

PAINS IN LEFT SIDE AND BACK

Other Troubles Women Often Have Relieved by Lydia E. Pinkham's Vegetable Compound

Lachine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back, and with weakness and other troubles women so often have. I was this way about six months. I saw the vegetable Compound advertised in the Montreal Standard and I have taken several bottles of it. I was a very sick woman and I feel so much better I would not be without it. I also use Lydia E. Pinkham's Sanative Wash. I recommend the medicines to my friends and I am willing for you to use my letter as a testimonial."—Mrs. M. W. Brown, 829 Notre Dame Street, Lachine, Quebec.

Doctor Said an Operation

Provost, Alberta.—"Perhaps you will remember sending me one of your books near ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's vegetable Compound in the papers and my friend recommended me to take it. After taking three bottles I became much better and now have a bonny baby four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."—Mrs. A. A. Adams, Box 54, Provost, Alberta. C

AN EXCITING ADVENTURE

is not the fate of many travelers to meet with such a thrilling adventure as befell a party of Germans who were travelling last fall through the forests of Upper Silesia. As they drove along the road through the woods, a fine stag came bounding across and sprang high in the air to avoid a collision with the car. However, he was not able to jump high enough and landed on the roof which gave away under the weight of this mighty beast with great fourteen-point antlers. Two men inside were crushed with him and fought to get out, meanwhile the chauffeur, who unhurt, had slowed down the car but not before one of his passengers had been thrown out on to the roadway. The other one was wed when, with a final effort, he managed to get himself free and raced, carrying on his head the remains of the roof of the car. At this time, the first passenger was missing but they found him free where he had taken refuge in fear inspired by his amazing fate.

advertise in The Chronicle, it pays

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- \$1.00
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FAIR, which is on display see our high-class wear, including

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Durham, Ontario



The Road To Better Health

CHRONIC INDIGESTION

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.

Chronic indigestion is a term used to describe a variety of disagreeable sensations and symptoms occurring in the region of the stomach. It means that there is some disturbance in the process of digestion. But when it comes to telling just exactly what is wrong, indigestion is a rather vague term.

Sometimes symptoms of trouble occur because the process of digestion has become functionally deranged on account of long-continued faulty dietetic habits. Some of the things that the stomach is likely to rebel against, in the course of time, are eating at irregular hours; imperfect chewing of food; overeating; and eating unsuitable foods. If not of too long standing, the functional disturbances caused in this way may disappear when the habits of eating are corrected.

Underlying Causes

Ofttimes, however, chronic indigestion means that there is some definite disease of the organs of digestion. Ulcer of the stomach or intestine, chronic appendicitis, and disease of the gall-bladder are among the frequent underlying causes. More rarely, perhaps, cancer of the stomach, or of some other abdominal organ, gives rise to symptoms of indigestion.

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HEALTH QUESTIONS AND ANSWERS

Tumor and Cancer

Mrs. R. W. N. asks: "What is the difference between a tumor and a cancer?"

Reply

A cancer is a tumor. But it is a malignant tumor. The tendency of cancer, if untreated, and often in spite of all treatment, is to progress until it causes death. Non-cancerous tumors, such as fat tumors, have no tendency to cause death.

Stay Within Limits

H. R. C. writes: "I am a farmer and do considerable axe work clearing land of bushes and trees. When I get tired and lie down, my heart pounds, beats very fast, and the heat is not regular. I frequently get spells of weakness. A few years ago, a doctor friend saw me spit blood, and, after examining me, told me I should never run upstairs or do anything else that was a sudden exertion. Do you think I should continue with heavy work?"

Reply

Your heart is probably able to respond to all of the ordinary demands that are made upon it. Due to some weakness of the heart muscle, any demands made upon the heart by more than ordinary exertion result in faulty action.

The advice that your doctor friend has given you is about the best that could be given. You should avoid sudden and severe exertion. It

is more likely to be a cause of indigestion in the case of older people.

But the diseases in which symptoms of stomach trouble may occur are not necessarily limited to those of the digestive organs. Symptoms of indigestion frequently occur in such diseases as anemia, tuberculosis, diabetes and Bright's disease as well as in several others.

