

ING-DOWN RELIEVED

ered Nearly a Year. nkham's Vegetable brought Her Health

Sask. — "I am going to what Lydia E. Pink... Compound has done... very badly with... pains and inflamma... in my right side over... in my whole side into... it nearly a year when... doctor and he said I... have an operation. But... id to take Lydia E... table Compound as it... years before. I took... I found I was better... king it and also used... n's Sanative Wash... more children since... perfectly well. I used... down two or three... and now I do all my... about trouble. I af... vegetable Compound... find a dose now and... I am willing for you... any way you see fit... letters. If I can help... I'd be only too glad... ESTHER HOUGHTON, W., Moose Jaw, Sas...

nkham's Vegetable dependable medicine

gists everywhere. c

nd to Meaford, but... done until after... repairs to the road... a start having al... on the work.

Mustard... address: "I'm sorry... cakes. But I can... this business has... most entirely on my... er: "I don't doubt... a few more buns... id build an hotel!"

ified Ads. on Page 7.

TER... of All Kinds... s and Separators... Windmills... ley and Muir... Engines... p & Tile Co... Durham, Ont.

ngs... m. elg.

S p. m. p. m. m. mberley

m. Macphail, ers.



IMMUNITY AND RESISTANCE

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.

Here's where I take up the cudgels in behalf of our old friend, "Vital Resistance." He has been getting some particularly hard raps lately, and something should be said in his defense, because I regard him as the greatest ally we humans have.

What Is Vital Resistance?

Some tell us vital resistance doesn't mean anything. Others go so far as to say it doesn't even exist. In my opinion, both groups are all wrong.

As is well known, we are surrounded at all times by harmful factors capable of destroying life, and it stands to reason that nature would not let us go unprotected against these dangers. As a matter of fact, did we not have some weapon for fighting these enemies, the human race would have become extinct centuries ago.

So our common sense tells us that every living organism must possess the capacity for resisting the dangerous influences that encompass it, if it is to survive. This capacity I call vital resistance. Some call it immunity.

Difference Between Immunity and Resistance

There is a vast difference between resistance and immunity. The first is general, the second is specific. Resistance is always inborn; immunity is usually acquired.

In other words, the measure of resistance we possess protects us against ALL dangers (excepting, of course, accidents). Immunity, however, safeguards us against a certain disease, only. Thus we may possess immunity to smallpox, but not to typhoid, whereas we have a certain amount of resistance to both.

Lowered Resistance

Vital resistance may be reduced in a variety of ways. Loss of sleep, malnutrition, fatigue, alcoholism are examples of factors through which resistance to disease may

be broken down. Doctors who take care of a large number of patients suffering from infectious and contagious diseases realize that they are much more apt to contract such diseases when they are tired, have lost sleep, and gone without their meals. How often does it not happen that an individual contracts an infectious disease after an alcoholic bout?

If our capacity to withstand disease is founded solely on immunity to different diseases, why is it that we do not contract those diseases when exposed to them in our immunized state? I have at no time in my life been immune to pneumonia, but I haven't had pneumonia, although I have been repeatedly exposed to it and have had pneumonia germs in my throat.

How did I escape having pneumonia? Were the germs weak sisters? Or, was I too strong for the germs? If my blood destroyed them as fast as they multiplied in the past, why may it some day fail to do this and I succumb to the disease? What should make my blood fail to do at one time what it successfully does at another time?

I could go on almost indefinitely propounding questions like these, and the answer would invariably bring us back to vital resistance as our real protection against disease. Admitting that it is immunity that protects us, how could the immunizing processes go on if our vital forces are depleted?

All of which convinces me that so long as we keep our vital forces at par, we will be safe against disease—immunity or no immunity. And certainly our safety will be greater if we do have a specific immunity on top of our vital resistance. That makes us doubly secure.

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HEALTH QUESTIONS AND ANSWERS

Old Age Will Cure You

Mrs. C. H. P. writes: "I suffer from biliousness. Every week I have an attack, which starts with a headache followed by vomiting until bile comes up. I am 48 and have had these attacks all my life. I have tried everything without avail. Otherwise, I am all right. But with these headaches life is not worth living. So I am writing to you to see if you can help me."

