

TALKS ON HEALTH

By A FAMILY DOCTOR.

THE IMPORTANCE OF SELF-CONTROL

I am sorry for the type of person who is described as "all nerves." In most cases it is a question of education when young. We are taught many things at school; the most valuable thing we can learn is self-control. Curiously enough, this is the sort of thing that never enters a parent's mind at all.

HEART DISEASE.

People with incurable diseases should never be allowed to despair. Even if the trouble cannot be cured, in many cases a great deal can be done to make it lighter. For instance, in heart disease it is unfortunately impossible to supply the patient with a new heart, but by attending to a few simple rules his lot may be made much happier.

NOISES IN THE EARS.

It is not always easy to cure cases of noises in the ears, but, nevertheless, something may be done to get rid of the annoyance. In the first place, the absence of wax must be established, and this can only be done by a doctor.

WAX IN THE EARS.

I find there is still much confusion about the subject of wax in the ears. Wax is natural; its collection in the ear is not a sign that the person is of dirty habits and never washes his ears. Wax may accumulate in the ears of the most cleanly. You cannot remove it yourself; it is quite impossible, so you had better give up trying.

USE OF THE SYRINGE.

Wax is of two varieties—the hard and the soft. The soft may be removed at once, but the hard should be softened with oil before the syringing. Take a teaspoon and make it hot by dipping it in hot water.

Pour a few drops of warm oil and then put the drops in the ear; hold the head on one side for a few minutes so that the oil soaks in. Do the same with the other ear. The best time to do it is at night; the oil softens the wax all night, and in the morning you can call at the doctor's and have the syringe used on you.

A GRAND SLEEPING DRAUGHT.

A doctor's greatest difficulty is to keep his patient from fretting and worrying about his money and his work. Naturally any man would lie awake anxious and tormented with doubts and fears if his funds are rapidly disappearing.

ANSWERS TO CORRESPONDENTS.

TROUBLED.—Try kerol. P. J. MOLES.—Take a good general tonic—say, metatone.

TEN TANGLED TEASERS.

(The answers to these questions are purposely placed out of order. You should be able to sort them out and memorise them all in five minutes.)

- 1. What is a flabellum? A complete copy of "The Rubaiyat of Omar Khayyam," which is 5-16ths of an inch square and 1/4 of an inch thick. 2. Who was the first seaman to sight America? 2,340, compared with the 4,760 of an English mile. 3. How did the month of March receive its name? On an average, about 25,000 gallons. 4. Who invented umbrellas? The American inventor and manufacturer of wireless instruments, who recently stayed at the Savoy Hotel on a visit to London. 5. When did invading foreign troops last land in Britain? In 1868, when a woman was engaged in America as a bank clerk. 6. Which is the smallest book in the world? An ecclesiastical fan, formerly employed to drive away flies from the chalice during the celebration of the Sacred Mysteries. Flabella were usually made of the tail feathers of the peacock's tail. 7. How many yards are there in an Irish mile? Bjarni Hergulfsson, an Icelander, sighted Labrador in 987 A.D., 450 years before Columbus was born. 8. Who is William Dubilier? Jonas Hanway (1712-1786), a retired merchant, who carried one in the streets for the first time in the middle of the 18th century. He was feared by the mob, but lived to see umbrellas in general use thirty years later. 9. How much air is breathed in by the lungs in twenty-four hours? From the god Mars. It was the first month of the old Roman calendar and was known as Hyld Monath—storm month—by the Anglo-Saxons. 10. When were women first employed in offices? On 22nd February, 1797, when fourteen hundred Frenchmen landed on the Welsh coast. Deserted by the boats which had brought them, however, the invaders surrendered without firing a shot.

NEW DEAN OF DURHAM.

HEAD MASTER OF ETON APPOINTED.

The King has approved the appointment of the Rev. Cyril Argentine Alington, M.A., D.D., Head Master of Eton College and Chaplain to the King, to the deanery of Durham, to become vacant by the resignation of the Right Rev. James Edward Cowell Weldon, M.A., D.D.

Dr. Alington has been head of Eton since 1916 and is 61 years old. Previously he was Assistant Master at Marlborough and Eton, and Head Master of Shrewsbury School. Since 1921 he has been chaplain to the King, and in 1926 he was elected to an honorary Fellowship at Trinity College, Oxford. From 1924 to 1925 he was chairman of the Head Masters' Conference.

Besides being one of the most distinguished head masters in the country, Dr. Alington is a novelist and poet. Under the pseudonym of "S. C. Westerham" he has written several "thrillers" and other novels. He wrote the "Psalm and Thanksgiving" which was sung in Westminster Abbey at the King's recovery from his illness. A couple of satirical comic operas have also come from his pen—works set to music some ten or twelve years ago by the senior music master at Eton. Last year it became known that it was he, "hiding" behind the initials "C. A. A.," who wrote the song, an alternative to "God Bless the Prince of Wales," called "Gentlemen, the Prince." Dr. Alington once declared that he rarely took longer than three weeks or a month to write a novel. He has never written one during term, for it is one of his holiday recreations.

