

WOMAN  
health by Lydia's  
Vegetable Compound



# The Road To Better Health

## COUGHS

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.

Quite often the victim of a more or less frequent dry cough tells how he or she has done everything that is usually advised for a "cold" but without relief. The favorite "sure cures" of neighbors and friends have failed to cure. Or after an apparent cure, the cough returns.

Now it is possible to have more than one cold during the season for colds. And anyone who develops a bronchitis is rather certain to cough. The ordinary attack of bronchitis, however, is somewhat self-limited. At first the cough is dry, perhaps painful. Later, as the course of the bronchitis tends to recovery, the cough becomes loose, or "productive," as it is called. The loose cough serves a useful purpose in removing material from the air-passages.

Some people, especially the elderly, have a cough every winter. Many of these folks have a chronic bronchitis which is made worse by the cold weather. The cough usually disappears with the coming of warm weather.

But it does not necessarily follow that everyone who coughs has a bronchitis, either acute or chronic. Nor does a cough that is more or less persistent, necessarily mean tuberculosis. For there are several causes of the symptom of cough aside from affections of the organs of respiration. In fact, dry cough may be a symptom of a surprisingly large number of disturbances.

### Varied Causes

Irritation due to the inhalation of dust, smoke and irritating vapors may cause cough. Constant expo-

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### HEALTH QUESTIONS AND ANSWERS

#### Difficult Breathing

W. D. asks: "What is the cause of getting out of breath on the least exertion? Does it come from the heart?"

#### Reply

A disordered heart is one of the most frequent causes. Fat is another. Hardening of the arteries, Bright's disease and anemia are other causes. In all of these, the immediate cause of the difficult breathing is probably a weakening of heart muscle. Have some doctor give you a careful examination.

#### Perhaps Pharyngitis

Mrs. H. writes: "Will you please tell me what is the matter with my throat? It seems as if there was a hair in it, and it has been that way for about a year."

#### Reply

We can only guess. The sensation that you complain of is often a symptom of a form of chronic pharyngitis. You may require treatment of some constitutional condition as well as local treatment of the throat. You may profit by instruction in the proper use of the voice. But remember that we are

### WIFE AND HUSBAND BOTH ILL WITH GAS

"For years I had gas on the stomach. The first dose of Adlerika helped. I now sleep well, and all gas is gone. It also helped my husband." (signed) Mrs. B. Brinkley. ONE spoonful Adlerika removes GAS and often brings astonishing relief to the stomach. Stops that full, bloated feeling. Brings out old waste matter you never thought was in your system. This excellent intestinal evacuant is wonderful for constipation. McFadden's Drug Store.

Advertise in The Chronicle. It Pays.

sure to any of these may cause a chronic cough.

Cough may be a symptom in certain forms of heart disease. In such cases, the heart lacks the power to properly pump the blood. Blood is dammed back into the lungs causing a congestion. The resulting irritation causes an impulse to cough.

Another possible cause of coughing is irritation in the ear. The resulting cough may be severe and persistent. Other possible causes could be mentioned. But these will serve to illustrate the futility of attempting to treat all coughs as though they were caused by "colds."

It is probably true that most coughs are the result of affections of the organs of respiration. The point is that these are not the only possible causes. It is obvious that the rest which is usually advised, will not greatly benefit a weak heart. Nor is such treatment likely to bring permanent relief when a cough is caused by some irritation in the ear.

A persistent or frequent dry cough occurring without other evidence of a cold calls for a careful search for its cause. A cough of this kind does no good. It may even be harmful, especially if the heart is diseased. The way to a permanent cure is through proper treatment of the disturbance which caused the cough.

#### Hardening of the Arteries

H. G. asks: "How long can a person hope to live after the arteries get hard? Do people who have hardening of the arteries always die of apoplexy? I have known people who had hardened arteries and high blood pressure who died of apoplexy. A near relative has recently been told by a doctor that he has hardened arteries, and that is the reason why I am interested in this subject."

