

# EXPECTANT MOTHERS

er from Mrs. Ayars Tell  
w Lydia E. Pinkham's  
Vegetable Compound  
Helped Her

ng Valley, Sask.—"I took the  
able Compound before my last  
ement, when I got to feeling as  
that I could not sleep nights, my  
ached so across my hips, and I  
hardly do my work during the day.  
I had such an easy confinement  
his is my sixth baby. I read about  
E. Pinkham's Vegetable Com-  
in the 'Farmer's Telegram' and  
you for one of your books. We  
druggist in our town, but I saw  
medicine in T. Eaton's catalogue.  
farmer's wife, so have all kinds  
rk to do inside and outside the  
My baby is a nice healthy girl,  
eighed nine pounds at birth. I  
hing fine after putting in a large  
since baby came. (She is as  
she can be.) Yours is as the best  
for women, and I have told  
it and even written to my friends  
it."—Mrs. ANNIE E. AYARS,  
Valley, Sask.

ia E. Pinkham's Vegetable Com-  
is an excellent medicine for ex-  
t mothers, and should be taken  
the entire period. It has a gen-  
to strengthen and tone up the  
system so that it may work in  
respect as nature intends. All  
ats sell this dependable medica-  
a trial.

Impossible  
said the second mate of  
amp steamer, on his return  
"when I was in the Medi-  
an, I sailed through shoals  
lines."  
"said his maiden aunt,  
could they possibly swim in  
small tins?"

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initials on FREE  
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Durham, Ont.

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DURHAM  
Durham, Ontario



## The Road To Better Health

### BLEEDERS

By DR. W. J. SCHOLES

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.

There are some people who have an inherited tendency to serious or even fatal hemorrhages. Slight wounds or abrasions are accompanied by a disproportionate amount of bleeding which is extremely difficult to control. These people are called bleeders. The abnormal tendency to bleed is called hemophilia.

Hemophilia affects the male, but is transmitted through the female. Neither the sons of the bleeder nor their children inherit the tendency. The daughters, however, while they themselves are not affected, transmit the hemorrhagic tendency to their male children.

The blood of hemophiliacs is very slow in clotting, and the clots which finally do form are imperfect and fail to completely stop the flow of blood. There seems to be a lack of certain substances in the blood which are essential to a normal rapidity and completeness of clotting.

#### Boys Should Be Protected

The knowledge that there have been bleeders in one's family is extremely valuable if it is applied in protecting the males against the causes of hemorrhage. Until the

child reaches an age where he can understand his condition, he must be carefully protected from wounds and abrasions. After that, active games and occupations involving the risk of injury should be avoided. Fortunately, modern medical science offers certain methods which are fairly satisfactory in controlling the bleeding in these cases. These include blood transfusions and the subjection of serum and other substances which hasten the clotting of blood.

Ostler said that the women of bleeder-families should not marry, or, if they do marry, should not bear children. As the men of such families do not transmit the tendency, it is safe for them to marry. If this rule were followed, apparently hemophilia would be bred out of these families.

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### HEALTH QUESTIONS AND ANSWERS

#### Hic-cough

S. K. writes: "I often get attacks of hic-cough. Some people tell me that there is something wrong with my stomach. I smoke cigars and have noticed that I am usually smoking when I get the hic-cough. Would his cause it? What is the cure?"

#### Reply

The milder forms of hic-cough are not serious and usually disappear in a short time even though nothing is done. It is conceivable that the irritation produced by swallowing tobacco-juice may cause an attack. Alcohol, diseases of the abdominal organs, brain and nervous system, and hysteria are other causes. Frequent paroxysms sometimes occur in people who have gout, diabetes or Bright's disease.

If you think cigars cause it in your case, stop smoking, or—at least—stop swallowing the tobacco-juice. Holding the breath, drinking ice-cold water, drinking water while holding the breath, pulling on the tongue, a teaspoonful of salt and lemon-juice, or salt and vinegar, and tickling the nostrils to cause sneezing, are some "cures." Take your choice.

#### Hydrophobia

C. R. M. asks: "Is it possible to get hydrophobia from the bite of any animal other than the dog?"

#### Reply

Several animals other than dogs are capable of becoming infected with rabies. The list includes the wolf, fox, jackal, coyote, skunk, cat, cattle, horse, goat, sheep, pig, rat and mouse. While the bite of a rabid dog is the most frequent cause of hydrophobia, the bite of any of these other animals, when rabid, may cause the disease.

#### Has a Heart Murmur

E. D. writes: "I was examined

at school and the doctor said that I should not go into any competitive athletics because I have a heart murmur. What is a heart murmur? Is it dangerous? Can it be cured?"

