Experience a men Passing ange of Life

-"I have taken dia E. Pinkham's egetable Comound and I canot speak too ighly of it as I easat the Change f Life and was run-down and ad no appetite. was very weak nd sick, and the ains in my back ere so bad I ouldhardlymove. got very sad at had not a friend care if I lived or rvous, too, and much. A friend ottle of Lydia E. le Compound, so r's wife, and aluntil lately, and onths. I began oman after the mmend it with Lydia E. Pink-I am willing to women asking es, as I cannot them."-Mrs. Wilson Street,

everywhere. C

Triangle all this sentfling

then. Mary?" sir, I'm sorry, mn trand to kiss. You forcibly

The postman





RRIES



#### CHAPPED HANDS

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 hands become chapped during the winter for the reason that the skin contains less oil during the cold than in warm weather. During cold weather the skin secretes less oil and sweat because evaporation and infant mortality over three times radiation from the body surface are cut down to keep as great things. the heat within the body. As a result the skin lacks what guidance does all this offat and becomes dry and harsh. Cold air is irritating and this plus the susceptibility of the skin to irritation British Dominions live nearer to na- nation until ill-health has increasat this time leads to chapping of the hands—the parts food. Their high standards of "The latest report of Sir George

#### Action of Soap

Persons who are compelled to use soap and water a great deal suffer mostly from chapped hands. All soap contains an alkali which is a solvent of fat, and it follows that dryness of the skin is increased by frequent use of soap and water. Obviously the prevention of chapped hands consists in the minimum use of soap and water-particularly

The next step is to supplement the lack of natural fat in the skin by anointing the skin each day with a bland oil, cold cream being the best for this purpose.

#### Hand Lotions

which it stands in need.

All hand lotions are of one or the canth. the first group belong the glycerin There is nothing especially beauand rose water preparations and tiful or comfortable about hands in people. those whose chief ingredient is ben- such a condition. Neither is there zoin. In the second class come those any reason why people should made with tragacanth, quince-seed have chapped hands, albeit with

are less satisfactory than the gela- essary evils of winter.

have no cleansing action.

#### Tragacanth Lotions

These are unquestionably as good ket, are inexpensive and are easily

A simple formula is the following:
Glycerin 2 oz.
Boracic Acid 3 tsp
ragacanth 1 tsp.
water 1 pt.
Oil of Bergamot 10 grains
rest .

purposes in this connection; they is dissolved. The oil of Bergamot is dietary in many homes."

some they are such a perennial ail-

(Copywright, 1926, by The Bonnet-Brown Corporation, Chicago.) race we should be enjoying the HEALTH QUESTIONS AND ANSWERS

and for some time-(approximately two years -have at times had violent heart beats which would be caused by the least amount of exer- bothered for some time with

swell considerably and become covered with white blotches. Apart from slight weakness at times I

anything serious ?"

#### REPLY

I should say that you have a rather serious affection of the heart. It may be purely functional though I am very much inclined to know what the pills are, so cannot the opinion that it is organic. In any event the symptoms you list would point that way.

that you see a doctor at once, pre- that an opiate is. They very likely ferably one who makes a specialty change the reaction of the urine of heart diseases. It is extremely and thus relieve the irritation. important that you have the mat- either in the kidneys or the bladder. ter investigated at once so that no My advice is to consult a physi-

It is obviously impossible for employ whatever procedure the me to offer specific advice regard- doctor recommends.

Don't Take Chances

### of your affection.

Mrs. C. E. D. writes: "I have been | There is a red and pimplish rash bladder irritation. I take a few comes out all over my body, which doses of pills each week. They help is very itchy. My hands and feet days I get an attack. During pregnancy I had albumen.

"(f) What causes this? "(2) Are the pills habit forming "Would I be in the first stage of and what should I do to overcome withing serious?"

#### REPLY

(f) Your trouble may not be in the bladder, but in the kidneys. An analysis will decide where and what your disorder is. I do not describe their effect.

(2) I doubt very much that they The best suggestion I can offer are habit forming in the sense

cian, have the urine examined, and

#### How's This One?

A pretty girl, wearing the very latest in bathing suits, was sitting on the beach when a young man approached her and took off his hat remarking that it was a fine day. "How dare you speak to me!" said the girl, indignantly. "I don't

know you from Adam." "Well," returned the young man, unconcernedly, "I would hardly know you from Eve.'

#### Beyond Compare "Are mine the only lips you ever

"Yes, darling, and the nicest."

#### FINDS HEALTH GOOD HERE

Sir W. Arburthnot, Eminent Doctor Urges British People to Emulate Health Methods of Dominion

One of the greatest authorities on health preservation in England, Sir W. Arbuthnot Lane, has made a plea for a determined effort to decrease the high death rate in Great Britain, which he finds alarming. He points out that the Dominions, by complying with the most elementary laws of hygiene, have decreased their death rates enormously within the last twenty years, whereas Great Britain's are steadily increasing. Continuing, he tells us:

"These facts point us clearly to what is going to be the true test of the A 1 nation of the future. People who think only of quantity should look toward Russia, whose recent figures show that her birth rate is twice that of England. But her general death rate is also nearas great, a truly appalling state of

fer us for the future? Nothing

day where the fundamentals of lack of resistance due to faulty diet. healthy growth, fresh air, sunlight, "With the winter months upon us able than in New Zealand."

