

A GALLON A DAY KEEPS DOCTOR AWAY

"A gallon a day will keep the doctor away."

That is what a physician said when asked if it was a good thing to drink much water.

Doctors disagree about whether it is good to drink water with meals, the majority believing that food should not be washed down with liquids, but should be thoroughly chewed and mixed with saliva, which is an aid to digestion. But several doctors who were asked about it asserted that it was good to drink even as much as a quart of water with meals.

All of the seven doctors who were interviewed about the benefits of water drinking agreed that the copious drinking of water was a preventive of disease, and they had known many cases in which health was restored by the drinking of water in large quantities. One doctor advocated the drinking of as much as three gallons of water a day in very warm weather, reducing the amount when the weather is cooler, but never drinking less than a gallon a day.

"Why," said this physician, "two-thirds of the weight of the body is water. In a very warm day in August, an average man who is at work will perspire from two to six quarts of water a day. Where is it all coming from if you don't drink it? Many poisons generated by the body are exuded through the pores of the skin in perspiration. Many persons think they are not perspiring unless they can see beads of water on the skin. But we perspire at all times, waking and sleeping, and we do not see it because it evaporates immediately. It is almost impossible to drink too much water."

Another doctor said: "I saw a short article in the paper the other evening quoting an eminent medical authority as saying that all girls and women who wished to have a good complexion should drink two quarts of water a day. I would double that and advise them to drink four quarts a day. Give the body plenty of pure water, inside and outside, a gallon a day inside, a thorough bathing of the whole body at least once a day, fresh air all the time, night and day, and plenty of exercise, preferably by outdoor walking, and you can't very well be sick. If everyone would do that one-half the doctors would have to seek some other business. If every woman would do that the rouge and complexion powder factories would shut down. There is nothing so good as plenty of water drunk every day for the complexion."

A physician said: "I am not claiming that the drinking of plenty of water is a preventive of all diseases; that would be misleading and silly, but I will say this: I have cured several bad cases of rheumatism and many cases of stomach ailment with water alone. In those cases the patients were in the habit of drinking very little water. I prescribed a quart of water before breakfast each morning, and a gallon throughout the day, and a quart on going to bed each night. It worked a cure in each case.

"I say this most emphatically, that a half-gallon or a gallon of water a day will help wash out the toxic poisons that are formed in the body, and will tend to keep a person in good health and help him resist disease.

"There is constantly being accumulated in the body not only

waste matter, resulting from chemical changes taking place in the upkeep of vital energy, but also the blood takes up toxic poisons from the intestines. Unless those things are thrown off by the lungs, skin, kidneys, etc., we become lazy, dyspeptic, and uric acid will accumulate and cause rheumatism, kidney disorder and other organic disturbances. Now such conditions would be much less likely to ensue were the simple precaution taken of drinking a pint of water often throughout the day.

"Especially is this true of persons who take little exercise and who live indoors, where they breathe impure air.

"I often prescribe the slow sipping of at least a pint of hot water in the morning while dressing. This washes out the stomach, stimulates the circulation in the lungs and skin and promotes the action of the liver. If a person has a tendency to gout or rheumatism, the water drinking habit is especially recommended."

CORNER CONCERNS.

Mrs. Kenzie of Chatham is visiting this week with her parents Mr. and Mrs. Jas. McMeeken, and other old friends.

Miss Pearl Wilson visited a few days last week with her parents at Aberdeen.

Mrs. Jas. Hargrave of Greenside spent the latter part of the week with her parents, Mr. and Mrs. J. Tucker.

Mrs. Jas. McLaughlin of your town, visited over the week-end with her daughter, Mrs. Wm Allan.

The ladies of St. Paul's congregation are holding an organization meeting in the church this Thursday at 2 p.m., to start a Ladies' Aid, or some such organization. Everyone within reach is invited to attend.

The Sunday school is in good running order now, and all who will attend will be made heartily welcome.

Mr. Archie Allan is improving the appearance of the old homestead very much by clearing away the old fence, stones and rubbish and building a new wire fence.

