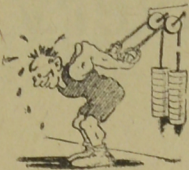


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"They Work while you Sleep"



Have you no time for exercise? Then do the next best thing. Take Cascarets occasionally to keep your liver and bowels active. When bilious, constipated, headachy, unstrung or for a cold, upset stomach or bad breath, nothing acts so nicely as Cascarets. Children love them too. 10, 25, 50 cents.

## PERSONAL.

Mr. and Mrs. W. A. Dunphy of Portland Me., are visitors to the city and are registered at Windsor Hall.  
Mr. and Mrs. T. E. Ross of Blackville, are registered at the Queen.  
G. P. Burchill, of Nelson, is in the city today.  
Col. J. D. B. F. Mackenzie, of Chatham, is a guest at the Queen.

## SOME INFORMATION OFFERED AS TO CATCHING COLDS!

A Canadian correspondent a chronic catcher of colds, suggests that at this season many people would welcome information as to the cause of their tendency to catch cold easily. Unfortunately, such a tendency has numerous causes, so that every case should be made a subject of individual medical investigation.

Perhaps the commonest of all causes, however, is the widespread practice of not merely overheating the home in winter, but underventilating it, and giving it a supply of air that is too dry as well as too hot and stale.

Failure to obtain a sufficiency of fresh air means a lowering of the resistivity to cold-causing germs. The breathing of air that is too dry means an irritation of the mucous membranes of the air passages. This is an ideal cold-catching combination.

The obvious remedy is an improving of the ventilation of the home, and a raising of the humidity of the air in it.

Moisture-providing appliances may be attached to the heating system, or, at less expense, a pan or large surface dish containing water for evaporation may be placed in each room.

Other people catch cold easily not so much because of the air conditions in their homes as because of failure to exercise properly, plus failure to eat properly. Underventilation, like underventilation, lowers resistivity to colds. So does malnourishment, due to over eating or to eating of too rich foods.

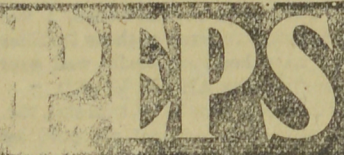
Then there are persons who often catch colds simply because they persist in going outdoors dressed too lightly for winter weather. On the other hand, there is such a thing as dressing too warmly, and this itself may be productive of frequent colds. The winter clothing should be neither so tight nor so heavy as to cause one to perspire when moving about.

Or the cause of catching cold easily

## 750 MILLION GERMS

According to a scientist, are freed every time a person coughs! If you happen to be in the vicinity it is impossible for you to breathe without inhaling some of them. Yet there is one sure way to avoid infection—keep your mouth and throat bathed with the pleasant but germ-killing vapor that is liberated from a Peps pastille as it dissolves in the mouth.

Not only as a preventive but as a cure for bronchitis, sore throat, laryngitis and influenza. Peps are good. All dealers, 50c. box.



may be some physical abnormality in the cold catcher himself.

People who have chronic tonsillar or other throat infections, who cannot breathe freely because of polypoid growths, bone malformations in the nose, etc., are particularly liable to catch cold frequently. Besides which as Fisher and Fisk observe.

"Such conditions not only predispose to colds, but increase their severity and the danger of complicating infections of the bony cavities in the skull that communicate with the nose. They also increase the liability to involvement of the middle ear and of the mastoid cells, which are located in the skull just behind the ear.

"The importance, therefore, of having the nose and throat carefully examined and of having any diseased condition of the mucous membrane or any obstruction corrected, will be apparent. All who suffer from recurrent colds should take this precaution before winter sets in."

More rarely, frequency in catching colds may be a sign of some unsuspected organic disorder that is markedly lowering the vitality. Common sense again dictates a visit to a good medical man to make sure that chronic cold catching is not thus co-existent with declining health.

