

# NERVOUS BREAK-DOWN

...s in Back and Legs Red  
...ed by Lydia E. Pinkham's  
Vegetable Compound

...d, Ontario.—"I had a nervous  
...down, as it is called, with severe  
...in my back and legs, and with  
...ng spells which left me very weak.  
...nervous and could not sleep nor  
...e I should and spent much time  
...g. I was in this state, more or  
...or over two years before Lydia  
...ham's Vegetable Compound was  
...ended to me by my neighbor.  
...e I had taken five doses I was  
...up in bed, and when the first  
...was taken I was out of bed and  
...to walk around the house. During  
...ickness I had been obliged to get  
...one to look after my home for me,  
...anks to the Vegetable Compound  
...now able to look after it myself.  
...taken Lydia E. Pinkham's Blood  
...tine in turn with the Vegetable  
...und, and I certainly recommend  
...medicines to any one who is not  
...ing good health. I am quite willing  
...to use these facts as a testi-  
...—Mrs. J. SHEPHERD, 130 Joe  
...e Avenue, Ford, Ontario.

...ousness, irritability, painful  
...run-down feelings and weakness  
...ptoms to be noted. Women  
...from these troubles, which  
...ften have, should give Lydia E.  
...am's Vegetable Compound a fair  
...All druggists sell this medicine.

...e girls walk for their com-  
...and, and others just phone the  
...ore.

**Spirella Parlors**  
THE HOME OF GOOD  
Sets, Girdles, Brassieres  
Corsettiere-Girdles, Hosiery  
and Lingerie

We also carry a line of  
Stamped Goods

MRS. J. C. NICHOL  
Durham, Ontario.

**DISCOUNT SAVINGS**

Bals, narrow toes, \$3.00  
Black and Brown, nar-  
row at \$2.50  
heels, narrow toes,  
98c  
toes, Black and  
\$1.98

**Durham, Ont.**

...ccount  
...vestment

...olutely safe  
...ent rarely  
...ur or five  
...it become  
...promptly,  
...three per  
...pal will

Standard  
...ered abso-  
...interest at

...hdrawn at

**BANKING FIFTY YEARS**

**BANK**

...NE BRANCHES  
...DA 500



## The Road To Better Health

TWO LIFE-SAVERS  
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.

One of the diseases that increases with the opening of schools in the fall is diphtheria. For, although it is a preventable disease, it continues to occur with a fair degree of frequency.

Most cases of diphtheria occur among school children. Most of the deaths from diphtheria occur among children below the school age. It seems probable that the younger children are often infected by their older brothers and sisters who attend school.

Any sore throat occurring in a child should be regarded with suspicion. A physician should be called the very first day that the child complains of soreness or pain on swallowing. There is always a chance that the sore throat may be diphtheritic. If it does happen to be diphtheritic, the sooner antitoxin is given, the better are the chances for recovery. Almost all cases of diphtheria that receive adequate amounts of antitoxin on the first day of the disease recover. The death-rate increases with each day's delay in treatment. Antitoxin will cure diphtheria if given early enough and in sufficient doses.

Test Will Reveal Immunity  
But it is much more desirable to prevent diphtheria than to cure it. Some people are readily susceptible to the disease. Others have some degree of immunity to it. The Schick test will show whether or not one is susceptible. Those who are found to be susceptible can be made immune by the administration of toxin-antitoxin. While this has already been said many times, it cannot be repeated too often. Not as long as several thousand deaths due to diphtheria continue to occur each year.

The lives of thousands of children would be saved if a general practical application were made of the means of prevention. It is largely up to the parents to decide to prevent their children from having diphtheria. And prompt attention to the sore throats of children who are susceptible to diphtheria will prevent many deaths from this disease.

Toxin-antitoxin and antitoxin are life-savers.

(Copyright, 1924, by The Bonnet-Brown Corporation, Chicago)

### HEALTH QUESTIONS AND ANSWERS

**Harvest-Bug**  
R. W. P. writes: "A lot of people in this section have been bothered with a breaking out on the legs which itches a lot. There are pimples and redness. Some say it is caused by a mite that comes from the grass and brush. What can be used to cure it?"

Reply  
The eruption is probably caused by the harvest bug or mower's mite. The scientific name for the harvest-bug is *Leptus autumnalis*. It is a brick red parasite that causes irritation by boring its head into the skin. Sulphur ointment applied to the eruption is an effective remedy.

**Infantile Paralysis**  
Mrs. L. C. writes: "Last year my little girl, age 6, had a feverish attack with drowsiness and some jerking of the muscles. On account of the existence of some infantile paralysis near where we live, our own doctor suspected that it was a case of this disease. A specialist in nervous disease was called in consultation, and he said that there was no doubt but that the child had had an attack of infantile paralysis. Since that attack of illness, she has returned to her usual good health. Is there any danger of paralysis now occurring after the lapse of about a year?"

