

GIDDINESS PART OF LONDON EPIDEMIC

Influenza in Mufti, the Disease is Called by the Medical Officer of Health—Causes of the Symptom.

Writing of the epidemic of summer influenza which has prevailed for some months in London, and in a great number of cases has gone unrecognized because the symptoms are not like those which the populace has been taught to look out for as typical of influenza, the medical correspondent of The London Times said that "giddy attacks" have been unusually prevalent during the last few weeks. In other words, a large number of people not in their first youth have complained at certain periods of a feeling of "swimming" or giddiness. There are few more alarming symptoms, he adds.

Yet, as a rule, these attacks are not of a serious nature and can, by the exercise of a little care, be avoided. We are at present, he says, passing through one of the summer recurrences of influenza, one of those visitations which the Medical Officer of Health for London has happily named "influenza mufti." That is to say, that a great many people are feeling slightly unwell, not unwell enough to go to bed, but not fit enough to enjoy life.

It is this slight unfitness which it is at the bottom of the giddy attack, the physician asserts. For it represents an increase in the irritability of the nervous system and so in the responses of the body to various stimuli. The stimuli which are chiefly concerned in the production of giddiness are those arising in the intestines, for the reason that the normal response of such stimuli is an increase of blood in the vessels of the abdominal area, he points out.

Cause of Giddiness. "As soon as we put food in our mouths the whole digestive area 'flushes' with blood. This is brought about through that delicate and complicated telephone service—the nervous system. The object, obviously, is to secure that as digestion proceeds it will be fully nourished," the writer explains. "Naturally, when blood is withdrawn to the digestive portions of the body it must be taken from some other area. The areas from which, in fact, it is taken are the brain and muscles."

"Now in normal circumstances of health this process of blood-withdrawal is not attended by any untoward feeling. It is so well regulated and adjusted that, so to speak, the brain never becomes aware of its loss. The position, however, when the nervous system is under the influence of a poison is very different. All responses are exaggerated and the gradual withdrawal of blood from the brain to the intestines is accomplished swiftly and suddenly."

"Immediately there is a sense of giddiness, of swimming, even of falling. It is evident then, that two factors play a part in this symptom. First, there is the poison, raising the excitability of the nervous system. Second, there is the stimulus provoking the response and so tending to draw blood to the digestive tract."

"The poison, as in the case of influenza, cannot well be avoided. Yet it is always possible to alter the second factor to some extent. Thus a man who is suffering from giddy attacks cannot eat too carefully."

"When these attacks appear, therefore, it is always well to 'give the stomach a rest.' This means eating less and giving the food as light as possible. By such means the stimuli producing nervous action on the blood vessels are reduced in number and intensity and the excessive giddiness made fewer. It should be clearly understood that aperients are not a cure of the real cause of the giddiness—the poison, e. g., influenza. It is merely a method of preventing that poison from showing its presence. In a week or so the poison usually passes away and the nerves regain their normal tone. Then old habits of diet can be resumed."

Rheumatism Also a Cause.

"In some cases, however, the poison behind the giddiness is not influenza, which is very temporary, but rheumatism, which recurs at frequent intervals. In such instances a visit to a spa is a help toward recovery. As was pointed out in a former article, 'rheumatism' is probably a recurring disease, coming and going at irregular intervals. The symptoms of an attack do not necessarily include muscular pain. Much more characteristic are a 'puffiness' of the face and ankles, a tendency to blotches on the skin and digestive disturbances. When these symptoms appear an 'attack' is in progress and giddy bouts may be expected. They will pass off when the attack again subsides."

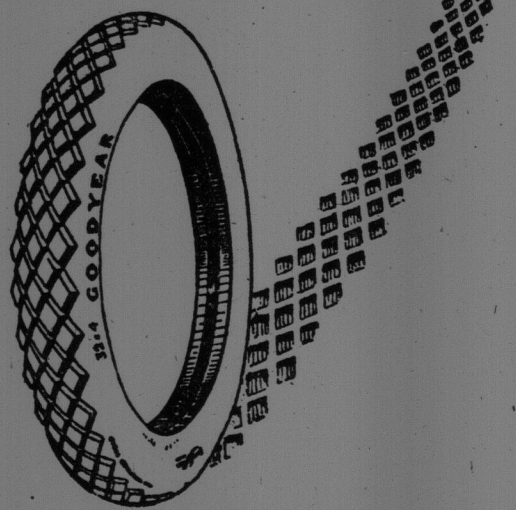
"The importance of recognizing these recurrences of rheumatism cannot be exaggerated. If they are not recognized all manner of fears and anxieties will haunt the mind of the victim. But once he begins to know his 'attacks' he will lose these fears and adopt instead an attitude of resignation. Symptoms will be less alarming because the passing of them can be for told within a few weeks. There is an idea that diets of various kinds are valuable only because of the food constituents they do or do not contain. Yet there is another side to dietetic wisdom. It concerns the choice of food which will be easily disposed of and will, as little as may be, interfere with the digestive organs, and so draw blood toward them. This side deserves much more attention than it usually receives."

