

# WOMAN COULD HARDLY WALK

### Ms. Horn Tells how Lydia E. Pinkham's Vegetable Compound Restored Her Health

Hamilton, Ont.—"I have taken Lydia Pinkham's Vegetable Compound and would not be without it now. I had a female trouble so badly I could hardly walk and I was all run-down and could hardly get around to do my housework. I would be in bed three or four days at a time. I was told by a friend to try the Vegetable Compound. I did, and the time I took two bottles I was running to get around again. I took bottles in all, and now I am all again and doing my own work. I have six grown-ups to work for, so have plenty to do. I also used Lydia Pinkham's Sanative Wash, and I like it is good. But I owe my health to the Vegetable Compound, and I think if more of it was used women would be better off. I would not be out if it cost much more."

NEILLIE HORN, 28 St. Matthews street, Hamilton, Ontario. "I felt broken down, nervous weak sometimes," Lydia E. Pinkham's Vegetable Compound is excellent to take at such a time. It always, and if taken regularly and persistently, will relieve this condition. C

When the wife hangs out a rug, husbands beat it with a carter and some "beat it" with fishing pole or golf clubs.

# WATER

On Pumps of All Kinds  
Sewer Ranges and Separators  
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# The Road To Better Health

## FRUITS

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.

The net result of any expenditure of effort is generally spoken of as the "fruit of that effort." Thus we speak of the "fruits of labor," and so on. In like manner we speak of the product brought forth by a plant as "its fruit," and this fruit contains within itself the seed that will reproduce other similar plants.

Fruits, in other words, are to the plant domain what offspring are to the animal kingdom. Hence—all seed-bearing portions of plants are, correctly speaking, fruits, and this includes such products as olives, melons and tomatoes, often referred to as vegetables.

### Composition of Fruits

Fruits, like everything else on the earth, are mostly water—75 per cent to 95 per cent—the balance being nutritive material. Dried fruits contain only about 20 per cent water, but the proportion of nutritive matter is correspondingly increased. Preserved fruits lose some water by evaporation, and their nutritive value is raised by the addition of sugar in their preparation. Canned fruits are, in the main, unchanged.

As a general proposition, fruits contain little or no fats, and their protein content is so low as to be practically negligible. Accordingly, their chief nutrient are carbohydrates in the form of sugars (cane sugar, grape sugar, fruit sugar).

Many fruits also contain organic acids, such as malic acid in apples, citric acid in lemons and so on.

Mineral matter is an important constituent of many fruits. For example, dried fruits, like prunes, dates, raisins and figs, are fairly rich in iron, calcium and phosphorus.

The flavor of fruits is due to their sugars, acids and the "etherical" oils they contain. It is these ethers and oils that, extracted by a chemical process, make up the fruit "flavors" and "extracts" with which we are all familiar.

### Digestibility of Fruits

The digestibility of fruits varies with the kind and manner of preparation.

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## HEALTH QUESTIONS AND ANSWERS

N. W. D. writes:

"(1) About a month ago I could not sleep at night, although I worked hard. I used medicine but without much relief. I am weak and 'run down.' Tell me what causes insomnia and how to get rid of it."

"(2) What causes chronic appendicitis and how long may it last? How to cure it?"

"(3) Which is the best medicine for nervousness?"

"(4) Although I am a youth of 17, I have a weak heart, and after working or eating, I have a pain near the heart. How strengthen the heart?"

"(5) In cold weather I must spit very frequently, without coughing. I think there's something wrong. Is there?"

"(6) What are the symptoms of appendicitis (acute and chronic)?"

### Reply

First of all, let me say that I think you are a confirmed neurotic. If I give you a few more symptoms to think about, you'll have just that much more ailing you. But here goes for better or for worse.

(1) Insomnia is mostly a habit. Go to bed and go to sleep. Don't think to yourself that you can't sleep, when you lie down. Cultivation of a healthy mind is the surest cure.

(2) It follows one or more acute attacks. It lasts indefinitely. Surgical removal is the only certain cure.

(3) No drug is any good for nervousness.

(4) How do you know you have a weak heart? Did any competent doctor ever tell you so? People who really have a weak heart are seldom conscious of the fact. Your idea is just one of the symptoms of your neurotic state.

(5) Why do you think there's something wrong? Your spitting is most likely just another of your many bad habits.

(6) Pain in the lower right side of abdomen, rapid pulse, fever, tenderness over the appendix, acute attacks are the symptoms of chronic appendicitis.

