

PRECAUTIONS FOR AVOIDING INFLUENZA

(Dr. Evans in Minneapolis Journal)

The present influenza is nothing but grip. Now known as Spanish influenza it was called Russian influenza in 1891. It seems reasonably certain that it is caused by Pfeiffer's bacillus the cause of the grip epidemic in 1891.

The average person stands an even chance of escaping the disease. A person can improve his chance of escape materially by—

Keeping away from people with colds.

Keeping out of crowds.

Avoiding ily ventilated places.

Keeping warm.

Changing from wet socks, shoes or clothes promptly.

Avoiding undue fatigue.

By following these rules the average person should increase his chance of escape from one to one to at least three to one.

Is a person contracts the disease he need not become panicky.

If he has a mild case, the chance is about 200 to 1 that he will not die from it. A disease that kills less than one-two hundredths of those it attacks is not one to get in a funk about.

The greatest immediate danger is from pneumonia. The danger from pneumonia is not past until the temperature has been normal for three days. While pneumonia is the greatest immediate danger, the disease is hard on the old and those with crippled hearts, crippled kidneys, or other crippled organs.

The experience of 1891 indicates that people in this group will not be out of the woods until spring at the earliest. Such persons if they are in a position to go south or to California or Arizona for the winter should do so. If they are going away, it is better to go now, rather than to wait until the usual going time.

The person who finds himself taking cold should proceed on the theory that he is taking influenza. There is no way of telling by clinical or laboratory examination whether a cold is an ordinary cold or a mild influenza. The wise plan for such a person to follow is:

Go to bed in a well ventilated room.

Keep warm.

Send for a physician.

If no physician is available, keep aches within bounds by salicylates or aspirin.

Use hot foot baths.

Do not permit constipation to continue.

The less medicine taken the better. Do not take Dover's powders or strong nose douches, unless advised to do so by a physician.

When sneezing or coughing cover the face with a face mask or a handkerchief. Soiled masks and handkerchiefs should be sterilized by boiling.

Influenza will sweep over the country as it did in 1891 and as it has always done. We cannot escape it, but we can spread the cases over several weeks, instead of having them all lump together, as they usually come when the epidemic attacks men in barracks. If the epidemic can be spread out to a moderate extent, our hospitals, nurses and physicians can handle the situation. If the public will heed the above rules, the disease will spread slowly.

THE SAINT JOHN & QUEBEC RAILWAY COMPANY.

Notice is hereby given that the plan and book of reference covering the location of this Railway across Lot No. 449, in District A, in the Parish of Westfield, County of Kings, has this day been deposited with the Minister of Public Works at Fredericton and with the Clerk of the Peace in the County of Kings, where the same may be examined as provided by law.

THE ST. JOHN & QUEBEC RAILWAY COMPANY.

E. S. CARTER,

Secretary.

Dated at St. John, this 26th day of September, 1918.

PUBLIC NOTICE

On and after November 10th, the price of milk delivered to customers will be thirteen cents per quart.

DAIRY DEPOT.

NOTICE

On and after November 1st, milk sold in the Town of Marysville by H. F. FISHER will be 12 cts. per quart.

**SAVE
WHILE THE
SAVINGS GOOD**

SMALL TOWN SLACKERS ARE HANDICPPED

(Chicago News)

In a large city a man may be a slacker and his neighbors will know nothing about it, unless he goes out of his way to tell them. But in a country town you can't keep anything quiet. You can't get by with treason; stratagems or spoils. Everybody knows everybody else and the business of everybody else. The big city resident may buy a gorgeous new car, for instance and tool it around all day long attracting no attention from any one but the traffic cop. But if you live in a country town you can't buy a new car and make it a secret.

By the time you get it home from the dealer's a lot of neighbors will have gathered at your place to criticize the new boat, tell of better ones for less money and predict that you'll break your neck the first time you drive into the country. It was that way before the war: it is more so now than ever. The roof is off and we all look down into the lives of our fellow citizens and express our sentiment without reserve. If anybody of prominence gets by without being touched up it is an oversight that is soon corrected. We play no favorites in the country towns.

Some of us were in the postoffice the other day waiting for the 2 o'clock mail to be distributed.

"I see" said Bill Finney a note of sternness in his voice "that Bob Hammer has bought a new suit of clothes. Such wanton extravagance doesn't look well at this time when conservation is the watchword of the nation. The suit Bob's been wearing around is plenty good enough to run him through the winter. It cost him \$50. I was in the store when he bought it and I know. A \$50 suit ought to last a man at least two years in these times and that suit would look as good as new if he'd clean the grease off the coat collar and have the trousers pressed."

"If that was his only suit" remarked Jake Warren, "he might be pardoned for blowing himself for a new one even in war times. A man does like to have two suits one for Sundays and funerals and such things and the other for hacking around in. But Bob has that Brown suit he wore last winter. Of course it was damaged some that time when Gans' auto rolled over on him but the dry cleaner could make it look first rate and he could get a season's wear out of it."

