

### Everyday Antiseptics Are Household Necessities

At first, antiseptic drugs were used for the purpose of killing bacteria, but we have learned that strong antiseptics often kill the cells of the body or poison them so severely that they either die or recover very slowly, writes Dr. U. E. Henderson in the autumn number of "Canadian Health," published by the Canadian Social Hygiene Council. In consequence even physicians usually content themselves with drugs that are not so poisonous to bacteria, but simply lead to their reproducing less frequently.

Tincture of iodine will kill bacteria fairly rapidly if it reaches them. It, however, irritates the cells of the body more or less. There are three solutions which are termed tinctures of iodine, the Strong Tincture containing 7-12 percent iodine, the Weak Tincture which contains 2-12 percent and the 5 percent Tincture of the Canadian Formulary. All these tinctures are made with alcohol, and for this there is a very good reason.

#### WHY USE ALCOHOL?

Normally the naked eye the skin of the back of the hand, for example, though crossed with many fine folds, looks smooth. This smooth look, however, is partly due to a thin layer of the fatty secretion from the glands of the skin. If one dissolves off the fat with alcohol, the skin looks much rougher, and indeed is so, for now many of the little dead scale-like cells which form the outer coat, are no longer lying flat but are partly detached. These scales are constantly being shed and replaced by cells from below, and bacteria may easily find a shelter under them. Bacteria are always present on the skin. Washing with soap and water will remove many of them, but not all. But the skin offers another excellent hiding place for bacteria, in what are commonly called the pores of the skin. These are really little tubes from which is poured out the sweat and the fatty secretion, and on many parts of the body there are also the little tubes through which the hairs emerge. Bacteria can readily gain access to these tubes and live in their content. If the right variety gains access and grows luxuriantly, boils or pimples are produced.

The advantage of using a solution of a drug in alcohol is that the alcohol can readily dissolve in the fatty covering and can, because of this, also gain access to the pores and take in the iodine or other poison with it so reaching many bacteria. A solution in water runs off the surface, as it does off a well-greased duck's feathers.

When the surgeon is compelled to cut through the skin he paints the area with tincture of iodine, usually 5 percent because then as he cuts the skin and squeezes out some of the content of the pores and if not all the bacteria will be dead and after he sews up the wound, living bacteria are not apt to be poured out by the sweat and spreading over the skin reach the cells and tissue he has damaged with his knife.

solution in water it does not hurt so much as iodine, but it will probably not reach so many bacteria. If dissolved in alcohol it will reach more of them, but then it hurts. Alcohol (70 per cent) alone will kill many bacteria, but not very quickly.

#### MOUTH, EYE AND NOSE

One rarely uses tincture of iodine in the mouth, eye or nose because it would be too irritant. Here we must make use of much weaker and less efficient remedies, a solution of boric acid (or boric acid) for example. In water in the eye and nose water and add boric acid until when it cools some little amount of boric acid falls to the bottom. Then if it is to be used in the eye one adds an equal amount of boiling or boiled water. All the boric acid will do is to kill a few bacteria and keep the rest from multiplying so rapidly. Stronger remedies should be left to the doctor. The saturated solution of boric acid is often put in cotton or gauze under oiled silk or rubber over a boil. Here its main purpose is to bring the boil to a head and when the boil bursts to aid in keeping the bacteria from being rubbed into the nearby pores of the skin.

Argyrol and many other silver preparations are used as solutions in water in the eye and nose. They have no greater effect than boric acid.

