

### For The Quiet Hour

#### A Critic of Spiritism

Sir Oliver Lodge's spiritist campaign in American cities has met with a sharp rebuke from the psychologist, Dr. G. Stanley Hall of Clark University. This is described as "an affront to science comparable to that of the very aged Leipzig astronomer Zollner who left in his laboratory, to the great scandal of his colleagues, to make propaganda for the sleight-of-hand tricks of the notorious American medium, Slade."

President Hall says of Sir Oliver Lodge that "he lacks nearly all the essential and recognized qualifications of an investigator in this field."

Among these are some knowledge of what modern sleight of hand can do.

Modes of producing spirit-writing, raps, levitation, many forms of materialism and all the rest that defy detection by the uninitiated can be bought from a dozen catalogues.

Then the English lecturer is charged with insufficient knowledge of border-line psychology,—dreams, perverted imaginations, hallucinations, tonic cramps of the attention, twilight states.

"There is an indication that Sir Oliver has given the slightest attention to these sources of error. Nor does he seem to have any knowledge of the unconscious wherein live and move all the primitive springs of thought, feeling, and action from savage ancestors who always and everywhere have believed in ghosts."

Spiritism, Dr. Hall characterizes as "the quintessence of all the superstitions of the past." He emphasizes the inanity and triviality of the communications.

"It is the common enemy of science and religion. Does our visitor realize how many thousands of bereaved who flock to hear him will be impelled by what he says to visit mediums, who will exploit to the uttermost their yearnings to get into relation with their dear ones beyond the veil and thus reap a rich harvest from his tour?"

A LITTLE WESTERN COLLEGE NEEDED MONEY. THE BUILDINGS were shabby, the salaries underpaid. A stranger appeared on the campus and asked a man in overalls engaged in whitewashing a wall where he could find the president. "I think you can see him at his house at twelve," was the reply. The visitor went as directed, and met the president whom he recognized, in different dress, as the very same man he had found whitewashing. Next day came a letter with a gift of \$50,000. The brave spirit of service on the part of the president had appealed effectively to this man of business.

R. L. STEVENSON HAS SOMEWHERE TOLD HOW HIS GRANDFATHER was once on a vessel in a storm, and was being carried to certain destruction toward a rocky shore:

When the storm was at the height he crept up on deck to look around and face the worst. He saw the pilot lashed to the wheel, with all his might holding the vessel off the rocks, and steering it inch by inch into safer water. While he stood watching, the pilot looked up at him and smiled. It was little enough, but it completely reassured him. He went back to his room with new confidence, saying to himself, "We shall come through; I saw the pilot smile."

We often sing, Jesus, Saviour, pilot me over life's tempestuous sea," and He answers back, "Be of good cheer," and brings us to the haven where we would be.

TO DO A DIFFICULT THING THE BEST YOU CAN PREPARES you to do a more difficult thing the next time. Then

Forbid for me an easy place,  
O God, in some sequestered nook  
Apart to lie,  
To doze and dream and weaker grow  
Until I die!  
Give me, O Lord, a task so had,  
That all my powers shall taxed be  
To do my best;  
That I may stronger grow in toil,  
For harder service fitted be,  
Until I rest!  
This my reward,—development  
From what I am to what thou art.  
For this I plead!  
Wrought out by being wrought upon  
By deeds reflexive, done in love,  
For those in need!

My castle is an airy one,  
With sunshine piled in reams,  
And song-birds, and wondrous hopes—  
My castle's built of dreams.

A YOUNG MAN WAS WORSHIPPING BEFORE THE CHINESE character for God in the niche in the wall of his room. He was arrested by the thought: "I wrote that character myself. How can it truly represent God?" So he took it down and put in its place a specially prepared piece of paper with the same character for God on it which he had procured in the market. As he was worshipping before it, again came a disturbing thought. "A Hunanese wrote that; how do I know that it any more presents God than the other?" This was the beginning of the doubt that sent "Enduring Glory" in search of the truth,—a search that after several years led to his becoming a Christian. He was the first Christian in the district, but in a few months had fifty others ready for church membership.

MR. FINDLAY, A SCOTCH MISSIONARY IN MANCHURIA, OVERHEARD this conversation between two of his Chinese fellow-workers one night in the cold discomfort of a Chinese chapel. The temperature was below zero outside, and the colporteurs were insufficiently bedded. The Chinese country patois is translated into a correspondingly broad Scotch.

"Chang. Hoo are ye daein, auld brither? Ye're no cauld, are ye?"

"Liu. Och, mon, I'm brawly, nae a bit cauld. I'm jest grund "Chang. And, mon, what does a bit cauld matter to you and me, onyway? We can easily thole (bear) that. We deserve far wair (worse), and it's guid for us to 'eat a little bitterness' (Chinese idiom) noo and then, jest to mind us what awful sinners we hae been.

