

WORKING GIRL'S EXPERIENCE

and How She Found Help in Lydia E. Pinkham's Vegetable Compound

mprior, Ontario.—"I must write tell you my experience with your medicine. I was working at the factory three years and became so run-down I used to take weak spells and I'd be at home at least one day each week. I was treated by the doctors for years, but it didn't seem to do me any good. I was told to take a rest, but was unable to, and kept on getting worse. I was troubled mostly with my periods, and sometimes pass three months, when it came it would last around a week, and I would have such pains at my right side that I could hardly get up. I am only 19 years of age and weigh 115 pounds now, and before taking the Vegetable Compound I was only 85. I was sickly for two years. Some of my friends told me about Lydia E. Pinkham's Vegetable Compound, and when I had taken a bottle of it, I felt a change. My mother has been sick for a different ailment and has it very satisfactory. I am willing to let my friends about the medicine and will send letters asking about it."

HAZEL BERNDT, Box 700, Arnprior, Ont.

ay out each week shows in the pay book. If you are troubled with some of these, indicated by a run-down count, tired feelings, pains and irregularity, let Lydia E. Pinkham's Vegetable Compound help you.

orses became frightened and I tried to run. In endeavoring to get down, I was either trampled by the horses or the wagon fell over his head.

Atkinson was a prosperous farmer, and leaves a wife and three small children to mourn his loss.

"not," warns the manners expert, "say party when you mean informal." But "fat party" is so much more descriptive!—Buffalo.

RHAM HIGH SCHOOL

School is thoroughly equipped and up the following courses: Junior Matriculation, Entrance to Normal School.

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ending pupils should prepare to begin at beginning of term. Information as to courses may be obtained from the Principal.

School has a creditable record in the past which it hopes to maintain in the future.

Program is an attractive and well-planned, and good accommodations can be obtained at reasonable rates.

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

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Table with 2 columns: What You Pay, What You Save. Rows include \$100 (save \$5.50), \$20 (save 6.50), \$20 (save 7.30), \$20 (save 8.55), \$40 (save 9.35), \$100 (save 10.00), \$100 (save 11.00), \$100 (save 11.50), \$100 (save 12.00).

made from ds, tweeds, land, Scotch, own reputa-tional Jagger, England.

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m, Ont.



The Road To Better Health

SAFETY FOR SWIMMERS

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.

Swimming is one of the best and most healthful forms of exercise. It brings into play almost all of the muscles of the body. And it is a sport suitable for most individuals from childhood until well along in middle age.

In proportion to the number of people who do more or less swimming each summer, accidents in the water are comparatively few. Some of these are the result of inability to swim sufficiently well. Some result from taking too many risks. Others are the result of disease, cramps and fatigue.

Before one attempts to indulge in much swimming, he should learn the condition of his heart. Swimming is sometimes strenuous exercise. It may call upon the heart for considerable effort. While a sound heart may be well able to respond to any ordinary demands made upon it, a diseased heart may not. A knowledge of one's capacity to stand strain should enable one to stay within safe limits of activity.

Follow Old Rules

Then there are some old rules in regard to swimming which still hold good. One of these is to avoid swimming immediately after a meal. It is best to wait for about two hours. Another is to avoid plunging into the cool water when you are overheated.

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HEALTH QUESTIONS AND ANSWERS

Bad Breath

A. G. asks: "1. What is the cause of bad breath? 2. What can be done to cure it?"

Reply

1. A frequent cause of foul breath is neglect of the teeth. Failure to use the tooth brush, decayed teeth and diseased gums often cause a disagreeable odor. Bad tonsils and infections of the pharynx and back of the nose are sometimes causes. So are constipation and dyspepsia.

2. If the teeth are in fault, they should receive attention. The necessary dental work should be done, and then the mouth should be kept clean by brushing the teeth twice daily with some good paste or powder, and the use of a mouth wash.

If the trouble arises from the tonsils, the nose or pharynx, or is due to constipation or dyspepsia, these must be remedied.

Cannot Stand Heat

P. F. K. writes: "A few years ago I was overcome by the heat. Whenever I am in the sun on hot days, I am liable to get dizzy. I was never bothered like this before I was overcome with the heat. Is there anything I can do or take to make me better able to stand heat?"

Reply

People who have once been overcome by the heat are often unable to stand much exposure to it afterward. We know of no cure for this. About all that can be done is to avoid exposure to the summer sun as much as possible, to avoid other sources of extreme heat, wear cool clothing and do not overeat.

