

TANT MOTHERS

Menard's Letter. Science May Help

Ontario. "I want to tell you how good your medicine has done me. Before my baby came I felt so weak and run-down that I could hardly do my work. My head ached continually and I was so discouraged that I could cry from morning till night. I had another baby just one year and it gave me a lot to fight I would try Lydia Vegetable Compound, so much about it in the found a difference right head was relieved and things gone. My sister my washing and she ng it, as she said it back if I started to do are did help me and I two bottles when my He is a fine big boy, be months old. I am medicine again and I am work all by myself now. I commend the Vegetable women, and especially mothers, as I believe to at those times." MENARD, 54 Center St., Rio.

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The Road To Better Health

SCHOOL DAYS

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 summer vacation is about over. The youngsters are glad of it and thrilled with the prospect of going back to school. Yes, they are—NOT!

In most homes this paper reaches, there are children of school age. Some are little fellows, going to school for the first time. Others have finished the grades and will be "Freshies" in High school. Some are through with "High" and going to college.

Value of a College Education

It is for the latter group this is being written, because they are leaving home and the care and counsel of their parents. They are entering a new world with new associations and ideas, where they will do things that will make or mar them.

Fortunate indeed, is the boy or girl who can go to college, for—as President Lowell of Harvard said at the recent meeting of the Associated Harvard Clubs—"The time has passed when a man can rise without an education. The demand of the public for trained men is too great. There will be an increasing demand for academic education as the country develops and the work of men becomes more and more specialized."

The Student's Obligation

Young people should bear in mind, however, that a college is capable of turning out a finished product that is no better than the raw material with which it works. "You cannot make a silk purse out of a sow's ear," as the saying goes. The word "Education" means to "draw out," not to "pour in." So that any student who thinks all he has to do is sit there and have the teacher inject an assortment of useful knowledge into his cranium has another guess coming. The young man whose mind is a sponge will succeed—the one whose

mind is a sieve will fail. The one who thinks of his work first and parties last will succeed; the one who regards the college simply as a useless appendage of his frat will fail. No man can attain the all-round success that the college man; no failure is so abject as the college man who goes down.

The Importance of Health

Health is an essential to a successful college career. The young men or women who dissipate their vital forces in late hours, drinking and vice cannot be good students. And there's plenty of opportunity at college for indulging a vicious bent in those so disposed. Don't do it. Remember the old adage, "Mens sana in corpore sano" (A sound mind in a sound body). Get plenty of sleep—eight hours' is none too much. Exercise sufficiently to keep in good physical trim. Get enough healthful recreation to keep from growing dull. Don't think that the test of a real college man is how late he can stay out, how much hooch he can consume and how many hearts he can break.

Keep your eye on the future—on the sweep of years that lie before you—during which you will build your life's structure on the foundation whose caissons are these college days. Then you will construct a lasting foundation, and the superstructure cannot fail to be "A thing of beauty and a joy forever."

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HEALTH QUESTIONS AND ANSWERS

Too Much Acid

Mr. N. R. writes: "I have a burning feeling in the left side along the first rib. My heart skips beats, mostly after eating. Have much gas on stomach. Throat is red. Am nervous."

- (1) What is the cause? (2) Is it curable? (3) What is the fee for an examination?

Reply

(1) You very likely have an excessive amount of acid in the gas-

tric juice. This is a nervous disorder of the stomach. The irregular heart action is due to the pressure of the gas-distended stomach against the heart. Your stomach is just like your throat.

(2) The best thing to do is consult a physician and place yourself under his care. Any suggestions I might make would be worth nothing without personal contact.

(3) The fee varies in different localities. The important thing is that the doctor know his business. There never was a fee too big for giving a man back his health.

POSTAL REGULATIONS

Penny postage is misunderstood by many people, and almost daily at the post office explanations have to be made. The idea has got abroad that the return of penny postage means a return to the rates that prevailed on all classes of mail matter before the war. This is not the case, letter postage alone being affected. It still costs two cents to post a card and two cents to post a letter addressed to a party in town. Posting one cent cards with messages written on them is causing most of the trouble. These cards will incur a penalty of two cents to the receiver at the other end.

It Will Pay You to Advertise in The Chronicle.

Glenelg Council

July meeting was held on July 3 at the Township Hall with all members present.

The following gravel accounts were passed: Malcolm Wilson, \$4.70; R. E. English, 50 cents; James Vesie \$4.20; William R. Watson, \$14.40; Mrs. Baines \$2.30; George Ritchie \$14.80.

Black—McKechnie: That Allan MacLean be paid \$50.00 bonus on 200 rods wire fence. Carried.

Brodie—Aljoe: That salaries of officials be paid as follows: Assessor, balance for 1926 \$25.00; Treasurer salary, \$75.00, postage and stationery \$3.40. Carried.

Aljoe—Black: That Sawyer-Massey Company be paid 65 cents for repairs for roofer plow. Carried.

