

THE DAY

(By Henry Chappell.)

The following, written and published at the beginning of the war as a reply to the famous toast of the German navy "The Day," meaning the day when they should "meet and vanquish" England, is more than ever justified by the recent total collapse of the Huns—and their navy.

You boasted the Day, and you toasted the Day,
And now the Day has come,
Blasphemer, braggart and coward all,
Little you reck of the numbing ball,
The blasting shell, or the "white arm's" fall,
As they speed poor humans home.

You spied for the Day, you lied for the Day,
And woke the Day's red spleen.
Monster, who asked God's aid Divine,
Then strewed His seas with the ghastly mine;
Not all the waters of the Rhine
Can wash your foul hands clean.

You dreamed for the Day, you schemed for the Day,
Watch how the Day will go,
Slayer of age and youth and prime
(Defenceless slain for never a crime)
You are steeped in blood as a hog in slime,
False friend and cowardly foe.

You have sown for the Day, you have grown for the Day!
Yours is the harvest red.
Can you hear the groans and the awful cries?
Can you see the heap of slain that lies;
And sightless turned to the flame-lit skies
The glassy eyes of the dead?

You have wronged for the Day, you have longed for the Day,
That lit the awful flame,
'Tis nothing to you that hill and plain
Yield sheaves of dead men amid the grain;
That widows mourn for their loved ones slain,
And mothers curse your name.

But after the Day there's a price to pay
For the sleepers under the sod,
And He you have mocked for many a day—
Listen and hear what He has to say:
"Vengeance is mine, I will repay."
What can you say to God?

Now, as to sneezing, did anybody from the time of Noah to this minute, ever sneeze through his nose?

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears
the
Signature of *Chas. H. Hitchcock*

When baking potatoes select those of a uniform size. This makes them all require the same amount of time in cooking and hence fuel is conserved.

Never let potatoes that have been boiled stand in water after they are done. Drain them immediately, peel and if they have to stand any time cover the dish with a cloth to absorb the moisture from them.

In boiling potatoes for making potato bread they may be peeled and diced before cooking, because the water in which they are boiled may be used for part of the setting in making the bread.

COUGHED, COUGHED
ALL NIGHT LONG

Terribly wearing on the system is the cough that comes at night and prevents sleep. Sometimes it is a constant cough, cough that will not be quieted. Sometimes it is a choked-up, stuffed-up feeling that makes breathing difficult, and sleep impossible.

Whatever kind of a cold or cough you have, Dr. Wood's Norway Pine Syrup is the remedy you need to cure it, for the simple reason that this valuable preparation combines all the lung healing virtues of the Norway pine tree with which is combined wild cherry bark, and the soothing, healing and expectorant properties of other excellent herbs and barks.

Miss Margaret Landly, Bristol, P. E. I., writes:—"I am writing to tell you the benefit I have received from Dr. Wood's Norway Pine Syrup. Last fall I took a severe cough and cold in my head. I was unable to do anything. At night I could not sleep, but cough, cough, all night long. A friend advised me to use Dr. Wood's Norway Pine Syrup, and before the second bottle was used, I was entirely cured, and I have found this the best cough medicine I can buy."

Do not accept any other "pine" preparations when you ask for "Dr. Wood's". This remedy has been on the market for a quarter of a century. It is put up in a yellow wrapper; three pine trees the trade mark; price 25c, and 50c. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

CHRISTMAS
SHOPPING DONE
TOO EARLY

(Chicago News)

"It's a shame the way time flies," sighed the real estate man. "I see some of the merchants are already urging people to do their Christmas shopping early, so as to prevent a congestion. Christmas is at the door and it seems no time since I was unpacking the junk I received from admiring friends last Yuletide."

"If the war has done no other good it has at least furnished us with a good excuse for not giving Christmas presents. The Christmas gift business was getting to be an intolerable nuisance until the German Emperor decided to put a stop to it by starting a war. This year I'm not going to distribute any presents, except to a couple of soldier boys I know, and if anybody asks the reason why I'll spring the war on him. There's no comeback."

"The giving of Christmas presents certainly was an unspeakable bore," admitted the grain man, "and the taking of them was as bad. I'm of middle age, hale and hearty, and looking forward to years of usefulness, yet Christmas always made me feel old and superfluous, because I invariably received several pairs of slippers from my friends."

"It seems to me that it's an insult to send slippers to a man of less than 89 years. Slippers seem to argue that you are all in, that you have nothing more important on hand than to sit by the fire and prepare for your translation to another world. It's like calling a man 'uncle.' When your friends begin to do that they seem to suggest that you have outlived your usefulness and might as well take in your sign."

