HEALTH

TYPHOID FEVER.

Typhoid fever is a preventable disease; so absolutely preventable, indeed, that it is no exaggeration to say that somebody is to blame for every case that occurs, although, so devious are the ways by which the germ travels from its source to its destination, it is often very difficult to place the blame where it belongs. It is, broadly speaking, a country disease; that is, the first cases in an epidemic in a city are almost always attributable to a contamination of the milk-supply, or of the water-supply at its origin or along its course in the country. After the disease has got well under way it may be spread broadcast by other means—flies, for example.

In certain parts of the country it usually prevails more or less all the time in the form of isolated cases, but in cities it often breaks out in epidemic form. Apart from the water or milk contamination, typhoid fever is not infrequently carried to the city on salads and vegetables that are eaten raw.

The disease begins in from to two weeks after the infecting material has been taken into the stomach. The first symptoms are indefinite—headache, loss of appetite, sometimes slight chills, and a general listlessness and loss of strength. These symptoms increase in severity for a week, accompanied by steadily rising fever, higher in the evening than in the morning. Diarrhoea is frequent; the headache is often exceedingly acute.

As the disease progresses the physical forces are greatly depressed. The tongue and mouth are dry, there is excessive thirst, and there may be delirium. In very severe cases the patient lies on his back, low in the bed, muttering indistinctly and plucking aimlessly at the bedclothes.

In favorable cases improvement comes in the third or fourth week. The fever declines, the tongue becomes moist, the patient takes an interest in his surroundings, and as convalescence is established, begins to clamor for food.

In no disease is careful nursing so important as in typhoid fever. Indeed, in many cases it may be said the patient owes his life more to the nurse than to the doctor, although with equal truth it may be said that in no disease is the constant watchfulness of the physician more needed.

But the duties of the nurse are not confined to caring for the patient. She has the grave responsibility upon her of protecting others from contagion. The poison thrown off in the discharges from the bowels and bladder, and these should be kept for at least two hours in a vessel containing an equal amount of some powerful disinfectant before being thrown away. They should never be thrown on the ground in any place where the rain would wash them into a stream or well or cistern. They had better be thrown into a hole in which is put at the same time a quantity of copperas or unslaked lime.

To Cure Chapped Hands.—Have a druggist prepare a solution from equal parts of alcohol, glycerin, and witch hazel. Keep the preparation by the kitchen sink, and after washing the hands and while they still are wet pour a little of the mixture into one palm. Rub over both hands and dry on the towel as usual.

To Remove Bug from Ear.—Let patient lie down with bug side up. Then drop in water, a drop at a time, slowly. As the water rises the bug will work out unless firmly held by wax, in which case a syringe or forceps may be necessary.

Help for Insomnia.—Wet a cloth or handkerchief in cold water and bind around the wrist, tucking the loose end in securely. The cold cools the blood before it reaches the head and whatever draws or cools the blood will relieve the brain.

Plaster for Burn.—Cover the burn with sweet oil, then apply cake of dough, made of flour and water. It will draw out the fire.

Home Made Hair Tonic.—Take one ounce sage, steep in boiling water for half hour; strain and add two ounces glycerine, quarter ounce powdered borax, quarter ounce lac sulphur, and a little perfume.

An eminent doctor recommends the following as a cure for sore feet: Alum, three ounces; tannin, one ounce; brown vinegar, one pint; rosewater, half a pint. Mix and apply a little as lotion after washing the feet.

FEATHERS WERE PINNED ON.

Poultry Breeder Was Sent to Prison for Cruelty.

At Sonneberg, Germany, the other day a well known poultry breeder named Morgenroth, was sentenced to six weeks' imprisonment for having inflicted terrible suffering on a number of fowls exhibited by him at the recent great German Poultry Show held in that town.

