

TORONTO WOMAN

To Health by Lydia E. Pinkham's Vegetable Compound

Ontario. "After my mother born I started to work day and did a big wash-day. Being so married at 19 I did not as the matter, so let it as all run-down, weak and had a bad displacement. Nearly two years I could not always complain of a head-ache, but a My mother is taking Lydia E. Pinkham's Vegetable Compound. The Change of Life and it to me. After bottles I began to get a and to feel better and I it off since then, except months. I can safely taken thirty bottles since my was born. I think birth easier as I had with my first three very few with my fourth much stronger. I am to my work alone, but the Vegetable Compound nursing baby."—Mrs. Cherry Street, Strat-

uffering from any weaknesses such symptoms the side and back and give Lydia E. Pinkham Compound a trial

8 to 12 years Kathleen Burnett, V. reat McArthur.

12 to 15 years the Kelly, Sadie Cam herna.

6 to 8 years the Things—Don Ald- arker.

8 to 12 years —Jno. McVicar, J. man Barker.

—Alex Stonehouse, made—Don Alcorn, L. Stonehouse

Northern Business Col- ad capital letters, fig- writing "My Native Lambert

ot for Him do. I can think of but will cure you, and bath.

with doctah, yo' reans here niggan. I hat took one ob dem in Sing, an' it

rs. Who! on going, my pretty g husband, sir," she

he, "a pleasant day," all off the other way!

ified Ads, on Page 7.

ODDS \$2.50 and Stanfield's DERWEAR RIMMINGS's Fine Shoes Stock

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The Road To Better Health

THE NERVOUS CHILD 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.

An unstable nervous system may exhibit itself during childhood in sixty different symptoms and signs. Not all are observable in each individual case, but sufficient of them to indicate a serious impaired nervous mechanism.

Symptoms of Nervousness

The first signs in infants are sensitiveness to light and sound, fretfulness, thumb sucking, head rolling, thigh rubbing, digestive disorders, too early or late teething and closing of the "soft spot," spasms.

Next in order appear the symptoms in young children—loss of or a finicky appetite, constipation alternating with diarrhoea, bed-wetting, night terrors, muscular twitching, stammering, lisping, restlessness, irritability, obstinacy, fears of various kinds, timidity, emotionalism.

If allowed to go uncorrected these symptoms become aggravated at the age of puberty, and the child now exhibits various aberrations; he is self-conscious; he has an insane tendency to do the opposite of what is requested of him; he holds on a attitude for a long time or constantly repeats meaningless gestures.

These children also present certain physical deviations from the normal, such as asymmetry of the head and face, impairment of vision, adenoids and enlarged tonsils.

Treatment of Nervousness

The first requisite in the treatment of the nervous child is change of environment. It is generally next to impossible to reconstruct the child physically and mentally in his own home surroundings. On the contrary, it is surprising how completely changed—such a child he comes after a few weeks' sojourn amid unfamiliar scenes and among

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HEALTH QUESTIONS AND ANSWERS

The Philosophy of Perspiration

Mrs. L. K. writes: "I would like you to give me a little advice on the following question:

"Married woman, 52 years of age, eats and sleeps fairly well and is not overworked. Breaks out in sweats, and will do this even when sitting down, sleeping, or even out driving in the cold. After these sweats feels very tired. Could you advise?"

Reply

What you say about being overworked is superfluous. No married women are overworked, though they all think they are.

About the sweats. These are an overactivity of the little glands in the skin whose business it is to cause the evaporation of just enough fluid from the surface of the body to maintain a uniform and normal temperature. They act more vigor-

ously in proportion to the amount of blood there is in the skin vessels.

When the sweating becomes excessive it shows that there is too much blood in the skin. This means that there is not enough blood in the deeper structures. In other words, the circulatory system is upset. And inasmuch as that system is under the control of the nervous system, it is the later mechanism which is fundamentally at fault.

The disturbance of the nervous mechanism is, however, purely functional. That is to say, there is no actual organic disease of the nerves. The trouble is largely psychic—your mental processes are wrong.

