IS MOTHER AD DAUGHTER IS WELL

Parks Tells How Lydia E. am's Vegetable Compound estored Her Daughter's Health

nto, Ontario.—"My daughter ow and has been an invalid ever since she was six months old and has been compelled to remain out of school the greater part of the time. We have tried different kinds of medicine, but none helped her much. I had taken Lydia E. Pinkham's Vegetable Compound was run-down, and it had me so much that I thought it elp her at this time. She has ever since she began taking attends school every day now s skating, and does other out- sports. I recommend this e to any one who is run-down vous and weak."—Mrs. PARKS, d Street, Toronto, Ontario.

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ntinued on page 3)

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WHAT ARE ADHESIONS?

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.

Stedman's Medical Dictionary defines adhesions as "bands of more or less organized fibrinous exudate thrown out on the surface of a serous membrane and connecting the opposing surfaces."

Now that you now exactly what they are let us go into a little detail regarding them.

The Peritoneum

The abdominal cavity is lined with a serous membrane called the peritoneum. This membrane also forms the covering of all organs in the abdomen. Its area is equal to nearly two-thirds that of the skin. It secretes a clear watery fluid (serum) which keeps the membrane soft and moist.

So smooth is this membrane that the intestines slip away from the sharpest object. Surgeons often carry their knife with one sweep into the abdominal cavity without injuring the bowel. So delicate is the coating of the membrane that the slightest touch abrades it in the same way that the film on a photographic plate would be effected.

Peritonitis

When the peritoneum is acutely inflamed its surface becomes roughened and more or less dry. The fluid loses its watery character and becomes thick and glue-like (fibrin). In chronic inflammation of the secreting cells causes them to become over-active and an over-supply of serum is secreted. If this reaches an appreciable amount we call it dropsy.

How Adhesions Are Formed

Adhesions are always a result of damage to the peritoneum from inflammation, handling during surgical operations, etc. The normally smooth membrane is now covered with sticky fibrin, which causes all surfaces that come into contact to adhere to each other. The fibrinous exudate may be likened to tiny threads almost as delicate as the meshwork of a spider's web. These threads become organized and converted into fibrous bands which may grow as thick as one's finger.

Effects of Adhesions

In a well developed case the abdominal organs may be found together in a mass so dense anr intricate that the most skilful surgeon stands helpless before it. In other cases there may be put one or two isolated bands that can be readily removed.

Adhesions are the foundation of a number of serious internal disorders. Many persons suffering from obscure abdominal affections owe their condition to adhesions. Their effects run all the way from constipation to intestinal obstruction, from moderate discomfort to permanent invalidism.

Aluminum Stops Perspiration.

R. L. writes: "Will you kindly tell me what I can do for perspiration under the arms?"

"I am a young woman 32 years of age. My arms are so bad that I am often wet half way down to the elbow, and nothing I have tried has brought results.

"So I will be more than pleased if you will tell me something. I have tried alum in water."

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

HEALTH QUESTIONS AND ANSWERS

Reply

"Aluminum salts are the base of all lotions and ointments used to prevent excessive perspiration. They are expensive and the active ingredient will do the work just as effectively. Your druggist can make up a solution for you. It will do the work.

Why Are You Nervous?

A. H. S. writes:

"(1) Will you please tell me what to do for being nervous? I feel well and eat and sleep well but am quite nervous and at times am very nervous.

"(2) My hands are usually wet with sweat. Is this caused from the nerves?"

Reply

(1) Nervousness is a word that, like charity, covers a multitude of sins. That is to say, it is a symptom of many disordered states of the body. The only cure is finding and removing the cause of your nervousness. Study yourself. Find out WHY you are nervous and eliminate this from your physical make-up. If you can't find a physical reason, you'll have to decide that it is all in your mental make-up. Then clean house mentally—forget yourself and your nerves—get a new viewpoint on life—reorganize yourself!

(2) Wet hands are a sign of "nerves" and when your neuro-vascular system has been toned up the excessive evaporation will cease.

Accommoadting

A candidate for political office while making a campaign speech, sought to discover the denominational sympathies of his audience, in order that he might turn the information to advantage.

"My great-grandfather," he began, "was an Episcopalian (stony silence), but my great-grandmother belonged to the Presbyterian church (continued silence). My grandfather was a Baptist (more silence), but my grandmother was a Congregationalist (still frigid silence). But I had a great-aunt who was a Wesleyan Methodist (loud applause). And—I always followed my great-aunt."

Doctor: What you need is a shock, something to stir up the emotions and arouse you from the legarthy into the dynamic state.

Patient: Yes, Doctor.

Doctor: Er. I'll send in my bill in the morning.

SOUTH GBEY PRIZE LIST

(Continued from page 2)

Morrison. Single Fuchsia-Mrs. Clark, A. McDonald. Abutilon—Mrs. McIlraith, A. McDonald. Hydrangea—J. Morrison. Asparagus Plumosa—A. McDonald, J. Morrison. Rose in bloom—Mrs. Petty, Hugh McDonald. Rex Begonia—Howard McDonald, J. Morrison. Boston Fern—A. McDonald. Any other plant—W.J. Ritchie, Mrs. McIlraith.

