

INFLUENZA HAS LATER DANGERS

Particular Care Needed When Patient is Convalescent, Says Expert.

The influenza convalescent who has apparently recovered from the disease and is yet in a strangely weak and depressed condition should be the object of particular care, according to Dr. Louis I. Harris, director of the Bureau of Preventable Diseases of the New York Health Department. In the opinion of Dr. Harris the after care of the influenza patient is most important. The co-operation of the patient, coupled with the willingness to see that the weakness and depression are a part of the illness, though coming after the disease itself has spent its force, is a big factor in effecting a complete return to full health. On the other hand, the determination to ignore this debilitated condition and to fight against it, will, Dr. Harris says, frequently bring serious consequences upon the patient.

After Effects Bad

"The subject of the after effects of influenza," said Dr. Harris, "is one of particular interest to the scientist at the present time."

"First, and perhaps the most momentous condition to be considered is the striking depression, mental, nervous, and physical, complained of by most patients. Those attacked by the disease with moderate severity are almost always afflicted with this depression, which should be recognized and dealt with. Those who have had mild cases of the epidemic are little affected by depression and their quick return to health and strength gives rise to the belief that influenza is trivial. On the contrary, influenza in its after effects is anything but trivial, and calls for the application of rules of common sense and sanitation which are the fruit of years of experience."

"Tonic treatment, well chosen diet and great care in not becoming over-tired or allowing the body to be chilled are necessary. Eggs may be eaten, but not more than two a day, for the average adult. Of course, it must be remembered that in many cases this disease tends to direct its force against the kidneys, and therefore we instruct patients to avoid eating a great amount of meat, eggs, or beef extracts. Eggs, soft boiled, poached, or beaten, raw, are advisable in limited number. The raw eggs should always be well agitated before taking."

When Good Food is Bad

"With milk and eggs as a foundation the patient should eat good nourishing food, including meat, fish, and vegetables, simply prepared. Frying, for instance, is out of the question. Good food prepared in an unassimilable manner becomes bad food; especially is this to be noted in cases of convalescence from influenza, for the disease often manifests itself in vomiting, and in intestinal and gastric disturbances, and it is important not to weaken the digestive function by the eating of poorly prepared food, or even the best of food in ill-advised quantities. The quantitative distribution of foodstuffs should be so adjusted as not to overtax the stomach, but the patient should eat generously and frequently."

As a tonic to build up the blood and stimulate the shattered nerves, Dr. Williams' Pink Pills are unsurpassed. These pills actually make new, rich, red blood, which reaches every organ and every nerve in the body, improves the appetite, strengthens digestion and drives away the feeling of weariness and depression always following an attack of la grippe or influenza. Those who give Dr. Williams' Pink Pills a fair trial will be amply repaid by the new health and strength this tonic medicine always gives.

WANT SOFT DISMISSED

Berne, Nov. 28.—The Socialist council of Munich has telegraphed to the executive committee of the Berlin Socialist council demanding the dismissal of Dr. W. S. Solt, foreign minister. Philipp Scheidemann, minister of colonies and Matthias Erzberger, who, it has been announced, will conduct negotiations preliminary to signing a treaty of peace. The telegram also invites the Berlin council to overthrow a government which continues to place such persons in important positions.

THE ONLY THING

"Pa," asked little Willie, "what's an echo?"

"An echo, my son," answered pa, casting a mean side glance at little Willie's ma, "is the only thing on earth that can cheat a woman out of the last word."

"Another definition of an echo, Willie," observed ma, "is a man who goes to old almanacs for his alleged wit."

And then nobody said any more, but Willie's infant mind was much confused.

JUST GIRL, AFTER ALL!

(Los Angeles Times.)

She wore khaki pants, flannel shirt and a cap, with a pencil behind her ear, had a business-like looking leather money pouch slung from her strap over her shoulder, and looked like a war time laundry wagon driver or collector. Yet in passing a street mirror she pulled a chamotte rag out of her pants pocket, gave her nose a few dabs and straightened her cap.