Mongenroth hoped to secure firsts in certain of the highest classes with his birds, but the feathers of a number of cocks were not in accordance with the regulations governing the exhibits in those classes. He accordingly plucked the birds, and, having procured a sufficient quantity of the correct feathers, fastened them skilfully to the flesh of the fowls with pins.

In order to keep the tail feathers of other cocks in an upright position, Morgenroth attached them to wire clamps, driven into the flesh of the birds.

So indignant were the judges that they gave Morgenroth a severe thrashing before handing him over to the police.

SERIOUS CONSEQUENCES WERE AVERTED AT KINGSTON BY ZAM-BUK.

Blood poison might have proved serious in the case of Mr. Thos. Foster of Kingston, had it not been for Zam-Buk. Mr. Foster says:—

"Last fall I had a nasty sore on my foot caused by the irritation from a projecting eyelet in my shoe. Before I was aware of it the colored sock I wore had poisoned the flesh and I suffered much in consequence. I tried a good many salves and ointments yet there was no improvement until I began with Zam-Buk. This ointment drew out all the inflammation and poisonous matter and healed the sore in several days after applying."

All skin diseases quickly yield to Zam-Buk. Sold by all stores and medicine vendors at 50c. a box, or post free from Zam-Buk Co., Toronto, 3 boxes $1.25.

A writer says that whipping a boy may make him stupid. It may be, but it is more likely to make him smart.

Help your children to grow strong and robust by counteracting anything that causes ill-health. One great cause of disease in children is worms. Remove them with Mother Graves' Worm Exterminator. It never fails.

Mr. Hardup (entering the nursery)—"Why, what are all you children hiding for?" Small Boy—"Please, papa, Tommy's the bill collector, and he's called with an account."

Nearly all infants are more or less subject to diarrhœa and such complaints while teething and as this period of their lives is the most critical, mothers should not be without a bottle of Dr. J. D. Kellogg's Dysentery Cordial. This medicine is a specific for such complaints and is highly spoken of by those who have used it. The proprietors claim it will cure any case of cholera or summer complaint.

She—"I can't see why, because a woman marries a man, she should take his name." He—"Just so. The poor fellow ought to be allowed to keep something he could call his own!"

ITCH, Mange, Prairie Scratches and every form of contagious Itch in human or animals cured in 30 minutes by Wolford's Sanitary Lotion. It never fails. Sold by all druggists.

A crank is a man who knows all about a subject which you know nothing about.

A Good Medicine requires little advertising. Dr. Thomas' Eclectric Oil gained the good name it now enjoys, not through elaborate advertising, but on its great merit as a remedy for bodily pains and ailments of the respiratory organs. It has carried its fame with it wherever it has gone, and it is prized at the antipodes as well as at home. Dose small, effect sure.

Customer—"Look here! All the buttons came off this coat the first time I wore it." Aaronheimer (the tailor)—"Yes? So many people admire dat coat dat you shwell mit pride and burst dose buttons off."

Weak and Sickly People envy those in robust health. No need to stay sick when by the use of the *best tonic*, "Ferrovim," you can get rich blood and renewed strength and vigor.

Richie—"Look at me! Twenty years ago a poor boy, working like a dog, and now—look at me! See what I have made myself." Smarte—"Yes, sir. Do you—— Is this meant as a warning or an example?"

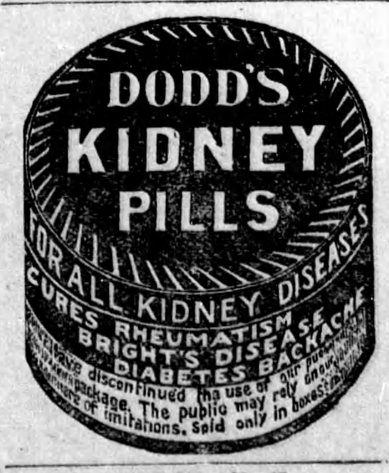
You cannot be happy while you have corns. Then do not delay in getting a bottle of Holloway's Corn Cure. It removes all kinds of corns without pain. Failure with it is unknown.

