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**The Road To Better Health**

**Constipation**

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.

Just how much serious damage is done to the system by constipation is still an open question. The modern idea seems to be that, heretofore, too many ills were blamed on this cause. Yet, there is little doubt that most of us feel a lot better when the action of the bowels is normal and regular.

While a tremendous number of the people who suffer from constipation are the victims of unhygienic habits, attention should be called to the fact that a certain number of cases of constipation are the result of some disease affecting the digestive system. Cases of the latter kind are satisfactorily remedied only when the underlying disease condition has been corrected.

**Bad Habits a Cause**

Some of the bad habits which tend to produce constipation are lack of exercise; improper diet, failure to drink enough water; irregular living, and habitual use of laxative drugs. The last of these is extremely widespread, and is apparently a common cause of the very condition which its victims are trying to escape or overcome. The avoidance of constipation and the

treatment of the milder cases is largely a matter of the correction of bad habits.

The diet should be arranged so as to contain a reasonable amount of food which leaves some fiber, or waste, in the intestine. Coarse breads and cereals, such as fruits as apples, oranges, figs dates and vegetables such as squash, carrots, beans and peas should constitute a good share of the food.

Exercise and massage of the abdominal muscles (if there is no tenderness of the abdomen) benefits many cases.

If proper diet, sufficient water and exercise do not bring about the desired improvement, two or three tablespoonful doses of mineral oil may be taken daily as a laxative. As improvement occurs, the daily dosage of oil should be lessened, discontinuing its use entirely as soon as possible.

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**HEALTH QUESTIONS AND ANSWERS**

**Some Advise It**

Mrs. R. A. H. writes: "One of my friends says that her doctor told her that she should lie down while nursing her baby. Is this correct? I do not believe that many women who are healthy do this. How much weight should a healthy baby lose in the first few days after birth? Should a baby be awakened if it is asleep at nursing time?"

**Reply**

1. Some physicians advise this.  
 2. The baby will generally lose from six to ten ounces in weight during the first few days after birth. It usually regains this weight by the end of a week or ten days.  
 3. Yes.

**Heart Disease and Marriage**

L. G. S. writes: "I have had what the doctor calls 'valvular heart disease' for several years that I know of. It never gives me any trouble, and I am healthy, otherwise. Would calisthenics hurt me? It it all right for one, with heart disease, to get married?"

**Reply**

The essential thing for anyone who has heart disease to know, is that they should live in such a manner that no excessive strain is thrown upon the heart. If your condition is as good as you say it is, calisthenics, within reasonable limits, should do you no harm. In fact, they may be of benefit to you by strengthening the heart-muscle. The presence of valvular heart disease is not necessarily a bar to marriage.

**Puffy Eyelids**

Mrs. T. L. G. asks: "Is there anything besides Bright's disease that will cause the eyelids to be puffy?"

**Reply**

While the eyelids are probably

most frequently swollen in the general dropsical condition that accompanies some forms of Bright's disease, puffiness may be due to other causes. Anemia, the taking of arge-whopping cough, some forms of hives, and local diseases affecting the eyelids or face may also be causes.

**Pimples**

M. M. P. writes: "I am twenty years old, and ever since I was fifteen, I have had some pimples on my face. Sometimes they come on the back of my neck and shoulders. They sometimes go away for a week or so, but come back again. Otherwise, I am healthy and strong. I would surely like to get rid of them because they sometimes come pretty thick. They sometimes turn into blackheads."

**Reply**

Avoid all rich, fat and greasy foods. Avoid such things as pastry, candy and cakes. Drink at least two and a half pints of water a day. In the way of direct treatment of the pimples, try the following: By means of a comedo-extractor, squeeze out all of the blackheads. (Your druggist can supply you with a comedo-extractor.) Wash the face at night with hot water and soap. Then sponge with hot water, and finish up by dashing cold water on the face.

The purpose of this is not only to secure cleanliness, but also to tone up the circulation and the oil-glands of the skin. After you have finished this "water treatment," dry and apply an ointment consisting of one part of precipitated sulphur in nine parts of benzoated lard. Leave the ointment on all night and wash off in the morning. If this treatment irritates the face, discontinue for a few days. Treat the neck and shoulders in the same way.

**TRIALS OF AN EDITOR**

(Ohio State Journal)

Typographical errors and mistakes often seem extraordinarily funny to the great reading public, but in the office where they occur, they seem more like tragedies. We recall that this old palladium of liberty, in an elaborate report of a Jewish wed-

ding, once said that the happy pair were followed closely down the aisle by the officiating rabbi. That seemed very funny to the light-minded, but it did not seem funny to us especially when the bride's father came to see us about it.

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**This Week In The Legislature**

Toronto, March 7, 1925.

