

GENERAL DEBILITY FOLLOWS INFLUENZA

The After Effects Often More Serious Than the Disease Itself.

No reasonable precaution to avert an attack of influenza should be spared. The disease itself often proves fatal and its after effects among those who are spared, make the life of the victim one of almost constant misery. Ask almost any of those who have been attacked by this trouble what their present condition of health is and most of them will answer: "Since I had the influenza I have never been fully well." This trouble leaves behind it a persistent weakness of the limbs, shortness of breath, bad digestion, palpitation of the heart and a tired feeling after even slight exertion. This is due to the thin-blooded condition in which the patient is left after the fever and influenza have subsided. This condition will continue until the blood is built up again, and for building up the blood and strengthening the nerves nothing can equal a fair treatment with Dr. Williams' Pink Pills. The value of this medicine in cases of this kind is shown by the statement of Mr. Edward J. McGuire, Pembroke, Ont., who says:—"In the fall of 1918 I was attacked with the influenza—and not in a mild form either. I was confined to my room for three weeks, and although the influenza subsided I did not regain my health. As a matter of fact I seemed to be growing weaker. I had no appetite, was subject to fainting spells and my feet and ankles were badly swollen. The doctor told me that my condition had developed into a serious case of anaemia, and although I was under his care for over two months I was not improving in any way. At this stage one of my friends advised me to try Dr. Williams' Pink Pills. I was loth to do so, as I began to think my case hopeless. However, I was finally persuaded to try them, and by the time I had used two bottles there was no doubt they were helping me. I continued taking the pills until I had used a dozen boxes, when I found that every symptom of the trouble had left me and I was again enjoying the best of health. I returned to my work and have ever since been in good health and feel that I owe it entirely to Dr. Williams' Pink Pills. I think that anyone who is suffering from the after effects of influenza, or any form of anaemia should give this medicine a fair trial."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Indian Archipelago.

The Maldive Archipelago, in the Indian Ocean, several hundred miles southwest of the southern point of Hindustan, does not frequently see visitors from the civilized world. Such a visitor has recently told of these islands. They number, it appears, not less than 14,000, and are all composed of coral rock. Few of them rise more than seven or eight feet above the sea level, although they contain cocoanut palms and other vegetation.

Hundreds of little islands, ranged round in a circle, with narrow and shallow channels between, form atolls, or rings, having quiet water within. Occasionally an individual island is found in the form of a ring, with a smooth lake inclosed in its coral embrace.

Those who are much at the looking-glass look like being failures.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

The hub of country life for the boys and girls is the rural school—"the little red school house," we often read about in the newspapers. As far as the more youthful members of each family are concerned the demand to have the school house abolished would be practically unanimous, but as the children grow older they soon begin to appreciate its worth.

To be most effective as a place for educating the young, the school-house must be up-to-date in equipment, and its site, ventilation, lighting and sanitary conditions must be first-class in every respect. Too much attention cannot be given these necessary features of the school and its surroundings, and the supply of drinking water for the pupils must be adequate and pure. The water should be periodically examined both chemically and bacteriologically, and should be inspected as to the location, and protection afforded to the well or pump from which the drinking water is obtained. The common drinking cup should be abolished.

A sense of humor is one of the greatest aids to a happy life, and without it our daily existence would often be drab and dull. Whatever vocation we follow there are plenty of ludicrous conditions confronting us that must provide amusement—if alas, there were not so serious consequences often connected with them. Is there a man or woman in this province who does not believe in pure, clean water for drinking purposes? Is there a better place than the rural school for teaching the young the value of pure water, from the standpoint of good health and normal development? One would think not, and yet there is much to be done in this line in some of the schools in the province. It must be admitted that such instances as the following are the exception rather than the rule: The Medical Officer of Health of a certain municipality in Haldimand County, in his most recent report of a school in that district says: "The school well is filthy, and contains stagnant water and dead animals. I would recommend that the dead animals floating on the water be buried away from the school ground."

This is the official report, but it does not go into details as to the nature or

size of the floating animals. Underneath the written comment, however, one can trace a sense of humor which clearly shows the great necessity for a rigid inspection of the water supply for rural schools.

