

most here last between Durham School girls, store. Dur- High School match the same 6-3 in favor Dundak and pool teams met a keenly con- in a score of 6-3. On Fri- here went to the girls the re the only sc-re teams were: nanan, George sh. Reg Boyd, McDonald, John Wilson, Thel- McCallum, Marie Boyd, Beatrice Evelyn Ferris, belonging to write was miss- week, and when the paw in a trap... Sounds com- ed Mr. R. Ferris found the poor released but in paw and leg using at home. ing People's So- interesting meet- ing when a large sides were shown and customs in

immunity in the which had been of absence of first Sunday of served on Sunday ical board will evening. Cham- served in Cham- March 8th. The ry Societies in will join in ob- day of prayer at the Presbyterian afternoon next. Harrison, Ton- ed a number of upper on Friday W. J. Stewart, Mr. and Mrs. Al- Misses Gilchrist d spent a pleas- who has been in time, is now in The Pas, Man. On ed a fire treat a box of beauti- sh from the wa- ill in this com- edemic of gripe- ers are busy. young son, Roy, pneumonia, but god, who under- in Toronto, has y and is return- Henderson of Tor- s. Joseph Black- e, was quite ill nary and threat- ing his friends are erisis is passed, sh spent part of on Page 3.

Store SALE Stock Prices GLOVES Prices ar Suits

move A Few Left OES, out of \$2.15 \$2.35 \$30 & \$35 T'S ng Sale



The Road To Better Health

What Exercise Does For You By DR. W. J. SCHOLDS Note: Dr. Scholds 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. Scholds, in care of The Durham Chronicle.

When you exercise, the muscles undergo contraction and relaxation, the heart beats faster and harder, the circulation is increased, and you breathe more rapidly and deeply. If the exercise happens to be strenuous enough, you perspire.

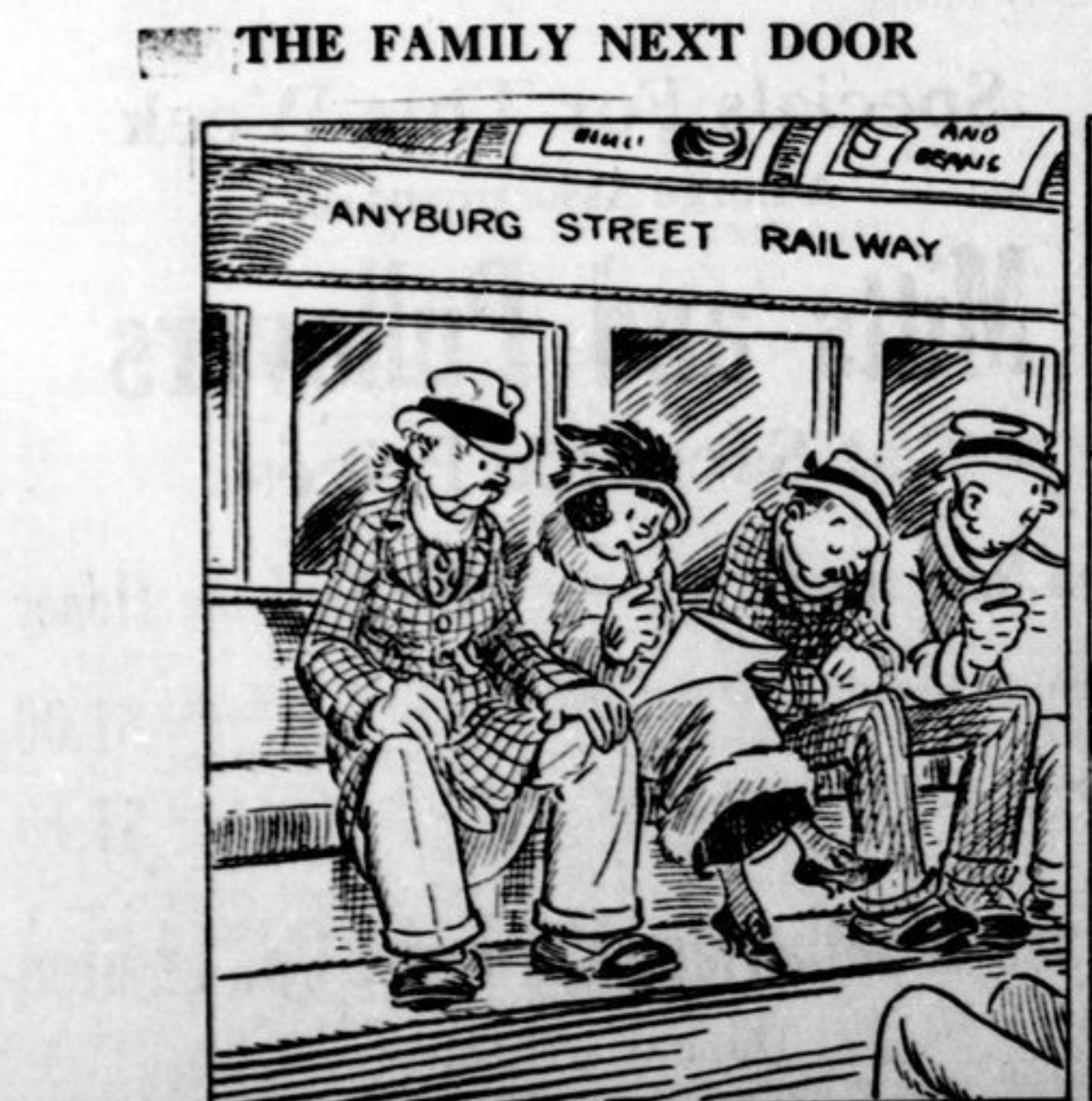
The muscles which are brought into play during exercise burn up energy which is available to them as fat and in the form of a starch called glycogen. There is a more rapid removal of waste products as the result of the increased circulation of blood, which also brings to the muscles a greater supply of food and oxygen. The muscles are better nourished and, if the exercise is regular, they become firmer, stronger and increase in size.