You are either in a desperate physical condition or not sick at all. Only a careful examination will show. See a good doctor at once. When you do, tell him my guess is the latter.

### Clear As Clay

Mrs. R. E. W. writes: "Last summer my scalp began to itch and became so tender that I could not do my hair, which came out a lot."

"I was told to apply ( )—no good. Then I plastered on sulphur and lard, which seemed to relieve me."

"Soon a rash started on my abdomen and extended to the shoulders, not above the skin but like pin pricks. It was fiery red, burned and itched, and was sore."

"I used calamine lotion, sulphur and lard. It has now returned both there and on my head. No lumps or pimples. But I have had an-

other kind of eczema on a hand, marring pimples, also a few on face where hair grows (round eyebrows and under hair on forehead). "I am 73 and have had indigestion and acidity a long time. "Is there any diet or medicine I could try?"

### Reply

In trying to make your trouble clear by a lengthy description, you have me so confused that I don't know whether you have hives or leprosy. I should be a fortune teller to say what your trouble is, grandma.

Now, here's what you do. Go to a doctor who can see your skin, and he will be able to tell you what the trouble is and prescribe something that will help you.

## Egremont Council

Council met May 31. Members all present. Minutes adopted.

Mack—Robb: That the Council form a Court of Revision with the Reeve in the chair. Carried.

Members subscribed to the required declaration. There were no appeals against the assessment roll. Property Changes: George Aitken, owner lots 25 and 26, concession 2; John W. Brown, owner part lot 36, concession 2; Walter McMurdo, owner lot 25, concession 14; George Wilson, owner, lot 6, concession 20, and part lot 5, concession 21; Charles McKinnon, tenant, lot 19, concession 22; George Harris, owner, lot E. 25, concession 5.

Ferguson—Wilson: That the Court of Revision adjourn until next meeting of Council. Carried. Council resumed the agreement between the Council and Police Village Trustees for the year 1926, was satisfactory to both parties and was duly signed by the Reeve and Trustees.

Wilson—Ferguson: In reference to the request for a grant towards the library, that no action be taken as the library is not accessible to a sufficient percentage of the rate-payers of the township. Carried.

By-Law No. 494 authorizing the Reeve and Treasurer to borrow from the Bank of Montreal such sums of money as required to meet the current expenditure of the Township.

The Township Road Superintendent submitted to the Council the various reports from the Foremen performed upon the roads.

Ferguson—Wilson: That the Reeve be instructed to sign the pay sheets for the period from May 9 to May 31, the total amount of expenditure being \$405.87. Carried.

Mack—Robb: That the printing required for the Township for 1926 be placed with The Chronicle office, Durham. Carried.

Wilson—Ferguson: That the following accounts be paid: W. A. Reeves, balance salary for services as assessor \$25.00, postage and telephoning \$2.75; Members of Council in attendance at meeting at date \$15.50; R. Christie, use of room \$2. Carried.

Council adjourned to meet Monday, June 14, at 10 o'clock, for general business and as an adjourned Court of Revision.

—DAVID ALLAN, Clerk.

## GAS MAKES PEOPLE NERVOUS AND RESTLESS

Gas pressure in the abdomen causes a restless, nervous feeling and prevents sleep. Adlerika removes gas in TEN minutes and brings out surprising amounts of old waste matter you never thought was in your system. This excellent intestinal evacuant is wonderful for constipation or allied stomach trouble. Don't waste time with pills or tablets but get REAL Adlerika action! McFadden's Drug Store.

Those drive fastest whose presence won't make any difference when they get there.

## IN MEMORIAM

Post.—In loving memory of Anthony James Post, who departed this life at the Christie Street Military Hospital, Toronto, on June 5, 1925.

Time moves on, and we're reminded Of a day our hearts were crushed. When God took you, oh, so quickly. And we all in gloom were thrust. Times may come and bring us changes

Fresh with every coming year, But your memory will be cherished In the hearts that loved you dear.

—A Friend.

## VETERAN MERCHANT LAID TO REST

(Continued from page 1)  
The congregation, an anthem being also sung by the choir.  
Rev. Mr. Smith took his text from Hebrews 11:40. "They without us shall not be made perfect."

Our loved ones have gone on before, but they are waiting, still depending on us. The bonds are not all broken. There is a real communion of the saints. This is a mystery we cannot explain, but it is a perennial joy. The life over there we do not know.

Strange is it not? That of the myriads who Before us passed the door of darkness through, Not one returns to tell us of the road Which to discover we must travel, too.

