

**ABLE TO DO HOUSEWORK NOW**  
Sick a Year. Got Great Benefit from Lydia E. Pinkham's Vegetable Compound

Bloomington, N. S.—"I took Lydia E. Pinkham's Vegetable Compound for pains and backache, also for nervousness, sick headaches and sleeplessness. I was troubled in this way for over a year, and a friend told me about the Vegetable Compound and induced me to take it. I must say I have received great benefit from it and am able to do my housework now. I recommend the Vegetable Compound myself and am willing for you to use this letter as a testimonial."—Mrs. WILLIAM MOSS, Bloomington, Annapolis County, N. S.

Do you know that in a recent canvass among women users of the Vegetable Compound over 225,000 replies were received. To the question, "Have you received benefit by taking this medicine?" 98 per cent. replied "Yes."

This means that 98 out of every 100 women are in better health because they have given this medicine a fair trial.

Mrs. Morse is simply another case of a woman receiving great benefit. Women suffering from the troubles so common to their sex should listen to what other women say who have experienced the same sufferings and found relief. Give this dependable medicine a chance—and at once. It is sold at all drug stores.

**The Spirella Parlors**  
THE HOME OF GOOD Corsets, Girdles, Brassieres, Brassiere-Girdles, Hosiery and Lingerie  
We also carry a line of Stamped Goods  
MRS. J. C. NICHOL  
Durham, Ontario.

**Blankets**  
OCTOBER 23  
Mill, Chesley, Ont.  
Blankets, large size, pair \$8.50  
Just as good \$8.00

**Auto Rugs, Fancy Etc.** A Large Quantity  
Roads are Fine  
Limited, Chesley, Ont.

**Contest**  
Prizes  
Two Overcoats

**Wear Store**  
Caps, Hosiery, Sweater Coats, Ready-to-wear Suits, Measure Suits  
DURNETT  
Durham, Ontario



**The Road To Better Health**

**HOW MUCH EXERCISE?**  
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.

How much must one exercise in order to be healthy? Much that is written and preached on this subject would lead us to believe that the enjoyment of good health depends largely on systematic exercise. On the other hand, a recent article in one of the magazines would discourage all unnecessary exercise. The author of the article referred to has observed nothing but harm, and perhaps early death, as the result of very much physical activity.

Perhaps both of these viewpoints are extreme. It is generally accepted that a moderate amount of exercise is healthful. It improves the circulation, and favors the nutrition of the tissues and the elimination of waste from the body. An amount of exercise that aims to build up a powerful muscular system is of doubtful health value. Some even believe that it may be harmful. And anyway, powerful muscles do not necessarily mean good health or the possession of any unusual power to resist disease. A big biceps gives no immunity against small-pox, typhoid fever or pneumonia.

**No Set Rules**  
There are no hard and fast rules as to how much one should exercise in order to enjoy good health. Many people apparently enjoy good health and live to a ripe old age with practically no systematic exercise. What kind and how much exercise one takes should be regulated according to the age, occupation and the condition of such vital organs as the heart, arteries and kidneys. And, of course, one's tastes play an important part in the matter. Many of the sports that are suitable to childhood and youth would be harmful during middle or old age. Exercise may be beneficial to the man who sits at a desk all day. But it would probably add nothing to the health of the farmer or the man engaged in manual labor. A little too much exercise may result, either directly or indirectly, in the death of the person with a diseased heart.

Walking, swimming, golf, horse-back riding, tennis, dancing, calisthenics, boxing, wrestling, gymnastic work, football, baseball, handball, polo, skating, offer a wide range of choice. There are sports suitable to all ages and conditions. Some people get enough exercise through their work. In the presence of certain diseases, no active systematic exercise should be attempted. In general, the older one becomes, the less strenuous should be his or her exercise.

Select your exercise according to your individual requirements. If you are doubtful as to what is suitable exercise for you, consult your doctor. Find out whether you have a sound heart, good lungs, and arteries that will stand a strain.

Then exercise for health rather than for a "superb muscular development."