When indigestion arises as the result of definite disease, either in the digestive tract or elsewhere in the body, more than correct diet and good hygiene is usually required for its cure. The thing to remember is that in stomach trouble, the stomach is not always primarily at fault. And anyone who is seeking relief from disorders of digestion should first find out why he has indigestion. For it is only through treatment directed at the cause that one can expect to obtain permanent relief.

work that does not require too much physical effort. Find out just how much activity you can engage in without discomfort, then stay within your limits. Be examined frequently.

Better Not Take It

Mrs. O. L. asks: "In regard to taking calomel for constipation—how much should a person take at a time? How often should it be taken?"

Reply

Better not take it at all. Calomel is not a suitable remedy for chronic constipation. In fact, the fewer drugs you take for constipation, and the more you depend upon other measures, the more likely you are to get permanent relief. The cathartic habit is one of the causes of constipation.

Eat plenty of fruits and vegetables, especially those vegetables having some fiber. Both cooked and green vegetables are suitable. Eat coarse breads. Let these things constitute the bulk of your diet. Drink at least six or eight glasses of water a day.

If diet alone does not help you, and you must take something, take mineral oil. As you improve, gradually cut down the dose of mineral oil until you discontinue it entirely.

Exercises that bring the muscles of the abdomen into play are often of benefit. Regular habits are important.

HOW THE RUHR MINERS LIVE

A correspondent of the London Daily Mail, after investigating conditions in the German Ruhr, states that in this mining district, families are supporting themselves on about \$7.50 per month, despite the relatively high cost of living. Vegetables grown in their own gardens, and tended by the wives and children of the miners, make up the chief diet. Among the more fortunately placed, sausages are an occasional luxury. Coffee is made from burned corn, and the little money for clothing, as might be expected with only \$7.50 per family per month.

Is it any wonder under the circumstances that Great Britain has lost the greater part of her export coal trade? Is it any wonder that

the manufacturers of Canada fear the competition of these and other Europeans in like position?—Toronto Saturday Night.

In Slipper Places

This amusing story was told recently by Vice-Admiral Sir Roger Keyes. It concerned a sailor who was conducting a dear old lady over the Victory in the days before the war.

Pointing to a brass plate that was let into the deck, he said: "This is the spot, ma'am, where Nelson fell."

"Well, I don't wonder at it," replied the old dame. "I nearly slipped on it myself just now."

The hardest things in the world to keep are your money and your temper.

Egremont Council

Council met September 15. Members all present. Minutes of previous regular and special meetings read and adopted.

Commissioner Calder reported: T. Reid, constructing culvert \$2.50; J. Troup, under brushing \$2.50; R. Aitken, gravel \$8.16. Report adopted.

Commissioner Ferguson reported: R. McKenzie, bonus wire fence \$16; J. W. Wilkinson, bonus wire fence \$4.95; H. Wallace, elm plank \$5.00; G. Rawn, moving grader \$3.15; E. Rawn, filling approaches to Walker's bridge, \$10.80; W. Holliday, filling approaches to Walker's bridge \$10.12; A. P. Moyer, shovelling gravel \$2.00; Commissioner Ferguson, for services re Walker's and Wallace bridges \$7.50. Report adopted.

Commissioner Mack reported: R. Wilson, gravel \$3.00; J. Lennox, gravel 72 cents, repairing culvert \$2.25; F. Lawrence, repairing road \$1.12; W. Alcheson, drawing tile and constructing culvert \$7.50; J. Schütz, tile \$12.60; J. Tucker, removing stones \$1.35; Fees \$3.00. Report adopted.

Commissioner Robb reported: F. Robb, drawing covering and repairing bridge \$2.50. Report adopted. Commissioner Wilson reported: Miss M. McDonald, gravel \$8.00; J. C. Harrison, gravel 96 cents; W. J. Wilson, repairing culvert \$2.00. Report adopted.