Probably a Superstition

G. McR. asks: "Why is it health-

STORE IS WRECKED BY BURGLARS AND FLAMES

Both burglars and fire worked destruction at the dry goods store of R. S. Brown, Collingwood, Sunday morning. The fire loss will be \$35,000. Examination showed that previous to the fire there had been a robbery. A quantity of ladies' goods is missing, while a pile of men's suits was all ready at the back door for removal.

men's suits was all ready at the back door for removal. The burglars gained entrance through a third-storey window, while the fire started in the basement.

The West is in for it this year—a great crop of wheat and a great crop of politicians. It ought to fairly bulge with prosperity.—St. Catharines Standard.

Known and Unknown In Cancer Quest

If the discoveries of Dr. Gye and Mr. J. E. Barnard of London show that cancer is caused by a microbe, nine out of ten medical men who have made a special study of the disease will be astonished. In the opinion of Dr. George A. Soper, managing director of the American Society for the Control of Cancer, the great bulk of evidence hitherto accepted has been against the microbe theory and one of the reasons why this is so is that the best authorities have come to the conclusion that cancer is not one disease, but a hundred, and it is hardly conceivable that one microbe causes a hundred different diseases. If the disease is not caused by a specific germ, then we need not expect that it can be cured by a serum or vaccine. But even if the human race cannot expect to see the day dawn when there will be announced a serum of any kind that will abolish cancer as certainly as other diseases are checked or prevented by specific vaccines, the important truth is that science today knows enough about cancer to save the lives of half the women and one-third of the men who annually die from it. This is the statement of Dr. Charles P. Childie, a noted authority, who was president of the British Medical Association in 1923.

Unique Among Diseases

Cancer has existed from very remote times, and always has been difficult for physicians to deal with. The most alarming feature about it is that it is increasing, and Dr. Soper says that one of the reasons is that the research work which is being done in laboratories and hospitals is proceeding toward a solution of the great problem by reducing it by one its outlying defenses rather than by a direct assault upon the citadel. The advance of science has been oblique and slow because cancer is not like any other disease in its pathology, course and causation. It offers complexities and contradictions which baffle the student at every step. There is no obvious clue to be followed. In "Neoplastic Diseases," a great authority written by Prof. James Ewing, head of the Department of Pathology, of the Cornell Medical School, it is asserted that "there are more pathological entities included under the name of cancer than there are outside of it. Cancers may occur in any part of the body, inside or outside of it, and they always start as a small, local disturbance. At this stage, practically all of them can be cured, that is to say, they can be destroyed by the surgeon's knife or by radiation. It is only necessary that the eradication be complete.

Mysteries

Sometimes, and perhaps generally if not always, cancer begins as the result of a local irritation. For instance, the rubbing of the tongue against a jagged tooth, or the constant pressure of a pipe-stem on the tongue has been known to cause cancer. If the growth is not completely eradicated, there takes place one of the many inscrutable things that distinguish cancer from other diseases. It will break out again, perhaps not in the mouth but in some remote part of the body, the disease being carried by the lymph of the blood. Nobody knows why this should be so, and the obvious suggestion that a germ is being carried in the blood current is considered crude by the experts. Another peculiarity of cancer is its power of unrestricted and unrestrained growth. Once a cancer begins, nothing short of absolute destruction will stop its growth. There is no medicine or diet that will affect it. Radium, X-rays and the knife are the only tools that science recognizes. That cancer is hereditary or communicable is also strongly doubted, or denied by science. It does not run in families. There is no case on record of a doctor or a nurse in daily attendance on a cancer patient developing the disease.

Many Discoveries

Dr. Soper says in the New York World that one reason why American students of cancer are slow in accepting published reports about the English discoveries is because hundreds of people have announced that they knew how cancer was caused, some of them with what appeared to be much justification, but

many of them with none whatever. These discoveries may be arranged in groups. First are those who saw in meat the cause of cancer. Some have argued that pork was the kind of meat that should receive the blame. Others were sure that beef was responsible. Chicken has likewise come in for its share of responsibility. Many other articles of food have been charged with causing cancer. The list includes white bread, tomatoes, canned food, cow's milk, cheese, butter, fish, salt and sugar. Then there is the group who believe that certain physical and chemical substances are to blame. Broken bits from porcelain cooking utensils, coal smoke, gasoline fumes, road tar, coloring matter from clothing and a host of other substances associated with modern civilized life have been put forward as accounting for the cancer increase which is being recorded from year to year.

Warning Signs

Cancer can be prevented, and it can be cured in many instances, but this can only be done when people learn the early symptoms and get competent medical attention in time.

