entirely dependent on the Muskoka Hospital freches on the generosity of it's many friends.

Contributions may be sent to Hon.

Contributions may be sent to Hon. W. A. Charlton, President, 223 College Street, Toronto, Ontario.

JAMES NEWELL, PH.B., M.D., L.R.C.P.& S., M.B.M.A., England, Coroner County of Lambton, Wat-ford, Ont. Office—Corner Main and Front Sts. Residence—Front st., one block east of Main st.

C. W. SAWERS, M.D., Phone 13. Watford, Ontario. Office—Main st. Residence—Ontario st. east. Office hours—8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

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TIME TABLE

Trains leave Watford station as

GOING WEST
Accommodation, 111. . . 8.42 a.m.
Chicago Express, 17 . . 11.59 a.m.
Detroit Express, 83 . . 6.51 p.m.
Chicago Express 9.11 p.m.
GOING EAST
Ontario Limited, 80 . . 7.48 a.m.
Chicago Express, 6 . . 11.22 a.m.
Express 2.50 p.m.
Accommodation, No. 112 . 6.08 p.m.
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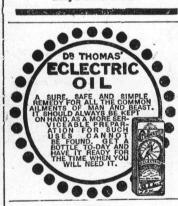
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HEALTH WEEK

Public Health Clinics to be Held in Sarnia Week of January 19th.

For the information and interest of our readers we desire to draw attention to the Health Week for Lambton County which is being arranged to commence Monday, January 19th, 1925. This week is being held under the auspices of the Lambton County Medical Association and the Dental profession of the County in co-consistency with County in co-operation with the Provincial Department of Health and it is endorsed and approved by

the Ontario Medical Association. During the week various types of health activity will be demonstrated in actual clinics during the day and leading men and women For example speakers invited for the Monday night meeting are the Prime Minister, the Honourable G. Howard Ferguson, Bishop Fallon, of London and Honourable Dr. Cody of Toronto. The full list of speakers will be officially announced in the program of the week which will be issued shortly, but every night's meeting will be a night that no one can afford to miss. The addresses will be short and interesting and each address on a special health topic will be delivered by an authority in the special branch of work under consideration.

It is proposed to make Tuesday meeting a Farmers' night on which the important subject of milk. its production, distribution, care and use will be considered. Also on the same night will be considered certain aspects of rural sanitation.

Wednesday night is to be devoted to maternal care and the problems of infancy.

On Thursday night communicable disease and tuberculosis will be discussed by such as Dr. H. W. Hill, of the Institute of Public Health, London, and Dr. C. D. Parfitt, Medical Director of Calydor Sanitarium, Gravenhurst, and President of the Canadian Tuberculosis

On Friday night dental product will occupy the field and addition will be given by such as Dr. We.... Dean Emeritus of the Royal of Dental Surgeons, Toronto. Dr. Kendrick of Port Huron, Mich., and the Honourable Dr. Forbes Godfrey, Minister of Health.

It is anticipated that the interest created by these meetings will fill the Auditorium of the Technical School to overflowing. No one should miss this opportunity of obtaining authoritative information on the various aspects of health that are to be presented.

During the day the clinics will

1st. A clinic for infants and childen, which will include children from birth up to 16 years.

2nd. A general medical clinic for adults for the purpose of introducing to the public the idea of the annual physical examination. With this clinic will be combined a clinic or occupational diseases. In connection with this it is important to mention that there are certain types of ill ness, especially chronic illness directly related to industry. The idea in this connection is to detect illness of this nature and suggest where possible means by which the indust

rial worker can protect himself, 3rd. A dental clinic which will be perated by the dentists of Lambton County as part of the Health Week. 4th. An orthopaedic clinic (crip-

pled children) clinic, for which ar rangements are being made to bring n specialists from an outside point. 5th. An ear, nose and throat clinwill be operated entirely by the practitioners of the County of Lam-

6th. An eye clinic for which rangements are being made by local medical sub-committee. 7th. A chest clinic which will

under the direction of the Tuberculosis branch of the Division of Com-municable Diseases of the Provincial Department of Health. Arrangements for admission of the

public to the Clinics. Infant and Child.

General Medical. Occupational Diseases. To these three clinics the public

will be admitted directly for plete physical examination. No treatment is to be given or prescribed at these clinics. The person is to be given a physical examination and re-ferred back to his family physican with recommendations as to treatment where indicated.

The Chest Clinic .- At this clinic patients are accepted for complete chest examination on a written ref-erence from the attending physican. The report will be made in writing

tuberculous contact is a very! or mixed goods.

important matter and that it is desired, during this week, to examine as many contacts as possible in order to catch the infection at the earliest

stage. The Orthopaedic Clinic. Patients coming to this clinic are to be refer-red by their own physican for examination, diagnosis and recommendations as to treatment. The special feature of this clinic is the opportunity for consultation in the orthapaedic cases with a man of recognized standing in that particular branch of medicine.

