

PAINS ALL OVER BODY

Two More Cases of Feminine Illness Relieved by Lydia E. Pinkham's Vegetable Compound

Barrington, N. S.—"I had terrible dizziness, headaches, back and side pains all over my body. I could not go to bed every month. Nothing would do me good. My husband and my father did my work as I have two children and have quite a big place. I read in a paper about Lydia E. Pinkham's Vegetable Compound, and then got a bottle, and then we got it from the store. I am feeling now and do all my work and am to go out around more. I tell my friends it is Lydia E. Pinkham's Vegetable Compound that makes me feel well."—Mrs. VICTOR RICHARDSON, Barrington, Nova Scotia.

Dull Pains in Back Thomas, Ont.—"I took four boxes of Lydia E. Pinkham's Vegetable Compound and found great relief from the dull, heavy pains in the back of my neck and the weakness which I suffered for five years. My boy was born. After taking Vegetable Compound and using E. Pinkham's Sanative Wash I am feeling better than I have for the seven years, and advise my friends to take it."—Mrs. F. JOHNSON, 1000 St. Thomas, Ont. C.

And a Bargain at That The boy had got into the habit of smoking "toys" of which his mother naturally did not approve. She said to the little boy, "If you smoke, it is your own fault, and you must pay for it."—Mrs. F. JOHNSON, 1000 St. Thomas, Ont. C.

WATER PUMPS OF ALL KINDS

New Ranges and Separators Brantford Windmills and Gas Engines

SLIPPERS

Slippers, plain toe or pair only \$2.95. White Canvas Balm. 2 1/2, 3, 3 1/2, 4, 6. \$1.00. Strap Slippers to clear at \$1.00. Slippers, leather. 98c. Rubber soles, all sizes. \$1.35.

Durham, Ont.

Expensive Words

in your tracks. envy! That's when you put angles. For these beautiful. Give a to lay, too. safe! We have variety of styles. texture of any certainly easy

Roofings

Limited



The Road To Better Health

ABOUT TOBACCO

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.

Ben Johnson didn't like the well-known weed. He said, "It is good for nothing but to choke a man and fill him full of smoke and embers." Lamb didn't feel that way about it. He once said, "For thy sake, tobacco, I would do anything but die."

And while we're with the great literati on this topic, here's a quotation which shows how times have changed since Cowper's day, when he wrote the following:

"Pernicious weed! whose scent the fair annoys; Unfriendly to society's chief joys, Thy worst effect is banishing for hours The sex whose presence civilizes ours."

How the civilizing sex has changed! Today the ladies—"God bless 'em"—don't object to tobacco. They use it themselves. Apart from the looks of the thing, smoking is harmful to woman in the same degree that it is to a boy of fourteen, because her nervous apparatus is as delicate and sensitive as that of such a boy.

The use of tobacco is, however, harmful to anybody, man or woman, whether used moderately or excessively. The harm is, naturally, like everything else, a matter of degree. Some suffer less ill effect than others. As Ben Johnson would say, they can stand more "smoke and embers."

Whenever a man reaches the overripe age of ninety, he is asked for an interview on how and why, in his opinion, he lived so long. Old Uncle Ebenezer will say that it is because he "never touched tobacco." The following week, Grandpa Snodgrass—another nonagenarian—comes out with a statement, between puffs at his pipe, that he's "been smoking since he was eleven years old." It's the old story of the personal equation.

Tobacco has had some bitter enemies, and most of the warfare has been waged against the cigarette, whose strongest opponent was Lucy Page Gaston. She never said much against pipes and cigars, but concentrated her efforts against the cigarette—not knowing that, despite popular belief, the latter are the least harmful of the three. And while I am on the cigarette, let me say that all the talk about the paper being the harmful part is pure nonsense.

Inhaling Harmful

The harmful effect of smoking consists in the inhaling of nicotine. And the amount of nicotine the smoker gets depends, not on the kind of tobacco, but on the manner in which he uses it. During the burning of tobacco—let us say, of a cigar—there is behind the seat of combustion a moist area in which the water and volatile substances are condensed and drawn into the mouth with the smoke. Inasmuch as there is enough nicotine in the average cigar to kill an ordinary man, it is

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HEALTH QUESTIONS AND ANSWERS

Some Tonsil Talk

Miss P. Q. T. writes: "Young woman friend has enlarged tonsils. She never has sore throat, and seems quite healthy."

(1) Should she have them removed? (2) Are diseased tonsils the same as enlarged tonsils? (3) Do they grow again? (4) Can they be taken out without an anesthetic?

