

COULD NOT SLEEP NIGHTS

Pains and Headaches Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Dublin, Ontario.—"I was weak and irregular, with pains and headaches, and could not sleep nights. I learned about Lydia E. Pinkham's Vegetable Compound by reading the letters in the newspapers and tried it because I wanted to get better. I have got good results from it as I feel a lot stronger and am not troubled with such bad headaches as I used to be and am more regular. I am gaining in weight all the time and I tell my friends what kind of medicine I am taking. You may use my letter as a help to others."—Mrs. JAMES RACIO, Box 12, Dublin, Ontario.

Halifax Nurse Recommends

Halifax, N. S.—"I am a maternity nurse and have recommended Lydia E. Pinkham's Vegetable Compound to many women who were childless, also to women who need a good tonic. I am English and my husband is American, and he told me of Lydia E. Pinkham while in England. I would appreciate a copy or two of your little books on women's ailments. I have one which I send to you. I will willingly answer letters from any woman asking about the Vegetable Compound."—Mrs. S. M. COLEMAN, 24 Uniacke Street, Halifax, Nova Scotia.

NEW TYPE OF RAILROAD TRANSPORTATION ON TRIAL

In connection with the project of the C. N. R. by which electrical railway service will be attempted, a trial run of an electrical unit took place from Hamilton to Allandale and back again.

The unit was of the small type which handles a baggage car. A diesel motor is used in a developing power. Fuel or crude oil develops power to drive the generator that induces the power necessary to run the train. The units are of two types—the one a small type carrying 56 passengers, and the other, an articulated unit carrying 126 passengers.

It is expected that this will herald a new era in railway service. It is estimated that the cost of operation will be cut 50 per cent in comparison with steam. On the trial run, the operating cost, exclusive of fuel, amounted to two cents a mile.

His Week

- Sizes 8 to 10 1/2 \$1.60
- Sizes 4 to 7 1/2, reg- \$1.35
- Sizes 5 to 7 1/2 \$1.95
- Sand Bals, sizes 2 \$1.25

Specialty
Durham, Ont.

Wear Store

READY-MADE SUITS

You want a New Suit? This week we have 12 Ready-Made Suits that we are offering at a Special Price.

These Over

ties Just Arrived

OVER-ALLS

aces, Garters, Hose

ys, Caps and Odd Pants.

RNETT

Durham, Ontario



The Road To Better Health

TO LIVE LONGER
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.

In an article in Hygeia, Dr. L. I. Dublin, of the Metropolitan Life Insurance Company, says that the lengthening of life and disease-prevention go hand in hand. Today the average length of life is about 18 years more than it was 70 years ago.

Up to the present, the increased expectancy of life has been largely due to scientific sanitation and the preventive measures established by health authorities. Reduction of the death-rate among babies has been the greatest single factor in increasing the average length of life. But other factors are also important. The campaign against tuberculosis has resulted in a considerable decrease in the amount of this disease. Improved sanitation has tremendously reduced the amount of typhoid fever. And better control of communicable diseases, such as diphtheria and scarlet fever, is gradually lessening the death-rate from these diseases.

Still High Death-Rate

There is still, however, a high death-rate from an important group of diseases of middle life. This group includes diseases of the heart, kidneys and arteries. These dis-

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HEALTH QUESTIONS AND ANSWERS

Never Heard of It

M. B. E. asks: "Do green olives ever cause poisoning?"

Reply

Not that we know of.

Have Lungs Examined

Mrs. L. J. C. writes: "My daughter seems to get an awful lot of colds. She is 11 years old. It seems that she is never free from a cough of some kind. While she is not fat, she is not very much run down, but she does not seem to gain much weight. What would cause her to have a cold almost all the time?"

Reply

She may have infected tonsils, or some chronic infection of the nose, nasal sinuses or bronchial tubes. It would be a good idea to have her carefully examined, particularly in regard to the condition of her lungs. For there is always the chance of tuberculosis being the cause of a persistent cough.

Pernicious Anemia

R. K. writes: "I would like to ask some questions about pernicious anemia. 1. What causes it? 2. Is it contagious? 3. Is it hereditary? 4. Is it ever cured? 5. How long can anyone with pernicious anemia live?"

