

# DR. B. H. HART WICK FOR YEARS

Wants Women to Know How  
Was Made Well by Lydia  
Pinkham's Vegetable  
Compound

...wall, Ontario. "I am now giving  
medicine a fair trial and it surely  
is doing me good and  
I am going to keep  
on taking it. I used  
to feel so tired in the  
morning that I didn't  
want to get up, but  
that feeling is leav-  
ing me now. I also  
sleep better and feel  
more like working.  
For seven or eight  
years I have had  
headaches, tired feel-  
ings, pains in my back  
across my body. I read letters in  
newspapers saying what good Lydia  
Pinkham's Vegetable Compound had  
others. My husband says I quit  
the Vegetable Compound and  
E. Pinkham's Blood Medicine un-  
der better and haven't an ache or a  
pain that the right way? I have  
faith in your medicines. They  
are good when those who take them  
so highly of them. I am recom-  
mending them to my friends and I will  
answer letters from women ask-  
ing about them."—Mrs. BURT H. HART,  
1081, Cornwall, Ontario.

Hart wants to help other women  
who are willing to answer letters from  
women asking about the Vegetable  
Compound.

...again; we say to our-  
selves, "After all, the old town is  
a very good place to come back  
to. We are happy to be earning  
money at the task for which we  
sifted ourselves. The afterglow  
of a well-spent vacation is really  
the best part of it."

**Adipose Tissue**  
...Boy: "I want some medi-  
cine to reduce flesh."  
...Assistant: "Anti-fat"  
...line."

## PT. CLEARING SALE

High-Priced Corsets  
at Less Money  
...are closing out our en-  
tire stock to make room for  
goods.  
...is your chance to pur-  
chase high-quality Corsets and  
accessories at greatly reduced  
prices.  
MRS. J. C. NICHOL  
...ham, Ontario.

## NIE'S

- new stock... \$1.85
- ... 59c
- ... \$1.00
- Grey Tweed, all... \$1.75
- ... Heather, Grey... \$1.40
- ... Durham

## Wear Store

## THIS

## Contest

## IZES

## Overcoats

It is all ex-  
ch can be had  
et a copy.

## ON

Caps Hosiery  
Sweater Coats  
ady-to-wear Suits

asure Suits

NETT  
Durham, Ontario



# The Road To Better Health

## HALITOSIS

By DR. W. J. SCHOLLES

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 advertisements of preparations that may be used as mouth-washes have made the word halitosis familiar to most people. They know that it is the scientific name for foul breath.

A letter recently received from a correspondent contains a request for a permanent cure for halitosis. While it would be very gratifying to be able to name some one remedy that would permanently cure this disagreeable condition, it is impossible to do so. For offensive breath results from several different causes. What would prove to be a suitable remedy in one case, would be entirely ineffective in another case arising from a different cause. That does not mean, however, that a permanent cure is not possible in many cases.

A good way in which to begin the quest for a cure is to visit the dentist. Neglected teeth, which means cavities in the teeth and lack of cleanliness, are perhaps the most frequent cause of foul breath. The necessary dental work, including the removal of deposits of tartar from the teeth, will do much to cure many cases.

### Visit Dentist Regularly

Then—a recurrence of the trouble must be avoided by a visit to the dentist at least every six months. And care must be taken to keep the mouth and teeth clean. The teeth should be carefully brushed twice a day, using a good tooth-paste, powder or mouth wash. And the accumulation of particles of food between the teeth should be pre-

vented by the use of the tooth pick or dental floss.

But remember, that even though the teeth may cause most cases of foul breath, they are not always at fault. Sometimes diseased tonsils, or a catarrhal condition of the nose, throat or bronchial tubes, cause the foul odor. Or dyspepsia or constipation may be the cause. Whatever the cause in any individual case, its removal is necessary before a permanent cure can be effected.

Mouth washes that cover one odor by means of another will usually give some temporary relief. In this respect, and insofar as they aid in keeping the mouth clean, their use is beneficial. In general, however, they possess no power to bring about a permanent cure. That, as has been said, is a matter of finding and removing the cause.

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## HEALTH QUESTIONS AND ANSWERS

### A Superstition

E. N. writes: "A woman who expects a baby in about three months had an experience that gave her a terrible fright. Is there any danger that the baby will be marked as a result of that experience?"

### Reply

No. To quote from Albert Edward Wiggan's book—"The Fruit of the Family Tree"—"nature has not only failed to provide any mechanism by which the mental impressions of the mother are to reach the child, but has actually guarded against such a transfer of influence."

### Depend on Hygiene

C. L. W. asks: "Is it all right to take Calomel for chronic constipation? Or what other medicine would you recommend?"

### Reply

1. Calomel is not a suitable drug for chronic constipation. In fact, it is like most other drugs, something that should not be taken except when prescribed by a physician. The cathartic habit is one of the most common causes of constipation.

