

INFLUENZA HAS LATER DANGERS

Particular Care Needed When Patient is Convalescent, Says Expert.

The influenza convalescent who has apparently recovered from the disease and is yet in a strangely weak and depressed condition should be the object of particular care, according to Dr. Louis I. Harris, director of the Bureau of Preventable Diseases of the New York Health Department. In the opinion of Dr. Harris the after care of the influenza patient is most important. The co-operation of the patient, coupled with the willingness to see that the weakness and depression are a part of the illness, though coming after the disease itself has spent its force, is a big factor in effecting a complete return to full health. On the other hand, the determination to ignore this debilitated condition and to fight against it, will, Dr. Harris says, frequently bring serious consequences upon the patient.

AFTER EFFECTS BAD.

"The subject of the after effects of influenza," said Dr. Harris, "is one of particular interest to the scientist at the present time."

"First, and perhaps the most momentous condition to be considered is the striking depression, mental, nervous, and physical, complained of by most patients. Those attacked by the disease with moderate severity are almost always afflicted with this depression, which should be recognized and dealt with. Those who have had mild cases of the epidemic are little affected by depression, and their quick return to health and strength gives rise to the belief that influenza is trivial. On the contrary, influenza in its after effects is anything but trivial, and calls for the application of rules of common sense and sanitation which are the fruit of years of experience.

"Tonic treatment, well chosen diet, and great care in not becoming over-tired or allowing the body to be chilled are necessary. Eggs may be eaten, but not more than two a day for the average adult. Of course, it must be remembered that in many cases this disease tends to direct its force against the kidneys, and therefore we instruct patients to avoid eating a great quantity of meat, eggs or beef extracts. Eggs, soft boiled, poached, or beaten, raw, are advisable in limited number. The raw eggs should always be well agitated before taking.

WHEN GOOD FOOD IS BAD.

"With milk and eggs as a foundation the patient should eat good nourishing food, including meat, fish and vegetables, simply prepared. Frying for instance, is out of the question. Good food prepared in an unassimilable manner becomes bad food; especially is this to be noted in cases of convalescence from influenza, for the disease often manifests itself in vomiting, and in intestinal and gastric disturbances, and it is important not to weaken the digestive functions by the eating of poorly prepared food, or even in ill-advised quantities. The quantitative distribution of food-stuffs should be so adjusted as not to overtax the stomach, but the patient should eat generously and frequently."

As a tonic to build up the blood and stimulate the shattered nerves Dr. Williams' Pink Pills are unsurpassed. These pills actually make new, rich, red blood, which reaches every organ and every nerve in the body, improves the appetite, strengthens digestion and drives away the feeling of weariness and depression always following an attack of lagrippe or influenza. Those who give Dr. Williams' Pink Pills a fair trial will be amply repaid by the new health and strength this tonic medicine always gives.

The question at issue is whether or not the farmers can give the province a good Government. That question cannot be settled by a policy of obstruction. It can only be decided by giving Premier Drury and his colleagues a fair field. If they "make good" they will merit, and will doubtless receive further support from the people. If they do not perform their functions efficiently and wisely, the farmers will themselves be the first to throw them out, and it is hard to conceive of anything fairer than that.

Guide-Advocate

WATFORD, FEBRUARY 27, 1920.

EDITORIAL NOTES

Canada's population is estimated by the census branch of the trade and-commerce department at 8,835,104.

When their home was robbed a Chicago couple consulted an ouija board, which told them a neighbor and his wife had done the stealing. Now the neighbor is suing for \$10,000 damages.

Preparation for the taking of the decennial census will soon be started. The census will be taken in June 1921. The preparations for the census, however, cover a period of about a year. Commissioners have been appointed in every electoral district and enumerators have to be appointed and instructed in their duties. In 1911 there were 9,703 enumerators.

The automobile left an appalling record of death in its wake during the year 1919. In the state of New York motor vehicles snuffed out 1,270 lives. In Toronto alone sixty-eight persons were killed by automobiles during the month of December, which was just twenty-one more than were killed during the same month in 1918.

Hamilton Spectator.—Signor Marconi declares that last week he spoke direct by wireless telephone from Great Britain to Canada, and prophesies that in the immediate future it will be possible to speak to friends in the old land at a cost of 24 cents for one minute. There will be little reason for home sickness when the stranger on these shores can call up mother to bid her good-night.

The Lindsay Warder says: "The newest and most novel experiment ever attempted in any school in Victoria county was accomplished in the Oakwood public school on Dec. 22, of which Lloyd Maguire is principal. Many schools for the closing exercises hold school concerts, to which parents and friends are welcome guests, but Oakwood leads the way when it closed the term by a school banquet, carried through from beginning to end on correct form. The invited guests were the parents of the children, in whose honor the banquet was given. Mr. Mosure acted as toastmaster and the usual toasts were drunk and replied to. It was a new undertaking but rather novel—socially and educationally."

It is intimated from Ottawa that the Government has about completed the main estimates amounting to \$21,000,000 which will be brought down at the coming session of Parliament. So far there is not a single new item save for maintenance. All the works now in progress will be completed and those estimates passed last year but upon which expenditures were not made, will be revoked. While main estimates provide the great bulk of the appropriations substantial amounts for additional works are often voted in the supplementaries. In preparing the estimates a policy of economy is being followed and where reductions are possible they are being made. This is with the idea of endeavoring to make public expenditures correspond to the anticipated revenues.