As regards lighting of the school rooms, the windows should have from one-sixth to one-fourth as much glass surface as floor surface. That is to say, in a school-room thirty-two feet long and twenty-four feet wide, provision should be made for from one hundred and twenty-eight to one hundred and ninety-two square feet of glass. In every instance the windows should face east and west so as to get as much air and sunlight as possible. In towns or cities where there are tall buildings in the immediate neighborhood, or in locations where mountain ranges or high hills raise the sky-line on the window sides, it has been found necessary to have fully one-fourth as much window space as floor space.

It is especially necessary to provide sufficient light for blackboard and desks, and the seats should be so arranged that the light falls over the left shoulder of the pupils sitting at the desks.

The school-room should be properly ventilated, and a good plan is to allow the children a recess every hour so that, especially in cold weather, the windows may be fully opened and cross ventilation brought about. In summer time the windows and door should be kept open as much as possible, and to prevent draughts the lower edge of the window should be four feet from the floor. To preserve rigid cleanliness of the closets and wash places special attention is necessary. Reports from Medical Officers of Health indicate that this very necessary feature of school sanitation is sadly neglected in many sections, but conditions are gradually improving all over the province.

Further particulars regarding the organization, registration and chartering of Boy Scout Troops and Wolf Cub (Junior Scout) Packs and with reference to either of these most interesting branches of the Boy Scout Movement, may be had upon application to the Boy Scouts Association, Bloor and Sherbourne Streets, Toronto.

The Hermitage.

Dallas King, a cynical, irreligious unsociable student who roomed alone in a tiny octagonal building far from the college dormitories, was suddenly taken ill. When a doctor reached the little house, which the students had nicknamed the Hermitage, the poor boy was too ill to be moved to more fitting quarters.

Almost from the start King was delirious. All that the doctor could learn from him was that he was virtually penniless and had no relatives who could come to nurse him. The students raised a small sum of money and hired a man in town to care for him, but King was a troublesome patient, and the man refused to stay. In the end three of King's classmates—Loveland, Gray and Herrick—took upon themselves to "see him through"—no light task, for the fever was one that lasts long.

Weeks later King came out of the Hermitage a changed man. His pride and reserve were broken! Within a month after he had recovered he

made a public profession of Christ. The few who had known him as a caustic-tongued unbeliever were astonished at his change of front.

"I was born and reared an infidel," King said at the Y.M.C.A. one evening. "I had no interest in religion. When anyone broached the subject to me I spoke out my contempt for it in such a way that he never mentioned it again. Here at college Loveland, Gray and Herrick are the only students who ever tried it, and they can tell you what I said in reply."

One night during my sickness I came out of a daze and saw Herrick standing over my bed. At another similar moment I saw Loveland; and once Gray lifted me so gently and tenderly that I was reminded of my mother. I cried there in the dark for an hour and hardly knew why I did it. By degrees I became aware that these fellows were doing me a big service, and I began to wonder why. Once I asked Gray, but he turned the question off with a laugh and said he knew I'd do the same for him if he were ill. He didn't say a word about religion, but I'd heard of the golden rule, and, though I'd ridiculed Christians for talking about it, I saw that Gray and Loveland and Herrick were obeying it.

"Each of the three, as I said, had spoken to me about religion before my illness, and I had answered them roughly. Apparently they had forgotten my words when they offered to care for me when I was sick. I knew that I wouldn't have done what they were doing, and to me that meant that they had some quality that I lacked. I knew what it was, and I kept feeling more and more that it was worth having. Gray's gentleness the night he lifted me went as deep as the heart, and it was that which influenced me more than all the arguments for religion I'd ever heard. A man can't help recognizing a loving spirit."

The Office Incumbent.

She called herself a typist. One day the manager waited her into his office.

"Surely, Miss Green, I-n-c-u-m is a new way of spelling 'income,' isn't it?" he asked mildly.

She fluffed her hair with one dainty finger for a moment in thought, then her famous smile came into play.

"Oh, I'm sorry!" she gurgled. "How stupid of me to forget the B!"

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Experiments with fish meal as a food for domestic animals have been made abroad and it has been found that pigs and cattle eat it with relish.

In Norway the meal is made from cod and herring. The codfish are dried first in the air and then in an oven, and afterward ground into meal. They

make a highly nutritious food. Herring are boiled and placed under pressure before being ground.