## TWO FEDERAL BY-ELECTIONS NEXT WEEK

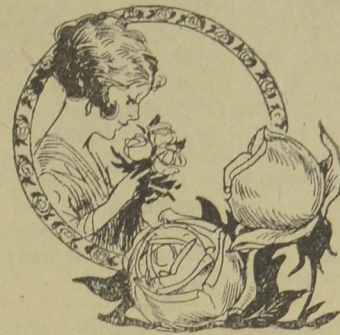
Ottawa, Nov. 13—A period of political calm which has been over the capital for some time promises to terminate next week when the Prime Minister will return to Ottawa from a strenuous tour of the West. Things will not quite settle down, however, till after the impending by-elections in Yale and East Elgin a week from Monday. They are the engrossing theme of political interest here. In Government circles confidence is expressed in the result of both contests but more particularly in Yale which is normally Conservative and strong for a tariff on fruit. East Elgin is recognized as a tougher proposition, but with a triangular contest in progress, the chances are considered to be especially favorable to the Government candidate.

These are not quite all. There is a vacancy still in West Peterboro where J. H. Burnham resigned because he constructed his lictoral mandate as finished. The date of this election has not been fixed. Leeds and Brockville an also potentially vacant, if Sir Thomas White is to be paid for his services as a Grand Trunk arbitrator. It will be a big job and, generally speaking, one where remuneration would be a natural thing. The election law is clear that any member accepting such a position thereby disqualifies himself to sit in Parliament, but it has not been generally known that the act of accepting such a position with pay on the understanding that there is to be pay, renders the seat vacant automatically. Unless, therefore, Sir Thomas White is to decline to take any compensation for his services, Leeds and Brockville must be added to the vacant seats in Parliament and, without a formal resignation of the members. A contest there just now would be interesting.

Not the least interesting bit of news of the week is the intimation that Premier Drury of Ontario, is to speak with Mr. Crerar on a Farmers' platform in Winnipeg next month. There will be no surprise here if this should portend the ultimate entry of Mr. Drury, to Federal politics in place of Mr. Crerar who long since has been reported as fed up with politics.

## THE NEW WAY.

"Hair restorer, sir?" asked the barber.  
"You're not down to date."  
"Uh?"  
"To restore hair you finker the teeth."



## OCTOBER

is the month between the good old summer time and the cold, disagreeable winter.

SEE THE BEAUTIFUL DISPLAY of ROSES at my Greenhouse.

ADA M. SCHLEYER  
FLORIST

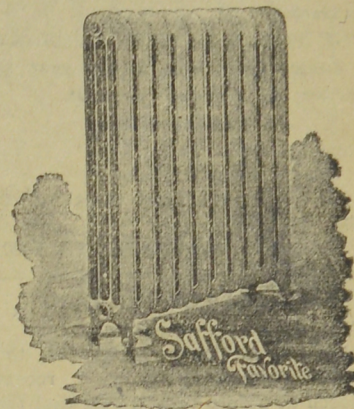
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Hot water and steam heating systems are sanitary. Most hot air systems are not. Why jeopardize the health of your family by having an unsanitary heating system in your home?

Drop us a line and we will furnish you with all particulars or call and see us.

## SHEA'S PLUMBING SHOP

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FOR SALE—A quantity of old newspapers, suitable for wrapping paper. Apply at this office.

## Are you too tired to be effective?

ALL day long demands are being made upon every woman's strength, whether it is the wearing routine of household duties—the exacting pressure of business affairs—or a long round of social engagements—modern life is placing a constantly increasing tax on her energy.

Those who have made a study of fatigue say that when a woman is tired all her faculties are affected,—the heart weakens, the nerves become upset, and the danger of breakdown is threatened unless prompt action to prevent it is taken.

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Mrs. Fred. B. Hayes, St. Stephen, N.B., writes:—"For almost two years I suffered from a weak and nervous condition, and could not sleep at night. I got wonderful results from using your Milburn's Heart and Nerve Pills; as I am now strong and well again."

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## FURS! FURS!

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