"Liu. Ye're richt there, brither, and for the matter o' that there's an awfu' lot of what we regaird as hard and bitter that is sent by the Lord for oor betterment and oor everlasting joy. Man, isn't it a ground thing tae belang tae the keengdom o' God!"

"Chang. It is that! Did ye notice hoo uplifted the meenister was the nicht (tonight) to see sae many folks present, and wasn't it a joyfu' thing to receive anither four into the kirk?" Mr. Findlay adds: "The two old chaps were up long before dawn to make breakfast for the rest of us, and stoutly maintained that they had spent a comfortable night. Might that not pass as Christianity."

### Holstein

(Our own correspondent.)  
Miss Mary Christie returned from Toronto last week.  
Mrs. Urquhart and Misses Adams and Ross of Detroit are spending a few days with friends and relatives here.

Mrs. Ibbott of Arthur is spending part of this week in the village.

Mr. J. H. Sharpe and son, Arthur of Guelph are the guests of relatives here and are anxious to stay over for the fair.

Mrs. Crosbie and Miss Harris of Harriston are spending a few days in the village.

Messrs. D. Leith of Durham and John Rocks of Toronto were in the village recently for a short time.

Mr. and Mrs. George Hunt and Miss Ethel and Master Earl accompanied by Miss McDonald of Mount Forest motored to Toronto last Saturday. Miss Ethel remaining to enter the Normal school this week.

Miss Eunice Tyndall left Saturday last for North Bay where she will attend the Normal school there.

The Rev. W. J. Burnett of Amos church preached in the Presbyterian church last Sabbath and declared the pulpit vacant.

Rev. G. S. Scott and family left the village last Thursday afternoon.

Miss Reta Roberts left for her school last Saturday.

The school fair for the township of Egremont was held here last Saturday. The day was wet but still there was a very large attendance.

Mr. Cooper directed the affairs of the day. The literary part was held in the hall. The Institute medal was presented to James Calder who took highest standing at the Entrance examination held here last July.

The Entrance class of 1924 presented their teacher, Miss Davidson with a French ivory jewel case as a token of their appreciation of her work during the term.

Mr. William Aiklen and son of Courtwright are the guests of the former's brother and other relatives here. He also attended the fair and met many old friends.

The four patrons of the Egremont Creamery Company sending the highest number of pounds of butterfat between September 8th and 20th are: William Duncan, (Conn), 81.31 pounds; George Bishop, (Conn), 77.18 pounds; J. L. Bradshaw, (Conn), 77.09 pounds; Orme Hunt, 75.27 pounds.

Mr. H. Allingham of Georgetown and little daughter, Jessie are the guests or friends here.

Mrs. Alex. Hamilton of Ferguson is visiting her sister, Miss Morrison here.

### Edge Hill.

(Our own correspondent.)

Mr. and Mrs. Thomas Liddle and family of Walkerton were guests of the Misses Edge on Sunday.

Mr. and Mrs. A. Anderson, Melville, Jack and Margaret attended the Owen Sound Fair.

Harvest is pretty well over now and the threshing whistle is heard in every direction.

Mrs. D. Robinson, Miss Myrtle, Arthur and Clarence motored to Galt and visited over the week-end with relatives there.

Mr. and Mrs. Victor Williams, Mrs. H. Williams and Mrs. A. Anderson visited Mr. and Mrs. John Mortley at Arthur.

The Glenelg School Fair which was advertised to be held on Friday, October 10, at our school has been postponed until a later date on account of the Teacher's convention.

### Glenroadin.

(Our own correspondent.)

Miss Rebecca Banks of Toronto and Miss Bessie Smith of Zion visited their aunt, Mrs. Banks, lately.

Mr. and Mrs. Gillen Boyd visited with Mr. and Mrs. Will Bell, near Dornoch, on Monday.

Mr. and Mrs. Nicolas Melosh and Mrs. Kenny spent a Sunday recently with Arthur friends.

Mr. and Mrs. James Ellison and family took in Hanover show and secured three first prizes for their team.

Messrs. J. Davidson and J. Lawson spent Sunday afternoon with Mr. James Heslip.

Mr. Wilfred Eadie has returned to his home in Toronto.

Mr. and Mrs. Hugh Vaughan, Jr., Mr. and Mrs. John Boyd and Mr. James Heslip spent a few hours sight-seeing at Wilder's Lake on Sunday.

### Hutton Hill, North

(Our own correspondent.)

Being as the Hutton Hill correspondence has so long been neglected we will make an attempt to make the name appear weekly, if possible. We sincerely hope whatever errors may occur in the budgets will be overlooked.