The glycerin, boracic acid and these benefits should be more fully and ill-health generally. The microwater are first mixed, after which utilized. School medical officers organisms which convey various inthe tragacanth is added and the report that "tea, white bread and fections, carried by insects or pre-These serve a number of useful whole shaken until the tragacanth meat play the chief part of the sent in dust and dirt, cannot wholly

place of soap to a certain extent; this perfume is not desired. The that it is not enough to save the when they are encountered they they are soothing to the irritated result is a mixture which has the babies, but that health education must inevitably cause illness. skin; they keep the skin soft and consistency of mucilage, and which must proceed right through the pliable; they supply the fat of may be made more or less thick by school period until the right habadding a trifle more or less traga- its are ingrained in the minds of that almost entirely depends upon other of two general types—those This preparation should be used camps and nutrition classes the New way he dresses, the amount of fresh having a glycerin base and those with the advent of cold weather as Zealand authorities have transform- air with which he surrounds himhaving a gelatinous foundation. To a preventive of chapped hands, ed the physical and mental condition of many thousands of their "We have abundant proof that the

same splendid results can be achieved in Great Britain. The magnificent physique and handsome Some people like the glycerin lo- ment that they have come to be re- appearance of Wellington's soldiers tions best but for the majority they garded as just one more of the nec- can be repeated in our rising generation by following a similar dietary of natural, unspoilt feeds. As a great physical heritage of our nergic ancestors. During a few generations the universal adoption Probably Organic Heart Disease | ing treatment in the absence of ex- of manufactured and denatured E. B. writes: "I am a girl of 26, act knowledge of the precise nature foods has poisoned the whole of the



LEON J. LADNER, M.P. Though returned at the last election to the Federal seat for Vancouver South, he is said to have thrown his hat into the ring of provincial politics to oppose Hon. W. J. Bowser for the leadership of the Conservative party in British Columbia.

social welfare are known to the Newman shows that 25,000,000 weeks world. In addition to what alert in- of work were lost to the nation last tinous kinds as they tend to make telligence and natural fortune have year through temporary illnessesthe skin still more dry and they brought them, they have the bold- a loss equivalent to a year's outness to accept, without question, the put of half a million workers. latest teachings in the matter of Not only do disorders of the digestion constitute a considerable per-"In his latest report the Director- centage of these cases, but such as any hand lotions on the mar- General of Health for New Zealand cases as influenza, colds, bronchial proudly claims that "there is pro- troubles, boils and other septic conbably no country in the world to- ditions are closely related to the

food of the right type and amount it becomes more essential than everadequate sleep and rest, wholesome that the people should be taught exercise, are more readily avail- how to build up within their systems the powers of resistance to the "But he is careful to add that onset of colds, bronchial troubles, be avoided by apybody. But it is cleanse the skin and thus take the then added, but may be left out if | "Our kinsmen over seas realize quite a mistake to suppose that

"For everything depends upon the the people. Through their health the habits of the individual-the

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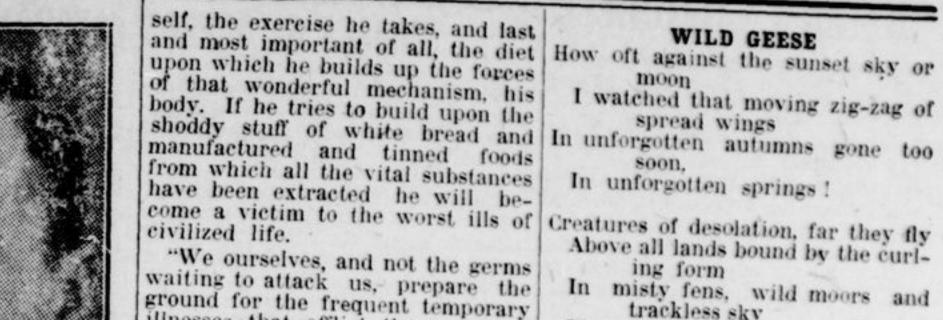
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"Many years ago Herbert Spenser penned a reproach that is unhappily still true to-day:

" To tens of thousands that are killed, add hundreds of thousands that survive with feeble constitutions, and millions that grow up with constitutions not so strong as they should be, and you will have some idea of the curse inflicted on their offspring by parents ignorant of the laws of life."

I watched that moving zig-zag of In unforgotten springs!

Above all lands bound by the curling form In misty fens, wild moors and trackless sky These wild things have their home

> And tropic marshes by the Indian starry hosts From Crux to Pleiades.

ducts, these are the ideal fuel for Dark-flying rune against the western glow- ? It tells the sweep and loneliness

of things, Symbols of autumns vanished long Symbols of coming springs.

#### tiser from Pall Ta-shun. The Local Salutation

"What struck you the first time you visited Chicago ?" "A blackjack."

-Translated for the Japan Adver-

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