#### Reply

There is no set time. The condition of the heart, kidneys, and whether or not the blood pressure is high are very important factors in the outlook. Death does not necessarily result from apoplexy. This man should be examined frequently. Early correction of disturbances of health, avoidance of infections and careful living may enable him to enjoy fair health for considerable time.

#### Youthful Unselfishness

He is a very good little boy and very thoughtful. It was during a long spell of dry weather, and he had heard of the great scarcity of water throughout the country. He came to his mother and slipped his hand in hers.

"Mama," he said, "is it true that in some places little boys and girls have not enough water to drink?"  
"That is what the papers say, my dear."  
"Mama," he presently said, "I'd like to give something for those poor little boys and girls."  
"Yes dear. What would you like to give?"  
"Mamma," he said, in an earnest way, "as long as the water is so very, very scarce, I think I ought to give up bein' washed."

### Gleng Council

Met at Township Hall for general business on February 13. Members all present, minutes of last meeting were read and approved as read.

The following accounts were examined and passed: Collector Ward 1, postage, excise stamps and telephoning, \$5.97; Collector Ward 2, postage, excise stamps and exchange on cheques \$3.35; Collector Ward 3, postage and excise stamps \$2.86; Collector, Ward 4, postage and excise stamps \$2.60.

Reeve and Commissioner Black, letting contract of timber for bridge at lot 20, concession 10, \$3.00 each; John McKechnie, re snow fence on Town Line, Gleng and Artemesia, at lot 54, concession 2, N. D. R., \$1.50; A. H. Jackson, search re Treasurer's securities \$1.25; Ray McGlocklin 2 cords wood for hall \$8.00; Municipal World, assessment rolls and supplies \$33.21; Clerk, registering births, marriages and deaths for 1925, \$12.00, (26 births, 2 marriages and 20 deaths); Hector MacDonald, 40 rods wire fence bonus at lot 40, concession 3, E. G. R., \$10.00; Archie McArthur, (No. 4 Ward) refund of dog tax \$2.00.

The auditors, Messrs. John McGirr and Henry Beaton, presented their report showing receipts for 1925 to have been \$38,806.36, and expenditures \$34,574.50, leaving balance of \$4,231.86 on hand December 31, 1925.

Brodie-Black: That the auditors report be adopted as read and that this Council have five copies of the report typewritten and forwarded to the proper authorities and that the auditors be paid their salary of \$15.00 each. Carried.

Brodie-Black: That the sum of \$25.00 be given for charity in care of Rev. Dr. Gray, Markdale, re the Parks family. Carried.

Black-McKechnie: That William Murphy be appointed assessor for 1926 at salary of \$87.00. Lost.

Brodie-Aljoe: That Cunningham Moore be appointed assessor for 1926 at a salary of \$100. Carried.

By-Laws 678 appointing assessor, 679 amending salary of Clerk, By-Law 680 appointing fence viewers, pound keepers and pathmasters were passed.

Council adjourned till April 3, 1926.

Pathmasters in Gleng for 1926 are as follows:  
Concession 1 E. G. R.—Dan O'Mara, H. O. McGillivray, Charles Schaefer, Charles Weppeler, L. G. MacLean, Malcolm McKechnie, James Vessie, William Vessie and Robert Wilson.  
Concessions 2 and 3, E. G. R.—John W. Duncan, Morrison, Pat Reay, J. E. Melosh, John McKechnie, James Hespil, George Ritchie, William G. Firth, William R. Weir, Herb. Atkinson, Lawrence McFadden, Clark Watson.

Durham Road—Lawrence Chapman, William John McFadden, William T. Brown, Leonard McKee, Malcolm McInnis, Robert Shortreed, (Priceville Police Village is committed).

Concessions 2 and 3, S. D. R.—Wesley Armit, Andrew Watson, Adam Hall, Joseph Hooper, Lauchlan McKinnon, Hector McEachern.  
Concession 4, S. D. R.—William Moore, Frank Scott, Thomas Tucker, Archie McKinnon.

