

RAVAGES OF COMMON COLDS ARE APPALLING

Is Most Prevalent of All Diseases and Causes More Death, Suffering and Decreased Efficiency Than All Wars and Epidemics.

COLDS ARE CURABLE AND PREVENTABLE

Instead of Being Treated as Trivial Affections, Colds Must Be Recognized as a Serious Menace to Health.

The common "cold" is the most prevalent of all present-day diseases and although vital statistics do not record the sum total of the ravages, leading authorities now state that the common "cold" is responsible for more deaths, suffering, inconvenience, loss from work and decreased efficiency than all wars and other epidemics.

The word "cold" means an acute infection of the lining membrane of the nose, throat, tonsils and larger bronchial tubes. The "cold" may be even more extensive and amount to a general infection of the entire body. All of the breathing apparatus, excepting the smaller portion of the lungs, may be come involved and as a matter of fact the disease may, and often does, spread to these, thus producing pneumonia.

PITIFUL SCENES FOUND AT PORTS

European Emigrants in Terror Lest Some Affliction May Keep Them Out of U.S.

Bremen, Germany, Feb. 3.—Hundreds of emigrants who come to Bremen, Hamburg and Danzig to seek new homes in America are rejected before they can embark. Graphic scenes are numerous when ships' physicians announce the list of those barred because of disease or disability, which would prevent admission to the United States.

One hundred home-seekers were rejected out of ten who attempted to leave Bremen on one steamer recently. All these unfortunate were not defective but the rejection of one member of a family in many cases prevented the entire group from sailing for America.

Breaking Families Pitiful.

The most pitiful of the tragedies occur in the breaking up of family groups when some children are rejected to America, while others are detained. Weeping relatives are to be seen on the other side of the water, while the rejected are kept in the hands of the physicians in an effort to get them to alter their diagnosis. Scattered groups of bundle-laden emigrants stand by in terror lest some of their own family should be rejected.

One Polish woman, the widow of an army surgeon, was rejected because the boy had been rejected. The woman had been rejected at Danzig because the boy had been rejected. The woman had been rejected at Danzig because the boy had been rejected.

SHORTAGE OF FUEL CAUSE OF THEFT

Hungarian Poor People Forced To Stealing Wood and Coal.

BUDAPEST, Feb. 3.—Many poor people of this city are being driven to wholesale theft by the fuel shortage. The recent theft of 25 carloads of wood from one train of 100 carloads as they entered the city shows the extent to which the stealing is going on.

Wood is so scarce that when a wagonload is driven through the streets people will stand by and watch it until it is out of sight.

Daring small boys are even on the alert for a stray piece of wood or anything that will give heat at home. They scamp after every passing wagon, but are soon frightened away by long whips in the hands of two women who sit on guard astride the load.

The operation of unloading a ton of Hungary's inferior brown coal before a house attracts many neighbors who make a pathetic picture as they watch the coal bin of the more fortunate one. Because of the urgency to obtain fuel by dishonest means if honest ones are of no avail, the juvenile courts were never so crowded with youthful offenders.

The scarcity of fuel becomes more acute daily as winter advances. The great railway station has been sharply curtailed, and people wait for hours exposed to the bitter cold. The worst operated American street car never generated such crowding.

Gas factories are provided with coal for only 24 hours at a time, and the gas is turned on now only at noon and 6 o'clock. Only one light is permitted in a room, and not more than three rooms in a house or single apartment can be lighted at the same time. Even at the most expensive hotels there is no running hot water. Saturday is bathing day. On other days baths can only be had at the public baths for which Budapest is famous.

One of the latest and most drastic steps of the new government is the deportation of undesirable citizens, those suspected of Bolshevik tendencies present form of government. Hundreds of these have come to Hungary since the outbreak of the war.

Now their houses and flats are being commandeered and turned over to homeless refugees from Transylvania and other sections, who have been living in freight cars in the railroad yards.

The majority of the people have parted company with the last of their articles of jewelry, and the dealers from other lands are not getting many takings of their offers of fabulous prices for gold and silver. What is called the State Exchange Bureau, a sort of national pawnshop, has paid as high as 80,000 crowns for a kilogram (of 230 pounds) of scrap gold and dealers are offering 120,000 crowns in an effort to coax another kilogram from people who are hoarding their precious metal.

For pure gold 250,000 crowns a kilogram is offered, with no takers. The explanation is that most of the gold has been smuggled to other countries, where the money has more value.