Aids Heart Too Although the muscles are the chief beneficiaries of exercise, they are not the only ones. The heart is strengthened. The increased elimination of waste material through the skin, kidneys and intestine, and the increased intake of oxygen and elimination of carbon dioxide, produce a favorable effect on all of the organs and tissues. This generally results in an improved functioning, as, for instance, in a better digestion. You become stronger, have more endurance, tend to prevent the accumulation of too much fat, and feel more alive generally as the result of regular exercise. But to be beneficial, exercise must be suitable in amount and kind for the age and physical condition of the individual. An amount of exercise that would be healthful for a youth of 18 would probably prove harmful to a man of 50. In cases of organic disease, exercise should be undertaken only under careful supervision. While exercise is no cure-all, it has its place in a well regulated, hygienic life. In sensible amounts, it is an essential to the continued enjoyment of good health.

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HEALTH QUESTIONS AND ANSWERS Should Be Carefully Examined Mrs. A. P. writes: "I wish to give you my daughter's symptoms, that you may advise me what to do for her. She is 12 years of age, and last winter seemed quite well. She has a small goiter, and has had it for some time. However, it is not large and does not show much. She is losing flesh, is very nervous and has a poor appetite. Catches cold easily. Feels tired. She is listless too. Has taken three bottles of Bland's iron pills and is taking iodine for her goiter. She is constipated and is taking olive oil now. Has been taking Nujol for constipation." Reply There are at least two conditions for which this girl should be carefully examined. One is hyperthyroidism, and the other is tuberculosis. The most direct and exact way to find out whether or not she is suffering from hyperthyroidism is to have basal metabolism tests made. If this condition is present, the treatment consists of rest, medicine if necessary, and sometimes operation. Careful physical examination of the lungs; a record of the temperature taken at frequent regular intervals throughout the day; X-ray examination of the lungs; analysis of the sputum; and, probably tuberculin tests, should show whether or not there is any active tuberculosis. As the other condition that you mention is improving, why do anything about it?" Try This One Mrs. R. C. writes: "I always keep sterile gauze, bandages, adhesive and iodine in the house so as to be able to properly care for the small cuts and injuries of the children. I find, however, that the children object to my using iodine on their little wounds because it burns them. Can you tell me any other antiseptic that I may use that would be less objectionable in this way?"

THREE PULPITS VACANT Walkerton Telescope An unusual situation in this town at the present time is that there are three Churches without a pastor. Knox Church pulpit has been vacant since the first of the month, though the Continuing Order ministers are getting ready to call a minister. The same condition prevails at the Lutheran Church. At the Baptist Church, the pastor's resignation took effect last Sunday, and the congregation has not yet dealt with the question of calling a successor. There'd be fewer tragedies if some one would remove the cartridges from the empty revolvers.—Brandon Sun.



POOR PART OF FARM NOW MOST VALUABLE

Judicious Handling of Woodlot Is Well Repaid.—Best Trees Saved. "By saving the timber on the rough part of my land and carefully handling my tree crop, I have made what was considered the poorest part of my farm fully as valuable as, if not more valuable than, the part under the plough," says Frank Kinsley, an Iowa dairy farmer who farms 200 acres on top of the Mississippi hills in a section very similar to the rolling districts in Ontario.