The farmers in the locality are busy, some ploughing, some threshing while others are busy on the wheat ground.

Mrs. William McGirr and two children of Durham were last week visitors with her parents, Mr. and Mrs. John Cuff.

Mr. Robert Carson of Proton visited one day last week at Mr. Alex. Hopkins.

Mr. Colin Ray of near Dornoch is threshing for Mr. Max Grierson.

Mr. and Mrs. Carl Kartz of Kitchener spent a few days recently

at the home of the latter's uncle, Mr. William Noble.

Quite a number from this part took in the Hanover Fair on Thursday and Friday of last week. The exhibits are reported to have been real good.

We are extremely sorry to say that Master Tommie Milligan had the misfortune to fall on Wednesday of last week and break a small bone in his arm. On account of the arm being badly swollen it was impossible to set the break. But we hope by this time that the young lad will be relieved of the pain.

Mr. Alex. Hopkins and sons, Allie and Smith spent Sunday afternoon at Mr. William Sharpe's near Dornoch.

Mr. Watt Thompson recently purchased a fine team of horses.

Mr. and Mrs. William Noble and son Wes, visited recently with Mr. and Mrs. Fred Noble of Varney.

Mr. William Vessie threshed for most of the farmers on the line last week.

### Rocky Saugeen

(Our own correspondent.)

Miss K. Firth spent an evening of this week with Mrs. L. McLean.

Mrs. D. Wilkie has returned after visiting for about three weeks with friends in Owen Sound.

Mr. Thomas Turnbull has improved the looks of his house by erecting a nice verandah.

A number off this line were over to Hanover show and report it as being a good show.

A number of this line went to Varney last Friday night to attend the U. F. O. club meeting.

Mr. James Miller has been having his house fixed over and also had a new porch erected over the door, which makes it look more comfortable for the winter.

If it stays dry this week most of the farmers will be through harvesting. A number have threshed up north of us.

### THORNBURY MEMORIAL HOSPITAL IS DROPPED

After some months of planning and working, the Thornbury-Clarksburg memorial hospital idea has been dropped—temporarily, at least, and subscriptions already paid in will be returned.

It was found that the committee would have to raise \$4,000 additional to the amount already collected if the hospital was to be properly floated and this obstacle proved insurmountable.

### FOR JOY OF GOOD HEALTH

Manitoba Woman Thanks Lydia E. Pinkham's Vegetable Compound

Crandall, Manitoba.—"When I was a young girl at home and working I had terrible pains, almost more than I could bear, and I was not regular. These troubles kept me so tired all the time that I had no strength and no ambition to join in with my friends and have a good time. I was just tired and miserable always and life just seemed as if it wasn't worth living. I saw so much in the papers about Lydia E. Pinkham's Vegetable Compound, and then I had a friend who had taken it and told me about it, so I got some. Every month after taking it I got stronger and I soon did not suffer every month. It stopped the pains and helped me other ways. Then when my babies were coming I was tired and worn out the first three months and ached badly. I took the Vegetable Compound right along and must say it made a new woman of me and able to do my work, and it helped me through confinement. You see I am a farmer's wife with a big house to look after, and three babies now. I have told ever so many women about your medicine. Just last week I got a letter from my old chum in the East. Her baby was born fifteen days before mine and she told me she was not feeling very well, her back aches so much, and that she is going to take the same medicine I took. You can use my letter and hope some one will be helped by it."—Mrs. JOE H. KIDD, Box 56, Crandall, Manitoba. C

### Silver Black Foxes

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Priceville Fox Co., Limited

Priceville, Ont.  
at \$100. Par Value

All registered pure bred stock. Low capitalization. All common stock. Absolutely no watered stock. Ten years experience breeding. Stock from P.E.I.

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### For Flavor

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# "SALADA" TEA

Always fresh and pure. — Sold only in sealed aluminum packets.

### TWENTY YEARS AGO

From The Chronicle File of September 29, 1904

Indian market baskets 15 cents at Grant's.

The sidewalks are now completed for this year. Petitions have been passed by the council for more but the season is getting advanced and the work will be left over till spring.

To relieve the crowded condition of the school, one class has been taken to the Public Library.

Mr. J. L. Flarity has sold his Palmerston business and is in better shape to look after his interest in Durham.

On Tuesday afternoon last Mr. Archie Butters, of Priceville died very suddenly from heart trouble.

The home of Mrs. Picken, second concession of Bentinck was the scene of a pretty wedding at 4 o'clock on Wednesday afternoon of last week, when her only daughter, Sarah D. was united in marriage to Mr. William J. Ritchie. The ceremony was performed by Rev. William Farquharson. The bride was given away by her eldest brother, John. Many valuable presents attest the popularity of the bride.