The Hungarian newspapers print a warning to 150,000 laborers of Hungarian origin to desert from their reported intention to return to their native land at this time. The papers say that the economic crisis in America can never be as bad as it is here, and urged the countrymen to stay in Hungary.

As if the country's cup of misery was full, it is being visited by an epidemic of hoof and mouth disease, and people are prohibited from buying cattle from neighboring states. All frontiers are closely watched, and all cattle within 20 kilometers of the border must be registered with the health authorities.

EACH NEW TEST PROVES THE POWERS OF TANLAC

Statement of Frank Crossman Typical of What Is Being Accomplished Here by Master Medicine.

The gratifying results being obtained from the use of Tanlac is further evidenced in the case of Frank Crossman of 20 Park street, Hamilton, Ont. Mr. Crossman is a well-known clerk for the Steel Company of Canada, and is also a veteran of the recent world war.

"I have already told lots of others about the wonderful good Tanlac has done me," he continued, "and I'm only too glad to give the medicine my public endorsement. While serving overseas in France I received a wound in the abdomen and was down in the hospital for five months. When I returned home I was weak and run down, and although my wound had healed my stomach was all out of order. I had no appetite and gas formed in such quantities it pressed against my heart and made breathing very difficult for me. I also suffered a great deal from constipation, headaches and biliousness. My nerves were all upset and at night I was restless and wakeful.

"I kept seeing Tanlac so highly recommended I started taking it, and on the second bottle I noticed my appetite began to pick up. My food did me more good, and my whole system seemed to be building up. Well, sir, the third bottle found me greatly improved in every way, and feeling more like I ought to be. In all I have taken six bottles of Tanlac, and it has fixed me up so fine I want to let others know what a great medicine it is."

Tanlac is sold in London by Standard Drug, Limited, and by an established agency in every town.

Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author)

THE SODA HABIT.

Probably more than one-third of all victims of so-called "indigestion" or acid, "dyspepsia" who have the habit of taking saleratus or baking soda, or some other alkali which irritates the stomach and duodenum. I do not mean that the soda or other alkali has anything to do with the causation of the ulcer, but merely that the ulcer (four times out of five it is in the duodenum, that portion of the small intestine just below or beyond the lower opening of the stomach, rather than in the stomach itself) is the cause of the "indigestion" or "dyspepsia," of which the troublesome acidity is one symptom.

Acidity, or rather, excessive acidity (hyperchlorhydria) of the stomach is a frequent expression of gallstones, of chronic appendicitis, and of pure worry, as well as ulcer. Moreover, an ulcer of the stomach or in the duodenum without any excessive acidity, or even with a diminished secretion of the natural hydrochloric acid of digestion.

These soda fiends probably do themselves no harm at all, in so far as the effects of the soda or the magnesium or whatever alkali may be concerned. The only objection to the habit is that it tends to keep the victim from seeking intelligent treatment which offers at least a three to one chance of giving permanent relief or cure.

I do not advise anyone to take soda or other alkalis in any dose for any condition. I merely state that the use of such alkalis is probably harmless in itself. I do advise anyone not to fall into the habit of relying upon even a comparatively harmless medicine or drug for any purpose whatever.

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Lean Rolled Pot Roasts of Beef, no bone, per lb.	25c	Shoulder Pork Chops, per lb.	30c		
Choice Brisket Beef, per lb.	18c	Hcm Roasts Pork, per lb.	38c		
Lean Beef Cuttings, per lb.	20c	Fresh Pork Liver, per lb.	8c		
Stewing Beef, per lb.	17c	Pork Sweetbones, 3 lbs. for	25c		
Stewing Lamb, per lb.	15c	Pickled Hocks, per lb.	12 1/2c		
Shoulder Roasts of Lamb, per lb.	30c	Pickled Shoulders, per lb.	25c		
Shoulders of Veal, per lb.	25c	Look at this! Fresh Dairy Butter, per lb.	50c		
Extra Quality Corned Beef, per lb.	25c	Lambton Creamery, per lb.	60c		
Stewing Veal, per lb.	15c	Strictly Fresh Eggs, per dozen (None delivered)	80c		

5-lb. Pail Pure Lard	\$1.25	3-lb. Pail Pure Lard	75c	3-lb. Pail Shortening	60c
Corn, Tomatoes, Pumpkin, per doz	\$1.65	Pork and Beans in chili sauce, extra value, per dozen	\$1.25	5-lb. Pail Pure Honey	\$1.50
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