

PAINS ALL OVER BODY

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

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

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

Useful and useless, poisonous and non-poisonous. She strongly advised knowing the poison ivy at once and carefully destroying it, time and again. She explained the plant and its winds and by and by she scattered in scattering

(Continued on page 6)

Savings!



Give some good values this year, made from best steel to give you most satisfactory use, most to satisfy \$1.25 to

Dietz Lanterns

Our strong guaranteed not to break glasses, or blow out if it has all the usual without the usual price \$2.00

Lanterns \$1.35 with glasses, long or short \$1.25

Home Quebecs

Our strong suit, Quebec range that bakes and cooks at the time. Large reservoir, 6 No. 9 large oven, 18 x 20 firebox takes a stick. High Closet in white rock e-

arm of satisfied Ask to see it.

Durham Hardware Merchants



The Road To Better Health

WHAT TO DO FOR BURNS

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.

Hebra classifies burns in three degrees, according to the extent of the lesion. A first degree burn is one in which there is merely a simple inflammatory reaction of the skin. A second degree burn is one accompanied by the formation of blisters. A third degree burn is one which leads to necrosis and sloughing of the affected area.

This classification, of course, takes into account only the depth of the burn. Equally important, however, is the extent of the burned area. It is a generally accepted fact that if two-thirds of the body surface has been burned the victim cannot possibly recover. This, because the burned area fails to perform its part in the process of elimination of poisons from the body. We can much longer survive a locking of the kidneys and bowels than of the skin. The latter eliminates mere poison than the two former combined.

The extensive employment of the so-called paraffin treatment during the war has led to its use in private practice since that time. The method is applicable principally to burns of the first and second degrees. The area is washed with an antiseptic solution (Chloramin-T) then dried with gauze. The burn is then painted with paraffin which has been melted and allowed to cool down to about 50C. The resultant layer of paraffin is covered with a thin pad of cotton and the entire dressing held in place with a gauze bandage. Each day the bandage is removed, the burned area carefully cleaned, dead tissue removed and a new dressing applied.

First Degree Burns

The simplest treatment of a first

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HEALTH QUESTIONS AND ANSWERS

Too Much Grease

A. E. E. writes: "I have been bothered the past two winters with pimples on my back. Have tried everything I know of, but they won't go away. Perhaps it might be bad blood."

"Could you tell me of something that could take them away?"

Reply

You have what is known as "acne." It is a rash that accompanies the irritation of the skin which is trying to eliminate an excess of oily waste products. I am willing to bet you also have some "blackheads" mixed in with the pimples.

Better stop too soon 1,000 times than to be run over once.—Owen Sound Sun-Times.

Men's clothiers say the Prince of Wales has made men spruce up. And all the time the flappers supposed they were the cause.—Kingston Standard.

Tear bombs are not new. "Can't have a new hat, has always been one.—Sault Star.

While flappers hate to have things kept from them, they don't mind being in the dark.—Kitchener Record.

What a gathering there will be some day when the old bootleggers

degree burns is dusting of the surface with a dry powder such as bismuth or burnt alum. My favorite however, has for twenty years been Pieric acid (1% solution). It almost instantly relieves the pain, rapidly reduces the inflammation, and materially prevents destruction of burned tissues. The only objection to its use, if it could be called one, is that its intense yellow color stains everything it touches.

Second Degree Burns

In second degree burns the blisters should be punctured with a sterile needle and drained, leaving the outer skin in place to protect the delicate underlying true skin. Either the 1% Pieric acid solution or a 1:3000 solution of Potassium Permanganate of Potash should then be applied. In lieu of either of these colorful agents one may use Burrow's solution in the proportion of 1 to 15 parts of water.

In no case should salves or baths be employed, as they lead to softening and peeling off the skin. Oily vehicles, like linseed oil or carbor oil are likewise objectionable because of the danger of infection attendant on their use.

Third Degree Burns

The treatment of third degree burns should be left entirely in the hands of a physician. As a matter of fact I would recommend that a physician be called in any case of burn. There is frequently a systemic reaction that calls for the expert attention that only a physician can supply. Moreover the danger of blood-poisoning from even the smallest burn is an ever-present one under ordinary home treatment and one to which the patient should not be exposed.

There is no such thing as "bad blood" except in the sense that the blood may be loaded with toxic material.