But death is not the real problem, least of all our own. We think of it solemnly because it holds in pledge some dearer to us than our own life. Life only has value in relationships. To live alone—here or hereafter—were not to live at all. Some here with little or no religion live more in the unseen than in the seen. Their interest and affection are centred over there. Their question, "Shall I see my loved ones again?" How strange to say, "He is dead." Are they saying that to you?

Also for him who never sees The stars shine through his cyprus trees.

Who, hopeless, lays his dead away Nor looks to see the breaking day Across the mournful marbles play. Who hath not learned in hours of faith The truth, to flesh and sense unknown, That life is ever Lord of Death, And love can never lose its own.

Our flesh is the soul's expression, but also the soul's limitation. By it we know by it we are hindered from knowing. Death is the real emancipation, the removal of all limitations, the expansion of consciousness. It is like opening a door into another room, or rather like opening a door out into the great sunshine. Life is lived in illusions, death is the key to reality, living is dreaming, dying is sinking to dreamless sleep—then comes the great awakening. We are more than we are aware of, and to find ourselves, we must die. This is the place of shadows, curtains, veils, there all things are known, all questions answered, all desires satisfied.

So when Time's veil shall fall upon The soul may know No fearful change, nor sudden wonder.

Nor sink the weight of mystery under, But with the upward rise and with the vastness grow.

But what does it mean to grow? How does the soul grow here? We only know ourselves and come to ourselves and discover what is in ourselves as we live in others. Without them we cannot grow, we cannot be made perfect. When death comes to our loved ones, it is we who do the dying, not they. A part of our life is cut off, growth ceases for the time being, to be resumed in the glory land. We with-

# You Can Try "SALADA" GREEN TEA

Write 'Salada', Toronto, for free sample.

out them cannot grow, and they without us, even though they are with God, cannot grow into perfection. Their perfection depends upon us. They are waiting for, watching for, longing for, us. Even their lifework, though ended here, is not yet perfected. The things they wanted to do and to finish are not yet perfected.

Mr. Grant was for very many years an elder of this church, and as an elder was very eager to have many join the great family of God. Many of you did he speak to and pray for, and you are not yet within the fold. His prayers may continue but another will need to speak the services. Who will that other be? Many years he spent in work in the Sabbath school to nurture the little ones in the faith of God. Earnestly did he work for the Bible Society and the great missionary enterprises of the church, that the good news of God's love might be carried into the uttermost parts of the earth. That task is not yet fulfilled. We need others to fill the places of those dropping out. He was always in the church, very appreciative of the minister and the best people seem to need the church most; time for quiet meditation, prayer, fellowship, the earnest study of the Bible. We shall miss him much.

In civic affairs, he was always willing to accept his full share of responsibility, at the Council Board, on the School Board, in every reform movement for the betterment of the community. He was not too busy, he was not even too old, and I am sure that his example will be a challenge to the younger men, especially the younger business men in this town, to take up the task. As a man in business, he was above reproach. No man would question his honesty, integrity or sincerity. And the root of it all was his faith in God, his faithfulness to Jesus Christ. We are all here for a pur-

pose. We have something to do for ourselves, for the world, for God, and also for the loved ones who have gone on before. They without us can not be made perfect.

Let us, then, fulfill that purpose for their sake and for Jesus' sake.

NEW ADVERTISING SCHEDULE  
An Ontario editor is tired of running free advertisements, and in an "ad" of his own, tells the world about it as follows:

Here you will find a schedule of prices from which no deviation will be made, but we hope to donate a certain percentage of our earnings towards founding an asylum for feeble-minded people who believe an editor has a soft snap.

For telling our readers that a man is a successful citizen when everybody knows he is a lazy bench-warmer, \$2.75.

Referring to one as a hero and a man of courage and one who will stand by his convictions, when everybody knows he is a moral coward and would sell out for a dime, \$4.13.

Referring to some gossip female as an estimable lady whom it is a pleasure to meet and know, when every man in town would rather see satan coming, \$8.10.

Calling an ordinary preacher an eminent divine, 54 cents.

Lambasting the daylight of John Barleycorn at the behest of the local dry forces, \$6.77.

Whoooping 'em up for the repeal of the O. T. A. in the interest of the White Mule Club, \$6.77.

Referring to a deceased merchant who never advertised and who was too stingy to contribute toward needed public improvements, as a leading citizen and a progressive resident, \$344.99.

Got Him Right  
John: "My son failed in his exams and won't be promoted."  
Mike: "Another grade-crossing accident, eh?"

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

## THE FAMILY NEXT DOOR



## The Philosopher!