

used
"DA"
 EA H474
 by which to
 is the finest
 d. — Try it.
 "SALADA," TORONTO



The Road To Better Health

Your Teeth and Your Health

By DR. W. J. SCHOLES

(Note: Dr. Scholes will answer such health questions in these columns as will be of interest to others and permissible in public print. Personal questions will be answered only when accompanied by self-addressed and stamped envelope. Address Dr. W. J. Scholes, in care of The Durham Chronicle.)

Visit your dentist every six months! You will have less expense in the way of dental bills, less pain, and your health will be better safeguarded. Many people already do this, but there are still too many who are driven to the dentist only by the pain of a toothache. If you suffer from neuritis, neuralgia, attacks of lumbago or wry-neck, do not overlook your teeth as a possible cause of your ailment. As a source of infection of the system the teeth are almost, if not equally, as important as the tonsils. And they should receive the same attention in searching for the cause of your trouble.

Cause Many Ailments

Dental infections may also be causing your stubborn rheumatism of the joints, your increased blood-pressure, or those early symptoms of heart disease or disturbance of the kidneys. An X-ray examination may reveal infection or pus sacs at the roots of one or more of the teeth—even though you may not be aware of their presence because they are causing you no pain.

If you have any dental infections that can be dealt with successfully only by sacrificing some teeth, sacrifice them. Whenever teeth can be saved with safety, this should be done. But they should not be saved when their continued presence in the mouth is a menace to the health. It is much better to part with some teeth than to take chances of developing incurable diseases of such important organs as the heart or the kidneys.

Dead Teeth Especially

Dead teeth especially, whether filled or crowned, will bear watching. They seem to be more liable to infection and should be regarded with suspicion whenever a focus of infection is suspected of being present in the body.

(Copyright, 1924, by The Bonnet-Brown Corporation, Chicago)

HEALTH QUESTIONS AND ANSWERS

Enlarged Glands of the Neck

Mrs. L. F. P. writes: "My little girl is seven years old and has some swollen glands on the sides of her neck. What do these come from? She has had no sore throats for a long time."

Reply

A safe guess would be that your little girl has chronically inflamed lymph glands or lymphadenitis, as this condition is called. The cause is almost always some infection or irritation occurring in one of the areas that drain into these glands.

Among the causative conditions are: tonsillar infections, inflammation of the pharynx, mouth, nose or ears, adenoids, dental troubles, and certain affections of the skin such as boils, eczema, and head lice. During the course of some infectious diseases the lymphatics of the neck are frequently enlarged. Tuberculosis is also a cause of such enlargement.

The cause of the trouble should be located and remedied. The condition of the glands will determine how they should be dealt with. Sometimes their complete removal is necessary. If they break down, they should be opened and drained. When no surgical treatment is necessary, general hygienic and tonic treatment is called for. This consists of an abundant nourishing diet, fresh air by day and night, sunlight, and the administration of such tonics as codliver oil, arsenic and iodid of iron.

The proper handling of a case of this kind requires the services of a physician.

Corns

A. S. F. asks: "Is there any way to get rid of corns?"

Reply

Since corns are caused in the first place by improperly fitting shoes, the first step in the treatment consists in the wearing of properly fitting shoes. Properly

fitting shoes do not crowd the toes together nor do they exercise pressure on any part of the foot. They are not so loose that they rub and cause irritation. Shoes that hurt when they are new, do not fit.

You may try painting the corn with a solution of salicylic acid in collodion. Apply this only to the corn, and whenever it wears off, paint on some more. Here is a time honored formula:

Salicylic acid.....30 grains
 Extract of cannabis indica, 10 grains.
 Collodion ½ ounce.

After using the preparation for several days soak the foot in hot water and scrape away the corn.

Pressure on the corn may be relieved by wearing a perforated felt protector with an adhesive side.

Second Attacks Are Rare

Mrs. A. H. asks: "Is it possible to have scarlet fever more than once?"

Reply

Osler says, "An attack as a rule confers immunity. In rare instances, there have been one and even two recurrences."

This seems to be the generally accepted opinion: It is possible to have more than one attack but it very rarely happens.

Small-Pox

C. M. F. asks: "How long after exposure to a case of small-pox does it take one to develop the disease? What are the early symptoms?"

Reply

Small-pox develops within nine to fifteen days after exposure, if you are going to get it. Most cases develop about the twelfth day.

The early symptoms are chill, headache, vomiting, fever, and rather severe pain in the back and limbs. The rash usually occurs about the fourth day of the disease.