Reply  
You probably have a varicose ulcer. These are sometimes extremely difficult to heal up. Keeping the leg elevated will help. Your doctor will prescribe any local treatment or internal medication that may be necessary. Wearing an elastic band on the foot and leg will give support to the veins and tend to prevent ulcer formation. Be careful to avoid injury and do not stand too much.

**FROST INJURES APPLE CROP IN OWEN SOUND DISTRICT**  
The apple crop in the Owen Sound part of the Georgian Bay district suffered more or less from another severe frost Friday night. The thermometer registered 18 degrees of frost in Meaford, and in some sections of the county, it dropped 20 degrees. The severe frost, following that of Tuesday night of the same week, means a loss of many thousands of dollars to both apple growers and buyers. Spy apples have apparently fared the worst.

**SECTION FOREMAN WON RAILWAYS' FIRST PRIZE**  
His many friends are extending congratulations to Mr. E. Campbell, section foreman on the C.P.R. at Berkeley, on having won first prize for the best section on the Bruce Division. This distinction is one of

which Mr. Campbell has reason to be proud. In advising Mr. Campbell of his good fortune, the Superintendent's letter included a cheque for \$25 and commended him for his interest in the work.

**LEARNING TO LOAF**  
Opportunity should be provided for those who have passed the entrance examination to continue their education; but that all should be obliged to attend school until they are sixteen years of age is an unwise requirement. Many of them would be better employed learning a useful trade or business. Too many of them are learning to loaf and others, if not exactly loafing, are working in a half-hearted, unsympathetic, ineffective way. The Adolescent School Attendance Act is badly in need of amendment, if not repeal.—Mount Forest Confederate and Representative.

## World News Seen At A Glance

Daily Events as Told by Cable Condensed for Busy Chronicle Readers

General Michael W. Frunze, Soviet Commissary for War, died on Saturday, following an operation. The British Empire Exhibition, which opened at Wembley in 1924 to benefit the trade of the British Empire, closed its doors on Saturday. The buildings will be immediately dismantled. In the two years it has been running, 27,000,000 persons have visited the exhibition.

The Prince of Wales has lost a highly treasured inkstand which he used constantly aboard the battleship *Repulse*, during his tour to South Africa and South America. The London Daily Express says the inkstand was in his baggage when the Prince's tour ended, but since that time, there has been no trace of it.

Lieutenant-General Alfred Mueller, commander of the Fourth Division of the Reichswehr and noted for his part in putting down the incipient Red revolution in Saxony in 1923, is dead, having succumbed to a wound when struck by a projectile fragment during artillery practice at the testing grounds in Justerburg, Germany.

A strong Nationalist movement against the present Persian dynasty has been under way for the last few days. The Mejliss, or National Assembly, which has been receiving numerous threatening messages from the Provinces, was convened in special session to seek a solution in conformity with the national desires, but a few shots fired outside the Parliament Buildings brought hasty adjournment.

The story of an alleged plot to attack Lord Birkenhead, Secretary for India, sent to the London Morning Post by its Dublin correspondent, is generally discredited in England. Birkenhead, however, possibly canceled his arrangement to speak at the opening of the Historical Society in Trinity College, Dublin, on Wednesday, on the general grounds of caution following representations to him by "high powers" that such an attack might be made.

A traveller from Syria, living at Alexandria, asserts that Damascus is in danger of famine, as all supplies of wheat have been cut off. He says the insurgents hold the villages around Damascus and that the Bedouin tribesmen are gathering near Aleppo where the local chief refuses to negotiate with the French.

The electors in 460 English and Welsh boroughs went to the polls Monday to choose about 5,000 municipal councillors to represent them in local affairs, especially in the levying and administering of local taxes and which here are called "rates." These taxes last year in England and Wales, aggregated about £142,000,000. There are nearly 15,000,000 electors, about half of them women. The feminine sex figures largely among the candidates, there being 300 women on the ballot in London alone. The elections will determine the representation for London for three years.

The indications that the French troops in Morocco are preparing to go into winter quarters does not mean that there will be a cessation of fighting, says a despatch to the London Daily Mail, for if the Rifis live up to their reputation, they will harry the French, and also the Spaniards, after their own fashion of warfare. Ridiculing reports that Abd-El-Krim, leader of the rebellious Moroccan tribesmen, is at the end of his tether and surrounded by tribesmen who have revolted, the correspondent says that Abd-El-Krim probably is reasonably satisfied with his position, and that seemingly he still has plenty of money, weapons and reserves.

**Faith in Advertising**  
Dorothy had been praying for a baby sister. The other day her mother, while reading the paper, exclaimed: "I see Mrs. Smith has a little daughter."

"How do you know that?" Dorothy inquired.  
"It says so, dear."  
"Read it to me."  
Her mother read: "Born, on March 2, to Mr. and Mrs. Smith—a daughter."

Dorothy thought a moment, and then said: "I know what I'm going to do. I'm going to stop praying and start advertising."

Advertise in The Chronicle. It Pays.

