So She Could Not estored to Health ia E. Pinkham's ble Compound

ontario. — "I am a prac-nd I recommend Lydia Vegetable Compound to nen. For three months helpless and could not le long enough to drink Many a time my husme to bed, I would be en he read in the paper suffering as I did who er taking the Vegetable he went and got it for had taken three bottles ike a new woman and endid health ever since. ny bearing-down pains te it; sometimes a half tever I need. It is my and I have told many a Any one wanting to out Lydia E. Pinkham's ompound, I will gladly I do all I can to recor I feel I owe my life to it." - Mrs. NEAL t. 1, Minesing, Ontario. broken-down, nervous, metimes? Do you have eling of fear which someto women when they are ydia E. Pinkham's Vegund is excellent to take e. It always helps, and ularly and persistently

usual Sunday school and was enjoyed fully the scholars.

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HICCOUGH

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.

At some time or other, almost everyone has suffered Gordon has sold, or is about to sell, will include a trip down the St. To hear his voice, to see his smile, from the annoying symptom known as hiccough. Some Webster of Toronto. They are tak- through the beautiful Bras d'or For a better husband never lived people, probably on account of faulty habits, are freing stock this week. Mr. Gordon
Lakes, and the Land of Evangeline
country with stopover at Quebec But some sweet day we'll meet again. hiccough are correctly regarded as nothing serious, we business out West, Mr. Roy Gordon occasionally read in the newspapers of a prolonged at- the study of medicine. tack of hiccough having been the cause of death. The fact that death from this cause is in itself regarded as ter only a few days' illness. Internews would appear to indicate that it is comparatively ment took place to Durham cemerare.

coughing is a sudden contraction of of these probably have merit. the diaphragm, the muscular and not serious, attacks that persist the Presbyterian annual meeting tendinous partition between the ab-dominal and chest cavities. Quite serious trouble in addition to being tiring managers were Messrs. D. GREY COUNTY COUNCIL often the attacks are brought on by serious in themselves. They should Edge, T. McGirr, C. Milligan and R. some disorder of the stomach or be treated by a physician. For hic- Macfarlane. The last two were reintestine caused by hasty eating or cough may be caused by inflamma- elected, while the new members are drinking, overeating, or eating the tion of some organ in the abdomen W. Weir and Dan. McArthur. wrong kinds of foods. It is gener- giving rise to peritonitis. It may ally known that overindulgence in even be a symptom of disease affectalcohol has hiccough as one of its ing the brain, as well as of such

Most Cases Stop Quickly

Most of the ordinary attacks of been an important factor in causing are pleased to learn she is doing hiccough stop spontaneously within some of the deaths attributed to well. a short period of time. That is, persistent hiccough. vomiting by means of an emetic are lattack, should be avoided.

time that the attack ceases receives and drinking, or eating too much, September, has been replaced by a credit for the cure. Drinking wa- these bad habits should be correct- new building. ter, holding the breath, pulling on ed. Any particular foods which are the tongue, sneezing and promoting known to be likely to bring on an

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HEALTH QUESTIONS AND ANSWERS

For Colds

thing to take to break up a cold?" used.

Reply A hot tub or foot bath, a hot Mrs. L. T. writes: "I would like begin to treat your cold during the monia. I had it last winter. Can remain in bed. A laxative may be sible to get pneumonia from some-People object to spending a day or them?" the best way to conserve the vitality of the body and help the system, to develop an immunity to the in-

fection that caused the cold. If a cold does not soon show improvement when treated by simple! the services of a physician should be obtained. Most of the cough medicines that are commonly used

Washing the Hair

druff bothers me less if I wash my relief? I seem to be in good health." head twice a week, but I have been told that this will take all of the oil out of my hair and eventually or bath itch. The former is attrimake me bald.

Reply

dry the hair and scalp after washing. If shampooing leaves the hair too dry, apply a little olive oil or lieve both winter and bath itch to petroleum to replace some of the some extent.

oil that is lost in washing. G. F. B. asks: "What is the best | 2. Any good toilet soap may be

Pneumonia

drink, and then go to bed, if you to ask some questions about pneuchill stage. During the early stages, one have pneumonia more than while you have a fever, you should once? What causes it? Is it posbeneficial. The diet should be light, one who has it if you get near

cus and other germs.

May Be Winter Itch

R. B. writes: "I work in a garage for the purpose of curing a cold and drive a car some. As soon as the weather begins to get cold, I am bothered with itching of the skin. There is nothing to see where W. B. H. asks: "I am troubled a lot. What can I do to get some Reply

You may have either winter itch buted largely to being in an over-"1. Is twice a week too often to heated, dry atmosphere. Some skins are sensitive to the frequent use "2. What is the best soap to use?" of soap and water, especially in the cold weather. Too frequent bathing may cause itching. More moisture Washing the hair twice a week in the air of rooms probably rewill not harm it if you thoroughly moves the cause of winter itch. Bran

GAS MAKES PEOPLE NERVOUS AND RESTLESS | stipation or allied stomach trouble. | Don't waste time with pills or tablets but get REAL Adlerika action!

Gas pressure in the abdomen causes a restless, nervous feeling and prevents sleep. Adlerika removes as in TEN minutes and brings out Immodest—indiscreet, surprising amounts of old waste But grandma might pull in her horns matter you never thought was in If wagon tongues could speak.

your system. This excellent intestinal evacuant is wonderful for con-McFadden's Drug Store.

What Would They Tell?

The Days Of Long Ago Taken From Chronicle Files of Twenty and Twelve Years Ago.

February 1, 1906

ent company will be held in Tor- Wheatland, Wyoming. onto on the 7th inst.