Reply

1. The cause of pernicious anemia is unknown. Infections of the mouth, intestinal infections, atrophy of the stomach, disease of ductless glands, and protozoal infection have

been regarded as possible causes. 2. No. 3. No. 4. Very rarely. Although a few cases are reported to have recovered. 5. Usually from three months to four years. Some have lived for more than seven years.

Head Noises

Mrs. O. A. writes: "I am bothered with head noises very much. Sometimes they are like a hard storm. I have had them now for twelve years. 1. What is the cause? 2. What can be done for them? My hearing is poor when I have the noises."

Reply

1. There are several possible causes of head noises. Among them are: diseases of the ear, disturbances of the circulation, arteriosclerosis, high blood pressure, anemia, neurasthenia, hysteria and gout. 2. Try to find the cause in your case. Have a careful examination. If the cause happens to be something that can be remedied, there is some chance of a cure.

Warts

F. M. asks: "1. What do warts come from? 2. What will cure them?"

Reply

1. Probably from infection. 2. They can be cut off, cauterized or treated by electrolysis. Corn medicine containing salicylic acid will sometimes cure them.

MIRACULOUS ESCAPE

While the Rev. Mr. Alliston of Granton, who is summering at the beach, was on his way to Tara on Sunday morning last, where he was to preach, he met with a peculiar accident.

When near Arkwright, the radius rod of his car broke, and before anything could be done, the car went into the ditch and turned over. Accompanying him on his journey was his son, Barnard, and Mrs. A. Tucker and daughter, Gweneith. Mrs. Tucker was on her way to visit her parents in Tara. In spite of the fact that the car toppled over into the ditch nobody was hurt, not even the

glass in the minister's sedan being broken. This we consider to be miraculous, and the occupants of the car were indeed fortunate to escape without injury.—Kincaid Review-Reporter.

A NEWSPAPER'S CHIEF DUTY

Woodstock Sentinel-Review, in commenting on the attitude of newspapers towards political organizations, says: "It may very well be said that the best service a newspaper can render its readers is to assist them in forming their own judgments by giving them the facts, not by telling them what to do and saving them the trouble of forming any judgment for themselves.

MIRAGES ARE COMMON ON THE GREAT LAKES

Captain Fred Simpson Tells of Sightings on Lake Superior, Inverted Mirages Scarce.

Mirages on the Great Lakes are unusually prevalent this season, but no sailor thus far has been fortunate enough to see an inverted mirage, which is an extremely rare occurrence in this latitude.

"The mirage inverted high in the air is peculiar to the tropics," says Captain Fred J. Simpson, general manager of the Detroit and Windsor Ferry Company, who has sailed the lakes since boyhood. "But phenomena of this nature have been reported on the lakes, although it has never been my good fortune to view an inverted mirage.

"The mirage common on the Great Lakes, however, sometimes allows one to see objects at great distances. One time, while I was sailing to Marquette, on Lake Superior, and my ship was still some 40 miles away, I saw the city looming ahead a mile or two away.

"The mirage faded away after a while, and we sailed for a long time before we caught sight of the city again. A captain of my acquaintance outdid me in this, for he reported that he had seen Duluth when his ship was still 250 miles to the east of the city.

"I have heard that it is a common thing for tenants in the Masonic temple building in Chicago to see the city of St. Joseph across Lake Michigan on the Michigan shore and right here in Detroit, Belle Isle will loom up twice as high as ordinary at certain times. The sailors say when they see a mirage: 'We are going to have an east wind, and nine times out of ten, the prediction is verified on our nearby lakes.

"It is a common experience to see boats looming up apparently only a short distance away and then see them fade rapidly until only the tops of their masts show above the horizon. A beautiful inverted mirage was reported on Lake Ontario away back in 1856. According to the narrative, it occurred at sunset. Twelve vessels were seen reflected on the horizon in an inverted position, and the rigging and sails stood out bright and clear in the golden glow until the light faded away.—Collingwood Bulletin.

George Bernard Shaw admits that he doesn't know the truth about himself. Perhaps this is a case where ignorance is bliss.—Hamilton Herald.

