

HEALTH WRECKED THROUGH LA GRIPPE

It Generally Leaves the Patient Debilitated and an Easy Victim to Other Diseases

One of the foremost medicine writers says: "It is astonishing the number of people who have been crippled in health for years after an attack of la grippe or influenza. The real danger from this disease, which sweeps over Canada every winter, is during convalescence, when the characteristic symptoms, the fever, the catarrh, the headache and the depression of spirits pass away. Grip leaves behind it weakened vital powers, thin blood, impaired digestion and over-sensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. It is a condition that calls most emphatically for a tonic for the blood. Dr. Williams' Pink Pills are a tonic especially adapted to meet this need as they purify and enrich the blood. They tone up the nerves and give vigor, strength and health to the debilitated system. Mrs. Howard D. Chaffey, Indian Island, N.B., says: "For several winters in succession I was attacked by the grippe which left me weak and badly run down. In each case I used Dr. Williams' Pink Pills with the most beneficial results. Last winter when the trouble was again prevalent I took the precaution of fortifying my system with Dr. Williams' Pink Pills and escaped the trouble, while many of my neighbors were down with it. In fact I enjoyed the best of health all spring and feel sure this medicine will so fortify the system as to prevent the trouble."

These Pills are sold by all medicine dealers or may be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

HARVESTING THE ICE CROP.

Co-operation Among Farmers an Advantage in the Work.

There are few localities in Canada that have not available a river or smaller stream from which a supply of ice may be obtained for use during the summer months. The ease with which the ice crop may be secured is probably the reason why it is not taken advantage of to a greater extent than at present. For economical harvesting operations it is advisable that a number of the farmers of a community co-operate, sharing the expense, and making the labor proportionately lighter.

A few tools are necessary to harvest the ice supply efficiently. A steel scraper to remove the snow covering is desirable; some styles of road scrapers may be used, or a very good home-made scraper may be made of wood and faced with a strip of steel. An ice plough facilitates the work of scoring into blocks for breaking off. A scissor bar for breaking off the blocks can be made similar to a crossbar, with a sharp blade from six to eight inches wide. An ice saw may be improvised by removing one handle of a crosscut saw. A number of pike poles, ice tongs and a chain, with heavy pair of ice tongs attached, are the tools required. A platform, one end of which may be let down into the water, and the other end raised level with the floor of the sleigh, permits the use of a horse in taking the ice out of the water and loading on the sleigh.

The ice should be packed as solidly as possible in the house and care taken to have sufficient insulating material around the outside and on top. If more ice is required than can be accommodated in the ice house, it may be piled outside, first laying boards on the ground, and covering them with a layer of sawdust or straw. The sides and top should also be well covered and protected with boards to prevent the wind carrying away the insulating material. Sorted in this way the ice will keep till well into the summer.

THREE REASONS.

Each With Two Legs and Ten Fingers.

An Eastern woman who is a fond mother writes an amusing article about her experience feeding her boys.

Among other things she says: "Three chubby, rosy-cheeked boys, Bob, Jack and Dick, respectively, are three of our reasons for being so fond of recommending the food, Grape-Nuts. For these youngsters have been fed on Grape-Nuts since infancy, and often between meals when other children would have been given candy."

"I gave a package of Grape-Nuts to a neighbor whose 3-year-old child was a weakened little thing, ill half the time. The little tot ate the Grape-Nuts and cream greedily and the mother continued the good work, and it was not long before a truly wonderful change manifested itself in the child's face and body. The results were remarkable, even for Grape-Nuts."

"Both husband and I use Grape-Nuts every day and keep strong and well and have three of the finest, healthiest boys you can find in a day's march."

Many mothers instead of destroying the children's stomachs with candy and cake give the youngsters a handful of Grape-Nuts when they are begging for something in the way of sweets. The result is shown in greatly increased health, strength and mental activity.

Name given by Canadian Postum Co. Windsor, Ont.

Look in packages for the famous little book, "The Road to Well-being."

Over read the above letter. A new one appears from time to time of human interest, goodness, truth, and of human interest.

POTASH AND WOOD ASHES.

Some Valuable Products for Land Improvement.

With the supply of potash from the German mines shut off by war conditions, Canada should give attention to the large quantity of this fertilizing agent which is allowed to go to waste through want of care and conservation of the annual production of wood ashes.

Throughout a large part of Canada the chief fuel at all seasons, but more especially in winter, is wood. In the eastern provinces, hardwoods are chiefly used. These woods, especially beech and maple, are rich in potash, varying from 5 to 13 per cent, according to conditions of dryness of the wood and care of the ashes. Other valuable ingredients of wood ashes are a small proportion of phosphoric acid and about fifty per cent. of carbonate of lime.

In the clearing of wood lots and in the burning of debris after taking out the fuel supply, large amounts of potash are produced. These, as a rule, are left where the burning is done, and are consequently wasted.

Wood ashes should be carefully stored in fire-proof receptacles if possible; in any event away from any danger of fire, and should be kept dry to avoid leaching. In the spring they should be spread upon the land. They are especially valuable as a fertilizer and to encourage the growth of clover and the better grasses.

Wood ashes, by hastening the decay of organic matter in soils, render more readily available the nitrogen contained therein. In sandy soil, wood ashes supply the phosphoric acid and lime in which these soils are deficient, while, on clay lands, the lime content of the ashes tends to render available the potash salts already present in the soil. Potash as supplied to the land through the medium of wood ashes has a distinct advantage over the potash salts imported from Germany, in that it is in a very soluble form, and hence is at once available for plant food.

The importance of wood ashes, as shown above, as a fertilizer can hardly be over-estimated. It is consequently of first interest to the agriculturists and lumber interests of Canada to conserve the supply wherever and by what process produced.

