

WOMAN'S SUFFERING

Relieved by Lydia E. Pinkham's Vegetable Compound

Verdun, Montreal, Quebec. "I am of thousands who have taken Lydia E. Pinkham's Vegetable Compound and have great faith in it. I can safely say it has relieved my troubles and I will never be without a bottle of it in my house. Since my last baby was born I suffered from pains and backache and would feel so tired I could not do anything in my home. Since I have been taking the Vegetable Compound Lydia E. Pinkham's Blood Medicine I feel so different. I recommend it to my friends and hope it will cure other women who are suffering from the troubles I had." Mrs. THOS. H. GARDNER, Evelyn Street, Verdun, Montreal, Quebec.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for the mother. It is prepared from roots, herbs, contains no harmful drugs and can be taken by the nursing mother. It is worth restoring the mother to normal health and strength is told again again in just such letters as Mrs. Gardner writes.

Recent canvass of women users of Vegetable Compound shows that out of every 100 women taking the medicine are benefited by it. They tell us so. Such evidence entitles us to call it a dependable medicine for women. It is for sale by druggists everywhere.

Added until the proper consistency of soil has been obtained. Unnormal conditions, it is always better to water but attention should be given to drainage, or it will be difficult to keep conditions right and plant growth. Those who have been preparing their hotbed soil advance should make a start now, as it is a step towards greater profits.

Very Careless. "The post offices are careless, sometimes, don't you?" "Sympathetic friend: "Yes, dear."

My wife: "Fred sent a postal from Philadelphia, where he is staying on business, and the silly post put an Atlantic City postmark on it."

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.

ANDISE HOME SAVINGS

Bals, narrow toes, \$3.00 Black and Brown, narrow toes, \$2.50 Black and Brown, narrow toes, \$1.98

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Blankets, large size, \$8.50 as good \$8.00 Auto Rugs, Fancy A Large Quantity of Suits, Pants and Dresses. ADVERTISEMENTS ARE FINE 1000, Chesley, Ont.



The Road To Better Health

CONVULSIONS IN CHILDREN 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.

Very few symptoms that occur in children are more alarming than an attack of convulsions. These attacks are most likely to occur during the first two years of life. For, at that time, the nervous system of the child is very delicate. It is readily irritated and rendered unstable, even by apparently slight causes.

The seriousness of an attack of convulsions depends on the seriousness of its cause. And the cause is not always apparent during the attack. Irritation of the stomach and intestine resulting from indigestion is generally regarded as the most common cause. A spasm may be one of the first symptoms of an infectious disease. Scarlet fever, measles, and pneumonia often begin in this way.

Inflammation of the middle ear is another frequent cause of convulsions. Or, more serious trouble, such as disease of the brain or its coverings, the meninges, or defect or injury of the skull, may be present.

May Lead to Epilepsy Some children who have frequent convulsions when they are babies have epilepsy when they are older. During the last few years, considerable attention has been given to the relationship between the ten-

denity to spasms and a deficiency of lime salts in the body. Some children who have rickets in which disease there is a deficiency of lime in the bones, are subject to spasms.

When a child has convulsions, a doctor should be sent for immediately. While waiting for the doctor, the child should be immersed up to the neck in a bath of warm water. The temperature of the bath should be between 96 and 100 degrees Fahrenheit. While the child is in the bath, cold water should be applied to his head.

Emptying the bowel by means of an enema will sometimes help to stop the convulsions. Like other symptoms, an attack of convulsions indicates that something is wrong. A careful search should be made for the hygienic fault, disease or defect that caused it. Quite often there is some error in the feeding. Whatever the cause, it should be removed whenever possible, in order to lessen the likelihood of the occurrence of more convulsions.

HEALTH QUESTIONS AND ANSWERS Dizziness W. F. D. writes: "I am troubled with dizzy spells. I have had them for some time, but lately I seem to get them more often than I used to. What causes this? Is there anything that I can take to cure me of the dizziness? I am 58 years old."

Reply There are several different causes of dizziness. It often comes from digestive disturbances. Sometimes the trouble is caused by some defect of the eye, or disease of the inner ear. High blood pressure may be a cause. Disturbances of the brain and nervous system are among the more serious causes. The treatment depends on the cause.

Habit Spasm Mrs. G. M. writes: "My son, who is 12 years old, has an annoying habit of blinking his eyes every little while. We have tried about everything that we can think of to make him stop it, but nothing that we have tried has seemed to do good. He does very well in school, and while not what would be called

robust, seems to be in good health. What would cause him to develop a habit of this kind? Is there anything that can be done to make him overcome it?"

Reply He probably has what is called a habit spasm. Children who have habit spasms usually have a nervous temperament, often inherited. Have him examined for adenoids and tonsillar infections, and have his eyes carefully tested. If there is any physical fault, it should, of course, receive suitable treatment. Good food, plenty of sleep, staying outdoors as much as possible when the weather permits, and the avoidance of too much study and reading should help. Attention to the general health and training usually bring about a cure.

Symptoms of Diabetes E. L. C. asks: "What are the symptoms of sugar diabetes?"

Reply Abnormal thirst, increased amount of urine containing sugar, increased amount of sugar in the blood, loss of weight and increased appetite.

SMILE Smile every time you get the chance—it's the chance smile that wins. Smile if you're thin, laugh if you are fat—and if you're neither, just grin. Smile at hard luck—the fates may think you like it and quit. Smile and never let the sun set on your troubles—set on them yourself. Smile at the past, and you can grin at the future. Smile while you're awake, and you'll laugh in your sleep. Smile when you fail, and you'll die laughing at your success. Smile at a dime, and it will look like a dollar. Smile every time you think of it, and you'll soon get the habit.