The cure? Cultivate an even disposition, and a healthy outlook instead of a diseased inlook. Forget yourself and your troubles. Lead an active life—exercise sufficiently, eat moderately, and bathe frequently.

Get Born Early

"What do you believe is the reason for your long life, Uncle Aaron?" the reporter asked the colored centenarian.

"Becoz I was bawn a long time back, I guess," said Aaron reflectively.

Making It Easy

Mrs. Buy-on-Time: "How much is this hat?"

Clerk: "It's \$10 cash."

Mrs. B.: "And how much by instalments?"

Clerk: "It's \$15—\$10 down and \$1 a week for five weeks."

Fame-winning Punch They Used To Land In The Old Days



These two stalwarts ought to look quite familiar to old time fight fans who still can recall the thrilling ring days "way back when—". At the left is Jim Jeffries, far-famed one-time heavyweight champion who in his day was the idol of the ring for many years. At the right is Tom Sharkey—also a heavyweight favorite in Jeffries' time.

In this particular photo, they're illustrating one of the punches that helped both to meteoric success in the fistie game. Sharkey is shown landing a right-hand cross on Jeffries' chin, preliminary to cutting in with a left hand hook to the stomach. Both of these veteran battlers are now doing "three-a-day" on the vaudeville stage.

PRODUCERS SHOULD LIKE NEW LAW

Egg Regulations Prevent Hucksters Selling Poor Eggs on Public Markets.

The value of the Canadian egg regulations in protecting the interests of producers who sell their eggs on public markets is shown in an experience related recently by a Montreal egg dealer. The dealer in question made regular weekly sales of "storage seconds" to a man who was doing business as a farmer on a Montreal market. In one instance delivery was made directly to the purchaser's stall on the market. In adjoining stalls were bona fide producers, selling the produce of their own farm, without the grading regulations, which require all containers to be marketed with the class and grade of eggs. This man would have been selling his storage seconds in direct competition with the fresh extras of the farmers and possibly at the same price. To protect the interests of producers in such instances is one of the objects of the egg regulations.

DICK TALMADGE IN ANOTHER FAST ONE

The bounding Dick Talmadge, who recently broke his neck doing one of his spectacular stunts and whose thought seems to be that he is sorry he has but one neck to give to the movies, appears in his latest F. B. O. production, "The Fighting Demon," at the Veteran Theatre next Friday, October 8-9. Supported by an excellent cast and featured in a story of more than ordinary merit, Mr. Talmadge outdoes himself in this action-mad melodrama, both in acting ability and in his "high and lofty" specialty without the aid of a net. The ring battle between Dick and the champion of South America is a stirring scene, particularly well developed by Director Arthur Rosson. In addition to the speed of punch of the production there is a lot of good comedy. Charles Metz is responsible for this entertaining and rollicking story, and James Bell Smith of the continuity.

It used to work on mules. Does anybody ever try language on a fiver that balks?

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You Should Try "SALADA" GREEN TEA

when you want a change. It's delicious.

"Why won't you go out to the corn field this morning, Bobbie?" "I wouldn't go out there for anything. Didn't Uncle Tom say at breakfast that the corn had begun to shoot?" Read the Classified Ads. on Page 7.



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800 in Canada including Vancouver, Victoria, Calgary, Edmonton, Regina, Winnipeg, Port William, Windsor, Ont., London, Hamilton, Toronto, Ottawa, Montreal, Quebec, St. John, N.B., Halifax, Sydney, Charlottetown.

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Durham Branch J. A. Rowland, Manager

40,000 Trucks Now Use Ontario's Highways

Commercial users have increased from less than 2,800 in 1916 to 40,000 in 1926.

County engineers and others complain of damage to roads because of overloading of trucks and speed at which they are driven on highways.

The necessity of limiting loads was recognized by the Government three years ago. Unless you wish more drastic legislation, further limiting of weight and speed, you will co-operate with the Department and obey the law.

All tax payers must not be penalized because of temporary profit to the few.

Road repair bills should never be burdensome and will not be if you use the highways reasonably.

