

SUFFERED WITH BOILS LAST 5 YEARS

THOUGHT HE WOULD DIE

Boils are simply a breaking out of bad blood, and anyone who has suffered from them, knows how sick and miserable they make you feel. Just when you think you are cured of one, another seems ready to take its place and prolong your misery. All the poulticing and lancing you can do will not get rid of them.

While the skin appears to be the cause of the irritation the real disease is rooted in the blood, and to get rid of these painful pests it is necessary to get rid at the seat of the trouble.

When the blood is purified, cleansed and vitalized, by Burdock Blood Bitters, the boils will quickly disappear, your misery is at an end, and health and strength come back again.

Mr. Robt. Johnson, Barkway, Ont., writes: "I have suffered very much during the last five years from boils, having as many as five at once. I tried different remedies without any relief. I was advised to try Burdock Blood Bitters, which I did, and after taking just one bottle I have had no more boils."

B. B. B. has been on the market for over 40 years and is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

MEDICAL INSPECTION DEALT WITH BEFORE THE YORK AND SUNBURY TEACHERS' INSTITUTE YESTERDAY

Dr. O. E. Morehouse Gave Practical Information Concerning Difficulties in Rural Schools and Necessity for Regulations—Chief Supt. Carter Urged Instruction in First Aid—Miss Peterson Spoke on Personal Hygiene and Miss Mallory on School Lunches.

The afternoon session of the Teachers' Institute opened with 'Mr. F. J. Patterson, President of the Chalk. The first speaker on the program was Dr. Morehouse who gave a splendid address on the medical inspection of the schools. Other addresses on the program were by Miss Mallory on School Lunches and suggestions in School Hygiene by Miss Peterson, V.O.N. The question box was opened several times during the afternoon and some splendid questions were answered. The attendance numbered about 175 or 200.

Dr. Morehouse

Dr. Morehouse was the first speaker

for the afternoon. He gave a splendid address illustrating the Medical Inspection in the Public Schools. Touching generally upon the work he went into detail giving the causes of many diseases of improper sanitary conditions.

The speaker went on to state the proper health regulations and sanitation concerning the school room such as ventilation, physical exercises, cleanliness and the value of fresh air. Having touched upon these he referred to the diseases which the pupils are liable to be subject to, the majority of them occurring because of neglect of the sanitary laws provided for the proper care of the school house. Some of these such as defects in sight, hearing, digestion, etc. were direct causes of this neglect. Too much work of one kind, overheated rooms and poor nutrition were often causes of poor sight. Adenoids, large tonsils, and inflamed ears were causes of poor hearing. Measles, whooping-cough, mumps, chicken-pox, influenza, neuralgia, etc. should warn the teachers to notify the proper authorities and have steps taken to insure the removal of the pupils from the school room and thus guard against infection and the spreading of the diseases.

Dr. Carter

Following Dr. Morehouse's address, Dr. W. S. Carter, Chief Superintendent of Education referred to several works of the Medical Inspectors not touched upon by Dr. Morehouse. He referred to vaccination and to the necessity of first aid being taught in the public schools. The teachers, especially in the country towns where physicians are scarce, should be able to form a diagnosis of any case and offer his or her services in the absence of a doctor. The children should also have this information. Dr. Carter thanked Dr.

BUY OPTIONS ON AUTOS NOT YET BUILT

London, Dec. 9.—Purchasing an automobile in England these days is largely a matter of futures paying for options on machines not yet built. At the automobile show here this year, at which there were more people and fewer cars than ever before, \$5,000 was paid for the option on a \$15,000 chassis that could not possibly be delivered before next spring. The same amount was collected by a man for his place among the first 50 to whom the manufacturers of an expensive car are to deliver machines certainly not before January 1.

So many have been dealing in future contracts with the intentions of selling their priority rights that one large firm has made its contracts non-negotiable.

After the second day of the show the agents for an American manufacturer of a light, cheap popular car were reputed to have accepted orders for 38,000 with no delivery promises. Although pressed to accept more orders they refused on any condition whatever.

SWEET MEMORIES!

London, Dec. 12.—The new Woman's Club in Grosvenor Place, the "Forum" has an American bar, with one of the best list of cocktails in the West End of London.

"Gloom Raiser," "Elephant's Kick," "Monkey's Gland" and "Pussyfoot" are the names of some of the drinks says the Globe, while "Silver Fizz," "Horse's Neck," "Widow's Kiss," "Rainbow" and "Clover Club" also are available.

By the way, what has become of the old inhabitants who predicted a mild winter?

An American who returned recently from a trip to South America reports that thousands of people in that country are going barefooted and in many cases are prevented from earning a livelihood because of utter lack of footwear.

Morehouse for his excellent and practical address on behalf of the Assembly. He stated it was no part of the teachers' duty to clean a school-house themselves but it was their duty to see it was cleaned somehow.

Dr. Morehouse again took the floor giving several illustrations to show the difficulty that he had met with in vaccinating the children of the various schools.

Miss Peterson

Miss Peterson V. O. N. gave an address on Suggestions in School Hygiene. Advice was offered and suggestions for the proper care of teeth, etc. She suggested a weekly talk by the teachers to the pupils. Her suggestion fell in line with those of Dr. Morehouse. The "family tooth-brush" ought to be abolished, rather not have any at all. The family towel was another cause of infection spreading from one member of a family to the other. The proper care of the hair was also referred to as well as the necessity of vaccination. The public drinking cup the speaker stated was the disgrace of the country school. Each pupil should have a separate cup to do away with a great source of infection.