I assume you are a young man, and if my assumption is correct time will rid you of the rash more certainly than anything else. In the interim you can hold them in check by keeping the skin active through dry rubs, cutting down on starchy and oily foods, keeping your bowels active, getting lots of fresh air, sunshine and exercise. The usual skin remedies will not do you a particle of good. You are just wasting your money investing in them.

hold a reunion!—Toronto Telegram. To finish a needle from a plain piece of steel to the finished article requires the work of 70 men.—St. Catharines Standard.

Canada is exporting more wood-pulp and less pulpwood—a good sign. Still a better one would be the exportation of less wood-pulp and more paper.—Hamilton Herald.

Wheel Tracks Won't Go

Reggie: Really, Miss Sharpe, I expect to make footprints on the sands of time.

Miss S.: You won't make them by riding in an automobile, Mr. Sapp.

CANNIBALISM AND SLAVERY EXPOSED

According to Captain George Rostaing, a French explorer, there are large stretches in the jungle of Central Africa where cannibalism is an almost universal practice. He has recently returned from these uncouth regions and is busily engaged in forming a society and making plans for a return. He modestly realizes that a certain doubt may attach to some of the shocking things he has told if they are not supported by other evidence. So his idea is to return with a larger expedition and come back with moving pictures, phonograph records, affidavits and other things that may beat down the incredulity of his fellow countrymen. He has so far succeeded that there has been formed a "Committee of Aid to the Last Slaves" with some influential French men and women taking an interest in it. For the condition that exists he does not blame anybody, although the territory is under French jurisdiction. But the colonial administrators are few, distances are immense, and the terrible pressure of hunger forces the natives to the most revolting practices.

Caused by a Fly.

The main cause of cannibalism is the tsetse fly which makes it impossible to breed cattle in certain parts of Africa. Occasionally horses or cattle are brought in by outsiders as barter for slaves but these are immediately killed and eaten by the chiefs. Grasshoppers, according to the veracious captain, are the only flesh meat available with the exception of human beings. He says nothing about fish, birds, or smaller game that presumably are not attacked by the fly. Some photographs which he shows reveal the natives as pleasantly plump but the captain says that they are obliged to live on grasshoppers and manioc, a woody plant which is hard to get. He does not say so, but we take it for granted that in ordinary times there is such food as one would expect and that it is only in certain seasons that cannibalism is resorted to as an alternative to starvation. He asserts that in the market places of Dongo, in the Oubanghi and in the Ouadai, on the edge of the Libyan desert, it is not uncommon to find among the fruits on sale a black human thigh or a chunk of shoulder. Pieces of young slave girls are considered as choice delicacies.

Prefer White Flesh

"In upper Oubanghi," he said, "I met a chief named Nambu whose domains were scattered along the river M'Bomou. He was a debonair, paternal sort of fellow afflicted with some 500 wives, most of whom were distributed among the sub-chiefs to save expense. If one of these sub-chiefs showed disrespect to the big chief's wives, off came a part of his ear. If he tried to acquire one of the chief's wives for himself, off came his head. In this regard I heard from the chief of one of the N'Sakkaras tribes that his people, though habitual cannibals, bury their own dead, and eat only their enemies. The cannibal after drinking some of my tea informed me with a smack of the tongue that the flesh of a white man tastes much better than that of the black. It is salty, whereof that of the black is sweet. Whether these lands are French or British, the tribes of the interior fastnesses take advantage of every chance to make war upon one another. But their common prey is the Boubou. The killed are always eaten on the spot, while the prisoners are distributed among the various chiefs. At rare intervals the

Arabs come down the Dar Rouna to trade a horse or a cow for a number of slaves, whom they take back to their country to do hard labor."

Girls Fattened for Table.

"While I visited the Chief Nambu, a great funeral was taking place. One of his favorite sons had died and twenty women had to be killed to satisfy the evil spirit, N'Goumban. This favorite son, M'Gari by name, was given a royal funeral indeed. His body was placed in a hole six or seven feet deep and fifteen feet square. The head of the dead warrior rested upon the body of a 12-year-old girl and all around him were the bodies of the twenty sacrificed women.

"Only in that manner could the Genius of Evil be satisfied. Only thus could M'Gari find comfort and have all his wishes fulfilled in the next world. For the N'Sakkaras believe in another life. Dongo, I found, is one of the important markets of the region. There wasn't a scrap of meat anywhere, the sheep and kids being retained as barter for slaves whose flesh is much more relished than that of goats or sheep. These latter only serve to fatten the slaves. The Bondjos are especially resourceful in fattening their prospective victims. They stuff them as the producers of 'pate de foie gras' stuff their geese. Girl slaves are forced to be mistresses of the young men of the tribe and are not consumed until they have had three children who are fattened in turn for the same purpose."

