

R GIRLS WHO WORK

A. E. Pinkham's Vegetable Compound Is a Great Friend—Keeps Pain and Restores Health

Onto, Ontario.—"I work in a factory and I would have to get away from work a day since I have my work every time I was sick. Dragging-down pains and cramps very bad, but my back was stiff. It hurt so that I couldn't work with it. I heard some of the girls talking about Lydia E. Pinkham's Vegetable Compound, and they came to try it. I have taken about ten bottles of it and it has done a lot of good. I never have any more back now, and have not been off from work a day since I have used it. I recommend the Vegetable Compound when I have the opportunity."—Miss Rollo, 21 Howie Ave., Toronto, Ontario.

The Advice of a Friend—Inver, Ontario.—"I was terribly tired and a few odd times I almost fell. I used to do housework a few months ago and sometimes to leave my work and go to bed. I now a member in the knitting-club suffered five or six years from rheumatism before I took Lydia E. Pinkham's Vegetable Compound and almost immediately, and I tell you what a good medicine it is. You may use this testimonial if you like, if it will help others."—J. PEARSON, Victoria Street, Inver, Ontario.

is reported to be none the less for her experience.

Identified Himself—A little Alex appeared at his house, wearing his first dress. "Oh, it's a strange one," she said. "It can't be because Alex wears rompers," he is Alex, grandma," he is dancing down at his new rompers. "I was there and I put 'em on me."

deal dealers must think they have money to burn.

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CROSLY



AMOUNT OF SLEEP REQUIRED

By DR. W. J. SCHOLDES

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.

When but little is known about a subject, that subject is a good one for speculation. Sleep is such a subject. Hence, it furnishes good material for the making of theories, both reasonable and wild. Some of those who theorize about sleep immediately wish to put their theory into practice. And this regardless of whether or not the theory rests upon a sound scientific foundation.

An idea more or less frequently advanced nowadays is that we sleep too much. With the demands of modern life, especially in the more populous places, there is plenty of temptation to give this idea a practical application. By cutting down the amount of sleep, more time can be found for the desired amount of social and other activity. The possibility that reduction of the number of hours of sleep may produce ill-effects on the health often seems to be overlooked. In this connection, an article by Dr. William Browning, published last fall in the Journal of American Medical Association, may be of interest. Dr. Browning made careful investigations of the factors other than infection which may have had a part in the production of a number of cases of epidemic encephalitis which he studied.

Due to Infection

Epidemic encephalitis is the disease commonly known as sleeping sickness. It is generally regarded as due to some infection. It is closely associated with certain of the infectious diseases, especially influenza. In his study of the possible factors causing the disease, Browning paid particular attention to the way

in which the patients had lived preceding the attack. He noted that one common and constant factor was found. His patients were people who have been subject to prolonged tired and loss of rest at the time they developed the disease. Now this does not mean, of course, that loss of sleep in itself is the specific cause of epidemic encephalitis. It means that prolonged tired may make one readily susceptible to whatever infection may be the immediate cause of the disease. Loss of sleep seems to have been a constant factor working to lower the resistance and make infection possible. While the observations in this instance were made on cases of epidemic encephalitis, it is conceivable that loss of sleep may just as readily lower resistance to other infections. A possible ill-effect of insufficient rest has here been pointed out. The generally accepted teaching of hygienists has been that adults require an average of at least eight hours of rest daily. There may be individuals who can retain their health indefinitely with less than this amount of rest. But until careful scientific investigations demonstrate that hygienic authorities are wrong in teaching that we need eight hours of sleep daily, it is wise to stick to the old rule.

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HEALTH QUESTIONS AND ANSWERS

Goiter

T. A. A. asks: "I. Can goiter be cured without an operation? 2. Would the X-ray affect any other part of the system? (This goiter affected the heart)." Reply: 1. Some goiters can be treated without operation. Some require operation. 2. Possibly. Much depends upon the skill with which it is used. Selection of the proper treatment in any given case is best left to the judgment of the physician who is caring for the patient.

Fasting

J. S. writes: "Do you think a fast for a few days would improve my health? Or do you think it would harm me?" Reply: What is the matter with you? You do not state your trouble. In general, unless you are advised to fast by some physician, and he can supervise the stunt, you better not try it. It is possible for ill-advised fasting to do harm.