Miss Mallory's Address

Miss Burnice Mallory was the next speaker, her topic being School Lunches. Children need proper food to increase their vitality and give them energy for work and study. Habitual under-feeding of children is severe upon their constitutions. In Canada and the United States the death rate is high resulting from the war and from natural causes. Of one thousand newly born infants one hundred die before they reach one year of age. These statistics show that there is great need for proper feeding. Improper or under-feeding is a fore-runner of disease. Since the introduction of school lunches splendid results have been perceived. In some cities some pupils have never had the opportunity of eating a home dinner but have a cold lunch. On the whole conditions in the country are worse than in the city and rural communities are the most in need of proper lunches. Twenty-five schools in New Brunswick outside of the Domestic Science rooms have adopted hot lunches, such as cocoa, coffee, etc. Miss Mallory here gave a list of the articles which would be needed. About ten dollars in all was the cost of the apparatus. Arrangements for the upkeep and for buying the food stuffs could be satisfactorily arranged among the teachers, the school-board and the students.

Confessions of an Every-Day Wife

By Idah McGlone Gibson

THE DEATH OF FATHER SYMONE

Before Theo awakened in the afternoon, word came to him that his father had taken a turn for the worse and he just had time to come in and give me a little kiss before he went over there.

Dad Symone never regained consciousness and last night he joined mother Eliene in the Great Beyond.

"There are only three of us left of all the older generation who worked and played and loved and hated and prayed and achieved, said Aunt Margie, who came over this morning to be with me a little, while Eliene and Theo made arrangements for the funeral of their father.

"Your Uncle Jim Edie, Aunt Mollie and myself are all that are left of that splendid young set to which your father, Harry Symone belonged. Yes," she added with a little sigh, "and we will soon make our exits and leave the stage to you younger ones."

Aunt Margie is taking her place as a grandmother with great seriousness and the other day when Uncle Jim stepped in to say hello to me he remarked that he felt quite relegated to the "old arm chair and the fireside."

"Never mind Uncle Jim," I remarked very soon I'll be able to leave the hospital and I'll come over and flirt with you and make you feel young and handsome again."

"Now Margot, you have said the unkindest thing of all," said Uncle Jim smiling. "Up until this moment I have said to myself I may have grown old but I am still handsome."

I knew, however, that both Aunt Margie and he were much saddened by Dad Symone's death.

Harry has been just like a brother to me for at least thirty years, said Aunt Margie and then she was silent for a long time and I knew she was thinking of those days when she was as young as Theo and I.

She confirmed this by saying to me, "Margot, you have probably heard a good many older people say what they would like to do if they had their lives to live over again. I sometimes think these people are very selfish, for invariably they want to retain all the joy they have had and eliminate all the grief.

They do not seem to realize that everything is comparative.

We would not love life so much if death was not always waiting for us right around the corner, and even happiness would pall if we could not measure it by its great contrast grief.

Of course when you are young you do not realize this; you eagerly snatch at every little pleasure as it goes fleeting past, and you say to yourself that sorrow seems to have taken up its abode with you when you meet with the slightest pain.

Margot If I could go back and live my whole life over again just as I have lived it with all its mistakes all its sorrows all its follies, I would do so and be thankful for all its great joys.

Margot happiness is a state of mind and it is the easiest thing in the world to make oneself unhappy. All you have to do is to look for the things you do not like—the things that annoy you—and you will find them. And the habit will grow just as you can cultivate the habit of looking on the bright side of life.

I do not mean this in any way to reflect on you, my child, for I think you are of a singularly happy disposition, and since your baby has come I see in your face the reflection of what came to me when Richard III was born. I made up my mind then that I would allow nothing—not one—to make me unhappy.

Sane people may say that is a selfish resolve but I do not think so because I do not mean that I will not sympathize with others in their troubles and try my best to show them the way to happiness. But after all we must make or break our own lives and the only thing we can do for others is to try and show them the way we have found good. I did not mean to preach, she said, smiling, but Harry's death brought all the long ago back to me and you must pardon me if I indulged for a moment in a glance backward.

(Tomorrow—"Family Affairs")

CHRISTMAS GOODS

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Nightdresses in Crepe, Cotton, Flannelette, etc.

Pyjamas, Corsets, Undervests, Drawers, Com-

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me-tights, Pullover and Coat Sweaters,

Wool Mitts, Wool Caps and Mufflers, Rain-

coats, Rain Capes, Umbrellas, Middies,

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Aprons, Envelope Chemise, Corset Covers,

Camisoles, Boudoir Caps, Purses, Beads,

Neckwear, etc.

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Coats in Velvet, Corduroy, Velour, Tweed, etc., at Special Prices.

Dresses in Serge, Silk, Crepe, Flannel, Muslin, Voile, Gingham, etc.

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Sleepers, Undervests, Drawers, Combinations,

Black Tights, Bloomers, Corset Waists,

Wool Caps and Mufflers, Mitts, Gloves,

Bootees, Bibs, Bonnets, Knitted Suits, Cor-

duroy Suits, Cotton Suits, Rompers, Mid-

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To all those whose hollow cheeks, pale face, sunken eyes and feeble footsteps point to palpitation of the heart, nervousness, faint and dizzy spells, shortness of breath, sinking and smothering spells, rush of blood to the head, and many other troubles, we would earnestly recommend a course of

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