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the ladies were just as good
 as the men, but were not
 at keeping order. He
 at a salary of two hundred
 dollars, as compared with
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 (Continued on Page 3)

HAM HIGH SCHOOL
 school is thoroughly equipped
 up the following courses :
 Junior Matriculation.
 Entrance to Normal School.
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 ast which it hopes to main-
 the future.
 m is an attractive and health-
 and good accommodation
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 M. ROBB, B. A., Principal.
 N. MORRISON, Chairman.

NR
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 Tablets stop sick headaches,
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 you feel fine.
 Than Pills For Liver Ills"
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NE SHOP
 o.) Machinist Etc.



The Road To Better Health

Some Cold Preventives

By DR. W. J. SCHOLLES

(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.)

It is estimated that 12,000 deaths occur each year in the United States as the result of bronchitis and its complications. So the common cold stands well up in the list of the causes of death and should be taken more seriously than it usually is. While colds are due to infection, there are certain other factors which seem to act as predisposing causes. Among these are prolonged exposure to cold, getting wet and chilled, and breathing air that is too dry, overheated or impure. During the changeable weather of fall and spring, and during those seasons when we spend much time indoors, colds are most prevalent. Efforts at prevention should begin during the fall and should include measures to protect ourselves against unfavorable weather conditions as well as take care to make indoor conditions as healthful as possible. Unless the weather is too disagreeable, spending as much time as possible out of doors in the fall, winter and spring helps to harden one and increase his resistance. But dress for it!

Right Clothing Important

By shivering through a cold fall afternoon while you are watching a football game you probably lower your resistance instead of raising it. You should wear an overcoat or sufficient wraps. Over dressing while indoors also makes you more susceptible to a chilling when you go out into the cold air. Remove your overcoat or outdoor wraps while you are attending indoor amusements or athletic contests. Houses and buildings should be well ventilated and comfortably warm, and the air should contain sufficient moisture. Much can be done to prevent spreading the germs of colds and pneumonia by covering the nose and mouth with a handkerchief when it is necessary to sneeze or cough. All of this is old, but it should be recalled at the time of year when colds and pneumonia begin to be more prevalent.

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HEALTH QUESTIONS AND ANSWERS

Fainting
 L. H. S. writes: "My sister, who is nineteen years old, faints very easily. While she has never been real strong, she seems to be in fairly good health. What I want to know is what makes anyone faint so easily?"
Reply
 The immediate cause of fainting is an anemia of the brain due to some temporary weakness in the action of the heart. The weakness of the heart action may be caused by emotion, by some abnormal condition in the heart itself or by some disturbance elsewhere in the body. Attacks of what looks like ordinary fainting may occur like some forms of epilepsy.
 Have your sister examined to find out if she is anemic, has any functional or organic diseases of the heart, or has any disturbance elsewhere in the body. If these can be ruled out, she must educate herself to have better control of her emotions. Emotion is a very frequent cause of fainting in the young.

Curing Boils
 R. A. B. writes: "I have been troubled with repeated crops of boils. I have had several on the back of the neck, one on my cheek, and some on my arms near the wrists. Nothing that I have tried seems to help me to get rid of them. Is there anything I can do to keep them from coming?"
Reply
 You do not state just what you have done in your efforts to cure your boils.
 Have your urine examined to find out if it contains any sugar. Avoid eating foods that contain too much starch or sugar.
 Keep your skin clean by using plenty of soap and water.
 As boils seem prone to develop where the skin is irritated, try to avoid such irritation.
 Be careful not to contaminate the skin with the pus from boils which are discharging.

Cancer Cures
 C. G. R. writes: "I have something on my face that a doctor here says is a skin cancer. There is a man here who claims to be able to cure skin cancers with a medicine that he makes. Is there any medicine that will do this?"
Reply
 Ointments containing arsenic and zinc compounds, and solutions of nitrate of mercury have been used for this purpose. They all act as caustics, but cannot be called cures. The accepted methods of treating cancer are surgery, the X-ray and radium.
 It would seem to be folly to permit anyone to experiment on you with an unknown medicine. The usual result is loss of valuable time, even if positive harm does not result.
 Place yourself in the care of some reputable doctor who will do something which experience has shown to be of benefit.
 Avoid all quacks and nostrums.

Antiseptics For Wounds
 C. H. F. asks: "Is iodine as good as any antiseptic to put on wounds?"
Reply
 Tincture of iodine is a good antiseptic. But remember that the proper care of wounds often involves more than the application of an antiseptic on the surface.
 Some wounds are dangerous on account of their nature and location, as well as the circumstances under which they occur. Wounds of any size or depth, stab or punctured wounds, and those in which there are best treated by a physician.