JOHN DILLON LEADER OF THE IRISH NATIONALISTS

Successor to the Late John Redmond—Eloquent and Fiery Speaker—His Life Devoted to the Cause of Irish Home Rule—Vigorous Opponent of Sinn Fein Visionaries—A Close Associate of Mr. Redmond in Late Years.

(By Carlton McNaught)

When John Redmond died his mantle as leader of the Irish Nationalist party in Great Britain fell on a man whose espousal of the cause of Home Rule was more passionate even than his predecessors. Yet so eminent are the intellectual qualities and so likeable the personality of John Dillon that his friends are many in all parties and when he became a member of the Irish Convention, Britain's Parliament, grew hopeful that a solution of the historic problem was in sight.

Despite Dillon's bitter tirades against British stupidity and his unswerving hostility to the present form of Government for Ireland, his brilliant mental gifts, wide scholarship and sincerity of character are universally acknowledged outside his own party. He is now sixty-seven, of somewhat frail physique (he has long been troubled with dyspepsia) and in private life a rather quiet, melancholy man. But he has an iron tenacity of purpose and is one of the most eloquent members of the British House of Commons. Nor is his eloquence bestowed sparingly. In the session of 1917, from February 7 to May 4, Dillon held the record as talker in the House, his speeches and remarks occupying 183 columns of Hansard. And he is a talker of indomitable courage. After the rebellion in Ireland, he dared to stand up in his place in the House and say: "I declare most solemnly and I am not ashamed to say it in the House of Commons, that I am proud of their courage." He has never hesitated to flay the British Government on any and all occasions for its conduct of Irish affairs.

Opposed Sinn Fein

Yet Dillon came out flatly in opposition to the Sinn Fein movement. He believes in obtaining Home Rule within the British Empire by constitutional means, and is opposed to the Utopian dream of an Irish republic. His desire is to induce the more moderate Sinn Feiners to join the Nationalists in gaining the more practicable reform. "It is futile," he said in this connection, "to discuss a possible Irish republic, and as the Sinn Fein leaders are not united or consistent as to their aims, why should they not leave aside their dangerous bluff, coalesce with their fellow-countrymen and make a united demand for that which is almost within their grasp?"

John Dillon was a physician before he was a politician. He graduated from Dublin University and became a fully fledged member of the College of Surgeons in Ireland. He abandoned the medical profession, however, and entered Parliament in 1880 as a member for Tipperary, being then but 29 years of age. He retired in 1883 and spent two years in California, but in 1885, after meeting with defeat in North Tyrone, he was elected for East Mayo, which constituency he has represented ever since.

Associated With Redmond

Dillon was closely associated with John Redmond during the latter years of the Irish leader's life. Previously he had travelled extensively to preach the doctrine of Home Rule going once for this purpose to Australia. He opposed conscription when it was introduced in Britain during the war, but finally agreed to conform to the wishes of Redmond and dropped his active attacks on it. In the second year of the war he opposed the proposal to raise a million additional troops. He was bitterly hostile to conscription for Ireland, but he made no efforts to stimulate voluntary recruiting by the use of his acknowledged powers of oratory. He was so roused by Britain's policies in Ireland during the war that his mind seemed to have been drawn from the larger issue. Like Redmond, he believed in Home Rule by constitutional methods; but unlike Redmond he was unable for the time being, to sink his sense of Ireland's "grievances" and throw his weight into the greater task of fighting the dragon of Prussianism.

Will Dillon be able to effect a union of the more moderate Sinn Fein party with the Nationalists, and thus strengthen his forces in the fight for

Home Rule within the Empire by constitutional means? He talked last spring of taking the Irish question to the Peace Conference. He has suffered imprisonment several times for his activities in Irish movements. His singleness of purpose and his sincerity have never been doubted, and he may be counted on at least to give the British Government however it may be composed after the coming elections, no peace until the Irish problem is settled to his satisfaction.

