

# FOR GIRLS WHO WORK

## Lydia E. Pinkham's Vegetable Compound Is a Great Friend—It Stops Pain and Restores Health

Toronto, Ontario.—"I work in a factory and I would have to get away from my work every time I was sick. The dragging-down pains and cramps were very bad, but my back was terrible. It hurt so that I couldn't lie down with it. I heard some of the girls talking about Lydia E. Pinkham's Vegetable Compound, and they told me to try it. I have taken about a dozen bottles of it and it has done me a lot of good. I never have any pains or sore back now, and have not been off from work a day since I have taken it. I recommend the Vegetable Compound when I have the opportunity."—Miss ROLLO, 21 Howie Avenue, Toronto, Ontario.

"The Advice of a Friend"  
Hanover, Ontario.—"I was terribly pained and a few odd times I almost fainted. I used to do housework until a few months ago and sometimes had to leave my work and go to bed. I am now a mender in the knitting-mill. I suffered five or six years from painful periods before I took Lydia E. Pinkham's Vegetable Compound by the advice of a friend. I got relief almost immediately, and I tell my friends what a good medicine it is. You may use this testimonial if you like, if it will help others."—Miss J. PEARSON, Victoria Street, Hanover, Ontario.

Several Who Can Do Otherwise  
A beautiful and loving woman in bringing down heaven's peace—and I know several who raise hell.

# WATER

## Iron Pumps of All Kinds

Renew Ranges and Separators  
Brantford Windmills  
Gould, Shapley and Muir  
Gas Engines

## Schutz Pump & Tile Co.

Phone 15 Durham, Ont.



## The Man with Money

HOSE who have saved are able to buy, and the man with money in the bank is always ready for opportunity or emergency. Determine to save a certain sum \$100. That accomplished, a second \$100, and you will have \$1,000 in the bank.

## Royal Bank Canada

Rowland, Manager

## Wash out profits

croops and expensive rky roofs! Isn't that sberly? If you're not here's only one thing with roofs that last fire-safe! Durable! and easy to lay.

other types of Bar-em reasonable!

ett Roofings

., Limited



# The Road To Better Health

## OBESITY

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.

During the "R" months, most people put on five or ten pounds of superfluous flesh that is generally lost through the summer months. The reason is that during the winter season people eat more and exercise less than they do in "the good, old summer-time." Only those whose ductless glands are especially well-balanced fail to exhibit these weight variations.

There you have the three main causes of obesity—that haunting dread of the modern woman—the "bug-bear" of the middle-aged man. And of the three, my observation and experience have convinced me that the ductless glands play the leading part.

I know people who are as thin as the proverbial rail that eat three times as much as their neighbor who tips the scales at two hundred pounds. I know people who are "fat and forty" that exercise in six different ways, while their thin friend never moves a muscle if he can help it. Which means that "getting fat" isn't entirely a matter of eating and exercise.

Fundamentally, then, being fat or thin is, in my opinion, determined by the activity of the ductless glands. These are the pineal body and pituitary gland (in the head); the thyroid gland (in the neck); the mammary glands (breasts); the adrenals (on top of the kidneys); the ovaries and testes.

Each of these glands secretes a fluid that enters the bloodstream, and the resultant mixture regulates most of the more important vital processes. Thus, a person who is born without a thyroid gland remains a midget, and one with too much pituitary substance becomes a giant.

### Study Discloses Defects

Between these two extremes, we find the people who are normal in every respect, save that they are too fat or too thin. And a careful study of each case will disclose some defect in one of the ductless glands. For example, we are all familiar with the rapid gain of weight in women, after the menopause or after operative removal of the ovaries. Ovarian deficiency is a well-established cause of obesity in some cases. In others, the cause may lie somewhere else.

Study Discloses Defects  
Between these two extremes, we find the people who are normal in every respect, save that they are too fat or too thin. And a careful study of each case will disclose some defect in one of the ductless glands. For example, we are all familiar with the rapid gain of weight in women, after the menopause or after operative removal of the ovaries. Ovarian deficiency is a well-established cause of obesity in some cases. In others, the cause may lie somewhere else.

### Why Teeth Ache After Being Filled

K. G. writes:  
"Three weeks ago I was at the dentist's and, in addition to some other work, he filled two teeth which had cavities. These teeth ache slightly most of the time and badly when I eat."  
"Do you advise putting caps on them?"

### Reply

This is a little out of my line—

Working on this theory some industrious persons have put on the market reducing remedies consisting of the active principle of these glands. Generally they are obtained from the glands of sheep and, although suitable for one person, they may be harmful to another. Consequently preparations of this kind should be taken only under the guidance of a physician.

In no case, however, is the administration of these gland extracts sufficient. The individual must regulate his diet and exercise, as well. Thus it becomes necessary to cut down on starches and sugars (potatoes, white bread, pastries, candy) because these are fattening. At the same time the fats must be oxidized by exercise to prevent their accumulation in the body. Only in this manner can one acquire and maintain a normal weight.