"They tell me that Bob has a new hat, too, as well as the fresh rags," said John Rice. "If he keeps up this lick in the tailoring and haberdashery line he'll have people talking about him. I positively know that Mr. Hammer has three good hats. There's the green felt one he brought from Chicago, the black one he wears on state occasions and a Panama that cost \$7. Of course, he can't wear the Panama at this season, but that green hat is good enough for any man winter or summer."

"I'm glad to see that Bob Holmes has quit wearing silk shirts," said Jesse Ricker. "Of course he can afford them and there's nothing in the constitution forbidding their use. In times of peace I'd like to have half a dozen myself, but in critical times like these when Europe is swarming with people who have no shirts at all, the wearing of such garments seems a sort of discord. When I saw Bob yesterday he was wearing a hickory shirt with a bone collar button and he said it felt like sandpaper. But he was willing to endure anything to crush autocrack. He has the right spirit."

The talk was drifting off to Mrs. Jiminy's new shoes, for which she paid \$15 when the opening of the general delivery window announced that the mail was distributed.

WALT MASON

CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears

the

Signature of

Dr. J. C. Hutchinson

BIG SOCIALIST DEMONSTRATION

Berne, Oct. 29—Hungarian Socialists to the number of 100,000 held a huge demonstration Sunday in the streets of Budapest. Count Michael Karolyi and his followers addressed the crowds on behalf of a Democratic Hungary. There were no disturbances.

A COSTLY FAILURE.

New York World.
Germany is reported to have long ago ceased the construction of Zeppelins, regarding them as "expensive military toys" of no practical value in war. Their failure is thus another of the elaborate plans for Prussian world power which went wrong.

ANECDOTES FRESH FROM BATTLEFIELD

When the Major Was Powerless

One company in the fight at Clerges progressed so rapidly that it was endangered by a flanking fire.

"Why don't you hold your men back, major?" asked the captain.

"How can I hold them back when the whole German army can't?" replied the major.

He Knew All About It

In the course of the Argonne fighting a colored Yank was slightly wounded. On reaching the rear he was asked eagerly for news of the battle. Did he know all about it and how things were going?

"Yassuh, Ah knows all about it," he said.

"What happened?"

"Well, it was this way. Ah was a climbin' over some barbed wire and they shot me."

"Don't Mind Me; Save the Hash"

A cook, 40 years old, formerly em-

NO GIRL NEED HAVE A BLOTCHED FACE

Whether it be in capturing the heart of man, or making her way through the world by the toil of her hands, a charming and pretty face gives any girl a big advantage. Poor complexion and rough, sallow skin are caused by blood disorders. The cure is simple. Just use Dr. Hamilton's Pills—a reliable family remedy that has for years been the foremost blood remedy in America. That soft glow will return to the cheeks, the eyes will brighten, appetite will improve, strength and endurance will come because sound health has been established. Get a 25c. box of Dr. Hamilton's Pills today. Sold everywhere.

played in a New York chop house, tried vainly to get permission to make an attack with the doughboys. By way of doing the next best thing he prepared a wonderful hash, timing it to be ready when the company returned from the trenches. As the first men appeared straggling back on the road he ran smiling to meet them. Just then a shell burst near him, tore off one foot and inflicted a dozen other wounds. A few minutes later he died. His last words were: "Don't mind me Harry. You run back and see that the hash doesn't burn."

BEAVERBROOK QUITS CABINET

London, Oct. 29—Baron Beaverbrook, chancellor of the Duchy of Lancaster, and head of the propaganda department of the British Government, has resigned, according to official announcement made today. In a letter to Premier Lloyd-George, tendering his resignation, Baron Beaverbrook says it is due to ill-health and the necessity of undergoing an operation for enlarged glands.

A HORRIBLE NIGHTMARE

Honolulu, Oct. 30—Prince George Lvoff, first premier of the Russian provisional government set up after the revolution, left here recently for the United States. He said Russia is a horrible nightmare, with ruthless murders, torturing and a trocites in those sections controlled by German-led "Reds."

A piano was carried across the English Channel in an airplane without dropping a note.

ONLY MEDICINE MADE FROM FRUIT

Extraordinary Success which
"Fruit-a-tives" Has Achieved

One reason why "Fruit-a-tives" is so extraordinarily successful in giving relief to those suffering with Constipation, Torpid Liver, Indigestion, Chronic Headaches, Neuralgia, Kidney and Bladder Troubles, Rheumatism, Pain in the Back, Eczema and other Skin Affections, is, because it is the only medicine in the world made from fruit juices.

It is composed of the medicinal principles found in apples, oranges, figs and prunes, together with the nerve tonics and antiseptics of proven repute.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

Mr. F. B. Rivers of St. John is in the city.

Miss Isabel C. Hovey is registered at the Barker House.

OFFICIAL PROSPECTUS

The Proceeds of this Loan will be used for War purposes only, and will be spent wholly in Canada



THE MINISTER OF FINANCE OF THE DOMINION OF CANADA offers for Public Subscription the

Victory Loan 1918

\$300,000,000. 5½% Gold Bonds

Bearing interest from November 1st, 1918, and offered in two maturities, the choice of which is optional with the subscriber as follows:

5 year Bonds due November 1st, 1923

15 year Bonds due November 1st, 1933

Principal payable without charge at the Office of the Minister of Finance and Receiver General at Ottawa, or at the Office of the Assistant Receiver General at Halifax, St. John, Charlottetown, Montreal, Toronto, Winnipeg, Regina, Calgary and Victoria.