HEALTH HINTS.

Lockjaw Relief.—Warm a small quantity of spirits of turpentine and pour upon the wound. Relief will follow in less than a minute.

For Cinder in the Eye.—When a cinder flies into one eye immediately close the other eye, put finger on it to keep it closed. Then keep injured eye open as far as possible. Don't give in, but keep it up.

Croup Relief.—Melt a small lump of butter in a serving spoon over the lamp. Add a teaspoonful of common coal oil and pour slowly down the throat. This gives instant relief.



ISSUE NO. 40—07.

A man was deeply in love with a "lady fair." He met her one evening at a crowded ball, and, as he could not get an opportunity of talking to her, he contrived to slip into her hand a piece of paper, with the two words, "Will you" written upon it. The reply was equally brief, "Won't I!"

To Those of Sedentary Occupation.—Men who follow sedentary occupations, which deprive them of fresh air and exercise, are more prone to disorders of the liver and kidneys than those who lead active, outdoor lives. The former will find in Parmelee's Vegetable Pills a restorative without question the most efficacious on the market. They are easily procurable, easily taken, act expeditiously, and they are surprisingly cheap considering their excellence.

"You should never take anything that doesn't agree with you," the physician told Mr. Marks. "If I had always followed that rule, Maria," he remarked to his wife, "where would you be?"

You are right in regarding erysipelas as a dangerous disease. Anneint the swollen, itching skin with Weaver's Cerate: And take Weaver's Syrup internally.

A NEW IGNITION BATTERY.

Owing to the constantly increasing severity of the ignition problem, the NATIONAL CARBON COMPANY, Cleveland, Ohio, deemed it advisable to design a battery especiallp for this class of work. The Columbia Ignitor "Red Top" Dry Cell which is the result of their experiments is without question the highest type of ignition battery on the morket to-day. These cells give a hot snappy spark, recuperate rapidly and have long life. They are made in three sizes. This company will be pleased to send their booklet "Kinks," which treats on all Gas Engine troubles, free to owners of automobiles, Launches, Gas Engines, etc.

ALWAYS WON.

Jacb—"How did you make your fortune?"

Isaac—"On horse-racing."

Jacob—"What! I never knew you betted?"

Isaac—"I didn't. I started a pawnshop just opposite the entrance to the racecourse, for the accommodation of people who wanted to get home when the races were over."

Dyeing! Cleaning!

For the very best send your work to the "BRITISH AMERICAN DYEING CO."

Look for agent in your town, or send direct.

Montreal, Toronto, Ottawa, Quebec.

Tom Smith was walking down the street accompanied by his dog, whose tail he had recently "bobbed," when he met Will Scudd. The latter, seeing the stunted tail, pointed to it, and laughingly said:—"Why, Tom, I never saw that before." "Of course not," replied Tom; "dogs' tails are always behind."

A Sure Cure for Headache.—Bilious headache, to which women are more subject than men, becomes so acute in some subjects that they are utterly prostrated. The stomach refuses food, and there is a constant and distressing effort to free the stomach from bile which has become unduly secreted there. Parmelee's Vegetable Pills are a speedy altrative, and in neutralizing the effects of the intruding bile relieves the pressure on the nerves which cause the headache. Try them.

Ye Olde Firme of Heintzman & Co., Limited. Established 50 Years.

Wonderful Bargains
IN UPRIGHT PIANOS.

Act on the Motto,——"Do It Now"

The statement is plain and bold, because absolutely correct, that here we offer bargains in fine well-made, good condition upright dianos that cannot be matched anywhere else.