Dr. Jamieson has recovered from his recent illness and has again resumed his regular practice.

Theobald the Clothier, has sold his stock to Mr. Robert Burnett and is closing up the business he has been conducting here for the past two years.

Glenelg Centre.—George Craig is still busy in the lime business and delivers on an average, 890 worth a week in Durham. Mr. George Binnie has erected a large windmill over his newly bored well. The home of Mr. and Mrs. Joseph Boak of King township was the scene of a pretty wedding on September 20, when their only daughter, Elizabeth, was united to Mr. Archibald Beaton of Glenelg Centre. The Rev. Ebersole of Schomberg officiated.

### DURHAM HIGH SCHOOL

The School is thoroughly equipped to take up the following courses:

- (1) Junior Matriculation.
- (2) Entrance to Normal School.

Each member of the Staff is a University Graduate and experienced Teacher.

Intending pupils should prepare to enter at beginning of term.

Information as to Courses may be obtained from the Principal.

The School has a creditable record in the past which it hopes to maintain in the future.

Durham is an attractive and healthy town and good accommodation can be obtained at reasonable rates.

J. A. M. ROBB, B. A., Principal.  
JOHN MORRISON, Chairman.

**TO-NIGHT TOMORROW A'RIGHT**  
**Be Well And Happy**  
and you have Nature's greatest gift. Nature's Remedy (N.R. Tablets) a vegetable laxative, tones the organs and relieves Constipation, Biliousness, Sick Headaches, renewing that vigor and good feeling so necessary to being well and happy. **Used for Over 10 Years**  
Get a Bottle.  
N.R. Tablets  
**Chips off the Old Block**  
N.R. JUNIORS—Little N.R. The same N.R.—in one-third doses, candy-coated. For children and adults. **Sold by Your Druggist**  
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You can heat every room in your house with the Gilson Pipeless on less fuel than it takes to run your stoves. And this all cast-iron furnace uses surprisingly little fuel. It pays for itself!

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All you need is enough cellar-excavation to accommodate the furnace. Every room in the house will be cosy and warm. Cellar will be fine and cool for fruit and vegetables.

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Learn all the features of this sensationally-priced heating system. We will welcome your enquiry. Catalogue, sketch plan forms, estimates and full information, gladly supplied without obligating you in any way. Act at once—this is the time to make plans for heating your home properly.

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Rubber Tires put on Baby Carriages

Lawn Mowers Sharpened, Saws gummed, farm machinery, engines, cream separators, and general repairing done.

Sawing machine mandrils and castings, Pole and cordwood sawing outfits.

Farm and dairy machinery, gas engines, and almost everything you need for farm and dairy for sale at

**DURHAM MACHINE SHOP**

F. W. MOON, (nearly opposite P.O.) Machinist Etc.



### The Beauty

Avoiding

(Note: Dr. Scholes will columns as will be of a public print. Personal accompanied by self-add Dr. W. J. Scholes, in ca)

### AVOIDING HEART DISEASE

One of the pamphlets distributed by the Association for the Prevention and Relief of Heart Disease makes the following classification of the causes of heart disease:

- 1. Infectious diseases.
- 2. Intoxications and poison.
- 3. Improper modes of living.
- Rheumatism is the infection frequently causing damage to the heart in the young, though infections also have a part in the production of damage.

Under the heading of intoxications and poisons, alcohol and tobacco are mentioned. It is only fair to state that there are some who do not believe that either of these are injurious when used in moderation by healthy individuals. "Rubb" is in what is meant "moderate use."

### Opinions Differ

There is no difference of opinion about the evil effects of excessive usage. Olive Thorne, in his book on Disturbance of the Heart, says in regard to alcohol:—"No rule can be laid as to what is enough and too much. Theoretically, three cigars a day is anything more than five day is excessive. Even one day may be too much."

What is a moderate amount for one person may be an excess for another. But not alcohol and tobacco are harmful to the heart, regarded generally as a benefit to it. Athletes—alcohol or tobacco when for "good wind." At having a sound heart.

Improper modes of living, lack of fresh air, insufficient exercise, food of the wrong amount in the wrong amount, amount is generally too much, too little. Food amount beyond the requirement.

(Copyright, 1924.)

### HEALTHY

Foods Containing

M. B. S. asks: "What contain the most iron?"

Ans.—Red meats; shell meal; apples. Wheat, peas and eggs also contain percentage of iron.

Suspenders or

W. N. asks: "Which a belt or suspenders?"

Ans.—Anything that sure upon the abdomen seem to be healthy.

not tight, perhaps it. Something probably of construction of the it appears to me that a considerable abdomen wear a belt.

I would answer

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