#### Reply

Any abnormal sound heard over the region of the heart is called a murmur. Heart murmurs frequently result from a defect in one or the valves of the heart. The defect in the valve is usually due to damage resulting from some infection. The defect in the valve persists even after the infection has ceased to act. A defective valve by increasing the size and weight of its muscle. But such a heart does not have the reserve power that a sound heart of equal musculature has.

The condition is not dangerous as long as you live well within your limits. Competitive athletics may result in a strain on the heart that would weaken it. There is no cure for a defective valve. Moderate exercise, good habits and the avoidance of infections are important in keeping the heart muscle in good condition and avoiding further damage. As long as your heart muscle is healthy and doing its work, you can forget your heart murmur.

#### Ether in Beer

A. L. S. asks: "What is the effect of taking beer which has been doctored up with ether?"

#### Reply

A very temporary stimulation followed by depression.

#### Regarded as Harmful

E. L. W. asks: "Is prolonged exposure to cold bad for a man of 48 who has albumin in the urine and has Bright's disease?"

#### Reply

It is generally regarded as harmful.

#### A WAY OUT

Amid the confusion in which the political situation is involved at present, one thing that stands out is that the government of the country must go on. If we cannot have party government in the old way, we might try party government. There ought to be enough common sense and good will, not to speak of patriotism, in the Canadian Parliament to make it possible for

somebody to carry on for a time the business of the country, or so much of it at least, as is not of a too highly controversial character.—Stratford Beacon-Herald.

#### A Love Story

The parlor sofa held the twain; Fair damsel and her lovely swain; He and she.  
But hark, A step upon the stair! And mother finds them sitting there He—and—she.

## Cross-Canada Happenings As Told By Wire

News From Halifax to Vancouver Boiled Down and Tersely Told

Ancient laws, promulgated when Charles the First was King of England, proved of no avail at Winnipeg last week when Walter Masters was convicted and fined \$400 for selling liquor. His counsel claimed his arrest was illegal because it was made on a Sunday.

Trapped in a small section of the attic in their home, the only entrance to which was blocked by a seething mass of flames, while their father and members of the fire department strove vainly to effect an entrance, William B. Cheek, aged 4, and Bramell B. Cheek, aged 3, sons of Mr. and Mrs. M. A. R. Cheek, Dartmouth, N.S., perished in a fire which broke out shortly after seven o'clock Wednesday morning.

Rev. F. L. Stephenson, widely known among surviving sourdoughs of the Yukon gold rush of 25 years ago, as the "Fighting Parson of the Klondike," is confined in hospital at Victoria for treatment as a result of his strenuous days on the trail in the North.

The head of what is supposed to be the only double-horned moose shot in New Brunswick, which was killed a week ago on MacDougall Brook, Charlotte County, by Charles Lee, is to be preserved as a Provincial trophy by the Department of Lands and Mines.

A writ was issued Wednesday for a by-election in the Manitoba Provincial constituency of Lansdowne the election date being for December 19. The vacancy was created by the resignation of Hon. T. C. Norris, leader of the Liberal group, who retired to contest South Winnipeg in the recent general election. James W. Jeffrey, King's printer for the Government of Alberta, and Charles G. Flavin, Assistant King's printer, have been suspended pending the Royal Commission investigation by Judge Walsh into alleged irregularities in the purchase by the former Liberal Government of printing to the amount of \$5,820 from the Esdale Press, Limited.

Helen Louise Seymour, wife of Dr. M. M. Seymour, Deputy Minister of Public Health for Saskatchewan, died at Regina from peritonitis. She had been a resident of Saskatchewan since 1881, going there as a bride from Ottawa when Dr. Seymour took up his first public appointment in the West as physician at the Lebrat Indian school. Subsequently, she accompanied him in his adventurous life as medical officer of the 95th Battalion during the Riel Rebellion.

An age-old custom was invoked at the Criminal Assize Court at Winnipeg when two jurors sat in a judgment on a third and ruled that he was incompetent to sit on the jury. The jury had been called to sit at the trial of one of two men who were being tried for manslaughter. The juror had previously sat on the jury at the trial of one of the men, and the presiding judge, on objection by defence counsel, called on two of the jurors chosen for the second trial to pass on his competence.

His Grace, Mgr. Leonard, Bishop of Rimouski, Que., has tendered his resignation to the Holy See on account of ill-health, suggesting the appointment of a successor without delay.

Their Excellencies, the Governor-General and Lady Byng of Vimy have cancelled all public engagements and all receptions at Government House until further notice as a mark of respect to her late Majesty, Queen Alexandra. The exact period of mourning at Rideau Hall has not been determined, and it will not be known until instructions are received from abroad.