"I used to get mad every Christmas morning when I'd find myself up against seven or eight pairs of carpet slippers, leather slippers, felt slippers and list slippers. My wife never could understand my passionate outbursts. She thought I would be jubilant and grateful."

"I think I suffer more than the average man," complained the jurist. "I am fond of books of a certain kind. I spend most of my spare coin at the bookstores. Buying a book is a solemn function with me, for the book has to meet certain requirements. My friends all know my weakness for books, and at Christmas time they rally round the flag, boys, rally once again and inundate me with volumes, many of them costly, many of them beautiful, and none readable."

"I like to read Bacon and Sir Thomas Browne and a lot of the old substantial authors. I like Charles Lamb and Macaulay. I like Fielding and Smollett. My tastes are rather comprehensive, and it should be an easy matter to give me a book that I can read, but nobody ever does. Grideson the attorney, who has known me for thirty years, presented me last Christmas with a magnificently bound work by some woman writer. Every time he meets me he asks me how I like it, and I feel embarrassed when I confess that I haven't had time to read it. Like the rest of you I have always dreaded Christmas with its misfit gifts. I find solace in the thought that most people have gone broke buying liberty bonds and won't be able to fill our stockings this Christmas with things for which we have no use."

There are other things which work toward happiness just as much as the habit of chumming around with an undertaker out of business hours.

When a man is over 80 he has it on a lot of us guys. He is too old for influenza and too old for the draft, and look at all the years he has to the good.

Regulations Laid Down by
The Dept. of Public Health

ORDERS AND REGULATIONS OF THE DEPARTMENT
OF PUBLIC HEALTH OF NEW BRUNSWICK, BY
THE MINISTER OF HEALTH.

DUTIES OF THE BUREAU OFFICERS

The Chief Medical Officer

1. The Chief Medical Officer shall be a duly qualified physician of the Province and shall possess a degree or diploma in Public Health from a reputable University or College.

2. He shall permanently reside in the City of Fredericton and shall have the supervision and direction in general of all matters pertaining to (a) epidemic disease and epidemics; (b) the regulation and prevention of Tuberculosis, Tuberculosis Hospitals, means for the education of the Public looking towards the avoidance of Tuberculosis such as Tuberculosis Clinics, dispensaries, voluntary associations for the prevention of the disease and to all other matters which may be conducive to its control and elimination. He shall have direction of all regulations for the control of venereal disease and generally have supervision over the means of control of all notifiable diseases throughout the Province.

3. He shall be a general inspector of all hospitals, public and private, and all other institutions for the care of the sick, the aged or the infirm in the province and shall at any time furnish the Lieutenant-Governor-in-Council or Minister with such reports and recommendations consequent upon such reports as may be demanded of him, or without such demand as he shall deem expedient to submit.

4. He shall have in his general charge the medical inspection of schools and a general supervision of such Medical Inspectors.

5. He shall have power upon what he deems proper occasion to direct the activities of the various District Medical Health Officers and to suspend any of them in cases of what he may deem grave dereliction of duty, incompetence, disobedience of orders or neglect, until such cases shall have been passed upon by the Minister or Lieutenant-Governor-in-Council.

6. He shall have power to suspend sub-district Boards of Health upon like cause and for a like time and to recommend to the Lieutenant-Governor-in-Council, upon grave occasion the dis-establishment of such Boards.

7. He shall in general, under the Minister, have direction and control of the administration of the Public Health Laws of the Province and all regulations, both general and local, made thereunder, except those things specifically placed under the like guidance and control of the Chief Health Officer and in the absence of the latter, he shall assume his duties.

8. He shall annually, at least ten days before the opening of the regular session of the Legislature of New Brunswick, present to the Minister as full and complete a report as may be of the sanitary conditions of the Province during the preceding year ending on October 31st, which report shall embrace all the practical facts relating to the vital statistics of the Province, a complete return, so far as may be, of the medical school inspection, the sub-district Boards of Health, reports to the Minister, in full or in synopsis, together with such recommendations as he may deem expedient for the further improvement and efficiency of the administration of the Public Health Laws and Regulations of the Province, and for the amendment of such laws and regulations.

The Chief Health Officer

9. The Chief Health Officer shall have his residence in the City of Fredericton and shall have the direction and control of the collection and collation of the vital statistics of the Province and shall be responsible for the efficient nature of this work.

10. He shall conduct the publicity work of the Department of Public Health, that is to say, the advisement and informing of the public respecting hygienic, sanitary and public health matters through the public press, reports and brochures for popular distribution, lectures and other proper means which he may deem expedient.