The Address having been duly carried, at the end of three weeks' debate in the Legislature, by a majority of 53, and the Government's proposed Temperance Act amendments thus upheld in principle, decks were cleared for the budget, and Hon. W. H. Price presented his annual statement on Thursday, holding the floor for nearly three hours. W. E. N. Sinclair, Liberal Leader, resumes the debate on Tuesday, and if he cannot find something to criticize, it will be through no lack of information. This financial statement was probably the most open-faced ever presented in the Legislature. If any detail of revenue or expenditure was omitted, either from the speech itself, or the Public Accounts tabled concurrently, no one has yet detected the fact. The Accounts, though reduced in size at a saving of some \$10,000, embody a number of improvements, and are particularly clear, concise and well indexed. The fact that the treasurer is sending a copy to every newspaper in the province would seem to point to a clear conscience and a certain sense of satisfaction. In his speech, he put it this way:

"The Ordinary and Capital Expenditures are clearly marked, and statements which give additional information are indicated in the margin for the first time in the history of the province, the deficit is shown in figures, and not left to the individual to decipher for himself. No one is left in doubt as to what is charged to Ordinary and what to Capital. The figures are there, clear as the noonday sun. There is no interest smothered or hidden in Capital Account, and the Drury Government's Capital and Extraordinary column is now a matter of history. There is presented to you in these Public Accounts an honest statement, and I invite honest criticism. The figures are clear. He who runs may read, and every dollar of our expenditure is accounted for in the various departmental statements."

The financial statement can only be referred to briefly here. While the deficit of \$15,000,000 in 1923 was cut to \$8,468,764 in 1924, certain items of revenue are showing a decrease, and even with the maximum curtailment of expenditure, only one-third of which is now controllable, the treasurer finds it unwise to make a more favorable estimate for the present year than a further deficit of \$3,000,000. This is based on estimated revenue of \$46,500,000 and expenditure of \$49,070,000. The annual interest burden of the province is now over \$16,000,000, the funded debt standing at \$285,339,000. With a continuance of rigid economy in the departments, and co-operation of members of the Legislature and the public, the treasurer hopes for a balanced budget in 1926.

Decreased revenue is anticipated in the lands and forests department, owing to trade conditions, and race-track and amusement tax are not expected to yield as much as heretofore. In addition, every deficit, however reduced, means borrowing and increases somewhat the interest charges which must be met. Interest payments last year, for example, were \$2,662,000 more than in the year before. Over and above all these things, the treasurer is determined to make a start on a sinking fund which will begin to pull down the provincial debt, and with it the interest burden. This was talked of by the previous government, but nothing definite was done, and Col. Price feels that Ontario will not be financing upon a sound business basis, any more than any commercial concern would be, until provision is made for sinking fund. It will take about \$3,000,000 a year, and although the conditions outlined above are not too favorable, he proposes to apply the sinking fund commencing with the close of the present fiscal year, October 31, 1925.

It is clear that new taxation is necessary to achieve this object, and at the same time, keep down the deficit to a point where heavy additional borrowings will not be required. The new imposts are to take the form of a three-cent gasoline tax, already announced, and also a beverage tax, the former to bring in about \$2,300,000 in the present fiscal year and the latter \$2,200,

000, with perhaps a revenue of \$3,000,000 each in the first full fiscal term. Details of the beverage tax are not yet forthcoming, except that it is to be collected at point of manufacture, and will likely apply to all soft drinks, including the gasoline and alcohol won't mix, but the government is going to couple them for taxation purposes anyway.

In closing his speech, the treasurer made an appeal for co-operation in economy; in the collection of everything for the province, and also in connection with the departmental audits of which there have been some 50, brought about by the fact that since Confederation, there had been no audit of provincial receipts. "It is not an easy matter," he said, "once you get your expenditure up to a certain point, to cut it down. It is necessary to have the co-operation of members, and instead of municipalities criticizing us, or we criticizing them, it would be a great deal better for us to get together and see where we can all cut down. We are in the hands of the people. If the people want heavy expenditures, and press the Government for them, it makes it difficult to economize. All the taxation here proposed we have got to have, to conserve our resources for those who come after us, and I believe if we get the co-operation of the Legislature in doing what is necessary, next year I believe we will be able to show continued and greater improvement."

The Government had 57 majority on Wednesday when the debate on the Address closed, and Mr. Raney's sub-amendment, regretting the proposed Temperance Act amendments, was put to the House. The Labor group of three, and no less than seven Liberals—Proulx, Wallis, Mageau, Tellier, Pinard, Brackin and Belanger—voted for the Government, while Conservatives from Peel and Simcoe South met the wishes of very "dry" riders by supporting the sub-amendment. These, however, reverted to the Government when the main motion was put. This included an amendment by Hon. George S. Henry which had the effect of wiping out the Sinclair amendment charging the premier with "breach of faith," and there was no division on the latter. As a result of the carrying of the Henry amendment, the "humble address" to the Lieutenant-Governor now contains this paragraph: "This House receives with satisfaction the announcement of the decision of Your Honor's advisers to introduce legislation which, while maintaining the principle of the Ontario Temperance Act, will provide such amendments thereto as will help destroy the illicit traffic in liquor and create a greater respect for and observance of law and order."