The committee appointed at last meeting of Council re the improving of Egremont and Proton Town Line reported as follows: We your committee appointed to meet with a similar committee from Proton Township, beg to report that having gone over the road, found it in pretty bad shape and the amount mentioned to be spent is entirely inadequate. Commissioners Robb and Cronin were instructed to spend \$300 to improve the road where most needed.—Signed—Noble Wilson, Erwin Robb, Neil Calder.

The committee appointed at a special meeting of Council held August 29, reported as follows: We your committee appointed to consult a solicitor in reference to defending the suit brought against the township whereby the Police Village Trustees of Holstein entered a claim in the Division Court for \$50 and costs for rent for an athletic field, beg to report that we consulted W. S. Middlebro', K.C., of Owen Sound, and retained him as our counsel. When the matter came for trial, judgment was given dismissing the action with costs.—Signed: Neil Calder, David Allan, Walter Hastie.

Mack—Robb: That an order be drawn on the Treasurer in favor of Alex. Hill to the amount of \$500 being 2nd estimate on construction of Dowser bridge. Carried.

Wilson—Mack: That Major Eccles be instructed to drag concession 18 as required and present his bill to Superintendent Johnson. Carried. Ferguson—Wilson: Whereas the Council is not clear on their liability in reference to the County Roads that are claimed to have reverted to the township, that the Clerk be in-

structed to get definite information from the Good Roads Committee as to their responsibility regarding said roads; also to remind the committee that Egremont Council is still maintaining a portion of the County Roads under the new system. Carried.

Wilson—Ferguson: That statement of expenses incidental to preparing by-laws and debentures, etc. re School Section No. 3 be forwarded to the Board of Trustees of said section for payment. Carried.

Ferguson—Mack: That a grant of \$100 be given to the Egremont Agricultural Society. Carried.

Robb—Mack: That a grant of \$25 be given to the Egremont Ploughmen's Association. Carried.

By-laws were passed directing payment of taxes into the Bank of Montreal, Holstein, also authorizing tax notices to be mailed.

Robb—Mack: That the following accounts be paid: Municipal World supplies \$38.05; Chronicle Printing office, account to date \$131.50; W. Rife, express on supplies 65 cents; Clerk, postage on voters' lists \$2.58; Bank of Montreal, telephone bill re debentures S.S. No. 3, \$1.00; Reeve, services attending Division Court, \$4.20; Treasurer, services attending Division Court, \$3.00; Clerk, services attending Division Court, \$3.00; Members of Council, services attending special meeting and Division Court \$15.50; Reeve, Clerk and Treasurer, for services consulting Solicitor Middlebro', Owen Sound, \$18.00; W. S. Middlebro', solicitor, for services defending suit re Police Village Trustees, \$28.00; Reeve, Councilors Robb and Wilson, for services inspecting Egremont and Proton Town Line \$4.50; Members of Council attending meeting to date \$15.00. R. Taylor, use of Hall, \$2.00. Carried.

Council adjourned to meet in Holstein on Monday, November 2, to receive applications for Collector of Taxes remaining unpaid after December 15 and general business. —David Allan, Clerk.