The frosts have been pretty heavy of late, but to what extent they have blackened vegetation, we can hardly say, but they have darkened the countenances of farmers somewhat.

Mr. Jas Tucker has put a long piece of wire fence through a swamp this spring. If the same clearing and fence had been put along the roadside he would have received special mention. It really seems that if a fellow wants a lot of praise he must do things that will be clearly seen by all passers.

The thunder-storm a week ago gave many a farmer a good chase from the field to the house. Mr Thistle, the tea man from the capital, had a run after his horse which was startled by a heavy clap of thunder while he was opening Lennox's gate. Mr. Wm Marshall had just got his team unhitched from the plough when he was prostrated to the earth, and dazed for some minutes. Of course the team ran off, and that is possibly the only thing that would cause him to let a pair of horses get away from him.

Mr and Mrs. Wm Freeman of Mt. Forest visited the latter's brothers and sisters last week, before going to Teeswater to take charge of a store they have rented.

Miss Mabel Meade leaves tomorrow, Wednesday, to look after her duties in Toronto. She will be much missed.

HAMPDEN.

Miss Maggie Derby, Miss Bessie and Mr. Jas. Park, visited over Saturday and Sunday with the latter's parents, and attended the memorial service held in the Presbyterian church on Sunday evening.

Much sympathy is tendered to Mr. Wm. Aikman, employed with Mr. Wm. Henderson, in consequence of the sad news he received last Wednesday of his brother's death. He was one of those brave heroes who fell fighting on the battlefield. We understand it was the 19th of April he was killed. He was twice wounded, but after convalescing took his stand again as an outpost watch. The shot that proved fatal went through his head.

Misses Mary and Bessie, and Mr. Will Mather, spent over Sunday at their grandparents', Mr. and Mrs. Wm. Hunter. We understand that Mr. and Mrs. Wm. Hunter, Sr., and Mrs. Wm. Hunter, Jr., purpose leaving in June on a trip to their many friends in the west.

Mr. Archie Park sold a fine 3-year-old horse to Mr. David Gilmour. Mr. Gilmour has a well-matched team now.

Sunday school has again reopened, and as usual, a large attendance both in the Sabbath school and Bible class, were present. The Bible class is taking up the Teachers' Training course which is a great help to them.

We regret to find that some of our comments on the recent election of elders in Hampden church unwittingly caused offence to some of our people. We had not the slightest intention of casting any aspersions whatever on anyone who voted in any way that his conscience directed. We are sorry that, because our remarks were not couched in the most exact language, any misunderstanding has arisen.

TOBACCO AND CHOCOLATES FOR THE CANADIAN SOLDIERS

The following is the list of those from Durham who contributed to the Tobacco Fund for the Canadian soldiers, and sent to The Toronto Daily News by Mr. A. H. Jackson:

The following contributed \$1.00: S. Hughes, H. Allen, A. H. Jackson, D. Jamieson, J. Kelly, C. L. Grant, G. Kearney, J. J. McIlraith, W. A. McGowan, J. J. Smith, D. McIlvride, E. W. Limin, T. Petty, W. Calder, R. Macfarlane.

The following donated 50c.: J. G. Hutton, J. Towner, C. McLeish, J. F. Grant, D. Town, W. S. Hunter, J. H. Hunter, J. P. Telford, W. C. Pickering, G. S. Burnett, W. Black, W. Irwin, J. F. Irwin, G. McKechnie, F. Lenahan, W. B. Vollett, S. F. Morlock, J. R. Glassford, C. A. Marshall, A. C. Dewar, W. J. Firth, O. S. Hunter, E. D. McClocklin, J. C. Nichol, S. Lowe, R. Torry, E. Hildebrandt, T. C. McGirr, C. H. Darling, E. A. Goodwin, J. A. Cliff, G. C. Knickerbocker, J. McGowan, J. L. Steiman, N. P. McIntyre, J. Bryon, J. Hepburn, J. E. Bryan, G. A. Thompson, C. Pilgrim, R. Milne.