Cut Flowers

Display Open Air—Mrs. McIlraith, Howard McDonald. Bouquet, vase—Mrs. McIlraith, Mrs. Petty. Bouquet, hand—Mrs. McIlraith, Mrs. Clark. Bouquet, house flowers—Hugh McDonald, Mrs. Wolfe. Table Ornament Mrs. Wolfe, Mrs. McIlraith. Asters—Mrs. Clark, Mrs. Patterson. Dahlia—Mrs. Pickering, Mrs. McIlraith. Dianthus—Mrs. Patterson, Howard McDonald. Gladioli—Mrs. Wolfe, Mrs. Petty. Larkspur—Mrs. Patterson, Mrs. Petty. Marigold—Mrs. Patterson Howard McDonald. Phlox Drummondi—Mrs. Patterson, Mrs. McIlraith. Perennial—Mrs. Petty, Howard McDonald. Pansies—Mrs. Patterson, G. Binnie. Petunias, single—Mrs. Patterson, Mrs. Wolfe. Double—Howard McDonald. Stocks—Mrs. Wolfe. Salvia—Mrs. McIlraith, Howard McDonald. Snapdragons—Mrs. Patterson, Howard McDonald. Verbenas—Mrs. Petty, Mrs. Patterson. Sweet Peas—Howard McDonald, Mrs. Patterson. Nasturtium—Mrs. Clark, Dr. Smith.

—Mrs. W. Groat, Mrs. C. Drumm, Judges.

Poultry

Plymouth Rock, white, young—J. Morrison. Mature—J. Morrison. Wyandotte, mature—W.G. Blyth 1 & 2. Young—W.G. Blyth 1&2. Leghorns, white, young—T. Bell 1&2.

—C. P. Kinnee, Judge.

Horses

Heavy Draught—Filly or Gelding, 2 years—J. Gilstorf. 3 years—J. McGirr. Span—A. Fritz, J. Gilstorf, W. Atchison. Best Horse—J. Gilstorf.

Agricultural—Brood Mare—G. Ritchie. Foal of 1926—G. Ritchie. Filly or Gelding, 1 year—G. Ritchie. 2 years—J. McGirr 1&2. 3 years—J. Ellison. Span—J. Ellison, J. Crutchley, R. Campbell. Best Horse—J. Ellison. Special—J. Ellison, J. McGirr.

General Purpose

Span—W.A. Lawrence, D. Robinson, R.J. Alexander. Best Horse—W. A. Lawrence.

Roadster

Filly or Gelding, 1 year—T. Bell, C.P. Kinnee. 2 years—T. Bell. 3 yrs. —C.P. Kinnee. Single Driver—W. Johnston, (unknown), W. Atchison. Span—W. Johnston.

Coach or Carriage

Brood Mare—D. Robinson. Foal of 1926—D. Robinson. Filly or Gelding 1 year—D. Robinson. Single Driver—B. Barber, D. Robinson. Span—W. Patterson. Lady Driver—Mrs. B. Harrison.

—C. J. Calhoun, Judge.

Pure Bred Cattle

Shorthorn—Bull Calf—D. Robinson. Cow—D. Robinson 1&2. 2 year Heifer—D. Robinson 1&2.

Hereford—Bull Calf— (unknown, 1, 2&3). Cow—T. Tucker, (unknown 2&3). 2 year Heifer—T. Tucker 1&3, (unknown 2. 1 year Heifer—(unknown), T. Tucker 2&3. Heifer Calf—T. Tucker 2&3. Heifer Calf—T. Tucker 1&3, (unknown 2). Herd—(unknown).

Holstein—Bull, 2 years—W. Bogle. Cow—W. Bogle, 1, 2 & 3. 2 year Heifer—W. Bogle, 1, 2 & 3. 1 year Heifer—W. Bogle. Heifer Calf— W. Bogle, 1, 2 & 3.

Grade Cattle

Heifer or Steer Calf—D. Robinson. —W. G. Shaw, Judge.

Sheep

Oxfords—Ram, 2 shears—Joseph & Son, W. Pfeffer. Shearling Ram—Joseph & Son, Pfeffer, A. Herd. Ram Lamb—Pfeffer, Joseph & Son, Pfeffer. Ewe, 2 shears—Joseph & Son 1 &3, Pfeffer 2. Shearling Ewe—Pfeffer, Joseph & Son 2&3. Ewe Lamb—Pfeffer 1&2, Joseph & Son.

Shropshire—Ram, 2 shears—Batty Bros. Shearling Ram—Batty Bros. 1 &2, W. Livingston. Ram Lamb—Batty Bros. 1&3, W. Livingston 2. Ewe, 2 shears—Batty Bros. 1&2, W. Livingston. Shearling Ewe—Batty Bros., W. Livingston. Ewe Lamb—Batty Bros. 1&2, W. Livingston.

