HEALTH SERVICE

Of The Canadian Medical Association

BAD BREATH

A bad breath is altogether unbecoming and for that reason, consideration should be given by everyone to the causes of the condition in order to avoid its occurrence.

The fermentation of food particles in the mouth will almost certainly cause a bad breath. This commonly occurs when food is held in a decaying tooth cavity. Proper care of the teeth, by brushing them regularly after meals and -most important time of all -at bedtime,, in order to get rid of food particles, and by the securing of regular dental care, will prevent bad breath from a source that is now common.

When there is an actual disease of the mouth, such as Pyorrhoea, or of the adjoining parts, bad breath may result either from the condition itself or from the fermentation of food particles which the condition favours.

A healthy throat and a mouth kept clean by regular use of the toothbrush are the first considerations in preserving an in-offensive breath.

In addition to the local conditions, which act as a cause of bad breath, there are general conditions which bring it about. We think, first, of the digestive tract because in our minds a bad taste in the mouth is frequently associated with digestive upsets. Bad breath does occur quite often among those who overeat, or whose elimination is faulty. The bad breath, in such cases, is really a sympton of an abnormal condition of the digestive tract and is regarded as such by the individual's physician.

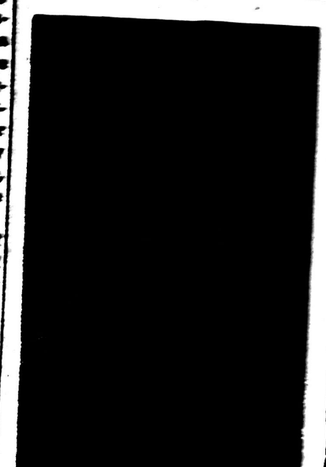
Under such conditions, the remedy lies in altering the mode of living. A proper diet, avoidance of overeating or of over-indugence in one or more articles of diet, regular elimination, increased intake of water, and exercise are the points which should first be dealt with.

The correction of any unpleasant oder should always be thought of along the lines of the removal of the cause. It is much preferable to overcome body odors by regular bathing than by attepting to overpower them by using perfumes. In the same way, the logical manner of dealing with bad breath is to remove its cause.

The treatment of symptoms is necessary, but their cure and the prevention of their recurrence depend upon the treatment of the cause, the root of the condition.

It never pays to temporise; it is always satisfactory ot get to grips with the cause.

Noted British Violinist at Canadian Festival



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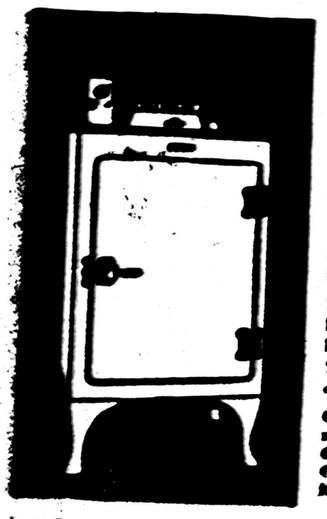

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Here and There

(Cont'd)

The largest passenger liner into the port of Saint John in 1929 was the Parisien, of 4,500 tons; yesterday the 20,000-ton Duchess of York is but one of four "Duchess" ships using the port, said Hugh A. Allan, founder of the Allan Line of Steamships, on landing at Saint John recently, and commenting on the growth of the port. He was certain it would continue to grow in the future as it had done in the past.

There is a huge market in Europe for breeding silver foxes which will absorb all that Canada has to offer for many years, in the view of J. S. Wodlock, of St. John, passenger on the Duchess of York, who has been spending some time in Sweden where he established a fur farm stocked from his farm on Prince Edward Island.

Sponsored by Hon. R. Randolph Bruce, Lieutenant-Governor of British Columbia, and under direction of Harold Eustace Key, musical director for the Canadian Pacific Railway, the second annual community music festival has just been held at the Empress Hotel, Victoria, with great success. Artists of international repute took part in the revival of the old shantyes that men sang when wooden ships manned by iron crews sailed the Seven Seas.

During the five years that the Canada Colonization Association has been under the control of the Canadian Pacific Railway, it has settled 4,570 families on 644,300 acres at a purchase price including equipment of more than $22,000,000, was the statement of W. M. Neal, general manager of the railway's western lines, speaking at the first annual meeting of the Saskatchewan branch of the Association held at Regina recently.

A vast amount of extreme work is being done along constructive lines in oil development in Alberta, G. G. Gassaway, director of the Canadian Pacific Railway's department of development, stated in a recent interview at Winnipeg. A million barrels of oil had been taken from western Canada last year and prospects were good for greater production in 1930, he added.

Seven Canadian Pacific special trains will be required to carry some snowbirds, members of clubs in Quebec Province and New England, who are coming to the convention of snowshoe clubs to be held at Ottawa February 1-3. Two special trains will be needed to carry the delegation from Montreal centres and two more for that from Montreal.

Another new Canadian Pacific steamer took to the water recently at Glasgow when the "Princess Elizabeth", 4,000-ton vessel for the British Columbia Coastal Service, was launched from the yards of the Fairfield Shipbuilding Company at Govan by Mrs. R. B. S. Bethell, daughter of W. R. Maclennan, vice-president of the Canadian Pacific Railway. The ship can reach a speed of 20½ knots, will have sleeping accommodation for 468 passengers and day accommodation for 1,500.

Fish caught in the inland lakes of the Province of Saskatchewan have an annual value of over $500,000. Among the principal kinds of fish caught are gold-eyes, herring, pickerel, pike, sturgeon, mullets, trout, tullibee and white fish.