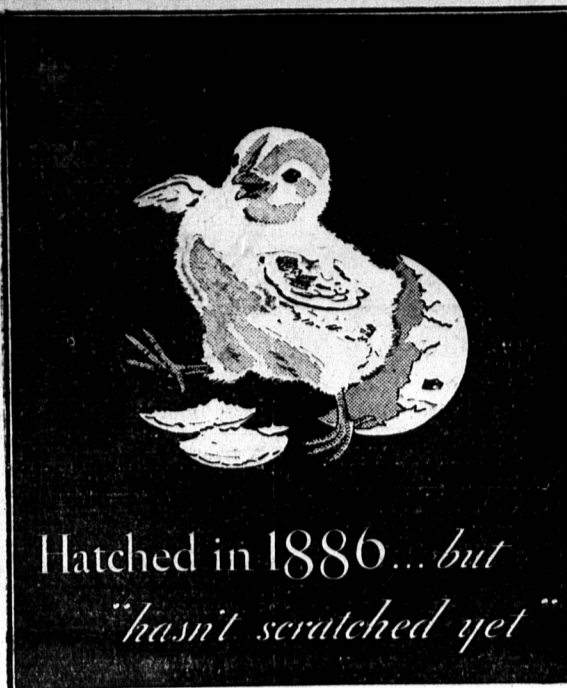
#### HEAD COLDS

In this country with its over-heated buildings in winter, the nose often becomes unduly dry and the sudden changes in temperature from within the buildings to without, may lead to changes in the body and the nose, such that the germs which are always present get a chance to multiply and produce a cold in the head. It is indeed possible that the swelling within the nose and the marked secretion may precede the infection. Many physicians recommend today oily solutions of drugs which may be used either in an atomizer or even better in the form of drops. The spray from even the best household atomizer does not spread over a very large part of the nose, but if one puts in two or three drops and closes the nostrils, and then does a little gymnastic exercise, a larger area may be covered. The exercise consists in holding the nostril with putting the head between your knees and trying to kiss them; or the calves of your legs; then as you bring the head back twist it from side to side and finally tilt it as far back as possible and do the same. The antiseptic drugs used in the nose are not very potent and many people can stand only weak solutions in oil and saline solutions. The drugs used, thymol, menthol, eucalyptol, have marked odors. They would be more apt to poison the bacteria could they be readily dissolved in water, but unfortunately they are insoluble in it. Argyrol and the other silver preparations may be used dissolved in water in the atomizer or as drops. Again, they are not very efficient.

#### KILLING GERMS

These are the common antiseptics useful for household use, apart from a physician's instructions, save those which are used for killing germs in household articles, chambers, sputum cups or linen. For these, boiling is much the best and most certain method. The drug used, (concoctive sublimate) is sometimes used, but it is very dangerous as but a little of it causes a fatal type of poisoning. It should never be kept in a household cabinet but put away out of reach. Crude carbolic acid or cresol may also be used for cups and basins, as on account of their vile smell they are less likely to be taken, but are also dangerous poisons and will burn the skin if they get on the body.

Chloride of lime, mixed with water, gives off a little chlorine which will kill bacteria and also decrease many odors.



Hatched in 1886... but "hasn't scratched yet"

This little chick is a perfect symbol of Bon Ami... the cleanser with a 49 year record of scratchless, quick cleaning... the safest, finest cleanser you can buy for all your household cleaning. Buy a package of Bon Ami and compare it with any other cleanser—see how quickly, easily and thoroughly it cleans—learn how pure, white and odorless it is—notice how it polishes as it cleans!



A boy made his fifth appearance before a county Magistrate on a charge of petty larceny, his father accompanying him. "I'm tired of seeing this boy here," said the Magistrate. "Why don't you teach him better—show him the right way?" "I've showed him the right way, sir," replied the father, "but he always gets caught."

**ANNOUNCEMENT**  
ANNUAL COLLECTION FOR PROTESTANT ORPHANAGE OPENS NOVEMBER 1st  
Available funds exhausted—generous assistance needed.

L-1863-10-18-21-23-25.

### Annual Meeting

The annual meeting of the P. E. I. Potato Growers' Association will be held in Queen Square School Hall (entrance Sydney Street) on Saturday, November 2nd, at 1:30 P. M. The members of the Association should plan to be present.

By order of the Directors,  
E. B. MacLAREN, President.

L-2122-10-23-25-28-30

### Scotch Anthracite Coal

We have just received a cargo of genuine Scotch Anthracite which is now ready for delivery. If you are going to burn Hard Coal this winter, why not buy the best. This Coal is perfectly screened before delivery and will guarantee it to be of the highest quality.

#### AMERICAN HARD NUT

We are selling the well known D. W. L. Hard Nut few base burners which will give entire satisfaction. If interested in Hard Coal will be pleased to quote prices on either kind.