LINGER LONGER LUCY

Lucy Page Gaston believes that men should stop smoking, and she is a real leader in the anti-tobacco attack. Lucy better go a bit slow else the men, who put up the cash for a lot of things really not essential to the existence of the dear creatures, may join a flank movement. For example, the Minneapolis News retaliates in this fashion:

"From a purely masculine standpoint, Lucy Page Gaston's anti-tobacco platform is unwarranted interference. Mere man regards an attack on his pipe, cigar or cigarette as about on a par with a masculine effort to banish some of the petty vices practiced by lovely woman. From this standpoint, her attitude is just exactly as sensible as the spectacle of a he-man running for the presidency on a platform made up of ringing declarations against nose powder, rouge, lip-sticks, heuna, Dutch necks, georgette sleeves and low shoes in winter, peroxide, false hair, round garters, beauty diets,

SPRING LINES READY

We are very pleased with our Spring offerings of seasonable goods. For instance--

Ginghams

A large number of real imported Anderson's Dress Ginghams—scarce goods and very reliable as regards being fast colors and wearing qualities. These are marked... 58c yd.

About 25 patterns of Red Seal Ginghams—splendid weights and pretty designs. These are... 55c yd.

Floor Rugs

A splendid new range of patterns and in three qualities. We are lucky to have such a stock at a price that will appeal to spring buyers. Some very charming tapestry rugs, size 3 x 3½, Guilford quality, all marked for quick sale at... \$35.00

This is a real special.

Ten pieces part linen Toweling—heavy weight—the balance of an old import order. Clearing at... 35c yard

Be sure and see the new numbers on display in our Dress Goods Dept.

New Spring shapes in Men's Hats—the Mayhew and Hawes quality—a big range and other lines to open on Saturday.

Men's Shirts for Spring—new patterns, soft cuffs, made from English shirtings. Open this week.

Swift, Sons & Co.

small shoes, tight lacing, eating crackers in bed, cold feet and forgetting what's trumps."

The News man is evidently a live wire and somewhat of a close observer. Lucy must have been surprised to discover that he knew so much about her.—Brockville Recorder-Times.

JOHN BULL, NO QUITTER

Many American papers are making a great fuss over the fact that the United States loaned \$9,450,000,000 to the Allies during the past five years. They are hailing this achievement as an unparalleled feat in finance and are claiming that they are the world's greatest credit nation.

We admit that nine and a half billion is a pretty tidy sum, but Uncle Sam must not run away with the idea that he is the whole show. There is sturdy old John Bull, for instance. John got into the fighting game right at the drop of the hat, put an unheard of number of men into the field, swept the Germans from the High Seas, supplied his Allies with foodstuffs, munitions and money—and kept this up for three long years while Uncle Sam hesitated—but while considering whether it was "to be or not to be" managed to grow rich out of war orders.

Great Britain while a borrower in the United States to the extent of \$4,210,000,000 loaned over twice that sum, or \$8,700,000,000 to the Allies. That does not look as if Old John was a down and outer or that the Old Lady of Threadneedle Street was about to go into liquidation.

The truth is that John Bull is a sturdy Atlas bearing the burdens of a war wearied and war wrecked world. He fought with his back to the wall for years, putting every ounce of effort into the struggle and now, when it is all over he is feeding half of Europe from his own meagre stores and policing half of the rest of the world. He is a weary Titan, but he is no quitter.—Farmers' Sun.

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes cold and becomes cross and peevish. Baby's Own Tablets should be given to keep the little one healthy. They are a mild laxative which regulate the stomach and bowels and thus prevent colds. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SEVERAL dwelling house properties and 3 vacant building lots in Watford and a few farms in this vicinity for sale. Apply to W. E. FITZGERALD, Barrister &c., Watford.

Lucky for Someone!

LUCKY IS RIGHT! We have a few small sizes in Ladies' Footwear that we are clearing out at less than original cost. All of the very best quality leather and made by Canada's most particular manufacturers. If you wear size 2 to 4 come and see them.

Size 2 1-2 and 3, Regular \$4.50 and \$5.00, going out at... \$1.98

Size 3 1-2 and 4, same quality—\$2.98

SEE OUR WINDOWS THIS WEEK

New lines of Spring Footwear now coming in. Drop in and see them any time.

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The Farmer-Banker Alliance



You go to your lawyer for legal advice; to the doctor for medical advice; why not to The Merchants Bank for financial advice?

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WANT COLUMN.

LOST—On Friday last, in Watford, between Huron St. and the High School, an Ideal Waterman Fountain Pen. Finder please leave at this office.

EARLY CHICKS PAY WELL. Hatch bred-to-lay barred rocks this season. I can supply you with the eggs from chosen pens. \$1.00 a setting.—E. D. SWIFT.

50 ACRES OF PASTURE LAND For Sale—half of the east half lot 20, con. 4, N.E.R., township of Warwick. Good creek of running water on same. Apply to W. G. MCKENZIE, Watford R. R. 2.

VALUABLE FARM FOR SALE

97 acres adjoining the Village of Watford, partly within the corporation. Good brick house and barn with brick stable underneath, all lighted by electricity. Good fences, plenty of spring water. All clear. 50 acres seeded down, 10 acres plowed, balance in pasture. Terms, \$1000 cash, balance to suit purchaser. Apply on the premises.
127-5t L. BUCHNER, Watford.

WANTED—A Gander, to buy or would exchange a goose for one. Leave word at this office.

HOUSE and three lots for sale—Corner Victoria and John Streets, nice comfortable house in good repair and splendid garden. Price reduced for immediate sale. Opportunity for someone. Apply on the premises.—G. H. GOODMAN, if

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An excellent chance is offered young men with High School or Business College training to enter the financial world. A Bank has several openings offering splendid opportunities for training and advancement. No experience necessary. State full qualifications.

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