Other contributors were: C. P. Kinnee, G. Frape, D. McGinnis, W. Browning, J. Saunders, A. Heather, W. Wilson, T. Armstrong, S. Hartford, G. Hawken, A. Cove, W. Marshall, P. Martin, G. Lloyd, C. Proctor, J. Gibson, H. Falconer, F. McKay, G. Everett, M. McClyment, J. McQueen, W. Clarke, W. J. McGirr, W. McCracken, W. Johnston, W. Hill, J. Vessie, J. Gibson, W. Aljoe, H. McLean, S. Wilson, J. M. Noble, A. Holmes, W. Johnston, B. Benton, A. Brooks, F. Havens, J. Snell, G. Saunders, J. E. Gibson, W. J. Hewitt, G. Bauer, N. L. Brown, G. MacKay, J. McCaughie, G. McMeekin, J. Mitchell, J. McGillivray, H. Simpson, J. McCutcheon, A. Kerr, J. My, S. B. Scriber, J. Baker, W. Warrington, J. H. Robertson, W. G. Harbottle, T. C. Morton, J. Lawrence, J. Bauer, P. Hill, D. Cameron, J. Mullen, W. H. Whitchurch, J. McLean, J. Carson, W. Moore, A. Calvert, T. Cook, G. Gagnon, A. Wells, J. Lamerson, A. Havcock, H. R. Koch, W. Storrey, J. McCoskery, W. Laidlaw, F. Giles, T. Whitmore, H. J. Snell, R. Trafford, W. Orr, W. De La Rosa, J. Latimer, N. McGillivray, B. Stoneouse, B. Saunders, W. McDonald, E. Langdon, F. Wright, J. Firth, A. Browning, D. McGrath, T. Smith, M. H. Knechtel, B. Hunt, C. Luder, F. Hune, A. Davis, J. Bulger, F. Bunce, A. Wells, W. Waitmore, E. Burnett, R. Calder, J. Vollett, E. Bauer, A. Fagan, D. Ritchie, E. Rowe, W. Buckley, T. Karn, D. Hopkins, D. McDonald, N. Harvey, N. Fagan, W. Johnston, W. A. Glass, J. A. Lloyd, A. Saunders, F. W. Search, P. Gagnon, C. Moore, J. Davis.

More will follow next week.

THE LACROSSE SCHEDULE

The following schedule for the local group in the O.A.L.A. (No. 1), was drawn up at Dundalk on Friday, Shirley McIntyre representing the local club. So far, there looks as if lots of good lacrosse would be staged here this summer, the district being comprised of the following towns: Orangeville, Shelburne, Dundalk, Owen Sound, Hanover and Durham. The following is the schedule:

- June 18-Dundalk at Shelburne.
June 18-Orangeville at Durham.
June 25-Owen Sound at Hanover.
July 1-Durham at Shelburne.
July 7-Orangeville at Owen S'd.
July 9-Shelburne at Hanover.
July 9-Durham at Dundalk.
July 14-Hanover at Orangeville.
July 14-Owen Sound at Shelburne.
July 16-Dundalk at Durham.
July 21-Orangeville at Shelburne.
July 21-Durham at Owen Sound.
July 22-Hanover at Dundalk.
July 28-Owen Sound at Orangeville.
July 29-Shelburne at Durham.
July 30-Dundalk at Hanover.
Aug. 4-Orangeville at Dundalk.
Aug. 4-Shelburne at Owen Sound.
Aug. 6-Hanover at Durham.
Aug. 11-Dundalk at Owen Sound.
Aug. 11-Durham at Orangeville.
Aug. 13-Hanover at Shelburne.
Aug. 18-Shelburne at Orangeville.
Aug. 20-Durham at Hanover.
Aug. 20-Owen Sound at Dundalk.
Aug. 25-Orangeville at Hanover.
Aug. 25-Shelburne at Dundalk.
Aug. 27-Owen Sound at Durham.
Aug. 30-Dundalk at Orangeville.

Durham at Home :

- June 18-Orangeville at Durham.
July 16-Dundalk at Durham.
July 29-Shelburne at Durham.
Aug. 6-Hanover at Durham.
Aug. 27-Owen Sound at Durham.

