

Thursday, June 18, 1925.

TOUS BREAK-DOWN

Back and Legs Re-ly Lydia E. Pinkham's Vegetable Compound

ario.—"I had a nervous back and legs, and with the which left me very weak, and could not sleep nor could and spent much time in this state, more or less two years before Lydia E. Pinkham's Vegetable Compound was sent to me by my neighbor, and taken five doses I was in bed, and when the first dose I was out of bed and around the house. During the had been obliged to get up after my home for me, the Vegetable Compound to look after it myself. Lydia E. Pinkham's Blood Purifier with the Vegetable Compound I certainly recommend to any one who is not in health. I am quite willing to give these facts as a testimony. J. SHEPHERD, 130 Jones, Ford, Ontario.

ness, irritability, painful down feelings and weakness to be noted. Women from these troubles, which have, should give Lydia E. Vegetable Compound a fair trial.

ly on the significance of Supper as a sacrament, on and a thanksgiving. memorable day for the of Durham and for have seen the vision and they will not be disobe-

M HIGH SCHOOL

is thoroughly equipped the following courses: for Matriculation. nance to Normal School. ber of the Staff is a Uniduate and experienced pupils should prepare to nning of term. on as to Courses may be on the Principal. l has a creditable record which it hopes to maintain. is an attractive and n, and good accommoda- obtained at reasonable BOBB, B.A., Principal. MORRISON, Chairman.

ADIES

heel...\$3.95
n heel and low...\$3.95
ut-out toe and...\$3.95
er pair...\$2.75

Durham

If It's New It's Here

Store

Now

over our samples. Every hand at
made suits for our special. See this line.
Belts Collars wear
Durham, Ontario



The Road To Better Health

SUNBURN

By DR. W. J. SHOLES

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.

The changes that occur in the skin as a result of sunburn are the same as those produced by any other agency capable of causing burns. In the milder forms, the skin becomes reddened, tender and swollen. Later on, the face layer of the skin (epidermis) usually peels off. Sometimes, if the burning has been more severe, blisters will form. These may break, leaving a raw surface. Anyone who has ever been sunburnt knows that it is very uncomfortable, and sometimes even painful.

It is true that sunlight is extremely valuable in promoting and maintaining health. But there does not seem to be any particular advantage in becoming sunburnt.

Prevention is often possible. Rubbing some mild ointment into the skin before exposure to the sun will afford some degree of protection. Either rose water ointment or boric acid ointment may be used. But they will probably not protect the skin against prolonged exposure.

If the skin begins to be reddened, it is an indication that it is becoming burnt. If one waits until the skin begins to burn, he will have

waited too long. The sensation of burning means that the damage has already been done.

After sunburn has occurred, soothing lotions and ointments will do much to relieve the discomfort and hasten a cure. Further irritation of the skin by exposure to the sun should, of course, be avoided. The application to the skin of soap, or anything else that may irritate, should be avoided.

Solutions of either boric acid or baking soda make suitable soothing lotions. Or boric acid or rose water ointment may be used. A good home remedy, and one that is usually handy, is plain cow's cream.

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

HEALTH QUESTIONS AND ANSWERS

Depends Upon How It Is Used

J. M. S. asks: "Is there any harm in having an electric fan running in the bed room on hot or warm nights? I have read somewhere that it is bad and is liable to chill the body and cause you to catch cold."

Reply

Anything that improves the circulation of air in the sleeping-room, as long as it does not produce a direct current of air on some one part of the body, should be beneficial. The electric fan should hasten the removal of air that has been breathed and favor the entrance of fresh air into the room.

If the fan is allowed to blow a strong current of air directly on to some one part of the body, the result may be neuritis, a neuralgia, lumbago or a wry-neck. Someone has advanced the theory that by causing rapid evaporation of moisture from the skin—chilling, with resultant bronchitis or pneumonia, is liable to occur. It would seem best to place the fan so that the current of air does not blow too directly on to the body, or any one part of it. Many people sleep in rooms where an electric fan is running and do not seem to suffer any ill effects.

Removal of Superfluous Hair

G. H. asks: "I. Can you tell me if the depilatories on the market will permanently remove hair from the face?"

Reply

"2. Is electrolysis the only sure method?"

"3. Is there anything that will make the eyebrows and eyelashes come in darker?"

Reply

1. None of the chemical depilatories seem to be very successful in permanently removing hair.

2. Electrolysis is about the surest and safest way. This requires considerable skill.

3. There is nothing that will make the eyebrows and lashes come in darker.

Has Difficulty in Breathing

J. O. writes: "I am troubled with shortness of breath, also a distressing feeling of wanting to take a long breath but cannot do so until I have made several attempts. And then when I am able to do so, it gives me such a relieved feeling. I am like this for two or three days, and then will feel all right for three or four days or maybe only for a day or so. It does not seem to bother me while sleeping. "I am in good health in every other way. My appetite is good, I sleep well, and my bowels are regular and normal. Have had a chest examination and was told that my lungs are in perfect condition. What could be causing this distressing feeling?"