Just One Bad Point

The agent: Of course, you have no children?

The Prospective Tenant: No. "Dogs or cats?"

"No."

"Piano or gramophone?"

"No; but I'll tell you what. I've got a fountain-pen that squeaks every time I use it. Hope you won't object to that!"

Priceville.

(Our own correspondent.)

The weather does not look too well for our fairs, but we still hope for a few favors from the weather man.

Threshing is the order of the day. We hear of two machines on the gravel road west. MacLean's and McArthur's.

Mr. John McMeekin is busy shingling his house and it certainly will be a very comfortable residence when finished.

The Memorial Committee is busy getting the fence in shape for concrete base and posts.

Rev. Mr. Sutherland exchanged pulpits last Sunday with the Rev. Kendall of Dundalk.

Miss Phoebe Livingstone returned to the city after spending a month with her sisters and brother here.

The Women's Institute meets at Mrs. Carr's home this week.

Dr. Carr continues to get his fair share of prizes at the fairs he attends with his fancy driving team.

The Presbyterian Guild held a debate last Wednesday on "Resolved that a Miser is a greater injury to society than a Spendthrift." The affirmative supported by Miss Mary Muir and Mr. Farquhar Oliver won. The negative team were handicapped by the sudden illness of Mr. H. B. McLean. However, a substitute was secured to assist Miss Laura McFarlane. Generally speaking, the subject was very ably handled. A good attendance was in evidence. More debates will be appreciated by all.

Messrs. E. D. Hogg and Ray McLean attended Shelburne fair last week.

Mr. W. G. Watson has the framework of his fine garage erected and we venture to say that W. G. will have one of the finest private garages in these parts.

The good roads gang are making excellent progress on the big hill above the Glen.

Darkies' Corners

(Our own correspondent.)

Mrs. Ralph Catton, Durham spent a day recently with her sister, Mrs. W. Jacques.

Mrs. Walter Nichol, accompanied her nephews, Irving and Stewart Ford to Toronto last week.

Miss Mary Bell left last Saturday for North Bay where she will attend Normal school. She was accompanied by her brother, Oscar as far as Toronto.

Mr. and Mrs. M. Ritchie spent Sunday with Mrs. N. McCannell.

Miss M. Edge of town spent Sunday with the Bell family.

Mrs. D. Donnelly is spending a

TIRED OUT ALL THE TIME Nerves Gave Little Rest

Relieved by Lydia E. Pinkham's Vegetable Compound

Harrowsmith, Ontario. — "I took your medicine before my baby was born and it was a great help to me as I was very poorly until I started to take it. I just felt as though I was tired out all the time and would take weak, fainting spells. My nerves would bother me until I could get little rest, day or night. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I am doing what I can to publish this good medicine. I lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will serve to help others."

—MRS. HARVEY MILLIGAN, R. R. No. 2, Harrowsmith, Ontario.

In a recent canvass of purchasers of Lydia E. Pinkham's Vegetable Compound over 100,000 replies were received and 98 out of every 100 said they had been helped by its use. This medicine is for sale by all druggists.

few days with her daughter, Mrs. A. Aljoe.

Mr. and Mrs. W. G. Lawrence attended the Fairweather-Cook wedding on Wednesday.

Mr. D. Campbell and sister, Miss Mary spent a day recently with their brother Sandy in Normanby.

Next Sunday will be Rally Sunday. Mr. Alan of town will be present and give an address. Both scholars and parents are cordially invited to be present.

Quite a number from this part attended Hanover Show last week.

WHITNEY, BORDEN AND MEIGHEN

(Kingston Daily Standard)
 The Toronto Mail and Empire in a very able editorial article defending and upholding Mr. Meighen as leader of the Conservative party makes an important point when it recalls that "no man in public life was more disparaged by various professing Conservatives than was Sir James Whitney throughout several years of his leadership of the Ontario opposition, but that did not avail. The enemies of his own political household were glad to eat out of his hand when he ruled as the greatest of Ontario Premiers. And so it will be when Mr. Meighen becomes again Prime Minister of Canada."