Provided Ample Supply

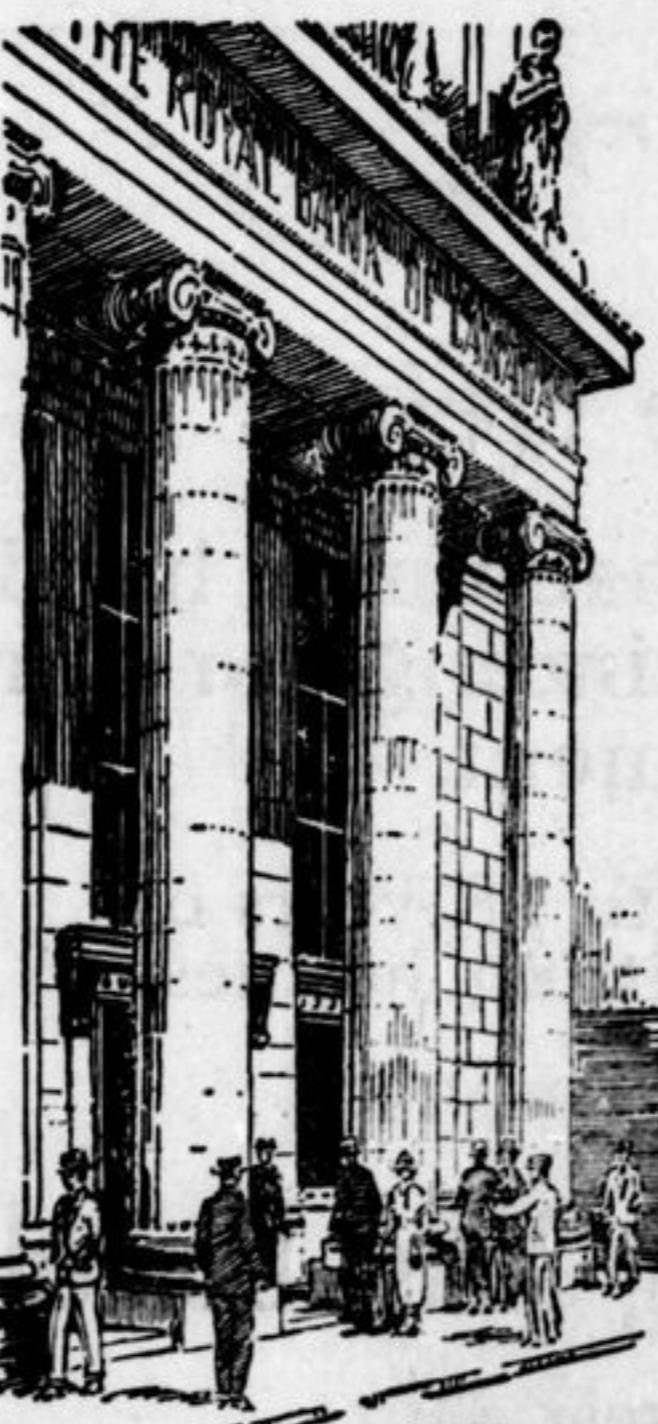
It was his first sermon, and the young curate was anxious to present a favorable appearance. Smoothing his hair, he said to the old verger, "Could you get me a glass? A small one will do." The verger hurried away and soon returned, holding something concealed under his coat. "I know what nervousness is sir," he said; "here's a whole bottle."

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CHARGED WITH ATTEMPTED MURDER

Samuel Hodgins, Glamis, Out on \$6,000 Bail on Serious Charge.

Last Friday Chief Morgan was called upon to serve a warrant of arrest on Samuel Hodgins, who lives near Glamis, and who is charged with attempted murder, the complaint being lodged by Latchford Thacker, of Kinloss Township.

On Saturday, the defendant came up before Justice of the Peace, A. G. MacIntyre and pleaded not guilty. He was allowed his freedom on bail being produced to the amount of \$6,000. The case comes up for hearing before Magistrate McCartney at Kincairdine on Friday of this week.

It appears that the men have been at odds for some time over an old quarrel which both have been trying to avoid. One day last week, Hodgins called at the Thacker home for a young boy who was there. It is alleged that Thacker told Hodgins that the boy was behind the barn, but just at that instant, the young chap made his appearance from the opposite side of the house. Words took place between the men, and Hodgins states that he said to Thacker that "he didn't come there to quarrel." Hodgins made ready to leave the premises, and as he started, it is alleged that Thacker jumped in front of the car and yelled for him to wait a minute. Evidently then Hodgins stepped on the gas, and Thacker was knocked down by the car, and it is said, was helplessly dragged for over 100 feet by the car. Thacker suffered a broken leg and was severely bruised about the body and badly shaken up.—Kincairdine Review-Reporter.

You can't avoid some exercise at a summer resort. The mosquito bites must be scratched.

Early to bed and early to rise and the world will list you among the dregs.

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.

PRACTICAL REFORESTATION

The Long-Bell Lumber Company, Longview, Wash., is replanting trees on its tracts as the logs are being cut. A forest engineer was employed to work out a substantial plan for reforestation, and as a result of his study, thousands of others not native to that section are being planted. Measures also are being taken to guard against fire by disposal of slash and by a carefully organized forest patrol. It may be generations before the trees come into commercial value. There is, therefore, a broadness of vision that is delightfully refreshing in view of the oft-repeated tales of present-day commercial greed and exploitation.