All shades of "wet" and "dry" opinion found expression before the final vote. J. A. Pinard (Lib. East Ottawa) moved for sale of liquor under government control, and although his amendment was held to anticipate a resolution by F. W. Wilson of Windsor, now on the order paper, and was withdrawn, Mr. Pinard forced an evening session of the House to present his viewpoint. Then Karl Homuth, (Labor, South Waterloo) sprang an amendment to the effect that citizens should be afforded opportunity to purchase liquor for medicinal purposes only, without a doctor's prescription. This was also held to be out of order in that it anticipated government policy and was withdrawn. The premier declined to say exactly what the government had in mind, but there is a growing impression that the amendments will include some method of reducing or doing away with the admitted abuses in connection with the prescription system. There is no doubt that the matter is under consideration by the Cabinet, and both W. F. Nickle and Premier Ferguson expressed themselves strongly in the debate upon the farcical nature of this method of distributing liquor.

Seldom, if ever, has there been such an outburst of enthusiasm in the House as was provoked by Premier Ferguson's speech in closing the debate. Following a brief review of some of the main items of the Government's activities, the prime minister dealt at length with the Temperance Act situation. He contrasted the records of the Liberal and Conservative parties, and alluded to the fact that the much-criticized three-fifths clause of Sir James Whitney's time was afterwards warmly approved by those who had condemned it. Mr. Ferguson summarized the matters which had to be taken into

consideration by the present Government. "There was," he said, "the question of doubt at the time the bill was introduced in 1916. There was the respective votes and falling-off in support between 1919 and 1924. There was the gradual increase of sale at dispensaries, and those in closer touch than I am say the sale at dispensaries is only a fraction of the consumption. Then we have a recent development known as the home brew proposition. We had to examine the situation from every angle. We had to deal with it as a practical business proposition. We had to seek the way that could do the most good for our people.

"Now the government gave careful consideration, keeping in view the position we had taken with the public, the necessity for an honest endeavor at law enforcement and improvement in the moral atmosphere of this province, and decided that if a drink, palatable, drinkable, satisfying, could be bought within the law, we would provide for it in the legislation, and, after careful inquiry, the attorney-general reached the conclusion that 2 1/2 per cent of alcohol by weight was well within the limit of intoxication.

"Our conclusions," he said in closing, "ensure, we believe, the maximum public support of the Act and the minimum of organized hostility. Our confident hope is that adoption by this House of the suggested amendments will restore respect for law and order and end strife, which is becoming a menace to the peace of the community. The paramount thought this Government has in mind is the public good. We desire by every means in our power to promote the moral welfare of the province. We hope this legislation will have that result. We ask the tolerance of the general public. We ask the sympathetic co-operation of all interested in the temperance movement. We are undertaking a most difficult task under most trying conditions. We are being criticized by those who are organized not to promote temperance primarily, but with a view to defeat this government. This Government realizes that situation, and while we propose to retain firm hold upon the temperance question and keep it ever in the forefront of our activities, yet at the same time, knowing as we do that throughout all history, temperance advancement owes all its progress to the Conservative party, we propose to retain that position in the minds of the general public and to deserve their confidence in the future."

It is customary for members to applaud a speaker by desk-pounding. When Premier Ferguson finished at six o'clock on Wednesday, his supporters threw custom to the winds and cheered loud and long while even the galleries broke the rules and joined in the outburst.

Preliminary work is still going on in connection with the redistribution bill. In answer to an enquiry by Mr. Sinclair, the premier said on Thursday that the skeleton measure would be brought in as soon as possible and sent to a special committee, representative of the whole House, but that body could get along faster if it waited for the data now being compiled by the Chief Electoral Officer. An inter-

esting point brought out in the discussion was the fact that population figures are being obtained with a view to bringing the 1921 census figures up to date. This will have a tendency, perhaps, to strengthen the claims of certain large urban centres for increased representation, but the prime minister emphasized the feeling of the Government that rural representation should not be lowered unduly, and while it was the intention to keep the House at its present strength of 111, the addition of one or two members would be made.

The Church Union Bill or Bills may occupy the centre of the stage this week. The bill sponsored by A. M. Rankin of Frontenac is ready for the Private Bills Committee, and Attorney-General Nickle, who is chairman, has expressed a hope that both sides can express their views before the committee upon the one occasion. There is some expectation however, of a bill from those opposed to union, by which non-concurring congregations may hold church property until such charges formally vote themselves into the United Church. The real battle may not come for another week.

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