Concessions 2 and 3, N. D. R.—Henry Woppler, Harry Gray, George Binnie, J. J. Black, Alex. McQuarrie, Duncan Sinclair.

Concessions 4 and 5, N. D. R.—Dan McAuliffe, Archie McNab, John O'Neill, John G. Beaton, Dan McCormick, D. H. McDonald.  
Concessions 6 and 7.—William Greenwood, Joseph Edwards, John Robson, Alex. McDonald, James Banks, Dan McDonald.

Concessions 8 and 9.—Herb. Timmins, James McNally, William Sweeney, Thomas Connor, Harold Watson, John O'Hanley.  
Concessions 10 and 11.—John Ellison, John McCarthy, Dougal McCormick, Dan Kennedy.  
Concessions 12 and 13.—Dan Brodie, Arnold Brodie, James Goodwell, Dennis Callaghan, John Wilson.

Concessions 14 and 15.—Wesley Bell, William Priel, Wesley Brady, Isaac Beattie.  
Concessions 1, 2 and 3, Toronto and Sydenham Road.—A. L. Walker, George Morwood, Stephen Bennett, Wes. Aitkens, Joseph Armstrong.

### Both Mistaken

A pompous man missed his silk handkerchief and accused an Irishman of stealing it. After some confusion, the man found the handkerchief in his pocket, and apologized for having accused the Irishman.  
"Never mind at all," said the latter. "Ye thought I was a thafe, and I thought ye was a gentleman, an' we were both mistaken."

### Bentinck Council

Pursuant to adjournment, Council met on Monday, February 8, 1926. Members all present. Minutes of last meeting were read and adopted.

Magwood-Grierson: That contract of Township printing be given to The Hanover Post, their tender being the lowest. Carried.

Magwood-Turnbull: That Road Superintendent be authorized to attend the conference of Engineers and Superintendents at Toronto on February 22 and 23, and that his expenses be paid. Carried.

Magwood-McGregor: That claim of V. Scheuerman for sheep killed by dogs be paid. Carried.

Grierson-Magwood: That Reeve be authorized to order 2 Sawyer-Massey No. 4 graders. Carried.

Turnbull-Grierson: That auditors report be accepted and they be paid their salary. Carried.

Turnbull-McGregor: That Harold McKechnie be appointed assessor of the Township. Carried.

Grierson-Magwood: That sheep valuers, fence viewers and pound keepers be appointed. Carried.

Magwood-Turnbull: That patrolmen retain their pay sheets for winter work until April 1 and forward same to Superintendent on that date. Carried.

Magwood-Turnbull: That Reeve and Clerk be authorized to sign and submit to the Minister of Highways of the Province of Ontario the petition of the corporation of the Township of Bentinck showing that during the period January 1 to December 15, 1925, there has been expended upon the Township Roads the sum of \$7,288.68. Superintendence \$305.64 included grant for wire fence of 1924, and requesting the grant on that amount as provided by the Ontario Highways Act. Carried.

Sheep valuers: Hugh R. Riddell, T. H. Lawrence, S. G. Hopkins, Wilfred Wright.  
Fence-viewers: No. 1—D. McLean, R. J. Corlett, A. Hastie; No. 2—H. Reay, Sr., C. Lawrence, J. Grierson; No. 3—A. Meyer, W. S. Willis, H. Patterson; No. 4—L. Dietz, J. F. Dodsworth, W. G. Hastie.

Pound-keepers: No. 1—R. Ledingham, J. S. Davey, J. McDougall; No. 2—A. Park, W. McCracken, E. Rosborough; No. 3—A. Haase, D. Kohl, S. Hillgartner; No. 4—J. Tulloch, G. Hastie, C. Wilkinson.