Durham Away from Home :

- July 1-Durham at Shelburne.
July 9-Durham at Dundalk.
July 21-Durham at Owen Sound.
Aug. 11-Durham at Orangeville.
Aug. 20-Durham at Hanover.

TRAVERSTON.

Drat the frosts! They are unwelcome visitors.

Mangels are sown, and most of our fellows are busy on the corn ground.

W. J. Cook brought home a John Deere manure spreader from Markdale on Monday.

A. G. Blair has ordered a new corn planter and a new corn harvester.

The scarcity of feed this spring is causing the farmers of this vicinity to sow about three times as much corn as in former years.

Several stock losses happened hereabouts lately. W. Firth lost a fine colt; R. Anderson two fine yearlings, from anthrax; W. J. Cook a fine Oxford ram; your scribe, a 200-lb. fat ewe; J. J. Peart, the best cow in his herd. She badly broke and splintered the thigh bone by a quick playful turn on Sunday morning. He shot her on Monday, and on investigating found the bone in five or six pieces, and the flesh all torn.

from the bone. She was just three years old, and gave promise of being a No. 1 dairy cow.

Mr. and Mrs. Will Henry, Misses Hazel and Olive, and their brother, Everett, motored down from Flesherton in their new Ford car in time for Zion's services on Sunday and spent the evening with friends.

Teacher W. R. Wallace has invested in an "Indian" motorcycle, and on its appearance, a high-spirited old nag here takes to the bush and watches it from behind a tree.

Miss Bella Lee of Egremont was a guest of friends the first of the week.

The Women's Institute met at the home of Mrs. W. Timmins on Thursday of last week. Twenty-four members were present. The election of officers resulted in Mrs. W. J. Greenwood becoming president, Miss Jennie Davis vice-president and Miss Mary Peart secretary-treasurer. Mrs. Timmins, assisted by her sister, Mrs. Albert McNally, treated them to a dainty repast at its close.

SUMMER UNDERWEAR

Abraham Fair and Square

Ladies' Vests - Good Quality. Special 10c

Ladies' Fine Rib Vests short sleeve or strap shoulder. Special 2 for 25c.

Ladies' Porous Knit Vests - Short sleeve or strap. A bargain 25c

Extra Over Size Vests Specially good quality in very large size only 25c.

Men's Balbriggan Shirts and Drawers. Always sold at 50c Special 42c

Children's Underwear All sizes 10, 12 1/2, 15c.

Fancy Collars

Just opened a nice assortment of Fancy Collars, 25c, 35c, 50c.

Silk Crepe de Chene Ties, 25c and 50c.

The Store that Sets the Pace

The J. D. Abraham Company

Ladies and Gentlemen

If you've not already ordered your Spring Suit and Coat now is the time to do it, while our stock is complete. Fit and Satisfaction Guaranteed.

Everything New and Up-to-date in Men's Wear always on hand. Large shipment of Spring Hats and Caps just arrived, which you ought to see before buying elsewhere.

G. C. Rife

Ladies' and Gent's Tailor

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The Right Idea in Business

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The best carrier of businesses to customers' homes is the newspaper. THE DURHAM CHRONICLE can carry every business in Durham to the homes of this community with ease and without confusion—the business of grocers, dry goods men, hardware dealers, clothiers, stationers, boot and shoe houses, druggists, jewellers, furniture dealers, fruiterers, butchers, grain and feed stores and every other class of business.

To the Merchants of Durham

Get your business into the home and you'll sell goods there. THE DURHAM CHRONICLE can carry your business into more homes than you are now serving. Ask us about the cost of advertising.

BUY FROM ADVERTISERS

Important to Householders

Having purchased the stock of W. J. McFadden and moved my stock in with his, the store is now filled with Pianos, Organs, Sewing Machines and Musical Instruments of all kinds in the highest and best grades.

We are crowded for room and the stock must be moved out, and moved quickly. This is important news to all Householders in need of any of the goods we handle. The prices are right.

H. J. Snell

McFadden's Old Stand - Durham