There is a fourth cause of obesity which should receive mention in this place even though it is not remediable—namely, hereditary. There is no doubt that we inherit from our ancestors a tendency to be fat or thin. While there are exceptions to this rule as to all others, the offspring of these parents generally follow suit. In such cases it naturally becomes more difficult to maintain a normal weight, because such a tendency to slowness is as much a part of one's make-up as the color of his eyes. But even these people can do a great deal for themselves if they will.

The trouble with most fat people is that while they want to be thin, they are unwilling to pay the price in self-denial and exertion.

They want to be petite and eat potatoes at the same time. It can't be done. Becoming a "perfect 36" takes more than envying those who are. Only a correct regime consistently and persistently followed can cure obesity!

(Copyright, 1926, by The Bonnet-Brown Corporation, Chicago.)

## HEALTH QUESTIONS AND ANSWERS

### A Sore Tongue Is a Barometer of Disease

Mrs. W. G. writes:  
"I have had a sore tongue nearly a year. The back is thick and coated, while the tip is covered like ulcers. I suffer from constipation; also have pain in right side of abdomen and back."

### Reply

"Your tongue is an index to the state of your stomach and intestines, which are more or less in the same condition. You should first of all see to it that your bowels act regularly every day. Go to the stool at the same time each day, preferably after breakfast, which should be preceded with a glass of cold water. Eat lots of roughage—bran, turnips, cabbage, lettuce, and so on. Tone up the intestinal track by taking suitable exercises. Your tongue will soon clear up under such a regime."

### Why Teeth Ache After Being Filled

K. G. writes:  
"Three weeks ago I was at the dentist's and, in addition to some other work, he filled two teeth which had cavities. These teeth ache slightly most of the time and badly when I eat."  
"Do you advise putting caps on them?"

### Reply

This is a little out of my line—

## The Days Of Long Ago

Taken From Chronicle Files of Twenty and Twelve Years Ago.

### TWENTY YEARS AGO

May 24, 1906.

A singular game of checkers was played here a few evenings ago between William Whitmore and Alderman Cochrane. Both are good checker players, and the singular thing about the game was that both were blocked and couldn't move.

Dr. Jamieson's residence is being beautified by the erection of a new verandah.

The Merchants' Association are discussing the advisability of keeping a half-holiday during the summer months. Nothing definite has yet been arrived at.

The Sons of Scotland are getting in readiness for their big demonstration on the first of July.

A meeting of the shareholders of the Durham Gas and Oil Company will be held in the Town Hall on Friday evening, June 8, for the purpose of disposing of the whole of the effects of the company.

The C. P. R. man was in town this week and gave out information that all tenders for the construction of the new road from Saugen to Walkerton were to be in by the first of June, when work would likely be commenced.

The bridge at the foot of the hill on Garafraxa street is in a bad state of repair. What we need is a new bridge, but if we can't have that, the old one will have to be looked after else the town will find itself in a losing suit for damages at no very far off date.

For the first time in years, a celebration is to be held in Durham on Victoria Day. This year the lacrosse boys are putting on a day of sports.

The South Grey Rifle Association ranges to the east of the town are rapidly nearing completion.

A very pretty wedding took place at the home of Mrs. H. Dennet, Egremont, on May 16, when her eldest daughter, Beldina Thomson, and Mr. George S. Walker of Paisley were united in marriage.

Born.—In Durham, May 22, to Mr. and Mrs. George Thompson, a son. On Saturday, May 19, there passed away at the advanced age of 77 years, William Smith of Dornoch, one of the early pioneers of this county. He lived on the farm where he died for 63 years, having settled there with his father, the late James Smith, in 1843. He leaves to mourn a widow, five daughters and five sons.

Durham W. F. A. football team was defeated in Ayton on Monday 1-0. The local line-up was: Goal, Saunders; full backs, H. McDonald, C. Ritchie; half backs, Lavelle, A. Benton, Moore; centre, McCalmon; right wings, Duncan, F. Benton; left wings, Allan, Bauer.

### TWELVE YEARS AGO

May 21, 1914.

E. W. Limin is putting up a concrete job-house of modern type. Little or no packing will be required to preserve the product.

Mr. John Snell is digging up Garafraxa street with a view to extending the waterworks system.

Mrs. William Smith, an aged lady in town, is critically ill and fears are entertained that she may contract pneumonia. Her son, W. T. Smith, who lives with her, is also ailing, and was forced to quit work at the furniture factory.

The dust during the past week has roused the business men, and this week a subscription sheet has been circulated to raise money for street watering.

The new seats were installed in the Methodist church last week, and Sunday they were used for the first time.

The death of John Nelson on Friday last removes another of the early settlers from the township of Egremont.

The cold and frosty nights of last week and the continued dry weather are causing farmers and all others to think seriously over the outcome. We regret to learn of the death on May 10 at her home in Proton of Mrs. E. B. Ostrander, in her 27th year. Her husband and two small children survive.