Sure Enough Miss City: "And where is your husband, Mrs. Hay?" Mrs. Hay: "In the orchard pruning some trees." Miss City: "Oh, do you raise your own prunes?"

Read the Classified Ads. on Page 9.

World News Seen At A Glance

Daily Events as Told by Cable Condensed for Busy Chronicle Readers

Viscount Astor advises men to do their utmost to induce their wives to take part in politics. The sailors and longshoremen who went on strike at Havre, France, last Wednesday, have decided to return to work.

The Prince of Wales has gone to Melton-Mowbray, in Leicestershire, a great hunting centre, to see how his favorite horses are coming through their training for the approaching hunting season.

Finger watches, set in a background of diamonds, have made their appearance on the fingers of some of the fair habitués of the Casino in Monte Carlo. The watches are said to be very costly.

Effort is being made by German Republican Guards to begin proceedings against Princess Hermine, wife of former Emperor William, for alleged unlawful usurpation of the title, "Kaserin Hermine" have failed.

A campaign against profanity has been started in Italy under the leadership of King Victor Emmanuel. The Minister of Instruction has sent a circular note to all the educational authorities directing that lectures on the subject be delivered in the schools.

Scotland Yard announced the arrest of Arthur McManus, chairman of the Communist Party in Great Britain since its formation, and John Thomas Murphy, a frequent contributor to the Communist press, on charges of conspiring to incite sedition and mutiny.

England's traffic policemen shortly may become illuminated semaphores at night. A Manchester engineer has invented a phosphorescent arrow for directors of traffic at street corners. The shaft is strapped on the wearer's wrist. It contains one light of vivid green and another of ruby red.

Pursuant to a request made to the Prince of Wales by President Alessandri, of Chile, negotiations are underway for the despatch of a British naval mission to the South American republic. The mission will probably consist of seasoned officers of all branches, but the Chileans will be especially instructed in gunnery and squadron control.

The Canadian police who have been on duty at the Canadian pavilion at the British Empire Exhibition, Wembley, all summer, will have to give up their post on November 9.

Forty vessels have been sunk in the Persian Gulf in the worst cyclonic storm in the memory of the present generation. Messages from Bushire, Persia, estimate the death list at from 1,000 to 2,000.

East Africa wants to develop her transport facilities and in this connection desires the British Government to guarantee loans to the extent of £10,000,000, as recommended by an East African commission which has looked into the matter. The Baldwin Cabinet has decided to approve of the commission's recommendation in principle.

Frederick Gayton, 24 years of age, secretary of a socialist organization, which holds meetings in Hyde Park, was convicted in London police court on Saturday and fined £5 for insulting behavior and assaulting a policeman, while the crowd was outside of the Bow Street Police Station on Friday during the proceedings in the court against the 12 Communist leaders on charges of sedition.

The extraordinary sitting of the Permanent Court of International Justice at which the British Government is to furnish its views regarding the League of Nations' request for a consultative opinion on the dispute over the Mosul question opened at The Hague Monday.

The drop in the French franc was brought to a sharp halt by the Painlevé Government's intervention in the market and a grave warning to speculators in the form of criminal proceedings opened by the Minister of Justice against unnamed parties for illicit exportation of capital.

The expectation prevailed in Berlin Monday that Chancellor Luther would fill the gap made in his Cabinet by the resignation of three Nationalist members, Herr Schiele, Minister of the Interior; Dr. Von Schliehen, Minister of Finance, and Dr. Albert Neuhaus, Minister of Economics, and then go before the Reichstag and request ratification by that body of the Locarno security pact and arbitration treaties.

Have You Tasted "SALADA" GREEN TEA

Those who have used Japan, Young Hyson or Gunpowder Tea will appreciate the superiority of this delicious blend, always so pure and rich. Try it.

WHERE DID THE PIGEONS GO TO? The sudden disappearance from former haunts of the passenger pigeons which were once so numerous that they actually "darkened the skies" in their migrating flight, has long been a mystery. Various explanations have been suggested, for it is hardly possible that they were all killed by pothunters, as was at one time assumed. A writer in "Forest and Stream" has a curious theory to propose. He thinks that "the sea swallowed them up."

As we know, he writes, the wild pigeon flocked and migrated. Now, the way I figure it out is that they were headed for South America on their fall migration and were overcome by a storm, swept into the ocean and drowned. Sailors who passed through the "death belt" reported their vessels riding for days and days through the bodies of drowned pigeons.

Use for Her Head "How do you expect to drive a nail into the wall with a clothes brush?" demanded an irate husband, who was watching his wife as she attempted an "unusual feat." "For goodness sake use your head, my dear."

THE PRICE OF LIGHT Somewhere among the 155,990 models in possession of the United States Patent Office is the original of Thomas A. Edison's incandescent lamp. Edison himself told the story of how he had underestimated the value of his product.

After obtaining the patent, he began negotiations with a company to manufacture the electric lamp. On the night preceding the conference that was to settle the terms, he talked with his wife about the price he should ask, and they agreed it should be \$2,000.

Next day, when asked how much he wanted, Edison cleared his throat getting ready to mention \$2,000. But the manufacturer misunderstood: "Would \$100,000 advance royalty do as a start?" he asked.

"Oh, sure," Edison stuttered as his throat filled up again. "Sure." The Mentor.

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

The Dominion Circulator

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

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That's Right!