**HEALTH QUESTIONS AND ANSWERS**  
**Gray Hair**  
Mrs. L. N. asks: "Can anything be done to keep the hair from turning gray? I am only 28 years old, and already have quite a number of gray hairs. Is the tendency to grayness hereditary?"  
**Reply**  
There seems to be nothing that will prevent the hair from turning gray. It is a natural process that usually occurs with advancing years. Some people get their gray hair comparatively early. There is probably some hereditary tendency to early grayness.  
**Has Tried Reducing**  
Mrs. E. R. W. writes: "I am too heavy for my age and height. A few weeks ago, I started to reduce. I stopped using sugar and eating everything sweet like candy, cakes, ice-cream and cut down the amount of bread, potatoes and other starchy foods. I also did some exercises. I lost a little weight but not as much as I wanted to. But I don't feel as good as I did when I had all of my fat and ate everything that I wanted to. Do you think that I could have hurt myself by trying to reduce? Why do some people get so fat when they eat the same things in the same amounts as other people who stay thin?"  
**Reply**  
Both questions are difficult to answer. You might find out the state of your health by having your doctor examine you. It would probably be better if the attempts to reduce weight were more often supervised by one's physician. If one has reached middle age, it is certainly safer to have a careful examination before attempting an unaccustomed amount of exercise. Statistics show that the lean live longer on the average than the fat. For this and other reasons, it would seem undesirable to put on too much weight. Some people grow fat because they eat too much and exercise too little. Some seem to inherit a tendency to obesity. Sometimes there seems to be a disordered function of one or more of the ductless glands. The whole problem of why people become fat is probably not a simple one.

**PAYING AROUND ARTHUR HAS BEEN COMPLETED**  
Most of the Machinery Used in Construction Has Been Shipped Away, and Roadway Is Ready for Use.

The Godson Construction Company of Toronto has pretty well completed its paying contract in Arthur. A couple of the company's men with three or four local helpers are still at work putting on some of the finishing touches. The last of the paving machinery was shipped from Athens Tuesday, and the pavement is ready for traffic. Payment has been laid from the new bridge to Stephenson's Corner on George street and from there to Conestogo street corner on Smith street. Arrangements for the celebration in connection with the formal opening of the newly paved highways are completed, and a rare night of fun and frolic is confidently expected on Wednesday night. The town seems to have been very lucky in the matter of weather, as a variety much more like that usually experienced in October than the premature winter of last week, is, at time of writing, prevailing. Reeve Irvine is receiving many congratulations on the successful termination of the paving project.—Arthur Enterprise.

Part of the farmer's problems will be solved as soon as his crops are as diversified as the advice he gets.—Kincaid Review.

**CAMERAMAN KEEPS TURNING IN SPITE OF GREAT DANGER**

The true instinct of a cameraman to "stick to the ship" and keep cranking was vividly demonstrated by Ernest Palmer, Cameraman for Shirley Mason on "The Great Diamond Mystery" just completed at the William Fox West Coast studio, Hollywood, under the direction of Denison Clift.

While on location at Venice, California, one of the Southland's most famous beach resorts, scenes for the final fade-out of the production were being filmed on the big roller coaster. With Palmer and his camera strapped and belted on the front end of the train, the director, Miss Mason and William Collier, Jr., started on the eventful ride.

From the time the car started on the downward rush until the first curve presented itself, nothing happened, but—when the careening cars dropped into the steep dip, things happened in lightning like succession. Palmer's camera became loose, and crashed against the side of the car. Palmer himself was hanging on with great uncertainty cranking every minute. The dip was so pronounced that mid-way to the bottom of the incline, the nervy cameraman found himself precariously balanced from the end of the car almost parallel to the earth below, but during the whole duration of the ride, he never once forgot to keep turning the crank.

The action of cameraman Palmer kept Miss Mason, Mr. Collier and Director Clift spellbound until the cars were brought to a stop. "The Great Diamond Mystery" will be shown at the Veterans' Star Theatre Friday and Saturday evenings.

**MARYBOROUGH FARMER STRUCK BY AUTOMOBILE**

Mr. Harvey Robinson Suffered Dislocated Hip and Badly Bruised Body in Accident.

Mr. Harvey Robinson, a farmer residing on the sixth concession of the Township of Maryborough, sustained serious injuries on Wednesday of last week when struck by a car driven by Mr. Amos Newart, a farmer from the same township. Robinson had his hip badly dislocated, and was bruised about the body.

At the time the accident happened, Robinson and a man named George Allingdor were driving a number of cattle along the centre sidewalk, south of Moorefield. Newart, who was coming from the opposite direction with a load of chop, in turning out to avoid the cattle, struck Robinson, hurling him into the ditch. The injured man was taken to the Royal Alexandra Hospital, Fergus, where he is said to be in a serious condition.

The accident is being investigated by High County Constable George Green of Drayton, and the provincial police have sworn out a warrant for Newart, charging him with criminal negligence.—Arthur Enterprise.

**SATURDAY**

To Saturday it would be hard to hand too much of honest praise; it certainly inspires the hard to put up fifty-seven lays. All days are slick when rightly viewed, but Saturday seems like a dude among a bunch of hayseed guys. It is the best of all the days, it sees the long week's labor done; the workers go their homeward ways, each man lobsided with his man. There's nothing makes us more serene than knowing we have bravely wrought to earn the package of long green which to the wives and kids we've brought. And when the week-end whistles blow, announcing now a day of rest, what peace and comfort do we know, who faced our tasks and did our best! Then the long night of perfect rest, and Sunday sees us at Kirk, to hear a country blest, the home of those who pray and work. So let us work.

