

The Prevention of Pneumonia

A MATTER WORTHY OF CONSIDERATION IN "THE MORE DEADLY HALF OF THE YEAR."

"Pneumonia is the most deadly of all acute diseases; it is the type of those diseases of the respiratory organs which are the great curse of this country now that improved primary sanitation has brought the water-borne disease under control. It kills in England and Wales, between thirty and forty thousand persons every year—much the same number as that for which pulmonary tuberculosis is responsible," writes "Lens" in the New Statesman.

"That takes years to kill: pneumonia ten days or so. It kills at all ages, but is the enemy of the very young and the old; unless, indeed, we take the view of Sir William Osler that it is the old man's friend. When a man is really tired of life, he may indeed do worse than make an end, swiftly and with little pain, by means of this disease."

"As the colder, darker, dirtier and more deadly half of the year returns, we may properly consider this 'acute lobar pneumonia,' about which we know so much and so little, and which lies in wait, with its high case mortality, for so many of us."

"Forty years ago the bacteriology of the disease was worked out in the main respects. Today it is the easiest matter to find, in the 'rusty sputum' of pneumonia, the pneumococcus of Fraenkel, described by him and others during the years 1882-6. So much serves for diagnosis."

"But forty years have brought us absolutely nothing, towards the cure or the prevention of pneumonia, from these bacteriological discoveries. When the crisis occurs, and, in favorable cases, the temperature drops, perhaps eight degrees or more in a few hours, we must believe that some process of immunity has succeeded; and we must hope that a chemical product should be obtainable, like the antitoxin which works such natural miracles in diphtheria. But we have none such."

"Of course, we have our orthodox armamentarium—antipyretics to bring down the high temperature by means evidently as different as can be from those which Nature employs at the crisis; expectorants to clear the lungs; hypnotics for sleep; cardiac stimulants to whip the sore-pressed heart; and also hot poultices and ice-bags to relieve the pain in the side, due to the associated pleurisy."

"And we have a fine system of examination, with percussion and auscultation, whereby we can ascertain how far the dullness extends, and which lobe of which lung is still unaffected. The verdict on all this may be taken from the greatest doctor of the age, a lifelong student of pneumonia, who knew more about it than anyone else. Osler wrote from the death-bed, where his old enemy, this very disease, was beating him at last, that 'all our bronchial therapy is futile.'"

"In these days we are at least learning not to raise the death-rate by closing the windows, and doing all we can to reduce the supply of oxygen to the respiratory surfaces, already dangerously reduced by the solidification of so much of the lung. The antipyretics and sedatives, antifebrile and alcohol and so forth, are used with far less freedom. Windows are opened, Nature is given a chance. Fewer patients are killed by treatment; and that is all we can say."

"Such being the meagre record, surely a hearing should be gained for any suggestion towards the prevention of pneumonia—a phrase which, except from my own pen, I have nowhere seen. Do I, then, suggest that pneumonia is a preventable disease, as many of us have long asserted tuberculosis to be? Yes, indeed I do. I have no doubt that, if we chose, we could reduce the death rate from this disease almost out of recognition."

"Urban smoke is unquestionably a causal factor of pneumonia and of bronchitis. The relation has been known for many years. The Medical Officer of Health for Salford, in his latest report, published diagrams showing how the death-rate rises after fogs in that borough. The same has been repeatedly shown in London. Citizens who regard me as a fanatic may reflect, when next we have two or three days of fog, that many of themselves, just a fortnight later, will consequently breathe their last."

"In Pittsburg, four years ago, I was told that the pneumonia death-rate had been the highest in the world, the worst figures being recorded not in the coldest sections on the hillside, but in the smokiest. In our country Middleborough claims pre-eminence in respect of pneumonia, as all who live or visit there may well believe."

"When we cease to burn our coal, we shall do more to lower the pneumonia death-rate than forty doctors put together. The elderly and affluent, of course, have long ago practised the prevention of pneumonia by repairing to the Riviera every winter. Give them a villa in Garavan from November to April and they are an unconscious time-servers, as many an aspirant rich can attest."

