

GUARD AGAINST THE 'FLU

Serious Outbreaks of Influenza all over Canada

GOOD HEALTH IS THE SUREST SAFEGUARD

"FRUIT-A-TIVES" Brings Vigor and Vitality and Thus Protects Against Disease

There can be no doubt that the situation regarding the spread of influenza throughout Canada is one of grave concern. It is quite true that the number of cases does not constitute an epidemic such as caused the suffering and sorrow during the terrible days of 1918. Yet there is no disguising the fact that everyone should be on their guard against the disease.

In Montreal alone, from January 20th to February 21st, three thousand, one hundred and twenty-two cases of influenza and 193 deaths from the disease were reported to the Health Department.

If the outbreak had come at the beginning of the winter instead of the end, we might reasonably feel that the very cold weather would check the spread of the disease. But coming as it has, at the end of the winter, there is grave fear that an epidemic may occur. For spring, with its slush and rain under foot, its dampness and chill, its constant changing from cold to warm and back again, is a prolific source of coughs and colds, pleurisy and pneumonia.

The best protection, in fact, the only safeguard against the 'Flu, is, **GOOD HEALTH.**

Those who are not as well and strong as they should be; those who are underweight; those who are "run-down" through overwork or sickness; should build up at once. What they need is a Blood-purifier, a body-builder, a strength-giver, like "Fruit-a-tives", the wonderful fruit medicine.

"Fruit-a-tives" regulates the kidneys and bowels, causing these organs to eliminate waste regularly and naturally as nature intended. "Fruit-a-tives" keeps the skin active, and insures an abundant supply of pure, rich blood. "Fruit-a-tives" tones up and strengthens the organs of digestion, sharpens the appetite, brings restful sleep and renews the vitality of the nervous system. "Fruit-a-tives" contains everything that an ideal tonic should have; to purify the blood, to build up strength and vigor, and to regulate the eliminating organs, so that the whole system would be in the best possible condition to resist disease.

Now is the time to build up your health and strength, not only as a precaution against the ravages of influenza, but also to protect you against "spring fever" and the inevitable reaction which comes with the appearance of warmer weather. Get a box of "Fruit-a-tives" today and let this fruit medicine keep you well.

"Fruit-a-tives" is sold by all dealers at 60c a box, 6 boxes for \$2.50, trial size 25c, or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

Fall Fair Dates—1920

Strathroy	Sept. 20, 21, 22
Petrolia	" 23, 24
Sarnia	" 27, 28
Glencoe	" 28, 29
Wilkesport	" 30, Oct. 1
WATFORD	" 5, 6
Forest	Oct. 4, 5
Fergus	" 7, 8
Wingham	" 7, 8
Alvinston	" 12, 13

State of Ohio, City of Toledo, Lucas County, ss.

Frank J. Cheney makes oath that he is a partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE. FRANK J. CHENEY

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1919. A. W. GLEASON, (Seal) Notary Public.

Hall's Catarrh Medicine is taken internally, and acts through the Blood on the Mucous Surfaces of the System. Send for testimonials, free. F. J. CHENEY & Co., Toledo, O. Sold by all druggists, 75c. Hall's Family Pills for constipation.

Miller's Worm Powders need the support of testimonials they could not get by the thousands from mothers who know the great virtue of this excellent medicine. But the powder will speak for themselves and in such a way that there can be no question of them. They act speedily and thoroughly, and the child to whom they are administered will show improvement from the first dose.

"Lest We Forget"

Made the Supreme Sacrifice

WATFORD AND VICINITY

Capt. Thos. L. Swift
Sergt.-Major L. G. Newell
Pte. Alfred Woodward
Pte. Percy Mitchell
Pte. R. Whalton
Pte. Thos. Lamb
Pte. J. Ward
Pte. Sid Brown
Pte. Gordon Patterson
Pte. F. Wakelin, D. C. M.
Pte. T. Wakelin
Pte. G. M. Foyntain
Pte. H. Holmes
Pte. C. Stillwell
Pte. Macklin Hagle
Sergt. Clayton O. Fuller.
Gunner Russell Howard Trenouth.
Pte. Nichol M. Schlan.
Corp. Clarence L. Gibson
Signaller Roy E. Acton.
Bandman A. I. Small
Capt. Ernest W. Lawrence.
Lieut. Leonard Crane
Pte. John Richard Williamson
Lieut. Chas. R. Hillis
Lieut. Gerald I. Taylor.
Pte. Charles Lawrence
Lieut. Basil J. Roche
Pte. Alfred Bullough.