Reply

(1) The tonsils should not be removed unless it is certain beyond a reasonable doubt that they are diseased and that their condition is directly responsible for the patient's systemic ailment.

(2) The tonsils may be enlarged without being diseased, that is, infected. Some people have larger tonsils than others. But diseased tonsils are nearly always enlarged. (3) Unless the tonsil is entirely removed with its capsule, it is apt to regrow. Tonsils that are clipped out nearly always enlarge. (4) No.

Quite So

Teacher: What are the duties of the mayor? Child: He appoints and dis-appoints city officials.

The Motion Is Carried

"I must admit, my dear, that women are more beautiful than men." "Naturally." "No, artificially."

The Days Of Long Ago

Taken From Chronicle Files of Twenty and Twelve Years Ago.

TWELVE YEARE AGO

June 25, 1914.

We congratulate Mr. Moore McFadden who was married in Pickering on Monday, June 1, to Miss Carrie Simpson of that place.

When an Essex County autoist passed a buggy without giving warning, the horse threw the buggy into the ditch. The farmer received \$250 damages.

Nominations for the provincial election were held Monday, Mrs. Jamieson and Mr. C. Ramage being the candidates for the Conservatives and Liberals respectively.

The remains of Donald McDonald of Bentinck, who disappeared from his home early last November, were found on Saturday last, and interment took place in Durham cemetery on Monday.

At the district annual meeting of the South Grey Women's Institute held here Thursday, the following officers were elected: President, Mrs. Dr. Easton, Aylton; First Vice President, Mrs. J. W. Blyth, Durham; Second Vice President, Mrs. J. H. Parke, Dorchester; Secretary-Treasurer, Mrs. Thomas McGirr.

Corner Concerns Correspondence.—A baby girl was born to Mr. and Mrs. William Lawrence on Friday. Born.—In Ceylon, on June 17, to Mr. and Mrs. John McDonald, a daughter.

A pretty wedding took place on June 17 at the home of Mr. and Mrs. George Twamley when their daughter, Addie, was married to Mr. Charles Hastings, postmaster at Webb, Sask.

Born.—In Mason City, Iowa, on June 21, to Mr. and Mrs. J. C. Capper, a son, William Munro.

Married: Godes—Hooper.—At the residence of the bride's parents, Mr. and Mrs. Abraham Hooper, Priceville, on Wednesday, June 24, Mr. Gordon J. Godes to Miss Bertha Hooper.

Married: Huddy—Breshnahan.—At the residence of Mr. W. Williamson, Artemesia, on June 17, Charles Huddy of Artemesia to Miss Ellen Breshnahan of Hastings, Ont.

Married: Harrison—McConkey.—At the residence of the bride's mother, Priceville, on June 24, Joseph C. Harrison to Emma W. McConkey.

TWENTY YEARS AGO

June 28, 1906.

On Monday afternoon fire was discovered in a small stable on Garafraxa street, the property of Mr. John Kinney. The prompt action of the fire brigade limited the blaze to the outbuilding, although several nearby places were threatened.

Mr. Dugald McKeelnie, who has been quite ill for some time, was taken to Fergus hospital Monday last.

The many friends of Mr. Thomas Anderson will be sorry to hear that he is leaving town on July 2. Mr. Robert McCracken left Monday to accept a position in Bowmanville.

On Wednesday, June 24, the marriage took place at the home of Mr. and Mrs. James McNally, Waudby, of their youngest daughter, Maggie, to Mr. C. R. Watson of Bunnasin.

Married.—On Wednesday, June 20, Miss E. Caldwell to Mr. J. Brown. Married.—On Wednesday, July 27, Miss Mary Dean to Mr. Archie McDermaid.

Sackett's Corners Correspondence.—We regret to chronicle the death of Bert Ernest, eldest son of Mr. and Mrs. Aaron Ernest, from inflammation of the brain.

Durham Lacrosse team won the exhibition game on Odd Fellows' day against Hespeler 9-2.

Varney Correspondence.—Mr. Frederick Diekelman passed away at his home in Normanby on June 21.

The Hon. J. P. Whitney delivered an address at the I. O. O. F. celebration here on June 24.

WIFE AND HUSBAND BOTH ILL WITH GAS

"For years I had gas on the stomach. The first dose of Adierika helped. I now sleep well, and all gas is gone. It also helped my husband." (signed) Mrs. B. Brinkley. ONE spoonful Adierika 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.