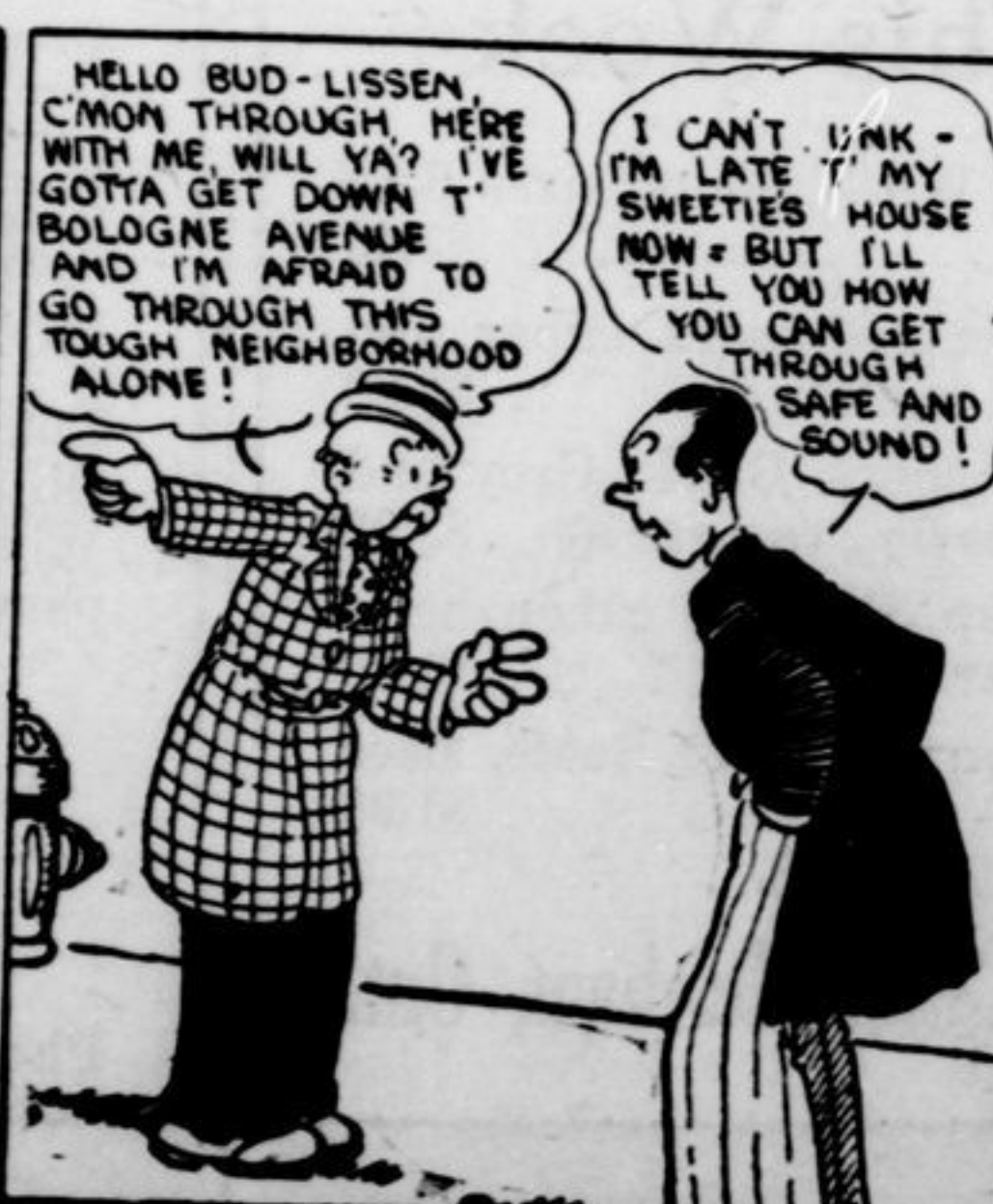
Penalties are provided for overloading and fast driving. These should be unnecessary, but will be rigidly enforced whenever necessary.

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

S. L. SQUIRE, Deputy Minister

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

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