

RUN-DOWN AFTER BIRTH OF BABY

Ottawa Woman Made Strong by Taking Lydia E. Pinkham's Vegetable Compound

Ottawa, Ontario.—"I was terribly run-down after the birth of my third baby. I had awful bearing-down pains and was afraid I had serious trouble. I was tired all the time and had no appetite. My sister-in-law is taking Lydia E. Pinkham's Vegetable Compound and cannot praise it too highly and asked me to try it. I have had splendid results and feel fine all the time now. Any one who needs a thorough pick-me-up soon learns from me what to take."—Mrs. RENE AQUIN, 329 Cumberland Street, Ottawa, Ontario.

Terrible Backache

Hamilton, Ont.—"After my baby was born I had terrible backache and headaches. I could not do my work and sit tired from the first minute I got up. But worst of all were the pains in my sides when I moved about. I had to sit or lie down for a while afterwards. I could keep my house in order, but many things had to go un-done at the time, because of my ailments. I was told by a neighbor to take Lydia E. Pinkham's Vegetable Compound, as she said it would build me up. I was relieved before I had taken the first one and have not had any trouble like it since."—Mrs. T. MARKLE, 115 Ferguson Avenue South, Hamilton, Ontario. c

It was the origin of the name Belleville.

Doubtful
our part, we doubt if there ever a girl who could carry a hen heart and eat boiled cabbage the same time.—Galveston News.

AFTER ALL There's Nothing To Equal Zam-Buk FOR THE SKIN!



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The Road To Better Health

WHAT CAUSES CANCER?

By DR. ARTHUR L. FORSTER

Note: Dr. Forster 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. Arthur L. Forster in care of The Durham Chronicle.

What follows is not to be taken as proven dogma, but merely as the outgrowth of some abstract reasoning of my own on this question that has held the attention of the scientific world for many years.

I am unable, first of all, to subscribe to the theory that there is anything infectious about cancer. On the contrary, a mountain of evidence has been erected, that tends to disprove this theory. In approaching the question—"What causes cancer?"—it is necessary to first decide what a cancer really is! Reduced to simplest terms, it may be said that a cancer is a mass of cells of the lowest grade. Unlike most other so-called tumors, it has no membrane surrounding it. It has no nerve or blood supply. While there are different kinds of cancer, these characteristics apply to all forms.

The next proposition to consider is WHERE a cancer is located. We find that it is always situated in parts of the body where there is epithelial tissue (the best example of this kind of tissue being the skin). Accordingly we find cancer in the lip, tongue, throat, stomach, uterus, prostate, intestines and breast.

Irritation or Injury—Cause
Proceeding to the next step in our process of reasoning, we find that the site of the cancer had either been subjected to a continued mild irritation or had been subjected to an injury that was repaired with scar-tissue. For example:

Cancer of the lip occurs in men who go about most of the time with a straw or pipe in their mouth; cancer of the tongue and throat is seen in heavy smokers and drinkers; cancer of the stomach and intestines is nearly always preceded by a history of an ulcer; cancer of the uterus usually occurs in women whose womb was torn during childbirth (it is exceedingly uncommon in spinsters); cancer of the prostate is preceded by a history of venereal disease and enlargement of this gland; cancer of the breast is practically confined to mothers who have nursed several children.

In every instance quoted, it will be seen that the affected part of the body had been subjected to irritation or injury. Also, that the parts so affected are always those that communicate with the outside world. Thus, while there is cancer of the liver, it never begins there, but is always secondary to cancer of the stomach.

Were cancer caused by a micro-organism, no age would be noticeably exempt. But what do we observe in this connection? That cancer is strictly a disease of middle life, and never occurs in children. The fact that it does occur after middle life is further evidence in support of my contention that it is nothing more nor less than a mass of degenerated tissue which requires a certain length of time for its cause to exist and a definite period for its

effects to develop. Assuming this theory to be true, let us see how it would work out in a given case. We know the scar-tissue, which replaces normal tissue that has been destroyed, is of low grade. We likewise know that the lower we go in the scale of life, the more prolific the organisms become. On that assumption, any scar-tissue in the body that is subjected to continued irritation is liable to become cancerous. And once the process has been started, each succeeding generation of cells is more prolific than its forbears. The mass continues to enlarge through multiplication of its cells and because it destroys everything in its path, it is called malignant.