"Americans will make much further progress in the prevention of this

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Beaver Brand Roofing

3.50 per Roll

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Red Ruberoid Slate

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18 Inches Wide.

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Docking Facilities:

Large Cradle:—1000 tons, deadweight capacity.
Small Cradle:—500 tons, deadweight capacity.

Depth of water—18 feet.
Hauling:—35 cents per gross tons.
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Lay Days:—25 cents per gross tons.
25 per cent. of ballast or cargo allowed free Balance if any 30 cents per ton hauling only. We aim to please with service. Address all communications to the Company.

C. F. DODMAN,
Eng. and Secy.
WM. BROWN,
Dock Master
July 15, 6mo, m.w.s

WHEN YOU DIE

—will your Estate be properly administered? If you appoint a private Executor, who will replace HIM when HE dies?

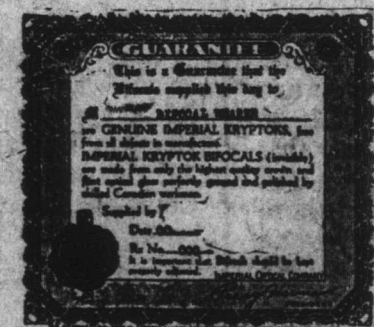
THE MONTREAL TRUST COMPANY, being a corporation, never dies.

Therefore, if you appoint your Executor the proper administration of your Estate will be assured.

Consultation solicited.

MONTREAL TRUST COMPANY.

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E. G. Donaldson, Gen. Mgr.
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Manager, St. John's



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disease when they learn from Dr. Hill, and cease to overheat themselves with the miserably inferior by their central heating during the winter, whence they take their lungs, thus congested and devitalised, into the cold outside air, which must enter them, with rapid central cooling, be they fur-coated ever so heavily."

Miss Eleanor Mews in Song Recital in Costume

A large and appreciative audience attended the song recital in costume given last night by Miss Eleanor Mews L.T.C.M., at the Synod Hall.

For the opening Miss Mews gave six selections—in German, these were songs of fifty years ago by Schumann, Wolf and Brahms. The next item—a "Cello selection," "Romance Sons Paroles," one of Mendelssohn's well known songs, was pleasing given by Mr. Alex W. Mews, accompanied by Mrs. Alex Mews at the piano. A spontaneous outburst of appreciation greeted the recitalist in her rendition of a group of children's songs which followed. The selections were: (a), "The Second Minuet"; (b), "The Mocking Fairy"; (c), "The Chrysanthemum"; (d), "Ambition"; (e), "Three Little Fairy Songs"; "The Mocking Fairy" was enthusiastically received and the singer was compelled to respond to an encore. Mr. A. Mews gave two "cello numbers, succeeded by three Sicilian selections which were sung by Miss Mews in the costume of Pietro a peasant boy who is imitated in his rendition of a Serenade to his lady, (b), "A Cradle Song which he often hears his mother sing; (c), A song sung by fishermen on the shores of the Adriatic as they engage in mending their nets. A cello selection by Mr. Mews from Cavalleria Rusticana, was followed by an overture and inter-mezzo after which was rendered a scene "Vol lo Sapete," in which by voice and dramatic action Miss Mews made intelligible to her audience a story in an unfamiliar tongue. The last part of the programme was a group of songs in English.

The selections were:—
(a), "Silent Noon"—(Words by Dante Gabriel Rossetti); (b), "The Crying of Water"—(Words by Arthur Symonds); (c), "The Traction Engine"—(From "Nonsense Songs"); (d), "O Men from the Fields"—(Old Irish Cradle Song by Padraic Colum); (e), "The Letter"—(Words by Alfred Lord Tennyson).

During the evening, Miss Mews was the recipient of several handsome bouquets.
Mr. H. Gordon Christian, L.R.A.M., acted as accompanist for the soloist, and Mrs. Alex W. Mews as pianist accompanied her husband.

Try Stafford's Phorator for your cold or cough.—nov18,te

C. F. DODMAN,
Eng. and Secy.
WM. BROWN,
Dock Master
July 15, 6mo, m.w.s

Pola Negri at Her Best in "Men"

HER LATEST SUCCESS NOW AT THE NICKEL.