In his earlier years Dr. Alington was a keen athlete. His father was the late Rev. H. G. Alington, of Candesby, Lincolnshire, who at the time of his death was the oldest cricket blue. Dr. Alington married in 1904 the Hon. Hester Margaret, the youngest daughter of the 4th Baron Lyttelton, and when in 1929 they celebrated their silver wedding they invited the whole school to a cinema show in the school hall, and the boys made them a presentation. Last year they went together to America at the invitation of the English Speaking Union's Kentucky branch, which arranged a tour for them. They returned to England some weeks ago.

"I expect I shall be at Eton until the end of this summer," Dr. Alington said. "I have been here for 16 1/2 years, and, naturally, I shall be very sorry to leave Eton. It means, of course, the end of my school career."

Dr. Weldon, who is 78, was Head Master of Harrow from 1885 to 1898, when among the boys in his care were Stanley Baldwin and Winston Churchill. In 1899 he became Bishop of Calcutta, and in 1906 Dean of Manchester. He was appointed Dean of Durham in 1918. It is interesting to recall that he was a pupil at Eton.

Dr. Weldon announced early in January his intention to retire at Easter. He said then, "I am getting on in years, and I have always had a great dread of staying too long in one office."

Dr. Weldon says Dr. Alington's experience, literary capacity, gift of preaching, and wide sympathies would make him welcome to the people of Durham. He was a man of great ability. "I anticipate," added Bishop Weldon, "that he will win for himself a high, if not the highest place, in the long line of Deans. At all events, I wish to give him a very cordial welcome, because he will bring distinction to the city in view of the office which he is giving up to come here. I think Durham is to be congratulated on having such a man as Dr. Alington to occupy the deanery."

WALKING FOR HEALTH

As one steps forward the weight should fall upon the balls of the feet, first one and then the other. This gives elasticity to the movement. The exercise of walking ought to lay up for a woman stores of health and beauty; but when she comes down hard on her heels with each step she takes, only nervous evils follow, because of the jar to internal organs and to the spine, that chain of bones which carries in it the delicate spinal cord, on which the comfort, power, and harmony of the body almost entirely depend. Starting with the three principles well in mind, no woman should step short of a two-mile walk a day. That is very little for some; more would perhaps be better for all but the feeblest. The weak, unaccustomed to walking, should begin with a half-mile at first, gradually increasing the distance as strength is gained.

SHORT-SIGHTED ANIMALS

There is no such thing as short-sight among animals in a state of nature. In the case of domestic animals and wild animals in confinement, short-sight is by no means unknown. Many people who have kept dogs and cats will remember instances of pets which were unable to distinguish friends from strangers at a short distance. Horses, too, frequently suffer from short-sight and other derangements of the vision, and the defect is sometimes experienced in cattle. The diseases of the eye which frequently affect wild animals in captivity are chiefly to be attributed to the narrow space in which they are confined. The eyes are never exercised upon distant objects, and, therefore, lose the powers which use of the kind calls forth.

RADIO.

(By "EXPERT.")

A NEW HOME FOR THE RADIO EXHIBITION.

The tremendous growth of the radio industry in recent years, with the consequent heavy demand on the limited space available at Olympia for the annual exhibition organised by the Radio Manufacturers' Association, must have had some considerable bearing on the scheme announced by Mr Philip Hill, chairman of Olympia, for the erection of a new building which will practically double the accommodation of Olympia. Mr Hill, in explaining the purpose of the new building, stressed the influence of trade exhibitions on the employment, instancing the last Ideal Home exhibition. In the Olympia, which has been designed by Joseph Emberton, F.R.I.B.A., there is a far greater area of unencumbered space, and the stands will be more spacious, two points of importance to exhibitors and visitors alike. The building will be connected to the Olympia by a subway. Other improvements include moving the Addison Road Station—the connecting link between the north main line railways, the Southern Railway and suburban lines—to the group of buildings, which will make it possible for people to travel from parts of the country right to Olympia train. The new Olympia will be the greatest exhibition centre in Europe, a worthy home for such an important show as that of the radio industry.

Tracing Faults in Your Set.

Most of the faults which can occur in a set will soon give some indication of their presence. There are a few which will produce a moderate loss of amplitude, such as would lead to a weakening of the signal, which might not at first be noticed and it is only with these that we are concerned here. The tracking down of an internal fault is really a matter for an expert, but a competent amateur can remedy a less involved fault. Dust and dirt in variable condensers, wires, insulation, etc., causing dirty switches on other contacts, plugging coils, wander plugs, varnished dry soldered joints or bad contact grid leaks or other resistances change value; fixed condensers leaking; former windings short-circuiting; turns on tuning coils short-circuiting; these are the most likely to cause signal strength.

Loud Speaker Troubles.

The last link in the chain, and most guilty of a fault, is the loud speaker. The most usual trouble with moving coil speakers is loss of magnetism due to wrong connection. These produce and distorted signals and may be detected by the fact that a magnet or other piece of steel, is not attracted when held near the speaker. Permanent magnet moving coil speakers may suffer similarly, but their magnets are not so easily weakened. The nature of connection is immaterial. The test is comparison with another speaker and if yours is down in strength it should be returned to the maker. To cover all the points which may lead to weak or inefficient reproduction, being obvious to the average listener, be alarmed by their number. It is likely that more than one of these may be at once, but with this list as a guide, a knowledgeable listener should be able to quickly to locate the offending part.

Our Radio Correspondent will answer any queries on radio matters. Readers of this paper may send their queries to the Editor of the Teesdale Mercury at Barnard Castle, and should be accompanied by a stamped addressed envelope.

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