### W. D. GILLIS & COMPANY

PHONE 176

L-1249-10-11-Fri-Mon-Wed.

### Department of Public Works and Highways

Tax Collectors and Winter Overseers for the various school districts throughout the province are hereby notified not to make or authorize any expenditures of public money on the highways and bridges within their district without instructions from the Minister of Public Works and Highways or the Engineer of the Department.

JAMES P. MCINTYRE,

Minister of Public Works and Highways

Charlottetown, P.E. Island.  
October 16, 1935.

L-1853-10-18-21-23-25-28-30

### Marketing Board Lauds Potato In Sickness And In Slimming

LONDON, Oct. 22.—No praise is too warm for the potato, which has been described by one diet expert as food on a high plane of dietary dignity. It is of greatest food value when allowed to retain its skin.

Dr. H. K. Archibald, who has searched far and wide for details, recently issued "The Potato as an Article of Diet." It is the first of a new series of miscellaneous pamphlets to be issued by the Potato Marketing Board.

Dr. Archibald's treatise consists of a bibliography and extracts from 82 books and articles published in many lands.

As showing the value of the potato as a food, it is mentioned that a number of observers have lived on potatoes, supplemented only by a little fat and salt, for considerable periods up to 300 days. Recently, one of them lived for four



**THE FAMOUS RUBBING LINIMENT**  
Rub on—pain gone. Get the new large economy size—Also available in smaller, regular size.

Other opinions declare that the potato is—  
Highly digestible;  
A rich source of many of the necessary mineral salts;  
Vastly superior in vitamins to bread;  
The chief antiscourbutic of man; and  
One of the most important sources of energy in a mixed diet. "Cpnicine is united," the pam-

## A New and Greater Globe Trotter Radio

with **Magic Eye** **Magic Brain** and **METAL TUBES**



**THE "MAGIC EYE"**  
How it brings you perfect tuning. The "Magic Eye" sees the signal—assures proper tuning—with ease never before possible. When set is on, a dark shadow forms on surface of "eye" (B). As you dial a station, the shadow moves, becomes thinner, till perfect tuning reproduction is reached (A). You have tuned in with your eyes... more sharply than any human ear could. Simply watch the "Magic Eye" and see when the set is correctly tuned.

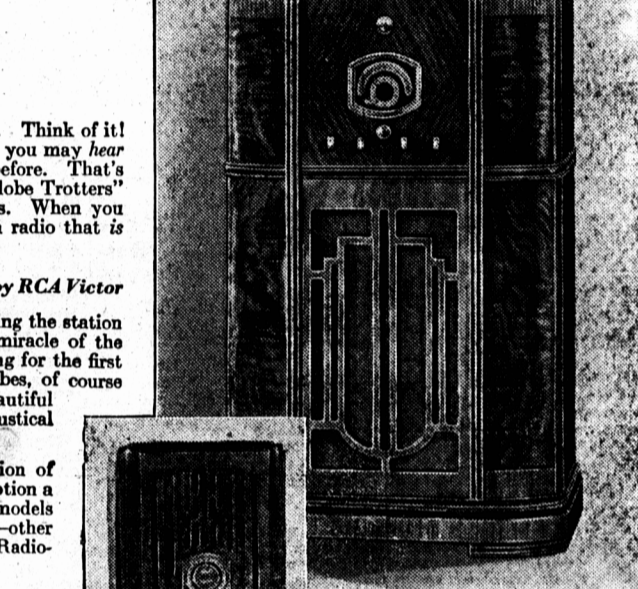
New Thrills...  
New Pleasures  
To World-Wide Reception...  
Now — Enjoy European... Canadian and American Programs at their best!

The famous "Globe Trotter" again leads the way. Think of it! A receiver that 'thinks'... that 'sees'... so that you may hear programs by radio as they've never been heard before. That's what RCA Victor offers you in the new 1936 "Globe Trotters" with Magic Brain, Magic Eye and Metal Tubes. When you tune a "Globe Trotter" you realize that this is a radio that is different.