Glenelg Council

Council met in Township Hall for regular business on Saturday, September 5, 1925. Members all present. The Reeve in the chair. Minutes of previous meeting read and passed.

Commissioners Black and McKechnie presented appropriation reports. Sheep claims were presented by William Henderson and Andrew Walker.

By-Law No. 672 to levy rates to meet current expenses and liabilities for 1925 was passed: County Rate, 8 mills; Township Rate 6 1/2 mills; General School Rate 5 6/10 mills and Trustees' Rates for the various school sections in accordance with their requirements.

Brodie-Black: That the following accounts be paid: William Henderson, sheep killed by dogs \$14.00; Colin McArthur, inspection of sheep \$15.00; Andrew Walker, two sheep killed by dogs \$25.00; S. H. Wright, inspection of above sheep \$15.00; Municipal World, Collectors' Rolls and postage, on same \$15.15. Carried.

Aljoe-McKechnie: That the following gravel accounts be paid: Charles Wepler \$2.40; Bert Coffey \$4.60; Jack Bains 30 cents; Robert Lindsay \$8.70; Mrs. W. Aljoe \$2.50; James Vaughan \$2.40; N. Melosh \$6.50; James P. McGillivray \$5.00; R. E. English, \$1.50; Malcolm Wilson \$2.70; Connor Bros \$3.00; Hamilton McFadden \$8.00; Hugh McPhail \$3.80. Carried.

Aljoe-McKechnie: That Commissioners' Appropriation reports be adopted and paid as follows: Ward 2, appropriation work \$62.07; Ward 3, appropriation work \$24.25. Carried. Aljoe-McKechnie: That the following named gentlemen be appointed collectors of taxes for 1925: Ward 1, Thomas Ritchie; Ward 2, Dan L. McArthur; Ward 3, M. Quillinan; Ward No. 4, William T. Cook. Salary is to be \$35.00 each. Carried.

Brodie-Black: That the date of October meeting be changed to October 3 instead of October 10. Carried. Aljoe-McKechnie: That the Clerk be paid postage account, \$3.50, salary \$50.00. Carried. Council adjourned to meet October 3 at 10 a.m.

HOW RAILWAYS PREVENT FIRES

The engines of all Canadian roads, drawing trains through forested regions, are regularly inspected for leaky smoke stacks or ash pans that scatter fire into the woods. The railway fires throughout Canada are now a relatively small factor in forest destruction owing to unceasing vigilance.

HANOVER FALL FAIR

3 Days SEPTEMBER 16--17--18 3 Days

SPLENDID ATTRACTIONS HORSE RACES

2.20 Class--2.30 Class--Free for All--Farmer's Race
OVER \$300.00 PURSE

4 BANDS 4 will present FRIDAY Afternoon and Evening

Putting on a Big Musical Tattoo
Walkerton Band 160th Batt. Band of Chesley
Mt. Forest Kiltie Band Hanover Band

Other Big Attractions

MERRY-GO-ROUND and MIDWAY

No matter what else you do, don't miss

The HANOVER FAIR Thursday and Friday

R. H. RICHARDSON, Pres.

S. B. CLARKE, Secy.-Treas.

PARAMOUNT FILM HAS NOVEL AND EXCITING THEME

Picturization of Story by Arthur Stringer Raises Interesting Question.

Can a man and a woman, both products of our modern boho-house civilization, wrest a living from Nature, unaided by any of the present-day conveniences?

That is the interesting question that "Empty Hands," the new Paramount picture coming on September 11 and 12 to the Veterans' Star Theatre, raises and answers. It is a Victor Fleming production based on Carey Wilson's adaptation of Arthur Stringer's daring novel of the same name which originally was published in serial form in Harper's Bazaar.

The screen play answers the question in the affirmative, but an incident in real life that took place not so very long ago leads one to the belief that the answer should be in the negative. Several months ago the newspapers throughout the country carried front page stories of the disappearance of a young couple who fired with the story of "Empty Hands," went into the wilderness to duplicate the feat of the novel's hero and heroine.

A few days later they were found, half-starved and suffering from exposure. From actual experience, therefore, these two know that it can't be done.

However, it is possible that this real man and woman are not of the stuff of which reel men and women are made. Jack Holt and Norma Shearer in the picture are not only successful in keeping body and soul together but they even find time to fall in love! And that's that!