In the Province of Quebec, something in the same line is being done by some companies, and it is hoped that all may do so.—Montreal Herald.

Early to bed and early to rise and the world will list you among the dregs.

DURHAM HIGH SCHOOL

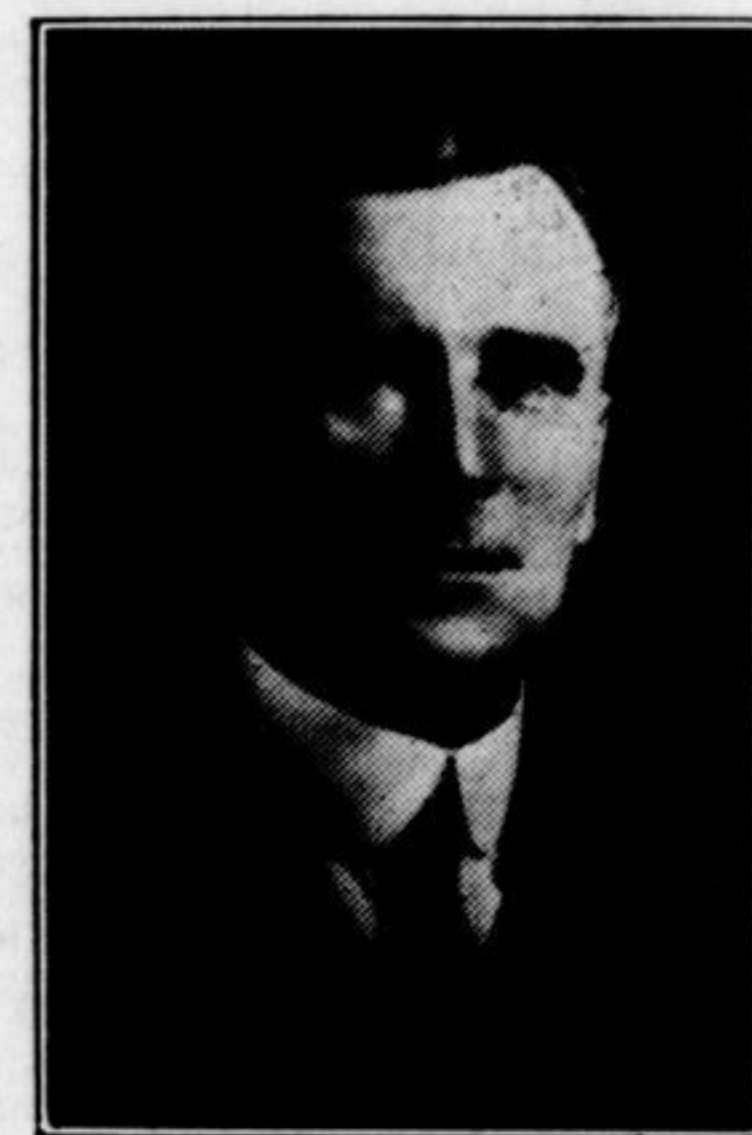
The School is thoroughly equipped to take up the following courses:

- (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.

PUBLIC MEETINGS

In the interests of L. G. CAMPBELL

Liberal-Conservative Candidate in South-East Grey



- HOLLAND CENTRE, Thursday, Sept. 24th
- BERKELEY, Friday, September 25th
- SINGHAMPTON, Saturday, Sept. 26th
- ALLAN PARK, Monday, Sept. 28th
- CEDARVILLE, Tuesday, Sept. 29th
- PROTON STATION, Wednesday, Sept. 30th
- PRICEVILLE, Thursday, Oct. 1st
- EUGENIA, Friday, Oct. 2nd
- BADJEROS, Saturday, Oct. 3rd

Meetings commence at 8 o'clock p.m. and will be addressed by the Candidate and others.

THE FAMILY NEXT DOOR



Why -- Jay!