THE CARE OF HOUSE PLANTS IN WINTER

(Experimental Farms Note)

In caring for house plants it should be borne in mind that they are of two classes and that such plants as ferns, palms and the rubber plant will do better in those parts of the room where the light is limited, while flowering plants, such as geraniums, tulips, narcissi and cyclamen, must have as much light as possible. Plants are more like human beings than like bric-a-brac and if grown to brighten the home during the winter months they must not be left to take care of themselves or they will soon fail to fulfill the purpose of their presence.

There are not a large number of successful house plants and those which experience has shown are best suited for the purpose demand certain definite conditions. The fundamental condition relates to the atmosphere of the room. If this is suitable even the soil is of secondary importance. The atmosphere must be kept at a suitable temperature and also, for success, must contain plenty of moisture. A dry atmosphere, even when plants are well watered, is fatal to good growth. Regular watering is another important factor for success.

Plants will grow better in houses heated with hot water than they will in those heated by hot air or steam. The latter systems absorb the moisture from the atmosphere with the result that the plant either loses some of its leaves by withering or fails to make healthy growth. Pans of water stood on the radiators to give off moisture always improve the conditions for plants. The blooms will last longer when the atmosphere is kept somewhat cool and moist. The ideal temperature ranges from about 50 degrees to 70 degrees. Higher temperatures necessitate more frequent waterings. Some plants need to be watered daily, others not more than two or three times a week. A pot which rings hollow when tapped with the knuckle needs water. Over watering is bad for plants and only one or two varieties, like the spirea, will succeed if the pots are allowed to stand in water. All pots should be supplied with good drainage in the form of broken crocks filled in at the bottom of the pot when the plants are potted.

Fresh air is always beneficial, but not in the form of direct draughts. A temperature of 40 degrees or lower will often seriously affect the tender house plants. Palms and ferns are the better for sponging once or twice a month. Never water a sickly plant too freely; it more often requires to be repotted. Most plants will be benefited by a yearly repotting. Healthy plants and plants in flower require much more water than those which are sickly. Soil should not be watered so often that it becomes soggy and always cold. A plant with cold feet and a hot head soon dies.

50,000 DIED IN SOUTH AFRICA OF INFLUENZA

Capetown, Nov. 29.—Viscount Buxton, governor general of South Africa, said today that the number of deaths from influenza among Europeans and natives in South Africa was estimated at 50,000.

NOT ALWAYS.

Distance lends enchantment to the view. Exceptions, though—of pay day isn't true.

Mamma! Don't You See Your Child is Sick, Constipated

Look at tongue! Move poisons from liver and bowels at once.

Mother! Your child isn't naturally cross and peevish. See if tongue is coated; this is a sure sign its little stomach, liver and bowels need a cleansing at once.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, diarrhoea, remember a gentle liver and bowel cleansing should always be the first treatment given. Nothing equals "California Syrup of Figs" for children's ills; give a teaspoonful, and in a few hours all the foul waste, sour bile and fermenting food which is clogged in the bowels passes out of the system, and you have a well and playful child again. All children love this harmless, delicious "fruit laxative," and it never fails to effect a good "inside" cleansing. Directions for babies, children of all ages and grown-ups are plainly on the bottle.

Keep it handy in your home. A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," then look and see that it is made by the "California Fig Syrup Co."

WARM WELCOME AWAITS THEM

Halifax, Nov. 29.—The trains two laden with C. E. F. officers and men, and one a civilian special, left here last night for Montreal and points west with some of the passengers arriving at this port yesterday on the Agutania from England. There has been some delay in entrainment but military transport officers expect to have all the men on their way by tomorrow morning at the latest.

The American Duchess

"The Duchess of Marlborough," said a London correspondent, "still looks like a slim young girl. I saw our 'American duchess,' as the English call her, at a charity concert at the Ritz last month with her two stalwart soldier sons, the Marquis of Blandford and Lord Ivor Spencer Churchill, and she looked more like the young men's sister than their mother."

"Slender and graceful and girlish, the duchess still retains all her girlish wit. A patroness at the concert came to her and said:

"Did you know, duchess, we're to have an extra number? Dear lady Constance has volunteered to give us one of her barefoot dances."