Has No Blood Supply
After the mass has reached a given size, its central portion begins to break down, as it has no blood supply. The cells receive no nutrition, and they die. The low vital resistance of the mass makes it a ready prey to the action of bacteria, especially the pus-producing kind. As a result, the mass becomes infected and harbors many kinds of germs, some of which are typical and others, because of their rapid proliferation, less typical. It is the finding of these latter unrecognized forms in cancerous masses that has given rise to the thought that cancer may be caused by bacteria.

When this process of infection, death, and decay reaches a certain stage, the lymph channels try to stop it, just as they do in any infection. Their action here is identical to the enlargement of the glands in the arm-pit in blood-poisoning of the hand. I can accordingly see no ground for the popular notion that a cancer has roots, nor the medical idea that a cancer extends itself along the lymphatics. The apparent roots are engorged lymph vessels, and they are engorged because they are attempting to carry away the infected foreign matter. And in doing so, they themselves become infected.

When that stage has been reached an operation is unavailing. It may prolong life, but that is all. The only way to remove cancer is to cut it out—and do it early. Periodic physical examination after forty is the only way to find a cancer soon enough to make its complete excision possible. Once it has begun to evidence itself through subjective and objective symptoms and signs, it is generally too late. Tinkering with other methods in the hope of escaping an operation is a fatal error. Cancer is—in its very essence—degeneration and decay, and no remedy other than its excision, in my present opinion, will ever be found.

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HEALTH QUESTIONS AND ANSWERS

Questions and Answers. —br rell
Ringworm Is Not Contagious
J. K. writes:
"(1) Is ringworm contagious?
"(2) Is it all right to paint it with iodine?"
Reply
"(1) It is infectious, but not contagious in the generally accepted sense of that term.
"(2) Yes.
Everybody Has Blood-Pressure
E. S. writes:
"(1) What are the symptoms of blood-pressure?"

"(2) If a person has blood-pressure, what can he do about it?"
Reply
"(1) Everybody has a certain amount of blood-pressure, that is to say, a certain tension within the vessels. It is the elasticity of the vessels that makes circulation of the blood possible, to a certain degree. Under abnormal conditions, however, the pressure may be too high or too low. I presume what you have in mind is HIGH blood-pressure, the symptoms of which are headache, dizziness, ringing of the ears, fainting spells, palsies of various kinds,

The Days Of Long Ago

Taken From Chronicle Files of Twenty and Twelve Years Ago.

March 29, 1906.

The Township of Artemesia carried the local option bylaw, and the temperance people are at work to put up a commodious hotel to accommodate the travelling public.

A couple of young fellows, one an old offender, were tried here last week before Police Magistrate Telford, for scrapping and being disorderly. Each had \$2.00 and costs to pay for the diversion.

A pretty wedding took place at the residence of Mr. and Mrs. J. C. Reynolds, Walker's Corners, Holland, on March 20. The bride was Violetta, youngest daughter of Mr. J. C. Reynolds, and the bridegroom, Dr. T. G. Campbell of Bentinck.

Born.—In Bentinck, March 22, to Mr. and Mrs. David Hopkins, a daughter.

Mr. William Allan has some very prolific cows. One has given birth to four calves inside eleven months and all doing well. Another bids fair to do the trick, having started off by giving birth to twins a week ago.—Corner Concerns correspondence.

Born.—In Glenelg, March 25, to Mr. and Mrs. J. J. Beart, a son.
Died.—In Glenelg, March 24, Mrs. William Jack, in her 26th year.

March 26, 1914.

Mr. Alfred Redford is making preparation for his new residence on Bruce street.

The horse fair last week was quite a success, a total of 34 horses having changed hands.

Mr. S. T. Chapman has purchased a piece of land near the separator factory and intends building a residence.

Mr. P. Gagnon has invested in a lot at the west side of the old post office property, the McKenzie property, and intends building a residence on it this summer. Mr. W. E. Richardson has purchased a piece of property from Dr. Pickering, and we understand intends erecting a residence.

We regret to learn that Mrs. John Kinnee, now in Drayton, is seriously ill of pneumonia and not likely to recover. Mr. and Mrs. C. P. Kinnee went down to see her last week in response to a telephone message.