11. He shall in collaboration, when necessary, with the Chief Medical Officer and with the approval of the Minister, formulate necessary proposed amendments to the Public Health Laws and Regulations of the Province.

12. He shall have the superintendence and general control of the installation and maintenance of all systems of water supply and sewerage and drainage, including plumbing, throughout the Province, under the Minister. He shall advise the Minister relative to all questions relating to these matters, and shall have the supervision and direction of the licensing of plumbers.

13. He shall control the administration of all laws and regulations relative to housing, except as provided for in section 32 of the Public Health Act of 1918, the inspection of milk and other food products and shall exercise a general control over the inspectors concerned in the inspection of food.

14. He shall as often as directed by the Lieutenant-Governor-in-Council, render a report relative to the condition of the work under his control, and shall annually within one month after the close of the Provincial year, submit a report covering the work under his control to the Chief Medical Officer, who shall incorporate the same in his annual report to the Minister.

The Chief of Laboratories.

15. It shall be the duty of the Chief of Laboratories to take direction and charge of all laboratories installed and maintained for public health purposes in the Province. He shall be a legally qualified and registered Medical Practitioner and shall be a skilled Bacteriologist, Pathologist and Public Health Chemist, and shall be the legal medical expert of the Department of Justice of the Province.

16. He shall perform all the work that may appertain to Bacteriology, Pathology and Public Health Chemistry, which shall be entrusted to him by the Minister or the Department of Public Health, which work shall include that submitted to him by the medical profession, by hospitals, by private persons other than medical practitioners, and by the public generally.

17. He shall annually make a report of all work performed by him and under his supervision to the Chief Medical Officer for submission to the Minister not later than the 30th day of November in each year, which report shall cover the year

ending the 31st day of October last preceding. He shall make such charges for work done by him and under his supervision as shall from time to time be indicated in a list of laboratory fees laid down by the Department of Public Health, and all moneys accruing from such fees shall be credited to and shall be a part of the public revenue of the Province.

District Medical Health Officers.

18. It shall be the duty of each District Medical Health Officer to enforce the Public Health Laws and Regulations of the Department of Public Health and the regulations or by-laws of the sub-district Boards of Health in his Health District.

19. To cause to be abated or removed all nuisances in his Health District.

20. To regulate the location, construction, repair, use, emptying and cleaning of all water-closets, privies, cess-pools or septic tanks, sinks, plumbing, drains, yards, pens, stables or other places where offensive or dangerous substances do or may accumulate.

21. To immediately notify the sub-district Boards of Health of the outbreak of any notifiable infectious or contagious disease and in the event of such disease being small-pox, Asiatic Cholera, Bubonic plague, leprosy, yellow fever or other disease manifesting dangerous epidemic conditions, he shall at once notify personally or by telegraph or telephone, the Chief Medical Officer.

22. To make a quarterly report to each of his sub-districts Boards of Health upon the sanitary condition of the sub-district concerned and transmit copies of such report to the Chief Medical Officer.

23. To promptly furnish such special reports as may be called for by the Minister or the Chief Medical Officer.

24. To furnish the Chief Medical Officer for submission to the Minister on behalf of each of his sub-district Boards, respectively, on or before the 30th day of November in each year, a report setting forth the receipts and expenditures, work done, and the conditions regarding Public Health prevailing in each of his sub-districts during and for the year ending the 31st day of October last preceding.

25. To afford facilities for the gratuitous and compulsory vaccination of school children in his health district not already successfully vaccinated, and to place under proper medical care in a contagious diseases hospital, or in strict quarantine elsewhere, as is practicable, the graver quarantinable diseases specifically mentioned in the foregoing Order No. 21.

26. To examine or cause to be examined, the water supply, both public and private, of his health district, and the source and sanitary conditions of the milk and other food supplies of his Health District.

27. To investigate or cause to be investigated, all reports of notifiable diseases coming to his knowledge in his Health District, and to cause a record of such reports to be kept in each of the sub-districts respectively.

28. On receiving information of the outbreak of any infectious, contagious or epidemic disease of a dangerous character, within his health district, to at once visit the locality affected and endeavor to trace the source of such outbreak; to advise and instruct the persons competent to act as to the measures to be taken to prevent the extension of the disease, and as far as possible to assist in the execution of the same. If the outbreak be one of apparent special gravity, he shall at once notify the Chief Medical Officer.

29. He shall inquire or cause an inquiry to be made into any offensive process of manufacture, trade or employment carried on within his health district and shall take means to prevent any nuisance or injury to health resulting therefrom.