MASON & RISCH—Upright Piano, with 7 octaves, hand-carved panels in top door with nicely turned trusses, a very nice piano in first-class condition, having been thoroughly overhauled in our factory, fully guaranteed. Regular price $375.00, special at $225.00

KILGOUR — Cabinet Grand, 3 panels in top door, swing music rack, full scale, rosewood case. This piano is in A 1 condition and is an instrument that will give every possible satisfaction, and is particularly good value at $229.00

STANDARD — Toronto, full size Cabinet Grand, in walnut case, Boston fall, beautifully decorated top door, 7 1-3 octaves 3 pedals, practically as good as new and thoroughly guaranteed. This is an elegant instrument, and one that will give every possible satisfaction. Regular price $375.00, special at $231.00

PRINCE — Beautiful walnut case, with full-length music rack, nicely decorated top door, with 7 1-3 octaves, Boston fall, 3 pedals, thoroughly overhauled and in first-class condition, fully guaranteed, special at $235.00

MENDELSSOHN, Toronto—Beautiful upright walnut case, with full-length music rack, nicely decorated top door, handsome trusses and pilasters, 3 pedals, elegant piano and while advertised as second-hand is practically new, being only slightly shopworn. Fully guaranteed. Regular price $350.00, special at $239.00

MENDELSSOHN, Toronto—Beautiful upright mahogany case, with full-length music rack, nicely decorated top door, handsome trusses and pilasters, 3 pedals; an elegant piano, and while advertised as second-hand is practically new, being only slightly shop-worn. Regular price $375.00, special at $243.00

UXBRIDGE — Upright Cabinet Grand, beautiful mahogany case, with Boston fall, handsomely carved music rack, three panels, 7 1-3 octaves, 3 pedals. One of their best instruments, in first-class condition, thoroughly overhauled and fully guaranteed. Special at $245.00

COURLAY — Upright Cabinet Grand, with 7 1-3 octaves, Boston fall, nicely decorated top door, used about one year, in first-class condition, and special at $265.00

WORMWITH & CO.—Cabinet Grand, 7 1-3 octaves, 3 pedals, including orchestral attachment, susceptible to banjo, mandolin and harp effects, nicely decorated top door, in elegant condition, practically brand new, five-year guarantee. Special at $267.00

NEWCOMBE & CO.—Parlor Grand Piano, in elegant condition and a piano that will give every satisfaction, 7 1-3 octaves, very suitable for a musician or concert hall. Thoroughly guaranteed. Regular price $800.00, special at $450.00

STEINWAY & SON, New York— Grand Piano, with beautiful rosewood case, handsomely carved legs and lyre, overstrung scale, etc. The make of this piano is in itself a guarantee that the article is first-class. Has been thoroughly overhauled, and is in A 1 condition, fully guaranteed. Regular price $1,200, special at $500.00

EASY TERMS OF PAYMENT.

Pianos under $250.00—$10.00 cash and $6.00 per month. Grand pianos, $25.00 cash and $10.00 per month. Quarterly or half-yearly payments can be arranged if desired. If special terms are required wire your selection, at our expense, and the piano will be held until arrangements can be made by letter. A handsome stool accompanies each instrument. Freight prepaid to any point in Ontario, and reasonable arrangements to other points.

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"OSHAWA" Galvanized STEEL SHINGLES

Put them on with no tools but a hammer and tinner's shears,—can't go wrong. They lock on all four sides, are self-draining and water-shedding on any roof with three or more inches pitch to the foot. Make buildings fire-proof, weatherproof and proof against lightning. Cost least in the long run. Made of 28-gauge toughened sheet steel—only one quality used and that the best—bent cold and double-galvanized. Last longer with no painting than any other metal shingles heavily-painted. Guaranteed in every way until 1932. Ought to last a century. Cheap as wood shingles in first cost; far cheaper in the long run. "Oshawa" Galvanized Steel Shingles cost only $4.50 a square, 10 ft. x 10 ft. Tell us the area of any roof and hear our tempting offer for covering it with the cheapest roof you can really afford to buy. Let us send you FREE booklet about this roofing question—tells some things you may not know.

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