Bonds may be registered as to principal or as to principal and interest, at any of the above-mentioned offices.

Interest payable, without charge, half-yearly, May 1st and November 1st, at any branch in Canada of any Chartered Bank.

Principal and Interest payable in Gold
Denominations: \$50, \$100, \$500 and \$1,000

Issue Price: 100 and Accrued Interest
Income Return 5½% per Annum

Free from taxes—including any income tax—imposed in pursuance of legislation enacted by the Parliament of Canada.

The proceeds of the Loan will be used for war purposes only, including the purchase of grain, foodstuffs, munitions and other supplies, and will be spent wholly in Canada.

Payment to be made as follows:

10% on application; 20% January 6th, 1919;
20% December 6th, 1918; 20% February 6th, 1919;
31.16% March 6th, 1919.

The last payment of 31.16% covers 30% balance of principal and 1.16% representing accrued interest at 5½% from November 1st to due dates of the respective instalments.

A full half year's interest will be paid on May 1st, 1919, making the cost of the bonds 100 and interest.

Subscriptions may be paid in full at the time of application at 100 without interest; or on any instalment due date thereafter together with accrued interest at the rate of 5½% per annum.

This Loan is authorized under Act of the Parliament of Canada, and both principal and interest are a charge upon the Consolidated Revenue Fund.

The amount of this issue is \$300,000,000, exclusive of the amount (if any) paid for by the surrender of bonds of previous issues. The Minister of Finance, however, reserves the right to allot the whole or any part of the amount subscribed in excess of \$300,000,000.

Conversion Privileges

Bonds of this issue will, in the event of future issues of like maturity, or longer, made by the Government, during the remaining period of the War, other than issues made abroad, be accepted at 100 and accrued interest, as the equivalent of cash for the purpose of subscription to such issues.

Payments

All cheques, drafts, etc., covering instalments, are to be made payable to the Credit of the Minister of Finance. Failure to pay any instalment when due will render previous payments liable to forfeiture, and the allotment to cancellation. Subscriptions must be accompanied by a deposit of 10% of the amount subscribed. Official Canvassers will forward subscriptions or any branch in Canada of any Chartered Bank will accept subscriptions and issue receipts.

Subscriptions may be paid in full at time of application at 100 without interest; or on any instalment due date thereafter together with accrued interest to time of making payment in full. Under this provision, payment of subscriptions may be made as follows:—

If paid in full on or before Nov. 16th, 1918, par without interest, or 100%.
If remaining instalments paid on Dec. 6th, 1918, balance of 90% and interest, (\$90.48 per \$100.)
If remaining instalments paid on Jan. 6th, 1919, balance of 70% and interest, (\$70.80 per \$100.)
If remaining instalments paid on Feb. 6th, 1919, balance of 50% and interest, (\$51.04 per \$100.)
If remaining instalment paid on Mar. 6th, 1919, balance of 30% and interest, (\$31.16 per \$100.)

Denomination and Registration

Bearer bonds, with coupons, will be issued in denominations of \$50., \$100., \$500., and \$1,000., and may be registered as to principal. The first coupon attached to these bonds will be due on May 1st, 1919.

Fully registered bonds, the interest on which is paid direct to the owner by Government cheque, will be issued in denominations of \$50., \$100., \$500., \$1,000., \$5,000., \$10,000., \$25,000., \$50,000., \$100,000., or any multiple of \$100,000.

Payment of Interest

A full half year's interest at the rate of 5½% per annum will be paid May 1st, 1919.

Form of Bond and Delivery

Subscribers must indicate on their application the form of bond and the denominations required, and the securities so indicated will be delivered by the bank upon payment of the subscription in full.

Bearer bonds of this issue will be available for delivery at the time of application to subscribers desirous of making payment in full. Bonds registered as to principal only, or fully registered as to principal and interest, will be delivered to subscribers making payment in full, as soon as the required registration can be made.

Payment of all instalments must be made at the bank originally named by the subscriber.

Non-negotiable receipts will be furnished to all subscribers who desire to pay by instalments. These receipts will be exchangeable at subscriber's bank for bonds on any instalment date when subscription is paid in full.

Form of Bonds Interchangeable

Subject to the payment of 25 cents for each new bond issued, holders of fully registered bonds without coupons, will have the right to convert into bonds with coupons and holders of bonds with coupons will have the right to convert into fully registered bonds without coupons, at any time, on application to the Minister of Finance or any Assistant Receiver General.

Forms of application may be obtained from any Official Canvasser, from any Victory Loan Committee, or member thereof, or from any branch in Canada of any Chartered Bank.

Subscription Lists will close on or before November 16th, 1918

DEPARTMENT OF FINANCE,
OTTAWA, October 28th, 1918.

Behind the Gun the Man - Behind the Man the Dollar
Make Your Dollars Fight the Hun