The whole region in which the Kinsley farm is located was heavily timbered when first taken up with settlers 60 and 70 years ago. Most of it has been cleared and in crop for many years. While some of the neighbors put practically every bit of their land under the plow, Mr. Kinsley picked out the roughest 50 acres of his farm and kept it in woods. There are several springs in the ravines.

Care in Cutting "In selecting trees for cutting," said Mr. Kinsley, "crooked, defective trees, small trees shaded by others, and large, wide-spreading trees that occupy too much space are marked for removal. Crowded groups are thinned out also. All hard maples are left and are tapped for sap. Trees have been cut very sparingly on the steepest part of the land to keep it from washing, and nothing is ever cut in the neighborhood of the springs, and never will be. Because of this, our springs are just as good as they ever were." In spite of because of the judicious cutting, the woodlot continues to improve each year.

Flesherton. (Continued from Page 2) last week in Toronto on business. Mr. J. P. Bunt of Toronto spent part of last week with his brother here. Mrs. Everett Henry visited a few days last week with Mrs. McCauley at Dundak.

The annual meeting of the Artemesia Township School Trustees' Association was held in the town hall here on Saturday afternoon last and considering the very unfavorable weather, there was a fair representation of trustees and delegates to the O.E.A. Election of officers for the ensuing year took place as follows: President, W. J. Blackburn, Proton Station; Vice-President, Leslie Chard, Flesherton; Secretary-Treasurer, Richard Allen, Flesherton. Short addresses were given by A. F. Pedlar, retiring President, N. McCannell, Proton Station, Albert Stephens, Proton; Warden McKenzie, Flesherton; and others. The Association will send some strong resolutions to the Easter convention.

A sacred concert in Shiloh tabernacle, Zion City, Ill., on Sunday night, was a musical treat by radio we enjoyed very much as other concerts we have heard from there. On this occasion, the lengthy program of splendidly given vocal and instrumental numbers came in very clear. These concerts, we learn, are heard clearly at Norway House, five hundred miles north of Winnipeg and are highly prized by the isolated missionaries and natives there. Zion's choir of four hundred voices, splendid band with fifty players, orchestra with thirty-five pieces and other musicians give wonderful programs. A new high power equipment has been installed for broadcasting, and the dedicatory program given on Monday night was a marvelous production.

Mrs. F. D. Cairns has returned from a month's visit with her sister at St. Catharines. Mr. Thomas Bentham has been visiting friends at Owen Sound for a few days. Warden T. R. McKenzie is in Toronto this week attending the Good Roads' Convention. Mrs. Mark Wilson returned last week from visiting friends in Toronto. Mrs. W. J. Lever of Owen Sound is visiting her daughter, Mrs. Fred Brown. Mrs. W. J. Caswell returned on Saturday from visiting her daughters at Kitchener and St. Thomas.

Miss Elsie Caswell, teacher near Corbetton, visited over the weekend at her home here. Miss Ruby Caswell, teacher at Markham, is spending this week at her home here on account of her school being closed. Miss Marion Stuart visited over the week-end with her aunt at Kimberley.

TRICKERY BY COUNTIES TO GET PROVINCIAL AID

Hon. G. S. Henry Refers to Method of Charging up Outlays on Roads.—Conference Closes.—Deputy Highways Minister Suggests Change in Assessing Costs. Addresses by Hon. George S. Henry, Ontario Minister of Public Works and Highways, who pointed out that in a number of cases counties were seeking Government aid under what almost amounted to false pretences, and by Mr. Samuel L. Squire, Deputy Minister of Highways, who urged the need of a more equitable system of assessing costs of construction and maintenance of roads, featured the closing session of the eleventh annual conference of county and township road superintendents and engineers of Ontario in the Highways Building, University Avenue, Tuesday afternoon. The subject of "Township Road Improvement" was spoken on by Mr. James Todd, York Township road superintendent.

Mr. R. O. Hawtrey, York Township road superintendent; Mr. James D. Flanders, Dereham Township road superintendent; Mr. H. Grinstead, South Dorchester Township road superintendent, and Mr. John Morrison, Louth Township road superintendent. Mr. R. Muir, provincial roadway engineer, occupied the chair. The Minister of Highways, after emphasizing the importance of the township roads being handled on a county basis, said that in some instances where this was apparently being done, a system had developed which he was "inclined to call something close to false pretences." Counties would allot certain sums to various townships, and lumping the total together, present it to the Government as the expenditure on a county system of roads, when it was such a system in name and book-keeping only, in order to obtain aid from the Provincial treasury. He trusted the municipalities so receiving allotments from their county would now see the folly of such a makeshift plan and co-operate on a real county system. It would be found that the county system, where all the work undertaken was done under county supervision, would prove the salvation of the townships.