30. All Inspectors, employees and, generally, all persons serving on the staffs of the sub-districts Boards of Health in his health district, or in any way in the service of the Public Health in said district except the members of such said sub-district boards, shall be under his immediate control and direction and shall be subject to his orders in consonance with the Public Health Laws of the province, and regulations made thereunder.

REGULATIONS.

Location of Bureau of Health.

1. The offices of the Bureau of Health shall be permanently located in the City of Fredericton, and shall be open and conducted on the same schedule of hours as are the other departments of the Provincial Government, as far as may be.

Health Districts.

2. The Province shall be divided into three Health Districts to be known, respectively, as The Eastern Health District, the Southern Health District, and the Western Health District.

3. The Eastern Health District shall be composed of the Counties of Westmorland, Kent, Northumberland, Gloucester and Restigouche.

4. The Southern Health District shall be composed of the Counties of St. John, City and County, Kings, Queens and Albert.

5. The Western Health District shall be composed of the Counties of Madawaska, Victoria, Carleton, York, Sunbury and Charlotte.

Sub-Health Districts.

6. Each of the said Health Districts shall be divided into sub-health districts, respectively; each sub-health district to correspond and be continuous with the same counties of which the Health District is composed, that is to say, in the Eastern Health District there shall be the sub-districts of Westmorland, Kent, Northumberland, Gloucester and Restigouche; in the Southern Health District there shall be the sub-districts of St. John City and County, Kings, Queens and Albert; in the Western Health District there shall be the sub-districts of Madawaska, Victoria, Carleton, York, Charlotte and Sunbury.

7. In the Sub-Health Districts of St. John City and County, of Westmorland and of York, the sub-district boards shall consist of five members each, and in each of the other sub-districts named the said boards shall consist of three members each, and in all sub-district boards these numbers shall be exclusive of the District Medical Health Officers, who are ex-officio by law members of such board in their respective Health Districts.

ROBERT MURRAY.

Provincial Secretary's Office.

WANTED

WANTED—Books and magazines for distribution to returned soldiers en route home, in the Military Hospitals or going overseas. Telephone Mr. A. Murray, care of A. Murray & Co. Tel. No. 159, or leave at store for Military Y. M. C. A.

WANTED—An experienced and capable girl for general housework; good wages. Mrs. W. H. Irvine, 86 Carleton street.

WANTED—Warm, clean, single room; gentleman, box Z, Mail.

TO LET—Desirable flats in the Hoban building corner York and King streets; all modern improvements; central location. Apply to Slipp & Hanson.

FOR SALE

FOR SALE—General purpose horse, 10 years old; weighs 1250; price \$100. Apply to Henry Staples, Barker's Pt.

FOR SALE—Rhode Island Red cockerels, six months old. Strong, well developed birds, excellent for breeding purposes. Apply to C. A. MacVey, 219 George street, city.

FOR SALE—At a bargain, 1 set light harness, 1 50-ft. joint of rubber hose (new), 3 round-pointed shovels, 2 mortar hoes, 4 stone hammers, 2 brick

hammers, 2 plastering trowels, 2 brick trowels, 2 sets of mitering tools, 1 4-ft. bricklayer's level, 1 3-ft. carpenter's level, 3 new hand-saws, 1 pinch bar. A. E. Quartermain, 80 Westmorland St. Phone 186-33.

NO NEW REPORT
AS TO KITCHENER

London, Nov. 18.—In the House of Commons today, in answer to questions, Right Hon. T. J. MacNamara stated that it had not been possible to salvage or examine the wreck of the cruiser Hampshire on which Lord Kitchener was lost. The government saw no reason to alter the decision not to publish the report of the official inquiry. The ship was sunk by a mine.

Mr. Croft asked for a definite statement that the peace terms would include full reparation by Germany, including the cost of the war to the Allies. Mr. Bonar Law replied that the government had arrived at no decision.

Sir Richard Cooper asked if the Commons would be given an opportunity to express an opinion before the appointment of the British delegates to the peace conference was confirmed. To this Mr. Bonar Law replied in the negative.

MARSELLAISE
IN BERLIN

Berlin, Nov. 18.—For the first time since the founding of the German Empire, the Marsellaire was played by a German band heading a procession down Unter den Linden today. Present indications are that saner counsels will dictate the governmental policy in Germany. The convening of the constituent assembly is being urged in diplomatic and political quarters not identified with the present ruling party.

In the surrender sweepstakes Austria and Turkey are getting under the wire a few jumps ahead of Germany.

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AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that the little one will be good and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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