Dental Clinic. Ear, Nose and Throat.

Eye Clinic. Patients will be received in these clinics only on the reference in writing of the family physican. The reference is to state whether for examination, diagnosis and recommend ations as to treatment or for actual treament. Children coming to any or all of these three clinics will present a letter from the family physican at the Infant and Children's Clinic After examination here, they will be passed along to the treatment clinic or referred back to the family physican. Should a child come to the Infant and Children's Clinic and be found there to require treatment of the type being given during the Health Week and should the child not have the letter of reference referred to above, he will be referred back to his own physician in the or-dinary way. The physician may then, if he so desire, give the child a letter requesting treatment from the Lambton County Medical Association. On banishing constipation, colic, indipresenting this letter at the Child-gestion and a host of the other minor ren's Clinic, the child will be sent forward for treatment.

The physicians and dentists of the County are anxious to stress the importance of health protection and to demonstrate outstanding features in connection with the prevention of disease. Ill health is more easly prevented than cured. It is much more cheaply prevented than cured and prevention is attended with less anx iety, less disturbance of school tendance, less disturbance of busi ness, less disturbance of domestic routine and infinitely less fatality than is the treatment of acute hronic illness.

Articles dealing with health topics will be published from time to time in the columns of this paper. These are prepared by men whose standing as health experts and whose author-.. tes'th matters is unquestioned. No ward suggest for your own ere carefully and that during the week of January you take full advantage of the many opportunities that week will present to the citizens

of Lambton County.

The members of the Medical and Dental professions in the County are highly congratulated and should be sincerely thanked for exhibiting this interest in the health and wellbeing of our citizens.

Study the Christmas Ads.

GIRLS! HAIR GROWS THICK and BEAUTIFUL whole meal for the Breton peasant, is especially good. Peel four large

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A gleamy mass of luxuriant hair full of gloss, lustre and life shortly follows a genuine toning up of neglected scalps with de-pendable "Dan-derine."

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MEN'S WEAR

WATFORD GARAGE OPPOSITE

A Grand Medicine For Little Ones

Mrs. Avila Noel, Haut Lameque, N. B., writes:—"I can highly recom-mend Baby's Own Tablets as they have worked wonders in the case of my baby. I always keep them in the house and would not feel safe with-out them." What Mrs. Noel says What Mrs. Noel says concerning Baby's Own Tablets just what thousands of other mothers say and feel. The Tablets are a mild but thorough laxative which regulate the bowels and stomach, ailments of little ones. The Tablets are absolutely guaranteed to be free from opiates or narcotics or any of the other drugs so harmful to the welfare of the baby. They cannot possibly do harm—they always do They are sold by medicine dealers or by mail at 25 cents a box from .The Dr. Williams' Medicine Co., Brockville, Ont.

HOUSEHOLD HINTS

Chocolate Covered Figs
This toothsome and wholesome
Christmas time confection comes
from New Orleans, and is especially to be recommended for children, because it satisfies the craving sweets with a food that is digestible, nutritious and has a tonic effect on

the system. The figs should first be steamed until they are very tender. This may be done conveniently in an enameled ware steamer with a removable rack. When the figs have cooled remove the soft centers and chop this, portion fine with a few nuts and candied fruits. Fill the figs with this mixture and dip them in unsweetened chocolate which has been melted in an enameled ware double boiler. The chocolate coating will keep the figs soft and moist for a considerable time.

French Onion Soup

Winter is the season for thick soups, and this one which, with a liberal chunk of bread, makes a onions and two carrots. The onions 35-Cent "Danderine" Does Wonders should be chopped fine, and the carrots diced. Put them into an enameled ware saucepan with three tablespoonfuls of butter and saute them until the onions are well browned. Use a quarter teaspoonful of sugar and half a teaspoonful of salt. Add a quart of water and boil for two hours, adding more water as it boils This soup should be served

> Baked Rice Mexican Style Besides being easily prepared, rice dishes are especially nourishing and a good substitute for potatoes which, unless baked, cannot be pre-

with a slice of bread in each plate.

pared in a short time. Rice can be cooked in twenty minutes and used at any time thereafter for several days. The following recipe for Mexican baked rice makes a very substantial "one-dish dinner" which is suitable for busy days.

Cook one and one-quarter cup-fulls of rice in boiling salted water for thirty minutes. Add one and onehalf cupfuls tomato juice, one large green pepper cut up fine, one-half cupful chopped pimento and a dash of pepper. Mix together thoroughly and pour into a well-buttered enameled ware baking dish, the porcelainlike surface of which will not affect or be affected by the acid in the tomatoes. On top place the tomato pulp, left after straining the juice. Serve while hot.

Spoiled

It was her birthday. "Dearest." his note read, "I'm sending you a rose for each year of your life." Diplomatically, he ordered the florist to deliver but twomby goses.

When he had gone the florist said to himself, "Well, Blimpson is a good customer, I'll add another ten for good measure."