In England and Scotland fish meal is made from the waste parts of all kinds of fish, first steamed and then dried and ground. This meal usually contains from 55 to 65 per cent. of albuminoids, 3 to 6 per cent. of fats and from 14 to 18 per cent. of Calcium phosphate.

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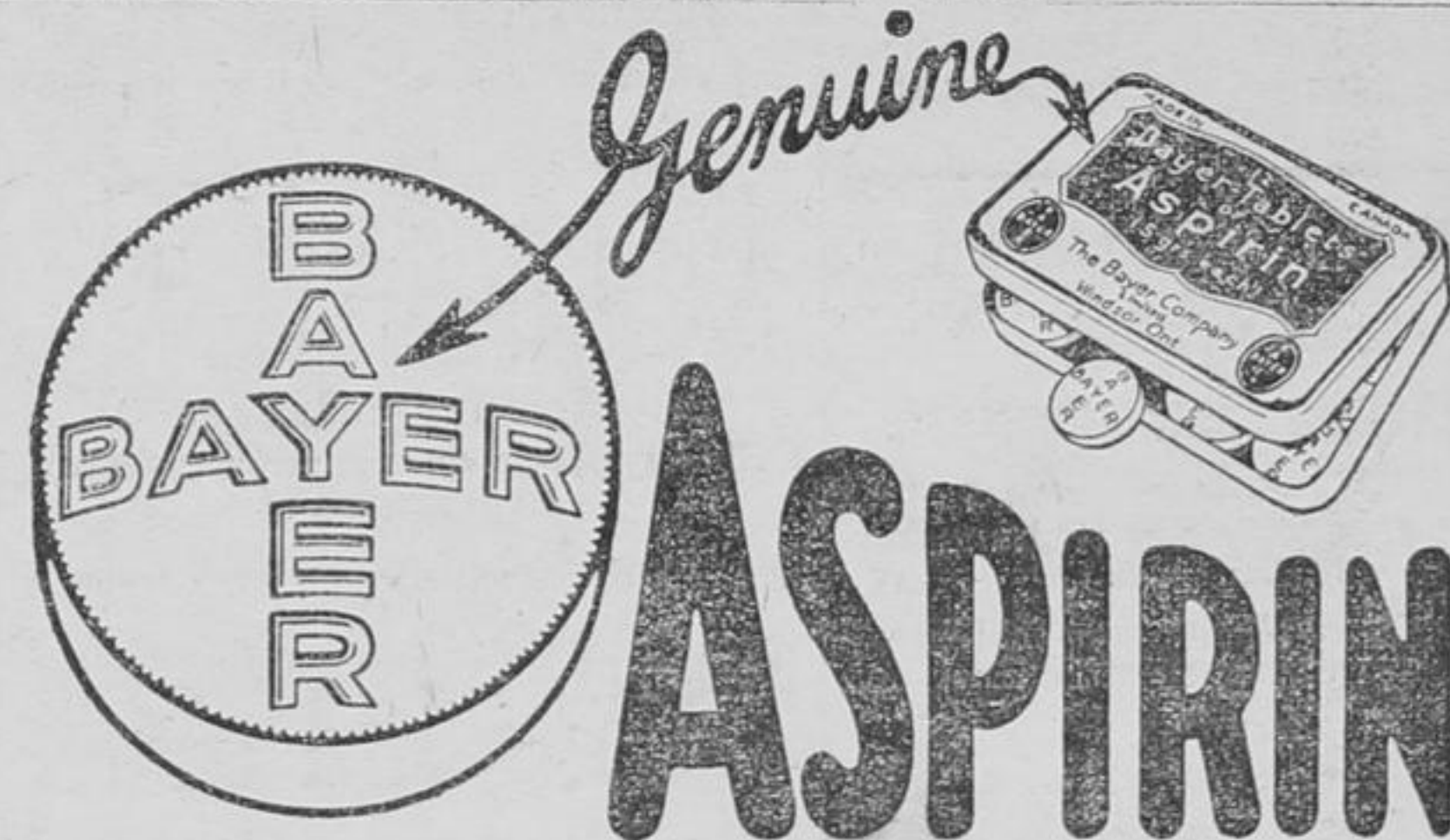
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—and the worst is yet to come