## MORE EXPORT CATTLE

One of the brightest phases of Canada's live stock industry this year has been the heavy export of cattle to the United Kingdom. Shipments overseas have been increasing steadily ever since the embargo on the movement of Canadian cattle to inland points in Great Britain was removed in 1923. The shipments in 1923 totalled about 57,000 head, and this compared with 18,000 in 1922. Last year's shipments totalled 79,000 head, and it is expected that by the end of the present year, all records will have been broken by exports of over 100,000 head. In terms of dollars and cents, this year's exports of cattle will have a value of over \$12,000,000. A further growth in the export business will be brought about by better and cheaper transportation. The Dominion Government appears to be alive to this need, and Ottawa advices at the week-end stated that there would be no cessation in the endeavor to get a reduction in the cost of ocean carriage of cattle. It is expected in the near future that success will be met with in the negotiations toward reducing costs and ensuring regular deliveries at British ports.

Farmers who saw to it that their cattle were well finished this year have secured satisfactory prices. At the present time values are about 50 cents a hundred above a year ago. The demand for export is easing off somewhat just now, and buyers have also found offerings of heavy steers somewhat scarcer. In recent weeks, they have had to do more buying throughout the country. The increased movement of cattle overseas has been a big factor this year in holding values firm. Live stock men show a lot of confidence in the future, and it is thought prices will hold firm this autumn if the offerings are not too common. Prices are higher in the United States, and the fact that a lot of cattle were marketed earlier this fall is likely to be an influence toward steadier prices later on in the season.

A reflection of the increased confidence in the future is to be found in the active demand for store cattle. The purchase of stockers and feeders for return to Ontario farms is about 10,000 ahead of the same time last year. Pasturage has been abundant, and there is plenty of feed on Ontario farms. Furthermore, many farmers cleaned out all their poor cattle and now want some good stock to feed over the winter.

In the month of September, over 8,500 head were shipped back to country points from the Union Stock Yards. This compares with 6,600 in the same month a year ago, and is an increase over August, 1925, of about 2,400 head. Values this fall have not fluctuated much, except in the case of common cattle, and shipments of these classes have been

heavy. Stormy weather in the Prairie Provinces is having the effect of clearing cattle off the grass, and as the quality is not up to the market requirement, prices are likely to move lower. Farmers, however, will continue to secure satisfactory prices for cattle that are moderately well finished.—Toronto Mail and Empire.

## When Exposed to Air

tea loses its strength and flavor.

# "SALADA"

### TEA

for that reason is never sold in bulk. Your grocer sells this delicious blend. Try SALADA.

heavy. Stormy weather in the Prairie Provinces is having the effect of clearing cattle off the grass, and as the quality is not up to the market requirement, prices are likely to move lower. Farmers, however, will continue to secure satisfactory prices for cattle that are moderately well finished.—Toronto Mail and Empire.

Rebuke  
A young Japanese was living in a boarding house. This boarding house was anything but clean. The Japanese are a clean people, and consequently, the guest was greatly surprised one day to find a card on the door. "Clean Your Feet," it said, in big letters.  
The Jap took a pencil and on the same card, immediately underneath, he wrote: "On Going Out!"

## Reefs of Debt

THE man or woman who plunges into thoughtless spending, making no provision for the future, faces financial shipwreck on the relentless reefs of debt.

Men in debt no longer control their time or their careers. Others control them. To remain in debt is to have to do without, in bitterness of spirit.

The habit of saving part of every dollar you earn will help to keep you clear of debt, and will enable you to enjoy comfort and contentment in the days that are to come.

Our Budget Book will suggest a savings plan to fit your income. Ask our Manager for a copy.

**The Royal Bank of Canada**

Durham Branch  
J. A. Rowland, Manager

## If the Opener Slips

and you gash your hand or finger, be sure and treat it with Zam-Buk to protect broken skin from attack by dangerous germs of festering and blood-poison.

First cleanse the wound, then cover up with a piece of lint or any clean rag upon which the Zam-Buk has been spread. Pain is quickly soothed by this grand herbal healer and infection perils are averted.

Zam-Buk rapidly knits damaged tissues together and soon removes all trace of injury by a covering of new healthy skin. Zam-Buk ensures perfect healing.

At home and at work make Zam-Buk your regular first-aid. It means "safety first."

50c. box, three boxes for \$1.25. Of druggists and dealers everywhere.

# Zam-Buk

## 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

Panel 1: "I'LL TELL YA WHAT FOLKS - NOW THAT WE'VE EATEN OF TH' FESTIVE TURKEY, LET'S HAVE SOME EXPRESSIONS OF WHY WE'RE THANKFUL !!!!"

Panel 2: "WELL, I'M GLAD I GOT MY HEALTH AND GOOD LOOKS !!!!"

Panel 3: "I'M THANKFUL THAT I DON'T HAVE TO BE CAREFUL OF WHAT I EAT TO KEEP FROM GETTIN' FAT!"

Panel 4: "WHAT ABOUT YOU FERD - AIN'T YOU THANKFUL FOR ANYTHING?"

Panel 5: "NAW I AIN'T!! I AIN'T GOT ROOM FOR HALF TH' RE WANTA EAT !!!"

Half Thankful -- Eh, Ferd?