There may be some argument over the theme of the story, but there can be no question as to the entertainment quality of the picture. It is one of the finest photoplays of the present season, according to those

who have been privileged to get a preview of it. Besides, Mr. Holt and Miss Shearer, the cast boasts of such popular players as Gertrude Olmsted, Charles Clary, Ramsey Wallace, Ward Crane, Hank Mann and Hazel Keener. By all means see "Empty Hands," and draw your own conclusions!

DURHAM HIGH SCHOOL

The School is thoroughly equipped to take up the following courses:

- (1) Junior Matriculation.
- (2) Entrance to Normal School.

Each member of the Staff is a University Graduate and experienced Teacher.

Intending pupils should prepare to enter at beginning of term.

Information as to Courses may be obtained from the Principal.

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

Durham is an attractive and healthy town, and good accommodation can be obtained at reasonable rates.

J. A. M. ROBB, B.A., Principal.
JOHN MORRISON, Chairman.

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

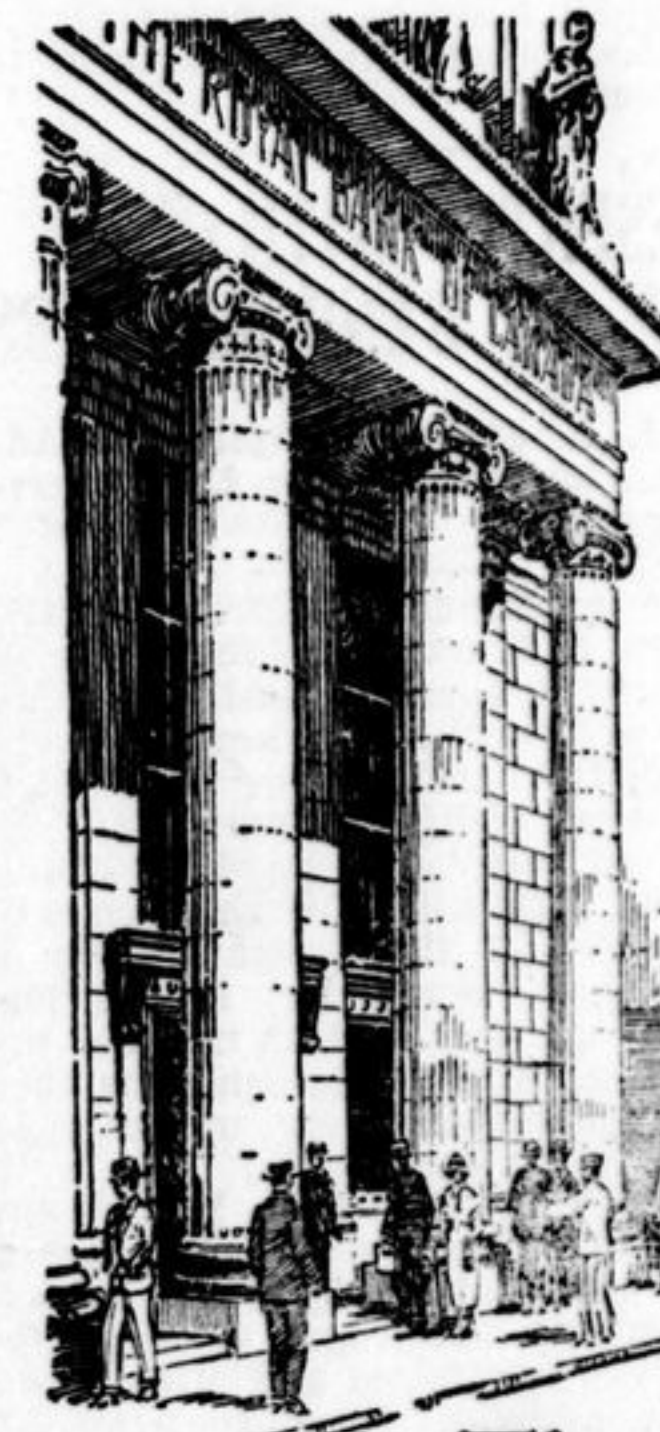


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