Aljoe—McKechnie: That ward appropriation accounts for work performed on roads in the several wards be paid as follows: Ward 1 \$259.45, Ward 2 \$11.85, Ward 3 \$106.25, Ward 4 \$228.50; The Reeve, repairing Orr's bridge \$88.47, Carried.

Black—Brodie: That commission on expenditure be paid as follows: Ward 1, A. A. Aljoe, \$20.00; Ward 2, John McKechnie \$8.00; Ward 4, Thomas J. Brodie, \$16.00. Carried.

Black—Aljoe: That Township taxes for 1926 be paid through the branches of the Standard Bank of Canada at Durham and Priceville, the Royal Bank of Canada at Durham, the Bank of Montreal at Markdale, and the Bank of Toronto, Markdale, that the Clerk be authorized to prepare and mail tax notices to Ratepayers on or before the 15th day of November, 1926, he to receive \$35.00 for said duties, that after the 14th day of December next, 3 per cent shall be added to all taxes then remaining unpaid and the Clerk be instructed to prepare a by-law authorizing the additional 3 per cent on taxes. Carried. Council adjourned to August 7.

The August meeting was held on August 7 as per adjournment. The members were all present, and minutes read and adopted as read.

By-Law No. 682 "Imposing three per centum on all taxes remaining unpaid after the 14th day of December, 1926," was passed.

The following accounts were passed: Sawyer-Massey Co. Limited, repairs to grader and mouldboard for roofer plow and express on same \$10.15; Andrew L. Walker, one sheep killed by dogs \$12.00; S. H. Wright, inspecting above sheep, \$1.50; Price Police Trustees, for the from J. Schutz for streets \$30.00, work on streets \$6.00; Clerk, on salary \$60.00.

Brodie—Black: That bonus on wire fences be paid as follows: L. W. Torry, \$35.00; James McCarthy \$9.25; Ed. Noeris \$10.00; Michael Norris \$15.00; Dan Wilson \$10.00. Carried.

Aljoe—McKechnie: That the following gravel accounts be paid (statute labor): Charles Weppier \$11.40; Cunningham Moore \$2.00; Mrs. A. McEachern \$2.30; Thomas Tucker \$3.00; Paul Nelson \$5.80; John Timmins \$8.80; John Ryan \$7.10; James McNally, \$4.00; William Sweeney

\$8.70; James Murphy \$6.90; D. McCaskell \$3.50; Mrs. A. Baines \$5.10; Connor brothers \$2.70; R. E. English \$2.00; G. W. Aitken \$18.00; S. H. Foster \$1.30; Robert Sewell \$4.00; Robert Wilson \$6.50; James Vesie 80 cents; Arthur Edge \$6.20; Herb. Atkinson \$5.90; Robert McFadden \$7.20; Bert Coffee \$8.70; John McCarthy \$9.10; William Paylor \$5.00; A. Aljoe \$9.90; A. Anderson \$14.50; James Heslip \$4.50; Andrew Vost \$3.50. Carried.

Aljoe—McKechnie: That Commissioners' reports be adopted and payment made as follows for work on roads: Ward 1, appropriation \$332.60; Ward 2 \$184.34; Ward 3, \$320.22; Ward 4, \$374.42, special work \$54.12; Reeve for bridge work \$235.00. Carried.

Brodie—McKechnie: That commission on expenditure be paid as follows: Ward 1, \$27.00, Ward 2, \$16.00; Ward 3, \$32.00; Ward 4 \$24.00; Reeve, commission on bridge work \$36.75.

Aljoe—McKechnie: That Township rate for 1926 be 6 1/2 mills on the dollar. Carried.

The remaining rates will be announced in report of September meeting. Council adjourned to September 4.

—H. H. McDONALD, Clerk.

Two Men Arrested for Ginseng Thefts

As a result of a man-hunt by an armed posse led by Provincial Constable Denton and Inspector M. C. Beckett of Owen Sound, Eddie Hall and Elwood Fischer, giving their address as Muncey, are in jail at Owen Sound, awaiting trial on a charge of theft.

The men were arrested in the vicinity of the valuable ginseng beds of Robert Connelly, who lives about twelve miles from Holstein, in the direction of Shelburne. For some time, the valuable ginseng beds have been robbed, but efforts of the police to effect arrests were unsuccessful. About three weeks ago, ginseng to the value of about \$1000 was stolen. At 3 o'clock last Friday morning, Constable Denton received word that suspicious characters had been seen lurking about the beds. When the two officers arrived on the scene, the neighbors were out with rifles and shotguns.

You Cannot Buy "SALADA" TEA

in bulk. Sold only in sealed packages.

IF YOU WANT RESULTS, ADVERTISE IN THE CHRONICLE.

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The Royal Bank of Canada

Durham Branch J. A. Rowland, Manager

Advertisement for 50,000 Harvesters Wanted, including details on wages and travel arrangements.

Advertisement for 50,000 Harvesters Wanted, including details on wages and travel arrangements.

Advertisement for NOBLE'S GARAGE SERVICE, listing various automotive services and accessories.

THE FAMILY NEXT DOOR

A series of comic panels showing a family's humorous interactions and a board of directors meeting.

That's Mutual!