**IN HONOR OF A GREAT EVENT**

Birthdays are always important occasions, especially if one is very young or very old. Before long, The Youth's Companion will be a hundred years old, and the event is going to be made a memorable one for The Companion's many friends. So, although the date is not until April 16, 1927, preparations will begin with 1926.

In honor of its birthday, The Companion will come to you next year at the new low price of \$2. It will be dressed in its party clothes with new cover designs, enlarged illustrations, new brilliantly clear type, and over 200 pages more than last year. It will contain 9 book-length serial stories, fascinating mystery stories, tales of adventure on land and sea, the new "Make-it and Do-It" Pages, radio, games, books and puzzles, interesting special articles and the ever-delightful Children's Page. Don't miss this great year of The Youth's Companion; subscribe now and receive:

1. The Youth's Companion—52 issues in 1926, and
  2. The remaining issues of 1925. All for only \$2.
  3. Or include McCall's Magazine, the monthly authority on fashions. Both publications, only \$2.50.
- THE YOUTH'S COMPANION  
S. N. Dept., Boston, Mass.  
Subscriptions received at this office

The two great drawbacks to the happiness of the motor tourist are the billboard and the board bill.—The New Yorker.

**In the Tea Cup**

the full charm of  
**"SALADA"**  
TEA

is revealed. The flavor is pure, fresh and fragrant. Try it. Black, Mixed or Green Blends.

**THE FIREPLACE**

Those who are supplied with fireplaces in their homes feel no resentment as the chilly evenings of the early fall arrive, with their promise of colder evenings and the winter not far away. The chill of fall can be welcomed because it provides good reason for a blaze in the fireplace with the joy and good cheer possible as the fire crackles and develops, the ashes drop, and the fire burns itself out. The family gathers about the fire, as the lure is strong and there is promise of a happy hour. It is a proper place to visit, or read or smoke, to relax and dream. The glow of the fireplace is cheerful, companionable and inviting. One may watch the curling smoke, the jets of flame, the ruddy glow and find ever a new picture, always interesting. Fireplaces are domestic; belong in the home where a family is found. The selfish man and the miser might refuse them, certainly could not hope to see their charm, glimpse the picture or feel the spell. The hour of peace, kindly contemplation and retrospection comes as

the evening wears away and the fire burns low, the hour with its soothing and sweetening effect on life. These hours come only in the home. They are for the generous, the helpful to know and to enjoy.—Kincaid Review-Reporter.

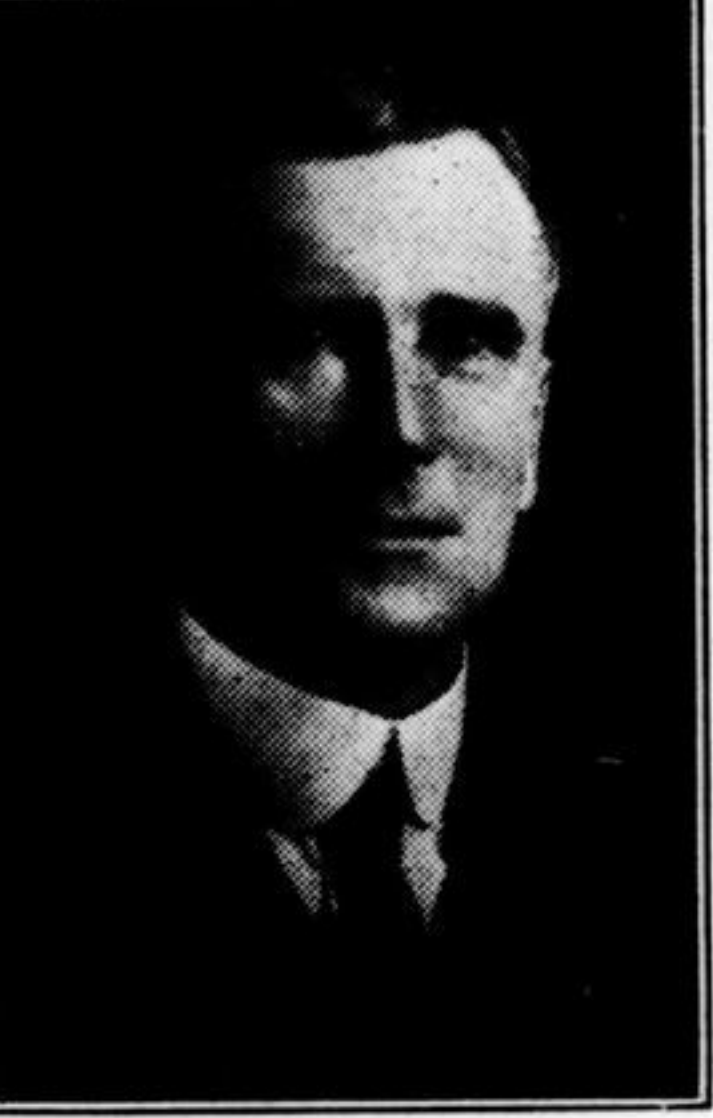
Everything except health and happiness can now be bought on the installment plan.—Shoe and Leather Reporter.