Reply

You have a form of Migraine, commonly called "sick headache." Usually they leave when the sub-

ject gets around the age of forty, but sometimes they persist until fifty or fifty-five.

These headaches are as much a part of your physical make-up as the nose on your face, and nothing has ever been found of the slightest help. I have observed that in most cases there is a pronounced hereditary tendency, which makes it so much worse.

The only thing I can advise is correct living and freedom from worry, anxiety, distress and the host of emotional disturbances that undoubtedly play an important part in bringing on attacks.

EDITOR IS VITROLIC

Walkerton.—Saying has it: "Hell hath no fury like a woman scorned," but how about the editor of the Herald and Times when some of his delinquent subscribers play unfairly with him:

"A man may use the mole on the back of his neck for a collar button; he may ride a freight to save three cents a mile; he may stop his watch at night to save wear; use a period for a semi-colon to save ink and pasture his grandmother's grave to save hay; but a man of this description is a scolar and a gentleman compared to a man who will take a newspaper and when asked

to pay for it puts it back in the post office marked "Refused."

Absent-Minded

"My husband is very absent-minded at times," said Mrs. Blank to her caller. "One evening recently I said to him as I was glancing over the newspaper: 'I see that there are over a thousand cases of measles in town.' And John suddenly woke out of his reverie and inquired 'How many in a case?'"

She—What business are you going into, Jack?
He—Lumber business.
She—You have a fine head for it.

The Days Of Long Ago

Taken From Chronicle Files of Twenty and Twelve Years Ago.

TWELVE YEARS AGO

August 6, 1914.

We regret to learn of the very serious illness of Mrs. Thomas A. Harris. Mr. Harris is here and is feeling very anxious about her.

The first local 1914 wheat was delivered to Welsh's mill on Saturday by Mrs. George Seim of Normanby. It weighed 63 pounds to the bushel.

We regret to learn that Rev. Mr. Hartley has decided to sever his connection with Trinity church and will accept a similar charge at Deleware near London.

After more than a year's confinement to his bed caused by a broken leg, Mr. Donald McDonald died last Friday at his home on Bruce street.

Holstein Correspondence.—The Egremont Creamery has just sent out the pay cards for July, the price paid for butter fat being \$24.20 per cwt.

Born.—In Hamilton, Saturday, August 1, to Mr. and Mrs. Sam. McAlister, a daughter.

Born.—In Durham on Tuesday, July 28, to Mr. and Mrs. W. J. Firth, a son, William Whitmore.

Great Britain declared war on Germany at midnight, Tuesday, August 4.

Mr. Peter Gagnon and family have moved into their handsome new bungalow on Lambton street.

Civic Holiday was celebrated in Priceville and was a great success. The Glenelg tug of war team which defeated Protog was as follows:

Alfred O'Neil, Charles Kennedy, Norman McIntyre, Lawrence McKeown, John McMeeken, Ed. Sullivan, Duncan Smellie, William Andrews, James Beggs, John O'Neil, Captain. The eog dancing was so good that the prizes were divided equally among the three contestants, Messrs. Thomas McGrath, A. McKechnie, D. McAuliffe.

TWENTY YEARS AGO

August 9, 1906.

The Methodist garden party at the home of Mr. William Matthews of Glenelg was a social and financial success.

Mr. George Morris of Guelph came to town last Tuesday for the purpose of establishing an agency of the Royal Bank, but on finding that the Sovereign had started here, he decided that Durham had enough banks for the present. Mr. Morris noticed Mr. W. Black's handsome horse and did not lose any time in purchasing it.

Born.—In Durham, Saturday, August 4, to Mr. and Mrs. J. W. Siirs, a son.

Married.—In Durham R. C. church, by Rev. Father Walters on Monday, August 6, at 9 a.m., Mr. John Sibbald of Barrie to Miss Winnifred Fagan of Durham.

Married.—On Wednesday, July 18, 1906, at Winnipeg by Rev. P. F. Sinclair, Mary, eldest daughter of the

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late James Burnet, to Thomas Caldwell of Dauphin, Manitoba.