Another good endurance test is to have your wife's people drop in for three weeks.
 The less important he is, the more arrogantly he can say: "A little service, please."
 Frequently "heat prostration" is a polite way of saying the liquor was rotten.
 Pity the poor. In escaping from prison it is much harder to use a file than a lawyer.

TEACHERS AT HANOVER

Continued from page 2.

Mr McCamus, the new principal of the Walkerton High school, also said a few words.

THURSDAY EVENING

The Thursday evening entertainment consisted of a travelogue on the overseas trip of the Canadian Weekly Newspaper Association, given by Mr. William McDonald, ex-M.P.P. of Chesley. About one hundred lantern views were shown, and it drew a very good sized audience who were highly pleased with the entertainment. Musical numbers were given by the Hanover High school orchestra, Miss Agnes Hume of Aytton, and the local Victoria Quartette, comprising Messrs. J. A. Magee, Charles Kobe, E. F. and Clifton Graff.

FRIDAY MORNING

Rev. C. F. L. Gilbert of St. James Anglican church and Rev. C. Harris of the Baptist church conducted the devotional services, and Mr. J. W. Firth, B.A., of the Toronto Normal school, featured the Friday morning sessions with two addresses. Introduced by Mr. J. A. Magee, principal of the Hanover public school, as "plain Joe Firth" of Edge Hill, a former school-mate of Mr. Magee's at Owen Sound High school, Mr. Firth commented on the absence of such stalwarts of the South Grey Institute as Reid, Ramage, Irwin, Dixon and Campbell, but they still have John A. Graham, and Mr. Firth was one of his pupils and any progress he may have made was due to Mr. Graham.

He congratulated Hanover on its commodious and well appointed new High school; Intellectual progress was one of the signs of the times, and Dr. Cody had said there were 60,000 students in the secondary schools.

While science was his hobby, Mr. Firth took different subjects for his addresses. Speaking of Wordsworth "The Nature Poet," he said this was not a poet-reading age and we could not quote long passages of Burns, Scott or Wordsworth as our fathers did, but Wordsworth's "Lucy Gray," "We Are Seven," and "Fidelity" were wonderful works. He traced Wordsworth's history, how great French literatures influenced him, how he was what we would call a Bolshevik, but he was a stern, silent man, coming from an intellectual family, and lived almost as a recluse. He told of how Wordsworth wrote "She was a phantom of delight in honor of his wife, and "To a warrior" in honor of a brother drowned at sea. His poems did not sell well, particularly when he needed money. "Michael" was one of his best works. Wordsworth believed that poetry was not a jingle was rhymes but was made up of thought and spirit. In criticizing Scott's poetry with reference to Nature, Wordsworth said: "Nature does not allow inventory to be made of her charms! He should have left his pencil behind and gone forth in a meditative spirit and on an alter day he should have embodied in verse not all he had noted but what he had remembered of the scenes and then presented us with the soul and not the mere visual aspect of it." Mr. Firth thought the above criticism might be applied to present-day authors.

Inspector McCool then gave a very fine talk on "The Teacher as a Philosopher," and Mr. Firth followed on with his second address "The Natural history of Ponds and Streams," in which he urged teachers to study this subject.

FRIDAY AFTERNOON

Miss Jessie Long of Walkerton gave a fine paper on "The Teaching of History" and Mr. W. J. Messenger of Markdale also spoke splendidly on "Aids in Teaching History." Mr. Robt. Wright, principal of the Dundalk H.S., in a few words, reminded the teachers that they would "reap if they faint not," and congratulated Hanover on the fine new High School.

Mr. R. J. Hamilton of Hanover spoke briefly on school matters and urged close co-operation between the school and the home.
 Miss M. Wright of Dundalk was prepared to speak on "Physical Culture" and Mr. A. E. Smith of

We Bid for Your Business on the Merit of Our Goods and the Lowness of Our Prices.