Patrolmen: D. A. Campbell, James Walsh, D. McLean, D. Stewart, J. Ewen, C. Petty, J. Hudson, F. Breutigian, J. Park, Sr., A. Grierson, H. Metcalfe, P. Schmidt, B. Coutts, H. Schultz, D. Chittick, W. J. Adlam, W. Patterson, D. McDonald, S. Hopkins, E. Monk, J. Weidendorf, W. Bieman, F. Twamley, J. F. Dodsworth, P. Krauter, R. McCaslin, L. Dietz, W. Wright, A. Hastie, S. Bailey, P. Robinson, J. Park, H. Sachs.

Council adjourned to meet Monday, March 15, for transaction of general business.

—J. H. Chittick, Clerk.

### Advertising Pays

Advertising makes stuff move all right. A Bradford dealer advertised two radio sets at \$145 and \$185 as special values. The night after the local paper appeared with the advertisement, both sets went. Somebody broke into the shop and stole them.

### TICKLING COUGHS

are a source of annoyance to all concerned. They rack those who suffer and are distressing to others, especially in public places. Carry a box of

### NYAL HUSKEYS

and be free of trouble. Allow a Huskey to dissolve slowly in the mouth and let its soothing qualities allay the tickle and help prevent infection. Pleasant to take and easy to carry.

25 cents per package

Wampole's Cod Liver Extract, the Year Round Tonic \$1.00

McFadden's Drug Store

## 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.

### ESTIMATE HUGE LOG CAME FROM TREE THREE HUNDRED YEARS OLD

Soft Elm Log From Farm of Fred Grahman, Desboro, Measured 3 Feet, 7 Inches Across at the Smallest End.

That there is in Grey County still some very desirable timber was evidenced on Saturday when it was noticed that three very large logs, each on a separate sleigh, were attracting some attention from the citizens. One of them stopped at the market square, and was there examined by a large number of people.

\*This timber was the property of Mr. Fred Grahman who resides near

Desboro, and was cut down on his farm. There were five 12 foot logs cut out of this tree, and one which was examined measured 3 feet, 7 inches in diameter at the smallest end. It is a soft elm log and in perfect condition and is estimated to be very close to 300 years old. Some one figured out that there were 1,046 feet of lumber in the log.

Mr. Grahman says he has some more of the same kind of timber on his farm, although it may not be as large as this one. He sold all five pieces of this log to the North American Bent Chair Company, and two of them have yet to be delivered.—Owen Sound Sun-Times.

Read the Classified Ads. on Page 7.

The Profit Lies in the Finish

IT PAYS to market cattle with the proper degree of finish. A quality product always commands a premium and is readily salable at a profitable price. If you have stock which needs a little more time for finishing, and the feed is scarce, see the local manager of the Standard Bank. It is a simple matter to arrange a loan to carry the stock until a favorable market warrants a profitable sale.

**BANKING FIFTY YEARS**

**THE STANDARD BANK OF CANADA**  
DURHAM BRANCH—John Kelly, Manager  
Sub-Branch at Pricerville

If It's Here, It's New      If It's New, It's Here.

## The Ideal Men's Wear Store

# BIG REDUCTIONS

In a few lines we are Clearing Out

- 15 pairs Men's Shoes @ .....\$2.05
- 15 pairs Boys' Shoes @ .....\$2.35
- A Few pairs Men's Rubbers @ .....50c
- A Few pairs Boys' Rubbers @ .....75c
- A Number of Ladies' or Girls' Caps and Scarfs to match for .....75c
- A Number of Boys' Mitts and Gauntlets @ .....50c
- A Number of Mens' Mitts for .....55c
- Mens' Flannel Shirts for .....\$1.65
- Boys' Tweed Bloomers for .....\$1.80

Specials in Sweaters, Ready-to-Wear Suits and Overcoats. Call and see our prices on Felt Hats and Caps and a few odd pieces of Winter Underwear

**GEORGE S. BURNETT**  
Gent's Furnisher      Durham, Ontario

### THE FAMILY NEXT DOOR