"The duchess turned to her soldier sons and said with a smile:

"Didn't I tell you, when I spilled the salt at luncheon that something dreadful was bound to happen?"

COST OF THE GREAT WAR

The financial editor of the New York Tribune writes. The statistical mind now revels unrestrainedly in billions. It is at present busy ballooning with the war's costs. But in any true sense the war did not cost any "two hundred billions," as is now computed, or probably half, or even one-third that sum. If the net cost was not more than \$50,000,000,000, it was still colossal. The nominal figures are a delusion. The 15,000,000 or 20,000,000 men in the armies had to be fed in war or peace. They were merely somewhat better fed in the war. The real war costs were its destructions and these are always grotesquely exaggerated. The scrapping of old customs, methods, rules and machines in England and France has probably gone far toward paying these nations' share in the war already.

To this it may be added that the war will have cost Canada over a billion dollars, but there is every evidence in the bank statements, the trade returns and such mortgage and other liability statistics as are available that the loss to Canada has not been in an economic sense but in the blood of our brave sons shed on the battlefield—a loss that is irreparable.

HUNS CROSSING THE RHINE

With the American Army of Occupation, Nov. 28—General von der Marwitz's Fifth army will begin crossing the Rhine tomorrow. The crossing will require eight or nine days according to reports reaching here. The movement is being carried out by three columns at points distant from each other.

THE FASHION PLATE GIRL.

Her ankles are bare and her childlains are rough. But how nice and warm are her hands in that muff! And oh, that thick collar—a prize sure enough!

With thick muffled ears, as the foolish-est knows, A girl can't hear yells from her cold heels an' toes.

Germany's war debt is said to be \$35,000,000,000, which may be a staggering sum for all we know, all amounts above \$100 being above our comprehension.

When father refuses to let the children break his watch and smear molasses on his collar, their mother says "Men never have any patience with children."

It takes a lot of self-analysis for a girl to discover why she lets a man kiss her when she doesn't want him to—much.

THOUSANDS ARE AILING FROM CONSTIPATION

No condition causes so many cases as constipation. It not only prevents proper kidney action, but causes Anaemia, Stomach Trouble and Indigestion.

Why not use Dr. Hamilton's Pills and get cured? This excellent medicine restores normal bowel action in one night; thousands say so.

Just think of it! Your system will be pure and clean. You'll be free from headaches, sour stomach, biliousness—in short, you'll have jovial spirits and perfect good health. Get a 25c. box of Dr. Hamilton's Pills today. At all dealers.

CITY OF DOVER HAD CLOSE CALL

London, Nov. 28.—The latest batch of interesting war time happenings, now released for publication, contains a story of how Dover narrowly missed being blotted out just prior to the last Belgian offensive.

The harbor was packed with war vessels of all descriptions, including four monitors about to start out for the Belgian coast to co-operate with the land offensive. Suddenly an explosion shook the town and soon it was discovered that the monitor Glatten was furiously ablaze in the harbor.

Admiral Keyes boarded the Glatten, and realizing the catastrophe that would result if her magazines exploded with so many ammunition ships in close proximity, ordered air raid sirens to be blown to clear the streets.

Orders were also given to sink the Glatten. The destroyer Broke succeeded in hitting her with three torpedoes, thus sinking her and saving Dover.

WANTED

WANTED—A suitable man to act as verger at Christchurch Cathedral. Apply to Very Rev. Dean Scovill Neales, The Deanery, 808 Brunswick street, Fredericton. 3 ins

WANTED—An experienced and capable girl for general housework; good wages. Mrs. W. H. Irvine, 86 Carleton street. 12

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. 12

FARM FOR SALE

The Department of Agriculture wishes to publish a more complete list of farms for sale during the coming winter. All persons having improved farms for sale are requested to communicate with the Superintendent of Immigration, 108 Prince William St., St. John, N. B. 61

FOR SALE

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. 12

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