Here's that different picture you've been waiting for.

The new Paramount production, "Men," starring Pola Negri, at the Nickel Theatre, fulfils a long felt want and a promise about which we were beginning to feel just the least bit skeptical. For the longest time the producers have been promising us a picture in which Pola Negri would absolutely return to that kind of part for which her earlier productions made her famous—a role like that in "Passion." Well, they have made good! Pola comes into her own again in "Men."

"Men" is a great women's picture. They all want to see how she handles them, and, judging from the turnout at the Nickel yesterday, everybody in the city must have taken the same notion at once. We don't have to add that they carried their hubbies along too. That's understood.

Here's a picture that has absolutely everything that could possibly be packed into the seven reels. From title to climax of lagging and without a scene forced for the sake of spectacle. But there is spectacle, and romance, and thrills and all the rest. If there has been a more entertaining picture shown at this theatre this season, we haven't seen it.

And the cast—it's typical of all Negri pictures—all-star from A to Z.

Would you like \$20.00 for 10 minutes' thought, see O'Leary's ad.—nov25,27

Edith Cavell Memorial

(Toronto, Nov. (By Canadian Press)) The corner-stone of the Edith Cavell Memorial, Nurses' Residence, in connection with Western Hospital, was laid recently by Premier Ferguson. Separate rooms for 175 nurses are planned, each room with running water. A large gymnasium and a tiled roof garden are other features which take into account the fact attention must be paid nowadays to the needs of the nurse when on duty.

A tablet to commemorate the heroine nurse, Edith Cavell, will be placed in a prominent place in the residence and the one to Nursing Sister Davis, Western Hospital graduate, who died on war service.

Majestic Theatre

"The Painted Lady"

Starring

GEORGE O'BRIEN & DOROTHY MACKAILL

A Fox Melo-Drama.

MEM-O-REA THE MYSTERY MARVEL

You have only a few days more to meet him.

RITA JOHNSON in Spectacular Dances.

Majestic

Is the Pony Contest Theatre

Who will win the Shetland Pony?

NEXT WEEK!

Greater than "The Covered Waggon"

North of 36.

"He Killed My Child"

Mother's Accusation in Daudet Case.

There was a dramatic scene in the Paris Assize Court during the case in which M. Leon Daudet, the Royalist leader, is sued for libel by a taxicab-driver, who he accused of complicity in the death of his young son.

M. Daudet alleged that his son was done to death by a police inspector named M. Colombo in the back room of an anarchist bookseller's shop. M. Colombo, in the witness-box, denied that he had anything to do with the death.

In leaving the box M. Colombo had to pass in front of Mme. Daudet, who was sitting in the well of the court. As he passed her, Mme. Daudet jumped to her feet and screamed, "He killed my child!" A moment later she collapsed in a faint. Gendarmes carried her to the judge's room amid a tumult, above which the powerful voice of M. Daudet could be heard shouting, "They killed the child; now they want to kill the mother!"

Stafford's Phorator for coughs and colds.—nov18,te



Good Cheer

New fitness—new energy in a morning drink

Do this on rising in the morning if you feel out of sorts or unfit. Drink a glass of water, hot or cold. Add a little Jad Salts, and you will have a sparkling and refreshing drink. In an hour things will change. The drink will flush the system to eliminate the poisons and the waste. This is done in a prompt and pleasant way in a gentle and efficient way.

It is done by acids derived from lemon and grape, combined with lithia, etc. Then remember this drink—Jad Salts in water—whenever any clogging occurs. Take it any hour of the day. That's the quickest and the best way to correct things. Ask your druggist for Jad Salts today.

Longest Lived People

BRITAIN AT HEAD OF THE NATIONS.

Statisticians throughout the world are co-ordinating and preparing national records to obtain reliable comparisons of mortality at various ages. The material so far available shows definitely that persons born in Britain are living longer than the people of practically every other country, the difference being between two and three years for both men and women.

In 40 years, the death-rate in Britain has declined from 20.4 per 1,000 to 12.3 per 1,000, while the average for the 34 other principal countries is 16.6 per thousand.

