

# PAINS IN BACK AND SIDES

Ended by Taking Lydia E. Pinkham's Vegetable Compound

Fusilier, Sask.—"For two or three days every so often I would have such pains in my back and sides that I could not do anything—could not even lie quietly in bed, and my head ached, too. It was this way about three years, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to advise me, as my folks live in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound and told me to try it. I took her advice and have been thankful for it ever since. After taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may publish my testimonial."—Mrs. HELEN BALANOFF, Fusilier, Saskatchewan.

Often some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times, irregularity, backache and headache indicate some form of female weakness. Women so bothered should give Lydia E. Pinkham's Vegetable Compound a trial. This dependable medicine has helped thousands of women and it is reasonable to expect that it will help you. Try it today. Your druggist sells the medicine.

If you can't do the kid's home-work, don't fuss and tell him not to bother you.

Buy Your

## Goloshes

at this store and we will put your initials on FREE of charge.

SPECIALTY

Durham, Ont.

## Maturing Bonds To Us

Victory Bonds maturing in December the first, and profitable and divert them at this season by paying cash any denomination for the sake of and convenience maturing bonds to standard bank sav-

## BANK

Kelly, Manager

## of Debt

or woman who plunges thoughtless spending, making for the future, faces wreck on the relentless of no longer control their careers. Others continue to remain in debt is to without, in bitterness of

of saving part of every earn will help to keep of debt, and will enable by comfort and content days that are to come.

ask will suggest a savings plan to you. Ask our Manager for a copy.

## Royal Bank Canada

Rowland, Manager



### RESULTS OF TREATMENT OF MENTAL DISEASES

By DR. W. J. SCHOLLES

Note: Dr. Scholles 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. Scholles, in care of The Durham Chronicle.

The popular belief is that patients with mental diseases are practically always incurable. We expect that their condition will gradually or rapidly grow worse. If they do apparently recover, we expect that it is only a matter of time until they suffer a relapse.

Dr. Earl D. Bond of Philadelphia believes that the good results obtained in the treatment of mental diseases is underestimated. In an article published last August in the Journal of the American Medical Association, he gives some encouraging facts. The article gives the results of treatment of 1,054 consecutive patients admitted to the department of mental and nervous diseases of the Pennsylvania Hospital. The careers of these patients were studied over a period of from five to ten years.

The more severe forms of mental diseases were represented in the group of cases studied. Dr. Bond says that the patients usually entered the hospital after many opportunities for early treatment had been wasted.

#### Some Recovered

Thirty of the patients were lost from observation. This left a group of 1,024 patients whose careers could be followed over five years. Of these 724 recovered and stayed well; 159 improved greatly; 331 died and 260 remained stationary or grew worse. These figures indicate that a little over 26 per cent of the entire group of patients recovered, and that 14.5 per cent showed con-

siderable improvement. Some of the patients who recovered became healthier than they ever had been before their illness.

It is pointed out that in the case of many of those who died, the mental condition was in no way related to the cause of death.

Now, of course, we all know that everyone with mental disease does not recover or improve. Many grow worse in spite of all that can be done. There is no intention of conveying the idea that mental diseases are curable even in the majority of cases. For apparently they are not.

But the figures given by Dr. Bond would seem to justify his belief that the good results of treatment in mental diseases are underestimated. There are diseases other than mental in which 26 per cent of the patients do not recover. It is possible that the results would be even better if more patients with mental diseases were placed in the care of the psychiatrist and given proper institutional care earlier. For there is too often an inclination to delay treatment.

The psychiatrist and the hospitals devoted to the care of mental and nervous diseases are probably doing much more effective work than they generally get credit for.

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### HEALTH QUESTIONS AND ANSWERS

#### Iodized Salt

Mrs. F. W. asks: "Will the use of iodized salt in food for children do any harm?"

#### Reply

No. During childhood is the time to use it to prevent goiter.

#### Neither Harmful Nor Beneficial

L. S. asks: "1. Does frequent cutting of the hair do it any harm? 2. Is once a week too often for a man to wash his hair?"

#### Reply

1. Cutting the hair is probably neither harmful nor beneficial. The shaft of the hair is dead matter, and this is what is cut.

2. No.

#### Not Suitable for Home Treatment

H. H. B. writes: "I have heart disease and get out of breath very easily when I walk or hurry. I have had it for a number of years but formerly it never bothered me much. Is there anything that I can

take to strengthen my heart?"

#### Reply

Heart disease, like most other diseases, is not suitable for home treatment. The best thing to do is to place yourself in the care of a physician who can see you frequently. Then follow his advice. He will prescribe any medicine that may be necessary.

#### Diabetes in Children

Mrs. C. E. S. writes: "I would like to ask some questions about diabetes. Is it very likely that a child of 12 could have diabetes? Do children, if they have diabetes, get along better or worse than adults? Is insulin ever used in the treatment of diabetes in children?"

#### Reply

1. Yes.  
2. Diabetes is generally much more fatal in children than in adults.  
3. Yes. Many children with diabetes are saved since the discovery and use of insulin.