### Only Partially

Sweet Young Thing to Oculist: "I've broken my glasses. Do I have to be examined all over?"  
Oculist, crustily: "No, just your eyes."

Gossip is all right if it goes in one ear and out the other and not out the mouth.

### MADE HIS OWN JOB

It seems that there should always be a job in this world for any person who really wants to work, and there probably is, if he only knows how to find it.

That using one's head is often better than wandering aimlessly about seeking work is illustrated by the experience of a French-Canadian, who removed to Vermont and spent the summer looking after cottage dwellers on the shores of Lake Champlain. When the season was over, he was out of work, but he had 13 children, and something had to be found to help tide them over the winter. He heard that the Vermont school law required the township board to furnish transportation for any group of ten or more children living more than two miles from a school house. Ten of his 13 children were of school age, so he asked the board to furnish them transportation. The board agreed that his request was not to be ignored, so he was employed to take his own children to school at \$3 per day.

Yes, there is usually a job for each of us somewhere, if we will only use our heads to find it.

## OLD MR. CARTER HELPED BY SIMPLE MIXTURE

"After taking Adlerika, I feel better than for years. At my age (60), it is ideal—so different from other medicines." (signed) W. W. Carter. Adlerika is a simple mixture of buckthorn bark, glycerine, etc., which removes GAS in ten minutes and often brings surprising relief to the stomach. Stops that full, bloated feeling. Brings out old waste-matter you never thought was in your system. Excellent for chronic constipation. McFadden's Drug Store.

"Advertising," said the ad writer, "is for me nothing but perpetual motion. I write them and get paid for writing them; my wife reads them, and I pay for them."

## NOBLE'S GARAGE SERVICE

Headquarters for  
Oils Gas  
Greases  
ACCESSORIES  
OF ALL KINDS

GUARANTEED REPAIRING

## Chevrolet

Sales and Service  
A. NOBLE, Prop.

# Just Drink "SALADA" TEA

Its superb flavour satisfies.

**DAINTY FOX STAR GRAVES BEAR MEAT AND GETS PLENTY**  
Madge Bellamy, beautiful Fox Films star, realized a long-felt wish when the Victor Schertzing company travelled to Fort Huachuca, Arizona, for the purpose of filming cavalry sequences of "The Golden Strain," screen version of a gripping story by Peter B. Kyne, which comes to the Veterans' Star Theatre Friday and Saturday, May 21 and 22.

Miss Bellamy always wanted to say that she had tasted bear-meat and the officers at the famous old fort gratified her ambition. Colonel James C. Rhea sent a small detachment of sharpshooters into the towering hills overlooking Mexico, and they returned with a large bear and two deer. For several days the mess at the officers' club was liberally patronized by every member of the company, including Ann Pennington, Grace Morse, Hobart Bosworth, Kenneth Harlan, Lawford Davidson, Frank Beal, Larry Fisher, Frank McMillan, Jr., and others. But Miss Bellamy was quite unselfish, and sent large portions of the meat to the grips and other workers quartered in the casual barracks.

The good man who goes wrong is but a bad man who has been found out.

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

## The Ideal Men's Wear Store

We are crowded for room and overstocked, so we have decided to give Special Prices on our entire stock of

# Men's and Boy's Wear

Call and let us show you we mean business

## 36 Men's and Boy's Ready-to-wear Suits. Marked Away Down.

## Hats, Caps, Ties, Hosiery, Shirts

ALL CUT TO THE CORE

It would take too much time and space to quote prices. We invite you to come and see for yourself.

These prices are for the next two weeks, so if you are in need of anything to wear, call here. Come in and see our prices.

## GEORGE S. BURNETT

Gent's Furnisher Durham, Ontario

It's safe to buy your tires wherever you see this sign, for the efficient Dunlop Official Dealer stakes his reputation on and invests his money in them.

## DUNLOP BALLOON TIRES

Dunlop Official Service Depots: Albert Noble and Smith Bros., Durham

## THE FAMILY NEXT DOOR

Panel 1: A man says, "I DON'T CARE IF IT IS AT A CHURCH BAZAAR, I DON'T THINK A WHOLE LOT OF IT!" A woman replies, "OH, YES INDEED!"

Panel 2: A man says, "MADAME ZERO, MY HUSBAND HERE DOESN'T BELIEVE IN MENTAL TELEPATHY—MAYBE YOU CAN CONVINCE HIM IT'S POSSIBLE." A woman replies, "OH, YES INDEED!"

Panel 3: A man says, "NOW AS AN EXAMPLE—MR. MENDOR—IF I SHOULD TELL YOU WHAT YOU'RE THINKING RIGHT NOW, WHAT WOULD YOU CALL THAT?" A woman replies, "OH, YES INDEED!"

Panel 4: A man says, "I'D CALL IT A VERY EMBARRASSING SITUATION!" A woman replies, "OH, YES INDEED!"