**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 Rest

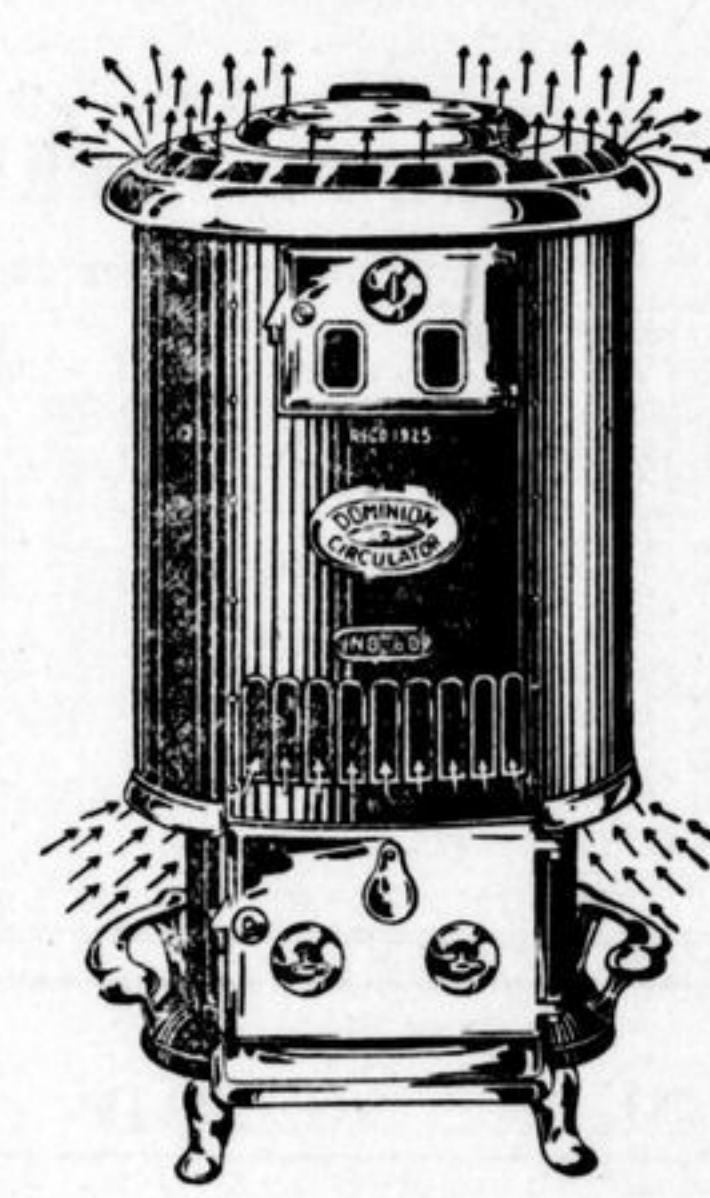
**PUBLIC MEETINGS**

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



**TOWNSEND LAKE, Thursday, October 22**  
**HOLSTEIN, Friday, October 23**  
**S.S. No. 14, PROTON and Parish Hall, PROTON, Saturday, October 24**  
**MOUNT FOREST and HANOVER Monday, October 26**  
**ELMWOOD and LOUISE, Tuesday, October 27**  
**WAREHAM and MARKDALE Wednesday, October 28**  
Meetings commence at 8 o'clock p.m. and will be addressed by the Candidate and others.  
Other meetings announced later

**The Dominion Circulator**



**The Heating Sensation**  
A Quebec Heater built like a pipeless furnace with circulating jacket around the outside.

It takes the cold air from the floor and passes it around the body of the stove, causing a circulation to distant rooms and equalizing the temperature.

Burns any kind of coal or wood  
We are exclusive dealers.  
See our large Quebec Heaters with roller grates and full nickel trim at.....\$17.75  
**THE HOUSE OF QUALITY HARDWARE**  
**J. H. Harding - Durham**

**THE FAMILY NEXT DOOR**



Oh--Bud!

WOTCHA DOIN WITH TH' OLD BUS UNK?  
WHY, I'M GETTIN HER ALL FIXED UP T' SELL HER!

I'M INTERESTED IN AN AUTO UNK- LET ME TAKE HER OUT FOR A TRIAL SPIN N' SEE IF I LIKE HER!  
ALRIGHT- MY PRICE IS \$405.00!

BAM!

I DECIDED NOT TO TAKE IT, UNK!