James H. Falconer, member of the Liquor Control Board of British Columbia from its inception in 1891 until its re-organization about a year ago, died at Vancouver from heart failure following an acute attack of stomach trouble. The late Mr. Falconer was born in Wick, Scotland, 58 years ago and came to Canada in 1885, going into the vinegar and pickle business in Toronto until 1891, when he removed to Victoria.

John Cousins, who with Col. Charles McCullough, started the first Canadian Club in Canada, is dead in New York, according to a message received by his brother at Medicine Hat, Alta. John Cousins was born in London, Ont., and for some years was a newspaperman in Toronto, when he became interested in the Canadian Club movement. Later he moved to New York and had a

great deal to do with the formation of a Canadian Club there.

"Dr." A. T. Blake, known to the police as the "King of Fakirs," will serve an 18 months' sentence in Brandon, before being returned to Winnipeg to serve an uncompleted sentence in the Provincial Jail there and answer to a charge of jail-breaking. Blake was convicted in police court at Brandon on two charges of obtaining money under false pretences. He admitted that he was the prisoner who escaped from the Provincial Jail at Winnipeg.

Hon. T. A. Crearer was re-elected president and general manager of the United Grain Growers Limited, at the meeting of the directors at Winnipeg Monday.

Mrs. J. H. McLeod, mother of Robert M. McLeod, well-known newspaperman, for many years Canadian superintendent for Reuter cable service, died at her home in Ottawa Sunday.

John Stanton, convicted slayer of 70-year-old John Penny, in Winnipeg, early in December, 1922, will pay the full penalty of the law for the crime. He was sentenced to be hanged on February 9 next.

The 48th anniversary of the installation of the telephone in Winnipeg was observed Monday. On November 23, 1877, the first telephone in the Red River Settlement was put in operation. Today Manitoba has 41, 725 stations.

Lord Rothermere, British newspaper proprietor and brother of the late Lord Northcliffe, arrived in Montreal Monday morning from New York. It is understood the English peer is visiting the Province of Quebec in connection with his pulpwood interests.

While hunting ducks in the St. Lawrence River on Saturday morning, Joseph and Alphonse Kemp were amazed to see a large seal basking in the sun on a rock at the south end of St. Helen's Island. They managed to shoot the animal and bring it home. It weighed 113 pounds and was nearly four feet in length.

Consolidation of the various veteran organizations in Canada will be the objective of a unity conference which opened at Winnipeg Tuesday for a two-day session. Gen. Sir Richard Turner, Dominion president of the Great War Veterans' Association, and a number of other prominent men connected with veterans' activities attended.

The death occurred at Montreal at the Hotel Dieu Hospital of Rev. Father Pierre Albert Urique, of the Sulpician Fathers, former President of the Grand Seminary of Montreal and Dean of the Faculty of Theology at Universite de Montreal. He was in his 68th year having been born at Grande-Pre, Ardennes, France, in July, 1857.

Plans have been completed for the establishment at Bordeaux Jail of a hospital for the criminally insane, capable of accommodating about 300 patients. One of the big, unused wings of the prison, it is stated, will be used, and when alterations have been made, all insane patients with criminal tendencies throughout the province will be removed to the institution.

Joseph Mauro has been found guilty of the murder of Donald Carragher at Montreal. Mr. Justice Wilrager sentenced Mauro to be hanged at Bordeaux Jail on February 19. Carragher, a drummer in a jazz band, was fatally shot at the Dreamland Cafe on St. Lawrence Boulevard on the night of July 22 last, when Mauro and a companion held up the establishment. During the

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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.

## Young Tender Leaves

and tips used in

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hold-up, a man threw a chair at the highwaymen, and in the general flight which followed, Carragher was shot, dying a few days later. Mauro was arrested in Vancouver. His confederate so far has eluded the police.

#### The Idea

Cop: "Madam, I'll have to take your number."  
Lady: "1849!"  
Cop: "No! Not the date of your birth—your license number!"

#### Nothing

An English teacher asked her class to write a theme on what they would do if they had \$1,000,000. All heads bent over their desks save one. Henry sat doing nothing. When the papers were collected, he handed in a blank paper.

"How is this?" asked the teacher. "All the others have written two pages, while you have done nothing?"

"Well," replied Henry, "that's what I would do if I were a millionaire."



### Where Does She Get Such Clever Ideas?

Over their tea-cups they marvelled at the ingenuity of their hostess—it was really such an unusual luncheon, so dainty and so nicely served. And the secret was—just 30 minutes' study each week of the free Maple Leaf Club lessons with occasional personal assistance from

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### THE FAMILY NEXT DOOR