During the present winter large undertakings in land clearing and right-of-way clearing of railway lines will be in progress from the burning of the debris of which large amounts of ashes will accumulate. Some steps should be taken to provide that these ashes are not wasted, as, apart from the difficulty of securing potash supplies, the market value of ashes at present is from \$8.00 to \$12.00 per ton, depending upon quality.

A MOTHER'S ANXIETY

Most mothers are anxious when their little ones are teething, for at this time the baby's stomach gets disordered and there is a grave danger of convulsions. This anxiety can be lessened, however, if the mother keeps a supply of Baby's Own Tablets in the house and gives an occasional dose to her teething baby. The Tablets are the very best medicine in the world during the teething time. They regulate the bowels, sweeten the stomach, promote healthful sleep and make teething painless. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

AIREDALE THE BEST DOG.

For Military Purpose the Airedale Beats All Others.

The first military dog is the Airedale, in the opinion of Major E. H. Richardson, a breeder of war dogs, who was in charge of a pack of bloodhounds with the Belgian army until they were lost in the disaster at Mons.

He says the Airedale can stand any climate, is second to none in faithfulness and intelligence, has powers of hearing and scent remarkably acute, and is the right size, whether used on sentry duty, scouting, searching for the wounded or as a messenger or ammunition carrier.

"He can hear 300 yards farther than a man and knows friend from foe by their smell," says Major Richardson. "A man's smell depends on what he eats, so a dog can tell the difference between English, French and Germans even when dressed in the same kind of clothes."

An officer wrote to the major in regard to one of his dogs: "Don was blown twenty yards by a bursting shell. He was not hit, only scared. He declined to face the music any more, until after a lot of coaxing, when he went back on night duty, watching and listening in the trenches with the intensity of the most seasoned sentry, aided further by a sense of sight and smell that was almost uncanny."

GERMANY BEST IN LONG WAR.

Count Reventlow Thinks Tuons Can Beat Allies in Time.

The London Daily Chronicle prints an article by Count Reventlow in which he says: "We know in Germany that not only can we last out a long war, but also that we can last out a long war better than our enemies—politically, militarily and economically. We know the longer the war lasts, so much better will be our world standing."

Because of that the entire German people enter upon the year full of courage and confident of ultimate victory. From Kaiser to working man, all Germans know the struggle can last a long time yet, but likewise they all know the German people ultimately will win. Domestic controversies have disappeared and all Germans stand together as one man.

He Wants All The World to Know It

DODD'S KIDNEY PILLS CURED JEAN BAPTISTE TAPP.

Quebec Man Who Suffered from Kidney Disease for Years is again a Robust, Healthy Man.

L'Anse-a-Valleau, Gaspé Co., Que., Jan. 25th (Special)—"I am happy to tell you Dodd's Kidney Pills made me well." So says Jean Baptiste Tapp, a well known and highly respected resident of this place. And so thanks is Mr. Tapp for the benefits he has received from Dodd's Kidney Pills that he wants the whole world to know it. He wants others who suffer as he did to know the cure.

"For many years I suffered from kidney disease," Mr. Tapp says, "It started from a cold, and gradually grew worse. My skin had a harsh, dry feeling, my appetite was fitful and I perspired freely with the slightest exertion. I had flashes of light before my eyes and I was always tired and nervous."

"Kindness and gentleness was added to my troubles, while attacks of sciatica and neuralgia followed. The doctor who attended me and the medicines I tried, failed to help me till I decided to use Dodd's Kidney Pills. I took four boxes in all, and to-day am a robust man in excellent health."

All Mr. Tapp's troubles came from sick kidneys. That's why Dodd's Kidney Pills cured them.

SENSATIONS UNDER FIRE.

No Two Men Feel Quite the Same Sensations, Says a Doctor.

The man who has not been under fire always desires eagerly to know what would be his feelings if he had been during this ordeal. It is probable that he does not frequently find the information given by veterans either satisfying or enlightening.

It has been my good fortune, says the medical correspondent of the London Times, to enjoy many opportunities of talking with soldiers who have been wounded in action. I have visited Belgian, French and British hospitals at various periods, and as a medical man have been afforded special facilities for study. These opportunities have convinced me that no two men feel quite the same sensations whilst under fire for the first time, and also that a man is capable of experiencing quite different emotions at different periods of the same day, though his circumstances have not changed.

For example, from the statement of a man who experienced shell fire for the first time in his life in the neighborhood of Arras, gathered that his first feeling had been one of great interest and curiosity. A "Black Maria" fell some hundreds of yards away and sent up a great column of smoke, and at the same time shrapnel was bursting at no long distance. But suddenly there came home to him the realization that these shells were intended to drop upon him, and that, in fact, the position occupied was full of danger.

Then I felt exactly as any body would feel the moment after he discovered that he was in a field with an angry bull. Every instinct of mind and body prompted flight.

A second man told me that from the moment he came under fire—in a trench—he experienced the most lively terror. "But the feeling passed away after a while, leaving me rather tired and only a little anxious. A third declared that he had been so nervous before going into action that the event put the anticipations of it to shame. He had regarded himself as a dead man, and woke up, under fire, to the realization that his chances of coming through safely were very good.

The achievement of "second courage" is, of course, a well-recognized stage in the seasoning process of war. I heard a little story from the lips of a British officer which seems to me to illustrate the genesis of it very conclusively—and the story is worth telling for its own sake. At a certain period of the present war some new troops were sent to hold a particular trench. They suffered a really terrible bombardment, with shells and shrapnel, and at last about a hundred of them evacuated the position and retired. Presently they met a senior, who stopped them and inquired what had happened.

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