#### A NATIONAL ASSET

As the greatest transportation company in the world, the Canadian Pacific Railway has maintained a national service in the Trans-Canada Limited which is second to none, and on the conclusion of the summer schedule of this crack train, has transferred the equipment to the Vancouver Express which leaves Toronto every night at 10.10 p. m. on its trip across the continent, via Winnipeg, Calgary, Banff, Lake Louise, the spiral tunnel, Siemous and parts of the Canadian Pacific Rockies famous throughout the world, on its way to Vancouver, where the travellers are unanimous in their praise of the service of the Vancouver Hotel. The Canadian Pacific also operates a steamship service to Victoria, the Mecca for winter tourists.

Not only does the Vancouver Express carry tourist and standard sleepers, but it also carries a compartment-observation car complete in itself, while a parlor car is added

from Revelstoke to Vancouver.

Added to this national service is a feature service from Toronto to Montreal via the Lake Shore Line, which has been entirely rebalanced with crushed rock and relaid with 100 pound rails, insuring a maximum of comfort for travellers at night as well as an absence of dust in daytime. Trains leave Toronto Union Station at 9.00 a. m. daily, 10.00 p. m. daily except Saturday, and 11.00 p. m. daily. Arriving at Windsor Station, the traveller has the benefit of immediate facilities in the women's rest room, lunch room and barber shop, which cannot be duplicated in any other station in Montreal. An added convenience is offered those who wish to travel to Montreal from North Toronto, in the 9.45 p. m. train daily except Saturdays, from Yonge Street Station. Canadian Pacific agents will gladly make your reservations and supply you with any information you require. They are fully qualified to offer a "second-to-none" service to the public. 11 12 2

### HUCK FINN SOCIETY ESCAPES CELL

Band of Boy Thieves Caught in Shack at Warton.—Pleaded Guilty and Let Off on Suspended Sentence.

Crown Attorney Freeborn was in Warton on Thursday last prosecuting in the case of seven youthful sinners who formed themselves into a sort of Huck Finn society and started out to swipe stuff like seasoned swindlers.

Bremner's store in Warton, a branch of its Walkerton namesake, having been burglarized, as well as an ice cream parlor having been visited and a lot of cigarettes annexed, the cop there became suspicious of a bunch of boys and kept his weather eye on the suspected culprits. Seeing one of them heading for an old shack at night, the officer shadowed the lad and beheld him give three raps at the door and hear the secret password, "At Home." As no one responded, the boy took out a key, unlocked the door and walked in. Remaining in concealment, the officer espied another boy come up, give three knocks and repeat the phrase "At Home." The door was opened unto him, and he passed in. The cop himself then stroled up, rapped thrice and whispered "At Home."

The door opened, and the officer backed the two lads into a corner and waited for their confederates to arrive. One after another they came up, rapped and gave the password and were admitted by the constable.

When seven were thus entrapped and the sleuth seemed satisfied that he had got the gang, he put the bunch under arrest and proceeded to search the place, when he discovered practically all the loot that had been stolen from Bremner's store, and which consisted of toy pistols, lead pencils, scribblers and a vast variety of other stuff. The boys admitted that they had been breaking into stores, and their capture satisfied the policeman that he had the source of much petty thieving that had been going on.

Owing to the tender years of the septette, who ranged between 14 and 15, Magistrate Creasor of Owen Sound, who presided at the trial on Thursday, let the lads off on suspended sentence, after Lawyer Moore of Warton, who defended them, had made a strong plea for leniency on their behalf. The court stipulated however, that they must each report to the chief constable every Saturday night and give an account of their activities during the week.

Magistrate Creasor gave the boys some sound advice, and warned them what would happen to them if they fell down on their assignments and came before him for any misdemeanor in the future. He advised them to be in early at night and to attend Sunday School regularly in the future. The lads were very penitent, and the whole affair will doubtless prove a lesson to them.—Bruce Herald and Times.

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### HANOVER HOSPITAL'S ANNUAL MEETING

The annual meeting of the Hanover Memorial Hospital was held at the council chamber Thursday evening, November 5. There was a very good attendance.

The financial statement for the year, October 1, 1924, to September 30, 1925, was presented to the meeting.

The following trustees have been elected: Mrs. Ralph Brunt, Miss Anna Kirchner, President of Ladies Auxiliary, Messrs. Daniel Knechtel, J. S. Knechtel, B. F. Ahrens, C. Theodor, Norman Peppler, A. Glaesser and John Mills; Secretary-Treasurer, J. A. Patterson; Auditors, D. Weppeler and M.L. Ball; Medical Advisory Board, the physicians of Hanover.

### 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.

### LETTERS TO THE EDITOR

Christmas, 1925.

Dear Mr. Editor,

This is the fiftieth year—the semi-centennial of the Hospital for Sick Children. It is the Golden Anniversary of an institution which started out in 1875 with a six-bed equipment to cure children medically of their illnesses and to rid them surgically of their disabilities. Fifty years have passed, and the tiny hospital has grown into one of the greatest institutions of its kind in the whole world.