Leicester — Ram, 2 shears—J. Wright & Son, A. Fritz, J. McGirr. Shearling Ram—Wright & Son, J. McGirr. Ram Lamb—Wright & Son 1&2, J. McGirr. Ewe, 2 shears—Wright & Son 1&3, J. McGirr 2. Shearling Ewe—A. Fritz, Wright & Son. Ewe Lamb—Wright & Son 1&3, J. McGirr 2.

Grade—Wether—Joseph & Son. Butcher Ewe or Wether—Batty Bros. 1&2, W. Livingston.

—W. G. Shaw, Judge.

Swine

York—Boar—W.S. Willis. Brood Sow—A. Fritz 1 & 2, W. S. Willis. Spring Pigs—W.S. Willis, J. McGirr, T. Bell.

Tamworth—Boar—A. Fritz.

Specials—Bacon Hogs—T. Bell, W. S. Willis, J. McGirr. Best load Bacon Hogs—W.S. Willis, T. Bell, J. McGirr.

—W. G. Shaw, Judge.

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Ontario is ablaze with Autumn Splendour

MR. CITY-DWELLER, where did you spend your boyhood days? Was yours the privilege of wandering through the fields and woodland where every tree and bush had been painted by the divine artist?

Today you say 'tis but the hectic flame of a dying year. Then it contained all the mystery of an enchanted palace.

Ontario's highways lead you to the land of yesteryear—over white roads flecked with fallen leaves, patterned here and there by checkered shadows of trees. Field and hillside are gay with fiery sumach. Maple groves aflame, backed by the darker evergreen.

Through this lovely panorama, in every direction, leads Ontario's splendid system of highways. You are entitled to enjoy them, for they are yours. Keep in mind, however, that upon you will come the expense of maintaining them in proper condition.

Speeding eats away road surfaces. It "milks" your pocket-book for both motor and road upkeep. Moderate driving is far more economical and pleasurable.

By so doing you will greatly assist the traffic patrol who operate for everyone's safety—who have instructions to enforce the law rigorously.

Issued by the Ontario Department of Highways to secure the co-operation of motorists in abating the abuse of the roads of the Province.

THE HON. G. S. HENRY, Minister of Highways.

S. L. SQUIRE, Deputy Minister.

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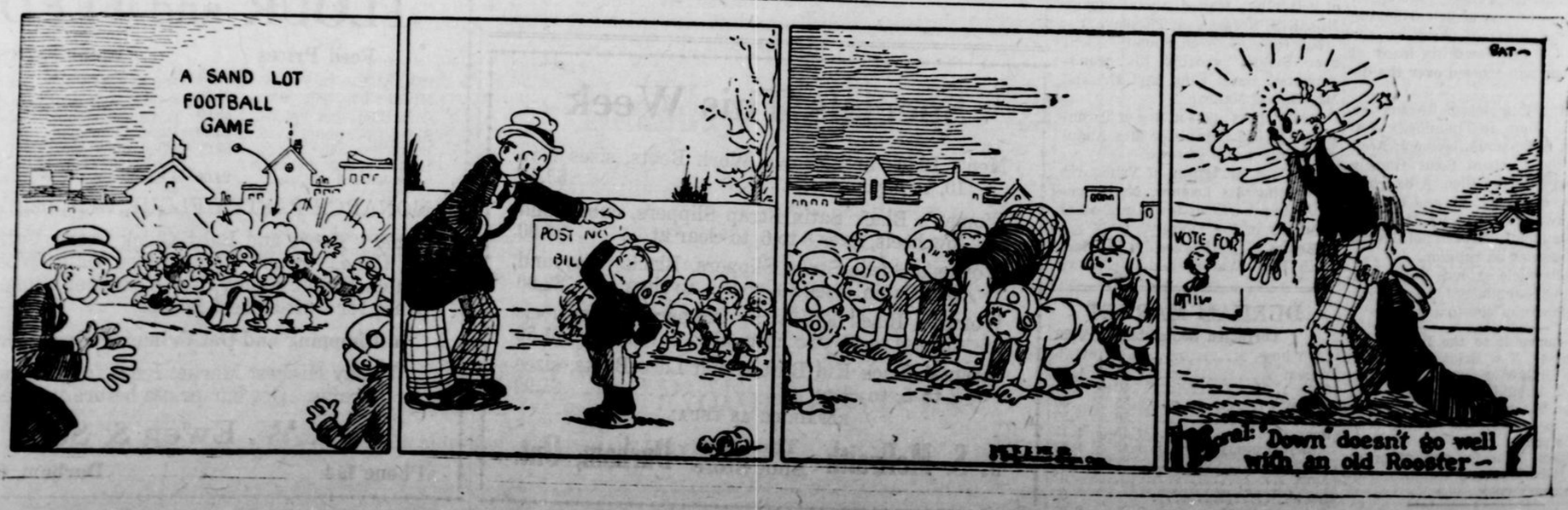
THE FAMILY NEXT DOOR

Out of His Class!