Guide-Advocate

WATFORD, MARCH 26, 1920.

NOTE AND COMMENT

The noise made by the carpenters in completing the interior of the Parliament Buildings at Ottawa will not disturb the members of the government who are accustomed to hammering.

A new idea in assessing the town is to be tried out in Carleton Place this year. The law has made provision for the appointment of an assessment commissioner—without salary. He, with the mayor, shall choose and appoint an assessor, who will have the benefit of their advice in arriving at valuations concerning which he is in doubt.

The Dominion Government is preparing a scheme of state-aided insurance for returned men. The bill has, it is understood, been drafted, but a number of points remain for decision before it will be brought down in the House. The aim is to give assistance to ex-members of the forces who, because of disability incurred on service, are unable to secure life insurance at prevailing rates.

Mr. J. E. Armstrong, M. P. for East Lambton, is praised by the Toronto World, is properly praised for his work in bringing down motions to place steamer traffic under the control of the railway commission, and for a permanent body to control steamship traffic between Canada and British ports. There has been huge profiteering in sea-going rates. If Mr. Armstrong can stop it, his niche of fame will be spacious.—St. Thomas Times.

That children tall for their ages are generally born in the summer is a novel theory. As far as boys are concerned, those who first see light during autumn and winter are not so tall as those born in spring and summer. Those born in November are shortest, in July the tallest. Averages for girls show that those born in winter and spring have less length of body than those born in summer and autumn. The tallest girls are born in August.

All dependents of soldiers, sailors or airmen killed during the war have been notified by the board of pension commissioners of Canada that under the terms of the peace treaty all pensioners of the deceased men are to receive indemnity for their loss. The amount of the indemnity is to be based upon the age of the man killed and the age and number of his dependents. Pensioners are only required to submit the date of birth of the deceased and that of their own birth.

George F. Lewis, deputy fire marshal for Ontario, has announced details of a "lightning rod act," which he said would be introduced in the Legislature at the present session, and if passed, would result in reducing the farm fires to a minimum. The Act will give fire marshals the authority to require that any farm building valued at \$2,000, or containing

that value in feed, must have a lightning rod on it. The Act will also apply to grain elevators, flour storage warehouses and mills. The penalty for noncompliance with an order to put lightning rods on buildings will be \$20 a day for each day the rod is not on. Sellers of lightning rods will have to obtain licenses, under the act.

WARBLE FLIES

When an animal is attacked by warble flies for the first time it allows the fly to deposit her egg without showing any greater sense of discomfort than tickling with a straw would occasion. If the fly is persistent the first noticeable sign is that of annoyance; the animal will stamp or kick or switch its tail vigorously. The next thought the animal has is apparently to move away from the annoying insect, which it does by walking to another place. If the fly continues its pestering the animal begins to trot and finally to gallop. When an animal is running in this manner it will be noticed that it frequently turns its head to try and see if the fly is still pursuing it, and to do so pauses in its flight. If, at this moment, it finds that the fly is still pestering it, the flight will begin again with redoubled energy and with additional terror. In Health of Animals Bulletin No. 27, Scientific Series "Warble Flies" supplied free upon application to the Publications Branch, Department of Agriculture, Ottawa, the above is given as the mental process an animal goes through when it is attacked by warble flies. Fear and terror inspired by these insects cause animals to lose their heads completely and the results are often disastrous. Through a study of the fly's methods it is easily seen what an aggravating and annoying insect it is. The terror produced is contagious and spreads among the whole herd causing a stampede.

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