...and "Globe Trotter" Radios are made only by RCA Victor  
The "Magic Brain"—uncanny in its ability—finding the station you want, easily, quickly. The "Magic Eye," miracle of the Cathode Ray, actually 'seeing' signals and bringing for the first time positive visual tuning. The new Metal Tubes, of course... Colorband and Selector Dials... unusually beautiful tone... and distinctive cabinets designed for acoustical perfection as well as for distinctive beauty.

Visit your RCA Victor dealer for a demonstration of these famous receivers which make European reception a reality. Your dealer has them in a wide range of models—Magic Brain "Globe Trotters" from \$109.00 up—other "Globe Trotter" Radios from \$66.00 up—and Radio-Phonograph Combinations.

**RCA Victor**  
RCA VICTOR COMPANY LIMITED, MONTREAL  
For better all-round performance use the RCA Victor Globe Trotter Antenna



MAGIC BRAIN "GLOBE TROTTER" CONSOLE MODEL C10-1  
10-tube, all-wave, "Magic Brain" radio with new Magic Eye, Metal Tubes, Selector Dial Over-size Speaker, Multi-speaker Control, Automatic Volume Control and Tone Control. \$179.00

"GLOBE TROTTER" TABLE MODEL T5-2  
5-tube, dual-wave radio, Color-band Dial, Automatic Volume Control and Tone Control. \$66.00

### Education Solution For Mental Health

phlet concludes, "that potatoes are best cooked in their jackets or steamed; next comes frying, and lastly boiling."  
"In preparing potatoes by peeling as much as 20 per cent of the tuber may be unnecessarily wasted, and, in addition, the outside layers which are cut away are more nutritive than the inside."

**NIAGARA'S EVER - CHANGING SHOW ALWAYS DRAWS CROWDS**  
Whenever Mother Nature gets busy at her famous Canadian beauty spot—Niagara Falls—and changes the routine in her ever-fascinating spectacle, there is always a rich harvest to be reaped by local hotels, tourist homes, etc., from the flood of visitors which follows. Thus, two years ago when thousands of tons of rock cracked from the tip of the Horseshoe Falls, the usual heavy complement of visitors from all over the world was increased many times over. Exactly the same experience followed the recent blasting of another section of rock for purposes of safety. The holiday season crowd of sightseers was greatly increased by people curious to see what changes had taken place.

### DOMINION OF CANADA PROVINCE OF QUEBEC

In the Probate Court 26th George V, A. D. 1935.  
In Re Estate of Mary J. Murphy late of Charlottetown in Queen's County in the said Province Single Woman, deceased testate.  
By the Honourable HAROLD LEONARD PALMER, Surrogate Judge of Probate, &c., &c.  
To the Sheriff of the County of Queen's County or any Constable or other person within said County.  
Whereas upon reading the petition on file of Daniel J. Riley of Charlottetown aforesaid, and His Francis MacPhee of said Charlottetown, Barrister, the executors of the above named estate praying that a citation may be issued for the purpose herein after set forth: You are therefore hereby required, to cite all persons interested in the said Estate to be and appear before me at a Probate Court to be held in the Court House in Charlottetown, in Queen's County, in the said Province, on Monday the twenty-fifth day of November next, coming, at the hour of eleven o'clock forenoon of the said day to show cause if any they can why the Accounts of the said Estate should not be passed and the Estate closed as prayed for in said petition, and on motion of H. Francis MacPhee Proctor for said Petitioners, and I do hereby forewarn all such persons to be forthwith published in some newspaper published in Charlottetown aforesaid once in each week for at least four consecutive weeks from the date hereof and that a true copy hereof be forthwith posted in the following public places respectively, namely, in the hall of the Court House in Charlottetown aforesaid, and at or near the Royal Bank of Canada and at or near the Bank of Nova Scotia both in Charlottetown aforesaid, and I do hereby further order that a true copy hereof be forthwith served on the Attorney-General of this Province so that all persons interested in the said Estate as aforesaid may have due notice thereof.  
Given under my hand and the Seal of the said Court this 23rd day of October A. D. 1935 and in the 26th year of His Majesty's reign.  
(L. S.) (Sgd.) H. L. PALMER  
Judge of Probate  
L-2100-10-25-11-8-15