2. The more that you depend upon good hygiene, and the less that you depend upon drugs, the more likely you are to cure constipation. Regular habits, a diet containing a large proportion of fruits and vegetables, drinking plenty of water, and exercise that brings the muscles of the abdomen into action, are sometimes sufficient. If something more is needed, take mineral oil. As improvement takes place, gradually reduce the amount of mineral oil taken.

### Avoid Irritation and Overeating

Anon. writes: "Tracing my ancestry four generations, I find that the two prevailing diseases are cancer and diabetes. One may at least inherit a tendency. What may be done to counteract this so that one may never develop the disease?"

cessfully treated. One of the best preventives would be a health examination once a year.

## ONTARIO'S CONGESTED HIGH SCHOOLS

Financial experts, employed for the last few years by the municipal authorities of Toronto, have just issued their detailed financial statement for 1924. For outsiders, the chief interest in the statement is not the total cost per pupil of the whole massive and varied system, but the relative cost per pupil of the several kinds of education provided by the authorities at the public expense.

The classes of institutions are: (1) the public schools, so called; (2) the academic high schools; (3) the technical schools; and (4) the commercial schools. A considerable proportion of the public schools offer four-year fifth form courses for or do not pass the high school entrance examination, prescribed by the education department of the province, but paid for by the local municipalities.

There is ample room for differences of opinion as to whether the entrance examination is worth the local cost, but that point is not now under consideration; the matter is the question whether it is better for the municipality to provide an optional two-year fifth form course in the public school or compel all pupils who want a secondary education to attend a high school of any denomination, in order to get it. Pupils from fourteen to sixteen should have a chance to choose what best suits their preferences and conditions, irrespective of fixed courses and stereotyped methods of instruction. This is equivalent to saying that pupils should, after they have left the fourth form and become free from the rigid system of which it is the limit, have some chance to study, chiefly to gratify individual tastes or cultural aptitudes. The education department has wisely left the matter very largely to local authorities. All it insists on is that it be consulted in the premises.

It is worthy of notice in connection with educational programs and institutions, that the cost of advanced education per pupil to the municipality has been rapidly in-

creasing of late years. If this increase is absolutely the only or even the best way of providing secondary education, then the extra cost must be faced by the municipality; but if equally good results can be obtained at less cost in some other way, then the time seems to have arrived for such a survey of the situation by educational and financial experts as will bring the whole matter intelligibly before the public, the parents and the guardians of pupils being specially interested.—The Guelph Mercury.

## HOW TO CHOOSE A WIFE

Young man, you will get married some day, or else you are not like other mortals of your sex. Let us help you with some good advice, amounting almost to wisdom.

If you are not already dead stuck on some girl before sizing up her best qualities, you manage to go with her to the millinery or dry goods store. Notice whether she is one of the kind that gets her details all jumbled up while making a selection of goods. If she does not, but can tell in a jiffy just what she wants and promptly selects it, and while she hurries off to make other purchases, set it down that she is the girl you want.

She is the one who will have your meals ready when you come home hungry and tired. She is the one who will tend the chickens and nip the gads in the bud, and bring more eggs to town than a half-dozen of the nabby-pabby kind. She is the one who will stick closer to you than twin brothers and make your home a joy and give you a high opinion of this world.

Of course, if you have been caught in the meshes of the other kind, there is no hope for you. You are a goner. Love is blind, but after you get married, your sight will be restored, and in time you will find how you missed it. All you can do is to endure your misery and prepare for a happy life in the enjoyment for you here. Remember Saturday afternoon and a dry goods or millinery store.—Winchester Press.

## A Bright Idea

The occupants of the room were three.  
She, the table lamp and he.  
Two is company beyond a doubt—  
So the table lamp went out.



## Be concerned with your Highways

No matter whether they are built by the Province, the counties, or the townships, the roads belong to the people. Construction and maintenance to this date have been paid for largely out of general public funds.

It may be expected that in the future the actual users of the roads will be called upon to contribute more substantially. Those who derive the most direct advantage, surely should bear the brunt of the financial load.

Mr. Motorist and Truck Owner, your pleasure and profit in the roads is greater today than ever before. Your responsibility is greater, and it is going to be greater still. Be concerned with your roads.

Unnecessary damage to roads is done by heavy loads driven at any speed, and by passenger cars at high speeds. The law limits both loads and speed. If you and all other users keep well within the limits of the law, it is safe to say that hundreds of thousands of dollars now spent on road repair work will be saved to you.

For those who will not obey the law, penalties are provided. In view of these requests by the Government for sane and intelligent use of the highways, notice is given that the provisions of the law are being rigorously enforced.

An advertisement issued by the Ontario Department of Highways to secure the co-operation of motorists and truck drivers, Automobile Clubs, Good Roads Associations and all other public spirited bodies, in abating the abuse of the roads of the province.

The HON. GEO. S. HENRY, Minister S. L. SQUIRE, Deputy Minister

## High Quality—Always

# "SALADA" TEA

The choice teas used exclusively in Salada yield richly of their delicious goodness. Say Salada.