Reply

The most frequent causes of this symptom are heart disease, anemia, disease of the kidneys, some disease of the lungs. Sometimes it appears to be a purely nervous or hysterical condition. Before you decide that it is a nervous disturbance, have a thorough examination, including examination of the urine and blood. Treatment should aim to remove the cause.

THE DEAN AND HIS CELLAR

(New York Telegram)

When Dean Inge, of St. Paul's, on his return to England was asked how he had found prohibition here, he replied: "Well, I stuck it out for three weeks, and I am not sorry to come back to my own cellar. Nothing but water was offered to me in America, and water was all I had to drink."

In spite of the fact that our brilliant and popular visitor was content to play the game like a good sportsman, there are those who will find in his admission as to his own possession a covert attack on the

Continuation of the United States as improved by the Eighteenth Amendment.

Dean Inge is well known to be an abstemious man. But, like the late Father Matthew and the late Archbishop Magee of York—who said: "I would rather see my country free than my country sober"—he believes that temperance should be voluntary, not of legal enactment.

It is to be hoped that Mr. Bryan, who keeps only grape juice in his cellar, will not read Dr. Inge out of the Christian Church because of his 1864 Madeira.

GOOD LIVER OIL IN CHICK FEEDING

An experiment was conducted at the Central Experimental Farm, Ottawa, in 1924 to determine the effect of various vitamins rich feeds in the feeding of chicks, says George Robertson, Assistant Dominion Poultryman. Fourteen pens of 40 chicks each were used. These chicks were housed in a pipe brooder house on a cement floor with planer shavings for litter. Pen one was the control pen and was fed a basal ration which consisted of standard scratch and mash composed of shorts, middlings, cornmeal and oat flour equal parts and one-half part meat meal. Grit, greens and both milk and water were supplied.

The other 13 pens were all fed this same ration plus one or more feeds, which are recognized as being rich in vitamins. The additional feeds used were, wheat germ, rice polish, Larro yeast (a dead yeast prepared for feeding purposes), Fleischmann's yeast (a living yeast), tomato pulp, cod liver oil and raw liver.

At the end of the experiment, which lasted three weeks, pen 4, the lot on Larro yeast, showed no deaths, while pens 7 and 11, the lots on cod liver oil and cod liver oil and Larro yeast, showed but one each, whereas, some of the other pens showed considerably more, the highest being pen 14 on cod liver oil and rice polish, which showed 8 deaths.

An outstanding feature of the experiment was the effect of the cod liver oil on leg weakness. In every pen in which cod liver oil was used, there were no signs of leg weakness, whereas, in every pen, without exception, where cod liver oil was not used, there were chicks either off their legs or showing preliminary signs of leg weakness.

Further—at the end of the experiment, 15 chicks which were completely off their legs, were selected from the various lots, put into a pen, and fed a cod liver oil ration. One of these chicks was in such bad condition as to be almost unable to move, and had every appearance of being about to die.

In three days most of the chicks showed marked signs of improvement; by the fifth day, they all appeared much better; by the eleventh day, they were all back to normal except the one previously mentioned chick, and by the fourteenth day, this last chick was able to move around normally. The birds were then put on a standard ration and kept under observation for another three months, during which time there was no recurrence of leg weakness, and they developed quite normally.

As these results are but a confirmation of previous work at this farm, the conclusion is that leg weakness may be prevented or cured in growing chicks, by the use of cod liver oil.

Advertise in The Chronicle, it pays

Left Behind

The children were amusing themselves by turning over the pages of an old illustrated religious paper. They came across a picture of the Deluge, and the youngest child was puzzled because an elephant was shown drowning in the foreground. Then ensued the following monologue: "Wonder why that elephant didn't get in the Ark?" There was a pause. Then he remarked: "Spose he must have been packing his trunk when the Ark went out!"

Speaking about radio, some of us can remember when music from the air was broadcast from the woodshed.

NOTICE TO CREDITORS

IN THE MATTER of the estate of Elizabeth Gun, late of the Town of Durham, in the County of Grey, Spinster deceased.

NOTICE is hereby given, pursuant to section 56 of the Trustees Act, R. S. O. 1914, Chap. 121, that all creditors and others having claims or demands against the estate of the said Elizabeth Gun who died on or about the 12th day of May A. D. 1925 at the Town of Durham, are required on or before the 14th day of July 1925, to send by post, prepaid, or deliver to the solicitor for the executors of the Last Will and Testament of the said deceased, their Christian names and surnames, addresses and descriptions, full particulars, in writing, of their claims, a statement of their accounts, and nature of the security, if any, held by them.