The Mail and Empire is absolutely right, as time and events will shortly prove, so far as Mr. Meighen is concerned. It is the old story over again. Just as Sir Robert Borden was assailed when he was Opposition leader, and just as Sir James

Whitney was assailed, so we find Mr. Meighen assailed. And yet it is a matter of history that Sir James Whitney was one of the greatest Prime Ministers Ontario ever had, the equal in ability, political sagacity and courage of even that very great Liberal Prime Minister, Sir Oliver Mowat. Sir Robert Borden likewise was a great Prime Minister and bore the heavy burden of a wartime administration with consummate skill, foresight and steadfastness of purpose. And yet if the enemies of Sir James and Sir Robert had had their way when these leaders were in Opposition, they would long before have been supplanted.

It is just as well, perhaps, that this present agitation against Mr. Meighen has come to a head, because it will the sooner be revealed how shallow and ephemeral it is and how little backing it has from

Schutz's Pump & Tile Co.
 TILE ALWAYS ON HAND
 Sizes 6, 8, 10, 12, 15, 16, 18, 24 in.
 CEMENT BRICK FOR SALE
 Agents for
 Renfrew Cream Separators
 PUMPS & PUMP REPAIRING
 Promptly Attended to and all work Guaranteed.
 OPPOSITE HIGH SCHOOL

the great mass of the Conservative party throughout the country.

When guests leave you seldom can you remember what you were quarreling about when they came. It is noticeable that there have been no jokes about the Prince's riding since he has shown in the States what a good horseman he is.—Kingston Standard.

7-Day Sale of Dinner Sets

39-piece Dinner Service, your choice of three patterns \$9.00
 97-piece White with Gold band Dinner Set \$24.50
 97-piece Dinner Set with Gold and Black band, Reg. \$35.00 for \$31.50

Call and see these and other sets we have on sale for Seven Days only.

Sale Starts Saturday, Oct. 4

THE VARIETY STORE

DATES OF FALL FAIRS

Following is a partial list of dates of fall fairs issued by the Rural Societies' branch of the Department of Agriculture, J. Lockie secretary.

..... Oct. 7 and 8.
 Oct. 9 and 10.
 Oct. 7 and 8.
 Oct. 7 and 8.
 Oct. 3 and 4.

DURHAM HIGH SCHOOL

School is thoroughly equipped up the following courses:

Junior Matriculation.
 Entrance to Normal School.
 Member of the Staff is a Uni-Graduate and experienced.

..... Pupils should prepare to begin of term.
 Information as to Courses may be obtained from the Principal.
 School has a creditable record last which it hopes to maintain in the future.
 It is an attractive and healthful and good accommodation obtained at reasonable rates.

M. ROBB, B. A., Principal.
 N. MORRISON, Chairman.

Better Than Pills For Liver Ills.

You can't feel so good but what **NR** will make you feel better.

FADDEN'S DRUG STORE

R FURNACE

Normal Price

..... priced heating system, sketch plan forms, supplied without obligating time to make plans for

Durham, Ont.

LIMITED GUELPH

ONCE

..... (Any Model)

..... for old scrap Cream

..... Separator Only

..... The Lister Company are money to buy now. beat this offer after Oct-eparators have not been 00 Melottes in daily use. t 1,100 lbs.

SHOP

..... Machinist Etc.

Compare These Prices With Others

COMPARE THE SIZE AND FINISH. MORE STOVE FOR YOUR DOLLAR HAS NEVER BEEN GIVEN

Marvel Combination Cooker

This stove is the greatest value that has ever been offered to this community. It is furnished with a polished top, six 9 inch lids, 1 reducing lid, lift front for large piece of wood, cooking surface 40½ x 24 in., 12 in. fire pot well lined with good fire brick, 3 roller grates, oven is large and roomy, 20 in. deep, 17½ in. wide, 11 in. high, with thermometer in door. The fire circles completely around the oven before passing into the chimney. Large roomy warming closet with folding doors. Hot water copper reservoir.

Price \$57.50

Marvel Combination Cooker

Without Warming Closet

Polished top, six 9 inch lids, one reducing lid, cooking surface 40½ x 24 in., lift front for large piece of wood, 12 in. fire pot, fire brick lined, 3 roller grates, large roomy oven 20 ins. deep, 17½ in. wide, 11 in. high.

Price \$37.00

Marvel Quebec Heaters

Here is a wonderful heat producer. This Quebec heater has a large chamber for coal gases to burn up before passing into the chimney, fire pot is 12 ins. in diameter, lined with fire brick, outside measurement is 16 inches in diameter, 36 inches in height, 3 roller grates.

Price \$17.75

All Stoves Guaranteed or Money Refunded if Not Satisfied

Cross & Sutherland Hardware Co., Limited
 Durham, Ontario

THE FAMILY NEXT DOOR