A Hasty Question

A farmer had just built a big barn, and one day as he was setting off to town, he told his boys to cut a small hole in one of the sides so that the cat could get in or out at will. The boys cut a hole just beside the big barn door, but when the farmer returned and saw it, he was very displeased. "Why can't I depend on you boys to do a single thing right?" he exclaimed angrily. "Don't you know that hole is in the wrong place?" "Why?" asked the boys. The farmer fairly snorted. Leaping from the buggy, he seized the barn door and swung it open, and, of course, it covered the aperture. "Now, where is your cat hole?" he shouted. "How in the name of sense can the cat get into the barn when the door is open?"

Right Back at Him

A man by the name of Word met a man by the name of Barnes. "Good morning, Mr. Barnes," said Mr. Word. "How are Mrs. Barnes and all the little sheds?" "Feeling fine, thanks," replied Mr. Barnes. "How are Mrs. Word and all the little syllables?" "Only kind of suit some women will press for their husbands is a divorce suit."

Gas on the Stomach

Mrs. H. L. W. asks: "What can I do to keep from having so much gas on the stomach? I have to keep belching almost all the time. Taking soda to help get rid of it does no good. I have had this trouble for a long time now." Reply: Lots of times this condition is merely a bad habit. The bad habit consists in swallowing air, often unconsciously. Most people probably swallow a small amount of air occasionally, especially while eating. A certain amount of gas may be formed in the stomach during digestion. This is nothing abnormal. An excessive amount of gas in the stomach may result from organic disease, or from functional derangements, of the digestive organs. If the cause is swallowing air, this habit should be corrected. The soda habit is a bad one. The abuse of soda may create disturbances in the chemistry of digestion and upset the acid-alkali balance of the system. If you have any disease of the digestive organs, this should be treated.

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WESTERN ONTARIO NEWS IN BRIEF

Life in Western Portion of Canada's Banner Province Told in a Column.

An attempt was made Wednesday to burn down First Street Public School at Welland. The blaze was discovered by the janitor when he arrived to attend to his fires. A guard has been placed on the school. The annual meeting of the Lake Erie Fishermen's Association will be held at St. Thomas, January 19-21, and it is expected that many who withdrew a few years ago will again join.

Tax Collector Twiss, of Tillsonburg, has received a letter from the town clerk of Digby, N.S., waiving all claim to the Canadian record for collection of taxes and congratulating Mr. Twiss on his success.

Joseph Dutton, David Fields and Louis Boughner, were committed for trial on manslaughter charges at London in connection with two recent auto fatalities.

The Hydro radial system last week inaugurated new lines in southeast Windsor, Walkerville and Ford City. The routes were inspected by the mayors of the three municipalities.

Ford has been hard hit by the new county assessment which means that over \$10 for each resident will have to be contributed. An appeal will be made.

Miss Annie Thompson of Brantford died Wednesday morning after completing her hundred and second year. She retained her full faculties till the last.

Ex-Mayor Sulman has been elected chairman of the Chatham Public Utilities Commission, and D. H. Douglas was chosen chairman of the Board of Education.

Ex-Mayor Murray has been chosen chairman of the Woodstock Public Utilities Board. The light and power department ended the year with a surplus of about \$3,000.

One man is dead, another dying, and a third injured as the result of a level-crossing accident across the river at the falls.

London Council is now turning its attention to a permanent transportation settlement. A special election will likely be held in May. Mayor Moore is of the opinion that there is a strong sentiment for public ownership.

It is expected that educational costs for London this year will exceed \$1,250,000, or in excess of \$20 for every man, woman and child in the city.

The mayors of the border cities, at a meeting held on Thursday, favored the addition of a wing to the Essex County Sanitarium at Sandwich, to cost \$25,000, as a memorial to the late Sir Adam Beck.

A four-day session for the Niagara Peninsula on world missions opened Friday at St. Catharines. The gathering is interdenominational.

That St. Catharines has been remarkably free from crime during the past year was shown by the report of the chief of police. Only five were sentenced to Kingston, ten to the reformatory and twenty-eight to the jail.

The new Hamilton Street Railway Committee held its first session Friday and considered the new agreement which will be submitted to popular vote in a few weeks.

W. A. Hammond has been appointed chairman of the Chatham water commission. A deficit of \$1,593 was reported.

The covering of a manhole at Main and Walnut streets, Hamilton was blown off, and several pedestrians had narrow escapes.

The Stratford Gas Company announced that following the unfavorable vote on the purchase by-law, the plant would be closed down on February 8. About 700 consumers will be affected.

Reports to the St. Catharines branch of the G. W. V. A. Wednesday night were to the effect that the branch is in a highly flourishing condition.

George F. Mahon, for eighteen years a member of Woodstock education board, was elected chairman at the inaugural meeting.

At a meeting of the Hamilton legislation committee, the suggestion was offered by Mayor Treleven that the hours for polling in municipal elections should be shortened. No action was taken.