A. Graham; First Vice-President, N. W. Campbell, Second Vice-Presi- 1926 CANADIAN TEACHERS' dent, Thomas Allan. Directors, A. S. Hunter, W. Irwin, W. J. Young, Thomas Lyons, A. H. Jackson, J. itors, C. L. Grant, A. H. Jackson.

We are pleased to announce this week the recovery of Mr. Ben Wilon December 26 last.

We understand that Mr. Alex.

We regret very much the death of Mrs. John Moffat of Edge Hill aftery on Sunday afternoon.

We had a brief call last week from Mr. T. J. Lawrence of Revel-The immediate cause of hic- among the numerous cures. Some stoke, B.C., after a six or seven 44 Silverthorn Avenue, Toronto. years' absence. Tom is now a con-

January 29, 1914

On Monday afternoon, Mrs. John diseases as diabetes and chronic Schutz underwent a serious opera-Bright's disease. It is probable that tion performed by Dr. Groves of some such serious disease may have been an important factor in causing length assisted by Dr. Hutten. We Reeve; W. I. Field, Deputy-Reeve.

Mr. A. D. McLeod of Priceville perhaps, the reason why there are | Correction of faulty dietetic ha- has disposed of his mill property to so many "cures." Whatever hap- bits will often prevent the ordinary Mr. George Watson of Flesherton. pens to have been done about the attacks. If the cause is hasty eating The old mill, which was burned in

Mr. Duncan Mackenzie met with a nasty accident Sunday evening on his way to church. Near the post office he slipped on an inclined plank and struck his head on the cement pavenent. He was taken into the post office where medical aid was summoned, and he soon regained Reeve. consciousness and later was taken to his home where he is doing well.

Mr. James Livingston and family of Allan Park are moving to town this week to occupy the Walpole residence which they purchased re-

As announced last week by our Traverston correspondent, it should not be long before a rural mail route is in operation between Markdale, Ebordale and Traverston.

We regret to report the sudden death of Mr. Walter Dunn on Thurs- Reeve. day night of last week. The intel-2. Infection with the pneumococ-fligence of his death was quite a surprise to everybody, as nothing Reeve. 3. Yes. In many places, pneu- was known of his illness. He was monia is subject to quarantine the in his 76th year and had always home remedies such as the above, same as other contagious diseases. been industrious and in the enjoyment of good health. He was born as a lamb. in England and had been a resi- "I guess that's why you are aldent of Egremont nearly 20 years ways getting stewed.

before coming to Durham six years TOWN MERCHANTS ago. Interment took place Sunday afternoon to Maplewood cemetery. Married.-In St. Marys, on January 21, Lizzie, eldest daughter of Mr. city papers have no larger circula-

uary 14, 1914, Annie Lawson, be- to hold his own with good roads, stop with saying "goodnight." The annual meeting of the cem- loved wife of D. McCallum of bus lines and automobiles, he must

Public Library, the following of-ficers were elected: President, John onto.

FEDERATION CONVENTION

The above convention will be held P. Telford, H. R. Koch, Dr. Gun; Aud- in Charlottetown, P. E. I., August 2 to August 6, and arrangements are j now being completed for an all-ex- Ronald Giles who died January 17, pense, personally conducted tour via 1925. liams, who underwent an operation the Canadian National Railways, from Toronto to Charlottetown in What would I give his hand to clasp, enter at beginning of term. connection therewith. This tour His patient face to see, his jewellery business here to a Mr. Lawrence rapids, the Saguenay river As in the days that used to be. City and trip to St. Anne de Beau- Beyond the toil and strife, pre, returning by way of Boston, And clasp each other's hand one the White Mountains of New Hampshire and Montreal. A leaflet will In heaven, that happy life. shortly be issued giving complete information regarding the tour, For particulars, address Mr. Martin Kerr, (Pincipal of the Earl Kitchener School), 4 Beulah Avenue, Hamilton, and Mr. A. E. Bryson, (Principal of the Silverthorn School)

FOR THIS YEAR

Artemesia-J. A. Hogarth, Reeve; Alex. Carruthers, Deputy-Reeve. Bentinck-D. J. McDonald, Reeve; Robert Grierson, Deputy-Reeve. Collingwood - J. J. Buchanan, Derby-Donald E. Sinclair, Reeve. Egremont-Neil Calder, Reeve; J.

A. Ferguson, Deputy-Reeve. Euphrasia—J. T. Miller, Reeve; W. H. Erskine, Deputy-Reeve. Glenelg-William Weir, Reeve. Holland-D. J. Gardiner, Reeve; A. Acheson, Deputy-Reeve.

Keppel-John A. Pringle, Reeve. Normanby-Charles Holm, Reeve; A. Filsinger, Deputy-Reeve. Osprey-W. L. Taylor, Reeve. Proton-William Jack, Reeve. Sarawak-James Dickson, Reeve. St. Vincent - Robert J. White

Sullivan-J. L. Lembke, Reeve; D. McEwen, Deputy-Reeve. Sydenham-G. A. Bothwell, Reeve; J. Fretter, Deputy-Reeve.

Durham-Allan Bell, Reeve. Hanover-M. S. Armstrong, Reeve. Meaford-W. F. Riley, Reeve; C. F. Fisher, Deputy-Reeve.

Thornbury-J. Hutchison, Reeve. Markdale, A. E. Colgan, Reeve. Dundalk, H. C. Moody, Reeve. Chatsworth-N. McElheron, Reeve. Neustadt - Charles Widmeyer,

Flesherton-W. J. Meads, Reeve. Shallow Lake-W. W. Smith,

Meek in Spirit "Don't fear me, Susan. I'm weak

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milk and drop by spoonfuls into the boil-ing stew. Cover tight. Cook 10 minutes. As an alternative these dumplings may be dropped on a butter-ed plate and cooked in a steamer over fast boiling water. Get the

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Home-A vacant place where the

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