Three Ford cars were received here Monday by Mr. James Smith, who has the agency for Durham. This is the first shipment of the season, and we understand the cars are already disposed of, and another lot of three will arrive in the course of a couple of weeks.

A meeting to organize a baseball club will be held in the library building next Wednesday evening. The finest winter we ever remember seeing is now drawing to a close. There were few blockades on either roads or railways, and trains all winter ran fairly well on time.

On Tuesday of last week, Mr. David Sharp died at the House of Refuge in Markdale, where he had been sent in the early part of the year. He was in his 80th year.

The Edge property north of the skating rink has been chosen as the site for the new high school.

Born.—In Durham, March 15, to Mr. and Mrs. David Brown, a son.
Died.—In Glenelg, March 19, Mr. Matthew J. Davis, in his 70th year.

MAN SLEEPS LIKE LOG, EATS ANYTHING

"After taking Adlerika, I can eat anything and sleep like a log. I had gas on the stomach and couldn't keep food down nor sleep." (signed) R. C. Miller. ONE spoonful Adlerika removes GAS and often brings surprising relief to the stomach. Stops that full, bloated feeling. Often brings out old waste-matter you never thought was in your system. Excellent for chronic constipation. McFadden's Drug Store.

hardened arteries, and symptoms referable to the heart and kidneys. Not all these signs are present in every case, but some of them are found in all cases.
"(2) Inasmuch as high blood-pressure is a symptom, the patient should consult a physician whose business it is to determine the underlying cause. Through appropriate treatment, this can be cured or improved to a degree that will bring about reduction of the blood-pressure below the danger point.

AN EMBARRASSING SITUATION

That the Absent Minded Beggar whom Kipling raved so much about hadn't the market cornered on this failing is evident by the way a Walkertonian broke out in the West Ward on Friday last. Having purchased an aged horse that day, the owner tied the plug in the stable next to the stall occupied by his Jersey cow, and when milking time came around, what did the local do but grab his pail and run directly to the horse. Seating himself under the nag, he was preparing to do his stuff, when he suddenly came to and realized that he was in the wrong pen. Sensing the ridiculousness of the situation, he was about to arise and betake himself hence, when on glancing up, he beheld his young daughter peering his way as perplexed as Alice in Wonderland at what she saw. The news soon got to the household, and the man, even though strictly temperate, was directly under a cloud of suspicion, and on arriving in with the milk, had to do more explaining than if he had been caught red-handed with a corkscrew and a bottle of moonshine. Someone has said that your sins will find you out, and men have doubtlessly been convicted on less conclusive circumstantial evidence than this, but here was an instance where absent-mindedness and a sanitary breath formed a combination that was responsible for a most embarrassing situation.—Walkerton Times.

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The Only Difficulty
One afternoon a stranger debarked from the train and headed up the street. Finally he met one of the oldest citizens in the town. "Pardon me," said the stranger, "are you a resident of this town?"
"Yes, sir," was the reply of the other. "I have been here something like fifty years. What can I do for you?"
"I am looking for a criminal lawyer. Have you one here?"
"Well," said the native, reflectively, "we think we have, but we can't prove it on him."

The Dough That Father Made
You can announce it that she is the house guest of her parents, or any way they like, but it generally means that the bride has ambled back for a little home cooking.—Louisville Courier-Journal.

Easter Goods Have Arrived at Spirella Parlors

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THE FAMILY NEXT DOOR

Panel 1: A man in a hat and coat stands in a doorway, looking into a room. He says, "HERE COMES OLD 'WORRYALL' SMITH, LOOKIN' MORE DESPONDENT THAN EVER - WONDER WHAT HE'S WORRIED ABOUT NOW."

Panel 2: The man enters the room and says, "HELLO, MR SMITH! HOW'S EVERYTHING THIS TIME?"Panel 3: The man replies, "OH, EVERYTHING IS FINE, NEXTOR - BUT I'M TERRIBLY WORRIED!"Panel 4: The man asks, "WELL, IF EVERYTHING IS FINE, WHAT ISN'T KICK - WHAT IS THERE TO WORRY ABOUT?" The man replies, "NOTHING --"Panel 5: The man says, "THAT'S WHY I'M SO TERRIBLY WORRIED!!"

Trouble Enough!