The earliest symptoms of cancer are:

Any sore that will not heal. Any lump which persists in the breast.

Any unusual and unnatural discharge.

Any continuing indigestion which will not respond to ordinary medical treatment.

Cancer of the mouth is much more prevalent among men than women, a fact which has been attributed to men's neglect of their mouths and to the use of tobacco. Spectacles should not be permitted to rub upon the temples or behind the ears so as to produce chronic sores. These have been known to lead to cancer. Injuries to the mother produced at childbirth should be repaired promptly and properly, for they lead to a few cases of cancer in the organs affected. Above all, people should strive to learn about cancer, not be afraid to talk about it, give heed to those who by training and experience and known moral character are worthy to be regarded as wise and well-informed counsellors.

ARREST LONDON MAN IN TORONTO CHARGED WITH BANK ROBBERY

Detectives Find \$3,800 Secreted in Toronto Apartment of Leslie Hathaway.

Leslie Hathaway, 27, of London, Ontario, was arrested in Toronto Sunday afternoon on a charge of robbing the Bank of Montreal at Thorndale near London on July 3 last and escaping with seven thousand dollars. Hathaway was taken into custody as he was driving along the street in a motor car with his wife, the Toronto police having received the license number of his car from the London police. He reached Toronto on Saturday night from Fenelon Falls, where he had been holidaying for a week. Sunday, he went for a drive around the city and was on his way to the apartments which he had rented when apprehended.

Mrs. Hathaway was not held, the explanation satisfying the local police that she had no knowledge of the robbery. Detectives searched the apartment and found \$3,800 secreted in an old kit bag under the bed. The suspect had recently been employed as a motor car salesman by a London firm.

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OUR FOURTH CAR of the celebrated BRANTFORD ROOFING has arrived and is ready for disposal.

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FEWER LARGE CITIES SAYS ENGLISH AUTHORITY

Interesting Predictions for Period Centering About 1950 of A. C. Bossom, an English Architect.

In a recent number of The London Spectator, A. C. Bossom, formerly in the Architect's Department of the London County Council, who has been watching for many years the changes taking place in the British capital, presents a number of guesses or predictions as to what will have happened to its streets and buildings by the year 1950.

The change from horse-drawn to motor-driven surface vehicles will not have, he thinks, anything like the effect in the way of causing essential alterations in city life and planning as will the airplane. That, in his opinion, is going to come into very general use, and it is his expectation that not only will many buildings both in the centre of the city and in the outlying areas have landing places on their roofs, but there will be high masts at which public planes, equipped perhaps with helicopter wings and carrying many passengers can tie up, the passengers descending from and ascending to them by means of elevators. Urban street traffic will increase to such an extent, in spite of the part in transportation to be taken by airplanes, that, except for a narrow footpath on the ground level, pedestrians will use sidewalks projecting from the first storeys.

High taxes and the servant problem will compel most Londoners to give up the habit of living in separate houses and move into great apartment buildings with centralized facilities for heating, lighting, laundry and eating. The hospitals except small ones for emergency use, will all be far out in the suburbs. No parking of automobiles in the streets will be permitted, but huge public garages will be provided, perhaps underground or perhaps up many storeys, reached by ramps or lifts.

What Mr. Bossom prophesies with seemingly highest satisfaction is that, with improved transit facilities, industrial plants will move far out in the outskirts, and their workers will move with them, the result being the formation of many new, more or less self-dependant centres of population. London, too, will cease to burn its coal in numberless private grates but will be heated by electricity brought from far away or even from the mines. Only by implication does Mr. Bossom foresee a time when it will not be the ambition of cities—or of anybody except real estate speculators

to have a constant and interminable increase in size. However, there is a growing realization that such growth, hitherto identified with prosperity, has its penalties and disadvantages, and is not to be desired by anything like all the inhabitants of any town.

Many cities are already too large. Many activities that could be conducted as well or better at some distance from urban centres now are carried on in those centres for no good reasons, or at any rate for no vital reasons. The tendency is beginning to be toward dispersion rather than toward concentration, and the further it goes, within limits, the better for us all, and especially for the taxpayers. For taxes do not decrease—they rapidly increase—as huddled populations grow larger.

ANOTHER VIEW

Pretty misses give their kisses in a free and easy way: And they wonder, think and ponder, As to why they still stay.

But Wise misses save their kisses Till each has upon her hand "His" most pleasant diamond present Set within a golden band.

Read the Classified Ads. on Page 7. It will pay you.

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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.

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