In an address upon "Scientific Salmon Research and How It Helps Industry," in Montreal the other day, C. H. Hall, development engineer, Canadian Pacific Railway, pointed out that the value of scientific problems here mentioned included in the last twenty years, while that of mines and forests have been trebled, fisheries doubled and developed water power increased six-fold.

Though the popularity of the Dublin exhibition to hold a prominent place on the fixture of visiting the "Dear Green Isle" or outside, the "Dear Green" is obviously and keen heightened in attracting in favor, particularly in the Province. Ministers give a total of 60,000 tourists in addition on the 240,000 English, 14,827 of which were brought last year.

Ocean tonnage of vessels calling at Honolulu harbor has increased from 2,000,000 tons annually to 7,174,000 in the last ten years, according to official figures released late in December. The Canadian Pacific inaugurated direct Vancouver to Honolulu service December 15 with the palatial express liner Empress of Canada. Other company vessels on this run will be the Empress of Russia, Empress of Asia and Empress of Japan, the latter recently launched.

In the province of Quebec there is now a total length of 25,000 miles of paved, macadamized and graveled roads which is 60 per cent. of all rural roads in the province. In 1929 the Provincial Department of Roads constructed 350 196 miles of improved roads, reconstructed 1,800 miles of new road, 182 bridges and culverts and eliminated 16 grade crossings and 600 sharp corners and curves.

The Department of Immigration and Industry of the New Brunswick Government is getting ready for the reception of 100 British and numerous Scandinavian families to be brought out in April, May and June, said Hon. J. A. Sharpe, superintendent of the department, on his return from Montreal to Saint John, following conferences there.

Send in your Subscription

Record Ramblings

Can it be true that the Butchers frequent visits to Toronto, are of a business nature, surely not, who would pay so much attention to business.

—

Playfair Brown ought to pay a visit to this section, he might sign up a few preliminaries.

—

This must be maple syrup time. The girl says come hither, and the sap begins to run.

—

Scientists declare that ignorant people live longer than others, but they don't say what others.

—

Poverty does not cause crime, it just seems that way because the poor criminal can't count on a mistrial.

—

Childs Restaurant served over 350,000 eggs last year; -Were you one of them?

—

Cruel to Bow-Wows. A number of people have dogs who don't feed them, and they run through the streets trying to find something to eat, and if they are run over by some one, then those dog lovers put up a big howl and accuse motorists of deliberately killing them.

NOTICE TO CREDITORS

In the matter of the Estate of Alfred Russell Colman late of the village of Jarvis in the County of Haldimand, Veterinary Surgeon, deceased.

NOTICE is hereby given in pursuance of R. S. O. 1927, Chapter 150 that all creditors and others having a claim or claims against the estate of the said Alfred Russell Collman, deceased, who died on or about the 18, day of April, 1929, are requested to deliver or send post paid to Arrell and Arrell, Caledonia, Ontario, the solicitors for the Executor on or before the 10th, day of May, 1930, their names and addresses and a full statement of particulars of their claim or claims and the nature of the security, if any, held by them.

AND FURTHER TAKE NTICE;- that immediately after the said 10th day of May, 1930, the Executor will proceed to distribute the assets of the said deceased among the parties entitled thereto having regard only to the claim or claims of which notice shall have been received and the said Executor will not be liable for the said assets or any part thereof to any person or persons of whose claim or claims he shall not have had notice at the time of such distribution.

Dated at Caledonia this 4th day of April, A. D. 1930.

George Lumsden Miller,

By Arrell &Arrell, Executor.
His solicitors.

NOTICE TO CREDITORS

IN THE MATTER of the Estate of Thomas Harris, deceased, late of the village of Jarvis in the County of Haldimand, Butcher:

NOTICE is hereby given in pursuance of R. S. O. 1927, Chapter 150 that all creditors and others having a claim, or claims, against the estate of the said Thomas Harris, deceased, who died on or about the 22nd day of August, 1929 are required to deliver or send post prepaid to Arrell and Arrell, Caledonia, Ontario, the soicitors for the Executor on or before the 10th day of May, 1930 their names and addresses and a full statement of particulars of their claim or claims and the nature of the security, if any, held by them.

AND FURTHER TAKE NOTICE- that immediately after the said 10th day of May, 1930, the Executor will proceed to distribute t he assets of the said deceased among the parties entitled thereof having regard only to the claim or claims of which notice shall have been then received and the said Executor will not be liable for the said assets or any part thereof to any persons or persons of whose claim or claims he shall not have had notice at the time of distribution.

Dated at Caledonia, this 4th day of April, A. D. 1930.

George Lumsden Miller
By Arrell &Arrell, Executor
Solicitors for Executor.

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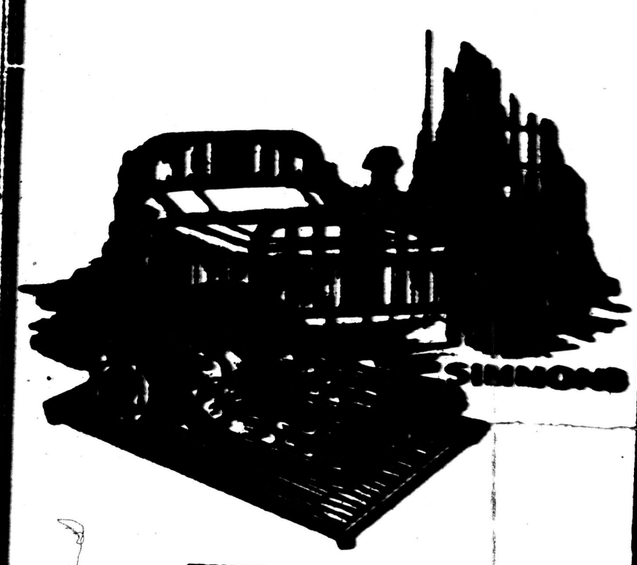

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