The people of this province demanded this service—and they have made it possible by their Christmas gifts. They are rewarded by the knowledge that thousands of Ontario children will grow up into manhood or womanhood blessing the "little blue coats" wherein they were restored and strengthened to play a full part in the battle of life.

To win back health for six thousand boys and girls was the measure of the Hospital's ward-service alone this year. Besides that there were over half a hundred thousand attendances in the Out-Patient Department, where the less serious cases are treated. All this costs a great deal of money, even though the doctors give freely of their skill and the nurses of their care. There is board and lodging and laundry to be provided, besides the best that can be procured in the way of all the medical and surgical supplies required to treat the myriad ailments and accidents to which children are subject.

In order to maintain its high standard of efficiency and also to widen the scope of its service through clinics conducted all over Ontario, the Hospital is compelled to borrow heavily during the year. On the occasion of its fiftieth Christmas, an appeal is made to the public for the funds which will allow the Hospital for Sick Children to enter upon its course renewed by a credit balance in the bank.

It is indeed a noble cause which I feel sure you will cordially commend to your readers.

Faithfully yours,

IRVING E. ROBERTSON, Chairman Appeal Committee, Hospital for Sick Children, Toronto.

Note—This Hospital does not receive any appropriation from the Federation for Community Service Drive.

A husband who goes out all the time is probably more desirable than a husband who sits around and gets in the way.

### Freedom from Pain Rheumatism Neuritis Neuralgia

Thousands of Canadians have found that T.R.C.'s give quickest and surest relief from Pain. T.R.C.'s act directly on the poisons that cause the pain. They contain no dangerous or habit forming drugs. Your druggist recommends them. Send 50c. for generous trial. Templeton, Toronto.

\$1.00 Rheumatism 50c. Headaches  
Neuritis Lumbago Neuritis  
SIZE Lumbago SIZE Pains

### TRC'S TEMPLETON'S RHEUMATIC CAPSULES

### Clearing Sale of Stamped Goods

We herewith quote a few prices of stamped goods which we are clearing to make room for Christmas goods.

- Guest Towels, reg. \$1.50, per pair ..... \$1.00
- Pillow Cases, per pair ..... 98c
- Cutlery Cases, reg. \$1, for 59c
- Night Gowns, reg. \$1.85 for \$1.39
- Princess Slips, reg. \$2.25 for ..... \$1.59
- Satinette Night Gowns, reg. \$3, for ..... \$2.00
- Linen Centerpieces, reg. 75c, for ..... 50c
- Infants' Cashmere Jackets, reg. \$1.35, for ..... 95c
- Ladies' Stamped Dresses, reg. \$1.75, for ..... \$1.25

Buffet Sets, Tea Cloths, Etc. also in this sale.

Come early and get your choice

### The Variety Store

R. L. Saunders, Prop.

### The Perfect Blend

# "SALADA" TEA

The exquisite flavor of Salada is produced by the expert blending of the choicest teas grown.

#### IMPORTANT B. O. T. A. RULING

Persons who empty out liquor in an attempt to baffle officers from obtaining evidence in O. T. A. raids are guilty of obstructing officers, Magistrate W. E. Gunday ruled Monday at Windsor when Frank Liberties, aged 28, boarder at the home of Mrs. Ruth Lake, was fined \$100

and costs. Liberties emptied out liquor from a pitcher when a squad of city police constables entered Mrs. Lake's home. The lady was ordered to pay a similar fine for the same offense.

Have you noticed that the less a man works, the more he tires other people.

### Now Dry Feeding Is On

Now is when you want health in the barnyard. Every animal fit and healthy to turn the products of your summer's work into beef, pork, mutton, milk and butter at a profit.

### DR. HESS' STOCK TONIC

Keeps cows in milking trim—healthy, hungry—to eat, to digest, to convert your feed into pails of milk. Rids hogs of worms. Keeps all the organs functioning. Feed it to your horses off work or on rough feed.

### DR. HESS' PANACEA

Puts Hens In Laying Trim You want industrious hens—hens that will get off the roost on winter mornings and scratch for their breakfast. A lazy hen never lays. Add Dr. Hess' Poultry Panacea to the daily ration and see the combs turn red. See those high-priced eggs pile up in the nest.

Costs little to use—the price of one egg tonics a hen for two months.

Remember—Every package of Dr. Hess' products is guaranteed to give results or money refunded.

### A. S. HUNTER & CO.

Hardware and Seed Merchants - Durham

### Giving Up Business

# S=A=L=E

Owing to the fact that business in the West demands our attention, we have decided to sell out our complete stock, in its entirety or in separate lots. Everything must be cleared out.

### Reduced Prices in All Lines

Come in and see the many bargains we are offering in

Boots, Shoes, Rubbers Hosiery, Men's Wear Blankets, Groceries, Etc.

### Sale Starts Fri. Nov. 20

Watch next week's issue for further particulars.

All accounts due us must be settled before Dec. 15.

### WM. BRIGHAM

Middaugh House Block Durham, Ont.

### THE FAMILY NEXT DOOR



Pipe Down -- Jay!