There was an increase in the number of violent deaths in Windsor during the past year, thirty being recorded, as against 17 in 1924. Eight were due to automobile accidents.

"I suppose you never worry yourself over the grocery bills, George?" "Oh, no, we let the grocer do that."—The Progressive Grocer.

NO DRIVERS' PERMITS FOR ABOUT SIX MONTHS

Highways Department Has Not Yet Provided Machinery for New Law

Motor drivers' permits will not be issued till probably about the middle of the year, according to the statement of Hon. G. S. Henry, minister of highways, Friday. "The law is effective that drivers' permits are to be taken out," he said, "but we have not provided the machinery as yet. The department did not wish to undertake this at the same time as the issuing of the motor licenses. It would need an extra staff, and it is proposed to issue the drivers' permits about the middle of the year."

As has been pointed out, there is no space in the 1926 card for registering convictions for breaking traffic laws, this being left off because of the intention to issue the drivers' card. However, in the interval, the department will have records of infractions which can serve if needed for reference.

Up to the present comparatively few motor licenses have been issued, the time set being January 15. "I think it will be well for motorists to take out their license before the rush comes in the last few days," declared Hon. Mr. Henry today.

HERE'S WINTER AS FORECAST 700 YEARS AGO

Thomas Joseph Moul, who lived and died at Saint-Denis, France, during the early thirteenth century was known as a weather prophet in his day, and after his death, it was found that he had left weather predictions in Latin as far ahead as the year 2063. Three centuries later, these predictions were translated into French by Nostradamus.

The forecast for the winter of 1925-26 follows: "The winter of 1925 will be long and quite dry, there will be heavy frosts and a considerable amount of snow up to the end of January, after which time the thaw will bring an abundance of rain. The harvest of grain for the year will be fair."



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WESTERN CANADA FLOUR MILLS CO., LIMITED. Head Office—TORONTO. Branches from coast to coast. PURITY FLOUR For all your baking

and the price will be moderately high."

CARD OF THANKS

I wish to thank friends and neighbors for kindness and sympathy extended during the illness and death of my late husband, Adam Watson.

—Mrs. Adam Watson.

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. acts directly on the poisons that cause the pain. They contain no dangerous or habit forming drugs. Your druggist recommends them. Send 10c for generous trial, Templeton's, Toronto.

\$1.00 Rheumatism 50c. Headache Neuritis 25c. Neuralgia Lumbago 10c. Pain SIZE SIZE

TRC's TEMPLETON'S RHEUMATIC CAPSULES 75

Septimus: "How is your little girl, Mrs. Smith?"

Mrs. Smith: "My little boy is quite well, I thank you."

Septimus: "Oh, it's a boy! I knew it was one or the other."

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.

Staunton's New Wall Papers. ALL the new Spring Wall Papers are in stock for Bedrooms, Living Rooms, Dining Rooms, Halls and Kitchens in all the newest designs in Floral Stripes, Tapestry Scrolls, Chintz Designs and Varietones in 22 inch width. We also have Staunton's book, "Decorating the Walls," in stock at 20 cents. This book has several pages on decorating the home. It also includes several samples of Wall Papers suitable for different rooms. We have 20 samples in stock. We invite you to inspect this new range of Wall Papers. We have for inspection 100 samples to choose from. John McKechnie, Durham

Giving Up Business S=A=L=E. Summer is coming as sure as Christmas is past, and we have summer season goods on hand which must go this month, and they will go at the prices we are offering them. Men's Oxford and High Laced Rubber Soled Outing Shoes, reg. \$1.75 and \$2.00, for \$1.48. Cotton Hose, Ladies' and Children's, reg. 25c and 35c for 18c. Ladies' and Misses' Summer Shoes, reg. \$2.85 and \$3.00 for \$1.65. Other Good Lines, reg. \$2.25 and \$2.50 for .75c. Boys' and Girls' Outing Shoes, reg. \$1.45 and \$1.75, for \$1.00. Ladies' White and Colored Silk Hose, reg. \$1.25, for .60c. Men's Linen Collars in assorted sizes, reg. 25c, for .18c. All the other lines of Men's, Ladies' and Children's Shoes are offered at such low prices that you will want to buy. The entire stock must go this month either in lot or bulk, so anyone wanting a stock of goods where a good, big business has been done in a small place will do well to call and see me, as everything has to go. All accounts must be paid this month, or costs will be added. WM. BRIGHAM Middaugh House Block Durham, Ont.

THE FAMILY NEXT DOOR



Too Much Interference!