To Rouse the Public.

Captain Rostaing says that it will require six months to make the round trip into the cannibal region. The journey, we gather, is a hazardous one, not the smallest hazard being after the travellers arrive in a district where white meat is preferred to dark. In the new expedition each adventurer will pay his own expenses but the man with the camera, unless an enthusiastic amateur is discovered, will be paid, and so will an expert hunter. On Captain Rostaing's return his evidence will be used for purposes of publicity in the hope of so arousing the public that the strongest pressure will be brought upon the French Government or any other government that is found to have responsibility, to put an end to the combined slavery and cannibalism. It is a subject in which the League of Nations might properly be interested, but Captain Rostaing cannot wait for the movement of any official body. He says that it will probably take years to accomplish what he has set his heart upon but that every day of delay means death and enslavement to human beings. Perhaps the discovery of some means of exterminating the tsetse fly will be necessary

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before Africa is wholly rid of these horrible customs.

Very True

Cheer up, little vacant lot, Don't you cry; You'll be a gasoline station By and by.

Could See the Rust

"That red-headed chap has a head of iron." "I believe you—I can see the rust."

In Close Touch at Least

"Your old landlord owned a lot of real estate, but his business went to the devil after he died." "Well, then, I guess he got it back again."

She: You'll not dictate to any flapper stenographer.

He: Zat so? I'll take no dictation from my wife as to whom I'll dictate.

Read the Classified Ads. on Page 7. It will pay you.

Wheeling Yarns, Shirtings and Worsted Hosiery

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A. A. ALJOE

(Successor to C. L. Grant)

Phone 47

Durham, Ontario

Ontario is Ablaze with Autumn's 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 pocketbook for both motor and road upkeep. Moderate driving is far more economical and pleasurable.

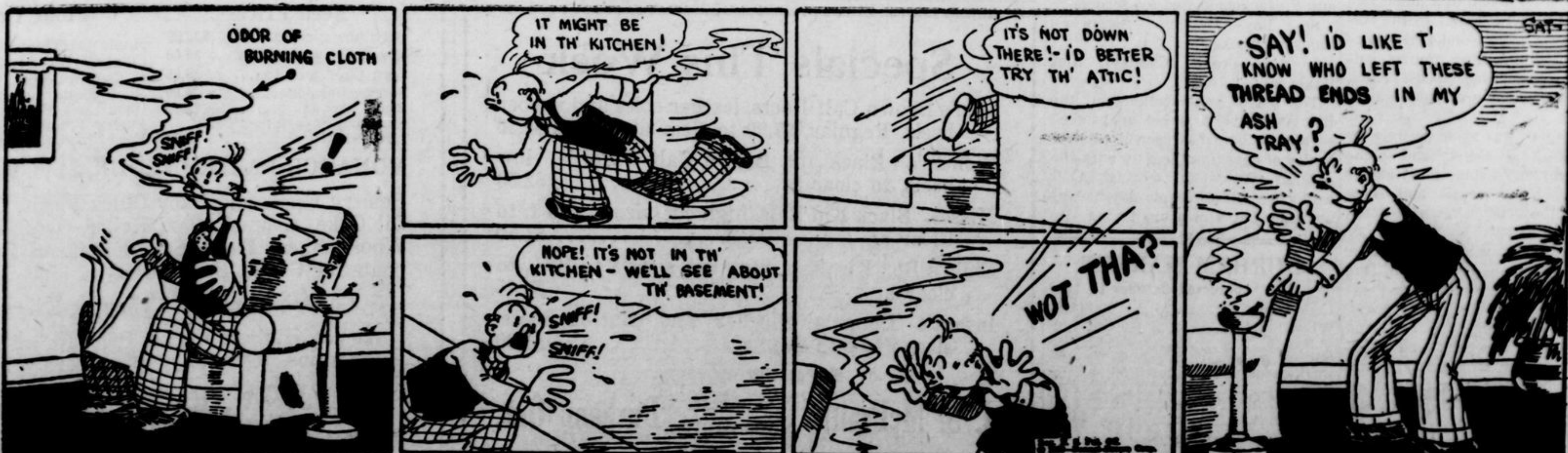
By so doing you will greatly assist the traffic patrol who operate for everyone's safety—who have instructions to enforce the law rigorously.

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 in abating the abuse of the roads of the Province.

THE FAMILY NEXT DOOR



Fire! Fire!

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