Increase in Traffic Mr. Squire, the Deputy Minister, pointed out that one of the problems to be considered in road building was increase in traffic, and in this regard, stated that travel on the main highways of the province had increased over 3,000 per cent during the last ten years. Over ninety per cent of the travel on the roads today was motor traffic.

He pointed out that twenty years ago the entire cost of building roads in the province was less than \$1,000,000 per annum, paid entirely by rural municipalities at a cost to the farmers of seven cents per acre, or 87 per 100 acres. Today the road costs in this province were from \$45,000,000 to \$20,000,000 annually for construction and maintenance.

"This difference," said Mr. Squire, "can largely be charged to the extra service which the highways are performing for the motorist, who is using 90 per cent of the highways, and also because this use requires a higher type of road construction than would otherwise have been required." It was therefore but reasonable that the motorist should be required to pay the larger proportion of the cost of construction and maintenance.

Most of the county and township road superintendents and engineers are members of the Ontario Good Roads' Association, which opened a four-days' annual convention in the Government Highways Building Wednesday, when between 600 and 1,000 members were expected to be present. The Good Roads' Association was tendered a banquet in the Prince George Hotel last night by the Ontario Minister of Highways.

PURCHASED ROAD MACHINERY

The Sawyer-Massey salesman secured a nice order last week when the Carriack Council purchased twenty drags and two light graders. The new machinery will arrive about the middle of March, to be in readiness for the use of the patrolmen as soon as spring opens up.

WHERE HARM WAS DONE (Peterboro Examiner) Nothing that is being said in Great Britain against emigration to Canada could possibly be a harmful as some of the Progressive speeches in the last session.

GOLD COAST HEARS OF CANADIAN BIRDS

Newspaper Advertisement Travels Long Way to Prospective Customer Canadian poultrymen will be gratified to learn that their fame has spread to the Gold Coast of Africa and that as a consequence, a new market is opening for their stock. "I am here with much glad to received name in newspaper that you get any poultry to laying hens, or book to name them," runs a letter just received by I. J. Ardagh of Streetsville from a prospective customer writing from Essiakdee, Seccondee, Gold Coast. "I should like you to send me some sample of the book and also your price list. I hope you will not fail to do same as my request." Nor does their correspondent forget the courtesies which smooth the way of trade, "I should like to deal with you great," he concludes. "I wishers my best regard. I am yours remain . . ."

Where is Ontario? Before this trade can be fully developed, however, it will be necessary to inform Gold Coast postal clerks a little more fully as to the location of Ontario upon the map. Under the address, some one has scrawled "England," and the letter evidently spent some time in the "tight little island" in search of postal subdivision "Ont."

GOOD FOR CANADA IF COAL DENIED

Would Enforce the Use of Domestic Coke.—Opinion of Chemist.—Nothing to Fear if United States Decides on Embargo. Instead of fearing the day which is surely coming when the United States will have to place an embargo on the export of hard coal, Dr. A. C. Neish, head of the chemistry department at Queen's University, Kingston, considers that the embargo will be greatly to Canada's advantage, for then at least Canada would turn to the manufacture of the ideal household fuel, domestic coke, and reduce her coal bill to a very low figure.

This domestic coke, which is already being manufactured in one Ontario city, has a great advantage for private use over the ordinary metallurgical coke. The metallurgical coke is put through a terrific heat in order to make it hard so that it will crush when it is put into the great blast furnaces with heavy ore and limestone dumped in on top.

The domestic coke is produced at a much lower temperature and sufficient tar is left in to make it burn easily in the domestic furnace. It is manufactured for one purpose only, to suit the needs of the small consumer and for that purpose it is far and away ahead of anthracite. If Canadians will prepare to use coke the sooner the embargo comes the better for Canada.

And so the weight of the peach has changed. Perhaps that is because woman has her thumb on it.

PREMIER BALDWIN'S PIPE

With the return of Premier Baldwin to power in Great Britain, it is noticeable that he is just as fond of pipe-smoking as he was when formerly in office. After being entrusted by the King with the duty of forming a new ministry, he drove to his home in London. The newspaper correspondent who was awaiting him there says that as the new Prime Minister alighted, "he was smoking his favorite pipe in spite of his tall hat and dress of ceremony." Another recent occasion when the pipe was in evidence was on the day after the Conservative victory at the British elections. It is recorded that Stanley Baldwin was "puffing his customary pipe" when he visited the Conservative headquarters in London and congratulated his staff.

LICENSE INSPECTOR INJURED

Mr. Beatty, license inspector, is laid up as the result of being injured in an upset while driving in the vicinity of Wharton last week. His condition for some days was quite serious, but he expects to be able to resume his work very shortly.

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Cross Words Were Said!