This Week's List of Specials:

- Sweater Yarn, 1 oz. balls, per ball, 10c.
- Scotch Fingering, all colors, best quality, \$1.35 per lb.
- Hole-proof Silk Plaited Hose, Elastic Top, Heavy weight \$4.00 per pair.
- Ladies' Suede Gloves, per pair, 75c and \$1.00.
- Ladies' Silk Scarfs, assorted colors, Special \$1.49.
- Chinaware**
- 21-piece Tea Sets at \$3.98.
- Fancy Cups and Saucers, solid colors, each 35c.
- Cut Sherbet Glasses, 35c.
- Toilet Soap**
- 7 bars Castile soap 25c.
- 3 bars Royal Olive 25c.
- 7 bars Lavender bath soap for 25c.
- The Bulbs for Fall planting are now in stock.**
- A new stock of Stamped Goods, including Buffet Sets, Pillow Cases, Centre Pieces, Dresser Scarfs, Towels, Etc. D. M. C. Threads, Rope and Silks Etc.

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More than a Million a Month!

In the dullest month of 1924, there were 60,000 more Long Distance messages than in the same period of 1923.

Long Distance messages in Ontario and Quebec now average over 35,000 a day—over a million a month.

In 10 years, Bell telephones in service have increased over 115%.

Naturally, every new subscriber adds to the value of YOUR telephone. The field of its usefulness grows always bigger.

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Each new subscriber adds to the value of YOUR Telephone

FULL OF ACHEs AND PAINs

Toronto Mother Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I have found Lydia E. Pinkham's Vegetable Compound a splendid medicine to take before and after confinement. A small book was put in my door one day advertising Lydia E. Pinkham's medicines, and as I did not feel at all well at the time I went and got a bottle of Vegetable Compound right away. I soon began to notice a difference in my general health. I was full of aches and pains at the time and thought I had every complaint going, but I can truthfully say your medicine certainly did me good. I can and will speak highly of it, and I know it will do other women good who are sick and ailing if they will only give it a fair trial. Lydia E. Pinkham's Liver Pills are splendid for constipation. You are welcome to use my letter if you think it will help any one."—Mrs. HARRY WESTWOOD, 548 Quebec Street, Toronto, Ontario.

The expectant mother is wise if she considers carefully this statement of Mrs. Westwood. It is but one of a great many, all telling the same story—beneficial results.

Lydia E. Pinkham's Vegetable Compound is especially adapted for use during this period. The experience of other women who have found this medicine a blessing is proof of its great merit. Why not try it now yourself?

Man: A few habits, good and bad, done up in a skin.
 Job was lucky at that. He wasn't on the stand where a lawyer could bulldoze him.
 Unless you leave a flivver beside the road you never realize how many people need the parts.

The grasshopper may be less respectable than the ant but he bats higher as a pedestrian.
 Too frequent patriotism is something that attacks you after you're too old to fight.

CORSONS HIKERS

The Shoe With The Mileage

Boy Scouts started out on a 400 mile hike and finished without a break in any pair of shoes.
 Put a pair of them on your boy or girl and save money. Double the wear with every pair.

We have secured the agency for these well known shoes for this district and invite your inspection of them.
 Watch our window for display and prices.

REPAIRING A SPECIALTY

J. S. McIlraith The Cash Shoe Store Durham, Ont.

TANKAGE

SHUR-GAIN DIGESTER TANKAGE for Hogs and Poultry

\$3.00 Cwt. \$57.00 Ton

TRY A BAG AND SEE THE RESULTS

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 Durham, Ontario

THE FAMILY NEXT DOOR

M-M-M-A CONTEST! PLAYFUL LITTLE THINGS! GUESS I'LL GIVE TH' OLD BEAN A LITTLE PLAY 'N' DOPE THIS THING OUT!

DOING? I'M UNRAVELLIN' TH' MYSTERY O' TH' MISSIN' WORDS—PLAYIN' SHERLOCK HOLMES IN A LITTLE GAME O' THOUGHT—GIVIN' MY BUSY MIND A BIT O' PLAYFUL EXERCISE—I'M FIGGERIN' OUT A CONTEST! THAT 'N' NOTHIN' ELSE!

LET ME SEE IT.

I'LL JUST TAKE IT IN HERE A MINUTE AND WORK IT OUT FOR YOU!

BRING THAT PAPER BACK HERE! YOU KNOW YOU CAN'T FIGGER THAT THING OUT—T TAKES A MAN'S SUPERIOR BRAIN T DO THEM THINGS 'N' THERES NO USE O' YOU TRYIN' IT!

I GOT IT, JAY!

YOU HAVE? HOW'D YOU HAPPEN T GET IT??

OH! I USED MY INFERIOR BRAIN ON IT!

2 HOURS LATER

AND—

15 MINS. MORE

TO CONTINUE SAT-

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 repeat this offer after Oct-
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