Canada, South Africa, Australia, and New Zealand have shown lower figures than this country, but this is explained by the fact that the influx of young, new settlers is included. Denmark, alone, can boast Britain is its death-rate since 1919, but the margin is only two-fifths.

The average middle-aged person today has the prospect of five or six years more of life than his grand-parents had.

The main test of international longevity is the figures of the expectation of life founded on a 10 years' survey in different countries, and here Britain has a distinct lead.

Life assurance companies in this country have found that, since 1893, they have been under-estimating the expectation of life of men by about three years and of women by four years.

Brain Work That Overtires

"The brain work that overtires and exhausts is that which accompanies care for the morrow, worry caused by the care to attain, or fear of failure, whether the matter at issue be one of industrial or commercial affairs in which the fortune is engaged, or one of an examination or competition on which the future depends," says Dr. Bernard Hollander, interviewed by the Morning Post, who goes on to assert:—

"By worrying we raise the blood pressure, and this hinders still further the proper working of the intellect, which is largely dependent by the maintenance of a well-balanced circulation through the brain."

"The care-free and the joyous are able to do a vast amount of brain work, experiencing but little mental fatigue, whereas the victims of worry and grief, and similar unhealthy mental states, find themselves on the verge of brain fog after engaging in the most ordinary of mental activities. Most of our worries are due to a lack of confidence in our own ability, to a sense of past failure, and futile impotency. The best thing to do is to get up and do something, or get out and see something. A hobby is invaluable in securing a diversity of interests."

Pyinn & Spurrell for satisfaction in Furniture and Moulding.
Phone 1659, 2 Gear Street.
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A Slight Blaze

The Central and West End Fire Companies were called out at 4.45 p.m. yesterday, to an alarm of fire on Monroe Street, where a blaze was in progress in the tenement house of Edward Manning and Albert Ryall. The fire was caused by soot lighting in the chimney, catching fire to some of the woodwork. The firemen brought the chemical into operation and extinguished the blaze before much damage had been done.

RADIO MEETING.—A meeting for all those interested in Radio will be held in the basement of Wesley Church at 8 o'clock to-night. The meeting will be presided over by Rev. J. G. Joyce.

GARGLE

Your throat every morning with Minard's in water and prevent colds.



Renauds Face Powder

Renauds Face Powder

Renauds Face Powder

Three Shades: White, Flesh, Brunette

This FACE POWDER is made by RENAUD & CO., of PARIS, who have been manufacturing Toilet Goods of every description for the past 108 years.

Renauds Face Powder has a distinct Perfume and shade of its own. It is packed in very attractive boxes which at once appeal to Ladies.

We have just received a large shipment of this Face Powder direct from France so that when you purchase a package you get a Face Powder that is

MADE AND SEALED IN PARIS, FRANCE

TRIAL SIZE

15c per box

Dr. F. STAFFORD & SON

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NOTE—Buy two packages of Renauds Face Powder and you get 30 votes in the Pony Competition at Majestic Theatre

FREED OF



stored my health, sleep well, do my work, Dr. Chase's Kidney also freed me of some Chase's Medicine.

DR. CHASE

The Doctor

See



By Dave

let me see. Wasn't I lucky reading the morning Mouse had left me a table as I ended. Of course he was, I sure his tearful eyes, he read it all over.

ousin, Little Woody, alone within her, must run down to see like a cup of Camellia.

angel cake is on the Uncle Lucky, help return by half past five, he good care of Dr. Oh dear, how he sighed the poor old. "I thought for long minutes that had happened to me," and down in his sank tired Uncle Lucky pinkie toe. Yes, to find his tiny hand that he just felt asleep! He should have slipped his old carpet slipper, and when he woke up, he saw his sprained pinkie, drawing up a low, "I wish Little Miss had shed know what a one minute or maybe are I am," cried a would you believe it? In the doorway, her blue eyes smiling.

another minute she had slipped the comfortable carrying drawing up a low, "I wish Little Miss had shed know what a one minute or maybe are I am," cried a would you believe it? In the doorway, her blue eyes smiling.

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