SOFTBALL RESULTS AND STANDING

Last Thursday night the A. Y. P. A. and Militia teams met, and the latter club won out 32 to 23 in a long contest that continued till it was so dark the ball could hardly be seen. The Militia garnered about half their runs in the first few innings, but the Anglicans kept putting a few over the plate each round, and the seventh found the score tied at 23-all. However, in the eighth, the Militia stepped out and pushed over enough runs to set up the game, as the Anglicans could do little with Hepburn's pitching after he had an inning's rest on first base. On the other hand, McFarlane, who relieved C. Elvidge, proved wild and ineffective. Batteries were A. Y. P. A., C. Elvidge, McFarlane and Stedman; Militia, Hepburn, Wilson and Burns. Umpires, Burnett and H. Rowe.

On Friday evening, the Stone Plant trouced the I. O. O. F., the score being 37-7. This was a regular walkaway, the Odd Fellows being outclassed in every department. Batteries were: I. O. O. F., Spurling and Even; Stone Plant, Aljoe and Young. Umpire, D. C. Town.

On Tuesday night, the Clerks displayed their superiority over the High School team by trimming them 29 to 15. The batteries were: Clerks, H. Rowe and F. F. McIlraith; High School, Connor and Noble. Umpires, Town and C. McLaughlan.

STANDING OF CLUBS

Table with columns: Team, Won, Lost, P. C. No. 1 District: Clerks (3-0-1000), Militia (2-1-666), Public School (1-1-500), High School (1-2-333), A.Y.P.A. (0-3-000). No. 2 District: Stone Plant (3-0-1000), I.O.O.F. (2-1-666), Furniture Company (1-1-500), Band (0-2-000), Merchants (0-2-000).

SOFTBALL SCHEDULE

Schedule for No. 1 District: June 25—Public School at A. Y. P. A.; July 1—Clerks at Militia; 6—A. Y. P. A. at High School; 9—Militia at Public School; 15—Clerks at A. Y. P. A.; 20—Militia at High School; 23—Public School at D. H. S.; 29—A. Y. P. A. at Militia; Aug. 3—Clerks at High School; 6—A. Y. P. A. at Public School; 12—Militia at Clerks; 17—D. H. S. at Public School; 20—Public School at Clerks. No. 2 District: June 24—Furniture Co. at Band; 29—I. O. O. F. at Stone Plant; July 2—Band at Merchants; 8—Stone Plant at Furniture Co.; 13—Merchants at I. O. O. F.; 16—Band at Stone Plant; 22—Furniture Co. at Merchants; 27—Band at Furniture Co.; 30—Stone Plant at Merchants; Aug. 5—I. O. O. F. at Band; 10—Merchants at Stone Plant; 13—I. O. O. F. at Furniture Co.; 19—Furniture Co. at I. O. O. F.; 24—Merchants at Band.

Floating Skyscrapers

"The most amazing sight I ever saw," wrote a freshman, "was the skyscrapers of New York crossing the Hudson River on a ferryboat."

NOBLE'S GARAGE SERVICE

Headquarters for Oils Gas Greases ACCESSORIES OF ALL KINDS

GUARANTEED REPAIRING

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Be Sure To Say "SALADA" GREEN TEA. It is by far the most delicious. Ask for it.

Brantford ROOFS. Rich, Soft Tones Of A Brantford Roof. Brantford Asphalt Slates harmonize with any style of architecture, and their rich, soft tones blend with their surroundings at all times of the year. They last for years, are fire resistant and give perfect protection from all weather conditions. Brantford Roofing Co. Limited, Brantford, Ontario. Stock Carried, Information Furnished and Service on Brantford Roofing rendered by J. H. Harding, Durham.

If It's Here, It's New. The Ideal Men's Wear Store. Advance Summer Styles. We have a full stock of all the latest styles of HEADWEAR for Men and Boys. Our display includes some real high-class HATS, CAPS and STRAWS. Every man and boy likes to have the latest and best fashioned clothes. If you want to be up-to-the-minute, you should wear one of our SPORT BLOUSES or SWEATERS. A Good Stock of Overalls, Shirts, Trousers and Hosiery for Everyday Wear. FREE PANTS. During the month of June, we will give with every Hobberlin Order one extra pair of Pants FREE. We have a blue that we are offering at a very special price this month. It will be worth your while to look over our stock. READY-MADES. If you want a READY-MADE SUIT that gives you all the features of a Tailored-to-Measure One, we can meet your wants and guarantee absolute satisfaction. GEORGE S. BURNETT, Gen's Furnisher, Durham, Ontario.

THE FAMILY NEXT DOOR