AND take notice that after such last mentioned date, the said executors will proceed to distribute the assets of the said deceased, among the parties entitled thereto having regard only to the claims of which they shall then have notice, and that the said executors will not be liable for the said assets or any part thereof to any person or persons of whose claim notice shall not have been received by it at the time of said distribution.

C. C. Middlebro',
Solicitor for the executors.
Dated at Durham this 15th day of May 1925. 6 18 3

All Our Graduates

have been placed to date and still there are calls for more. Get your course NOW. If you do not get it you pay for it anyway in smaller earnings and lost opportunities.

Enter any day. Write, call or phone for information.
CENTRAL BUSINESS COLLEGE
Stratford and Mount Forest

Prices Talk

Drop in and be convinced that we have the best goods for the least money.

READY-MADE SUITS at Prices we cannot duplicate

- Men's Navy Blue Serge Suits, guaranteed, sizes 36 to 44, regular \$30.00 for\$23.50
- Men's Brown Check Sport Model, sizes 38, 40 and 42, regular \$25.00, for\$18.50
- Men's Brown Tweed Suits, sizes 38, 40 and 42, regular \$22.00, for\$14.95

MEN'S STRAW HATS

The very newest and most up-to-date at all prices

Men's Hatchway Underwear. Borsalino Hats, the only hat. Suits Made-to-Measure or Tailor Made, whichever you prefer. All suits guaranteed. Give us a call.

D. M. SAUNDERS

Gent's Furnishings Durham, Ontario

UNION W. M. S. MEETING HELD LAST WEEK

Methodist and Presbyterian Missionary Societies Units in Celebration of the Consummation of Union

As briefly referred to in these columns last week, a union meeting of the Methodist and Presbyterian Women's Missionary Societies was held in the Presbyterian Church on Wednesday of last week, Mrs. John Bell Presiding.

The meeting was opened by singing the National Anthem and the hymn, "O God of Bethel," followed by prayer. The Bible reading was taken by Mrs. W. H. Smith, after which the President spoke briefly on the different missionary societies of the Presbyterian church and their union in 1914.

This was followed by an inspiring paper by Mrs. E. A. Hay on "Union and Its Effects on Missions." Mrs. J. J. Smith gave a short paper on "Our Home Mission Work," and Miss Margaret McGirr spoke of the foreign work.

A duet by Mrs. W. A. Glass and Mrs. B. Stonehouse was greatly enjoyed. The meeting closed with the Lord's Prayer, after which tea was served and a social hour was spent.

Read Classified Ads. on Page 9.

No Attraction

"Look here, now, Harold," said father to his little son who was naughty, "if you don't say your prayers, you won't get to heaven." "I don't want to go to heaven," sobbed the boy. "I want to go with you and mother."

For the want of powder and rouge some of them twenty years ago were known as wall flowers.

WHEN PACKING FOR VACATION NEVER FORGET

You are sure to need some handy remedy for Sunburn, Insect Stings, Throat Scratches, Sore Places. Zam-Buk has been proved to be the best. Take a box with you.

50c. per. of Druggists and Stores.

ZAM-BUK

COMING JUNE 19 and 20 to

The Veterans' Star Theatre

SHIRLEY MASON

in

"THE STAR DUST TRAIL"

Imperial Comedy—"Her Ball and Chain"

Don't Fail to See

PLASTAGRAMS

Shown at this theatre this week.

These are an innovation in motion pictures and will be the most interesting screen showing ever shown in Durham.

TWO SHOWS NIGHTLY 8 and 9.20 p.m.

No Extra Charge. Admission 25c. and 15c.

Smile Awhile

The surest foundation for smiles and happiness are good health and abounding vigor. You'll find both in

HENDERSON'S BREAD

Eat it at meals and in between meals—whenever you're hungry; for this loaf of purest quality ingredients fills every food-need for strength and nourishment.

Henderson's Bakery

MAKERS OF REAL GOOD BREAD

THE FAMILY NEXT DOOR

WELL, NEXT DOOR—SEE Y'RE BUILDIN' A FENCE!

AM! SO YOU RECOGNIZE IT AS SUCH—NEIGHBOR EVANS?

AM—H-H-H!

Y' SEE I GOT A PRETTY NICE GARDEN HERE 'N' I THOUGHT I'D JUST PUT UP TH' FENCE 'T' PROTECT IT !!

WELL SAY! YOU COULD BE ARRESTED FOR THAT !!

ARRESTED!—MY GOIN' FER WHAT?

BLAMER!—'NEIGHBOR' THAT YOUR NEIGHBORS ARE THIEVES!!

Reason Enough!