## THE PROVINCE OF A NEWSPAPER

It would be comical, were it not somewhat pathetic, the way newspaper offices are besieged every day by their friends, urging them to "roast" this and that, to "see to it" that this and that is corrected; to have this and that done in the city or country; to start this and that kind of movement to correct evils of government. These friends actually appear to believe that it is the newspaper's business to handle all these affairs.

However, a self-respecting newspaper, though ready and willing to carry all reasonable responsibility, must remind its readers that they—the people—are the authority for the present state of affairs, local, provincial and national. A self-respecting newspaper tries to report the news of what actually happens, not what it might wish had happened. The relation of such a newspaper to the general public is not always understood. It is the duty of a newspaper to be in a position to support any good act and to criticize any bad act of public policy.

This relationship cannot exist where favors are asked and granted. Honesty is the only policy for a newspaper. If objectors do not like the way things are going, they should qualify as voters and then raise Cain about it.—Kingston Whig.

The hardest thing on your reputation is the neighbors.

## All Our Graduates

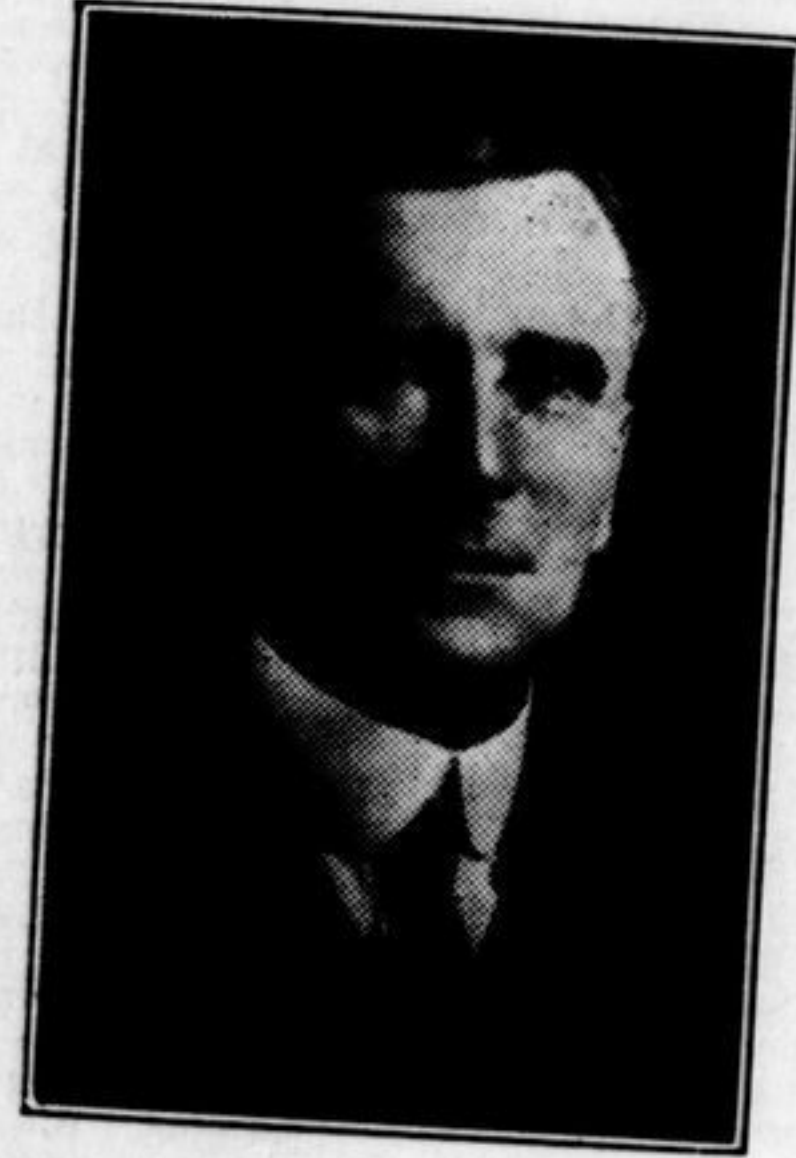
have been placed to date and still there are calls for more. Get your course NOW. If you do not get it you pay for it anyway in smaller earnings and lost opportunities.

Enter any day. Write, call or phone for information.

CENTRAL BUSINESS COLLEGE  
Stratford and Mount Forest

# PUBLIC MEETINGS

In the interests of  
**L. G. CAMPBELL**  
Liberal-Conservative Candidate  
in South-East Grey



- DESBORO, Thursday, October 8.
  - MAXWELL, Friday, October 9.
  - MASSIE, Saturday, October 10.
  - FLESHERTON, Monday, October 12.
  - HANOVER, Tuesday, October 13.
  - FEVERSHAM, Wednesday, October 14.
  - AYTON, Thursday, October 15.
  - NEUSTADT, Friday, October 16.
  - DUNDALK, Saturday, October 17.
- Meetings commence at 8 o'clock p.m. and will be addressed by the Candidate and others.

## THE FAMILY NEXT DOOR



That's Logical -- Jay!