### Marketing Board Lauds Potato In Sickness And In Slimming

years on a diet consisting chiefly of potatoes and milk.  
"The general conclusion is that man can support life in health and vigor on a restricted diet, at any rate for a time; and indefinitely when the potato is the staple article in a slightly more varied diet."  
Turning to the "vexed question of slimming," the pamphlet states that "there can be little doubt that, in spite of popular opinion to the contrary, the potato constitutes the ideal carbohydrate."  
According to one authority they "may well be retained in even a rigorously reducing diet," provided that such things as sweets and pastries and excessive bread are banished.  
For those desirous of slimming without the irksomeness of rigid adherence to specified weights of food a satisfactory diet would be fish, eggs and potatoes eaten as desired.  
In feeding up the under-nourished the potato is excellent for conveying fat in a manner acceptable to the patient.  
Other opinions declare that the potato is—  
Highly digestible;  
A rich source of many of the necessary mineral salts;  
Vastly superior in vitamins to bread;  
The chief antiscourbutic of man; and  
One of the most important sources of energy in a mixed diet. "Cpnicine is united," the pam-

### Education Solution For Mental Health

Declaring there was no simple panacea to the problem and citing suggested stricter immigration laws and sterilization of the unfit were scored by Dr. T. B. McGhie, Ontario's deputy minister of health and authority on psychiatry, in an address before a child welfare conference here.  
"Declaring there was no simple panacea to the problem and citing suggested stricter immigration laws and sterilization of the unfit were scored by Dr. T. B. McGhie, Ontario's deputy minister of health and authority on psychiatry, in an address before a child welfare conference here."  
Some 30,000 patients were being cared for in Canada's 50 mental hospitals today at a cost of almost \$11,000,000 for maintenance alone, the Ontario psychiatrist stated.  
Contrary to the most popular opinion, our hospitals are not filled with dull-witted or with poorer calibre of population in any sense whatever. For example there is a greater proportion of university graduates among our mental hospital patients than there is in general population," he said.  
Science had made great progress in the study of physical health and physical disease, while the mental, emotional and social aspects of health which were just as essential to happy life had been largely neglected.  
But Dr. McGhie foresaw great advancement in the study of mental hygiene in the next few years. What had been accomplished in the past 20 years in prevention of unnecessary physical illness, probably would be accomplished in the prevention of unnecessary mental illness in the next 20 years, he believed.  
Use Minard's for Bites  
**Produce Wanted**  
We are prepared to handle large quantities of potatoes, turnips, seed and feed oats, poultry, etc., etc. Truck service at disposal of patrons. Satisfaction guaranteed.  
J. B. MILLMAN,  
Kensington  
L-2116-10-23-61

### AUCTION SALE

OF FARM AND STOCK, ETC.  
I will sell at Public Auction on the premises at North Rustico in Queen's County, on Friday the 25th day of October at one o'clock P. M. If not fine the following day, the Farm (property of the late A. Russell McLure) 66 acres, 20 acres of wood, remainder in a high state of cultivation, an up to date 20 pen Fox Ranch. Buildings in good condition.  
STOCK—1 milch cow.  
CROP—20 tons of Hay.  
IMPLEMENTS — Binder, Hay Mower, Disc Harrow, Spring Tooth and Light Harrows, Gang Plow, Single Plow, Truck Wagon, Driving Wagon, Driving Sleighs, Wood Sleighs, Cart, Threshing Outfit with Gasoline Engine, Crusher, Pulper, Harness, Bones, Crusther, Meat Grinder, Separator, Churn, Black and Tackles, Wire Stretcher, Knife Sharpener, Forks, Shovels, Hoes, Ice Tongers, etc. Also Household Furniture.  
TERMS—All sums, under \$10.00 cash, over 12 months, on approved joint notes.  
ALEX. McRAE, Auctioneer.  
L-2035-10-21-41.

### Professional Cards

**McLEOD & BENTLEY**  
W. E. BENTLEY, K. C.  
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L-1845-10-18-F-M-W-41.

### WELL DRILLING

The construction of Wells that will supply an abundance of clear, wholesome water is our business. We not only guarantee to get water, we also guarantee to cast the well property to stand the test of time.  
Drop a line about your water problem.  
TRASK WELL CO.  
Summerside  
VAUGHAN GROOM, Rep  
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