The intermediate lacrosse team played in Arthur last Thursday. Durham won out 7 to 6, thereby not losing a game in their group.

Durham Public school will reopen in September with the following staff: Thomas Allan, Principal, Miss Lola McLeod, B.A., Toronto, Miss Mckeracher, Miss Drury, B.A., Miss M. McKenzie (Entrance class), Miss A. Grant, Miss A. McKenzie, Miss McMurtry, Miss A. Gun and Miss Dora Davidson.

One of those very pleasant events when all present look their happiest took place at the home of Mr. and Mrs. Walter Denn on August 6 when their daughter, Alice, was united in the bonds of holy wedlock to Mr. William Farnell of Toronto.—Varney Correspondence.

CHANGES MOOTED IN FORD FACTORY

Reported That Edsel Ford Is to Be "Eased Out" and General Reorganization Scheme Contemplated.

A recent staff reporter dispatch from Detroit, Mich., to Collyer's Referee, a Chicago financial paper published by Bert E. Collyer, formerly of Durham, says:

Important and far-reaching developments are taking place within the Ford Motor organization, few details of which are reaching the public. It is understood that a number of high-priced executives have been let go, that advertising contracts amounting to hundreds of thousands of dollars have been cancelled and that there has been a general tightening of the Ford purse strings.

Henry Ford has embarked on such a policy of retrenchment and reorganization that it is reported in some quarters there has been a family split and that Edsel, his son, is to be separated from the organization. The younger Ford is now in Europe, and some exceedingly interesting developments are expected on his return.

The upheaval in Ford affairs was prompted by the inroads the General Motors corporation is understood to have made on the "River" business. Ford is seriously concerned by the drop in sales and attributes it to the failure of some of his executives to keep in close touch with the automobile situation, success in the past apparently having dulled their business perspicacity.

Reports on the status of Edsel, however, are surprising, for it was understood that Henry Ford had turned over most of the responsibility of the Ford Motor Company to his son. That he is planning heavy curtailment of the son's authority is taken to indicate that the elder Ford is going to swing back into the harness. If he does, some sensational fireworks in the motor world are anticipated.

To Repel Invaders

The following sign is displayed above the ice cream counter of a prominent drug store:

"Take a brick home; it's fine when company comes."—Union Pacific Magazine.

Better Value "SALADA" TEA

Economy in its rich drawing freshness.

OUR GIRL MEMBER

(Toronto Saturday Night)

Who ran to help King when he fell, And voted till he felt quite well, And thinks all Tories go to hell? 'Tis Agnes.

Who makes the House of Commons gay, And loves to fight for O. T. A., And thinks the Grits are here to stay? Our Agnes.

Who thinks that war's a horrid thing And doesn't like dear General Byng, Who loves a doleful song to sing? It's Agnes.

If you would know as from a friend, Just what those evil things would tend, And when this bad old world will end, Ask Agnes.

Boarding house life has disadvantages, but you needn't ask the lady of the house if you may go out.

TOAST TO LAUGHTER

Here's to laughter, the sunshine of the soul, the happiness of the heart, the leaven of youth, the echo of innocence, the treasure of the humble, the wealth of the poor, the bear in the cup of pleasure! Without it humor would be dumb, wit would wither, dimples would disappear and smiles would shrivel. It dispels dejection, banishes the blues and mangles melancholy, for it is the foe of woe, the destroyer of depression, the birth cry of mirth and the swan song of sadness.

Softly and Silently

A celebrated pianist had consented to play at a fashionable party. But he found that people went on talking all the time, particularly two flappers in a corner of the room. He said to his hostess, with an attempt at elaborate sarcasm, and expecting her to rebuke the girls, "I do hope I'm not disturbing those two young ladies over there." "That's quite all right," said the hostess, "only you needn't play quite so loud."

Advertisement for Brantford Roofs, featuring an illustration of a house and text describing the benefits of Brantford Asphalt Slates.

Advertisement for Canadian National Travel, featuring large numbers '50,000' and '\$15.00' and text about harvesters wanted and train schedules.

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