Giddy attacks are dealt with on these common-sense lines, subsiding, as a rule, very quickly."

EX-KAISER CLIPS TREES

AND LETS PUBLIC WATCH Doorn, Holland, Oct. 13.—Since the dismissal of the Prussian Count Von Gonthard, former Emperor William's Court Marshal, from the royal household here William has begun to lead a much freer existence and he no longer appears to fear the gaze of the public. Count Von Gonthard was a strong advocate of the strictest seclusion, but now that he is no longer in office the former Emperor does not hesitate to work in his garden in full view of passers-by. He clips and trims the trees within a few feet of the footpath which encloses the ground and with only a wire fence between him and the public. He talks incessantly of forestry and the care of trees. The former war lord is having the dense woods which surround the park thinned out and is himself taking an active part in the work. He looks cheerful and healthy.

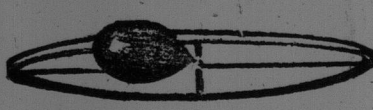
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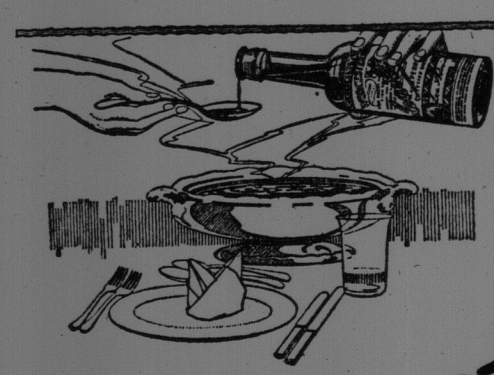
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ZOO GETS SEA GULL'S BREEDING ISLANDS

The Four Brother in Lake Champlain Presented to City by Edward Hatch.

New York, Oct. 13.—The "Four Brother" Islands in Lake Champlain, breeding place of the sea gull and other migratory birds, have been given to the New York Zoological Society by Edward Hatch, their owner.

Every year for the last quarter century Mr. Hatch has advertised for a man who was willing to abandon human companionship to guard the refuge of the birds and prevent vandals from molesting the nests and young gulls. Last year a Harvard graduate was selected for the work from a list of 1,900 applicants.

The Merchants' Association of New York, which announced the gift says it is understood that the Zoological Society will continue the protection of the birds and build a camp for the study of bird and fish life. The government is also said to be considering the establishment of a station on the island for the observation of sea gull flight in relation to the problems of aviation.

GAME BIRDS INCREASE UNDER THE MIGRATORY BIRDS CONVENTION ACT

Ottawa, Oct. 13.—With few exceptions migratory game fowl have increased to a marked degree in Canada during the last season according to reports received by Commissioner J. B. Harkin, of the Canadian National Parks, from migratory bird officers and wardens all over the Dominion. In the east owing to the heavy rainfall and late breeding season certain species did not hatch with as great success as in previous years, but the western province report increases in practically all species.

A remarkable feature of the census being taken of the increase of bird life under the Migratory Birds Convention Act is the widespread increase in Black ducks. All over the Dominion there appear to be unprecedented numbers of these birds and in some sections of New Brunswick especially they are reported to have appeared in exceptional flock on the rivers and inland retreats. Cormorants, gulls, terns, cranes, Canada geese, brant and plovers have also shown marked increases while in certain sections Elder duck have returned to breeding grounds heretofore abandoned.

Nova Scotia also reports an increase in its waterfowl although the heavy rains in certain sections caused the loss of many eggs and young. However, other parts large broods were successfully reared, one duck being noted with as many as twenty-four ducklings. A similar increase is reported from Prince Edward Island.

In Quebec the Elder ducks did not do as well, in many localities no broods being raised owing to the unseasonable weather. However, all other species of waterfowl hatched successfully.

In Ontario as well as in the other eastern provinces shorebirds are scarce. Black ducks, mallards, Green-winged teal, mergansers, loons and wood ducks have been seen in large numbers. All through the west migratory birds show an increase, with the waterfowl leading the way. In Manitoba mallards and Black duck are abundant, while in Saskatchewan geese have been seen in large numbers. Alberta's wild fowl is also doing well, while British Columbia is expected to report a good season.

RESTRICT AGE OF GIRLS ATTENDING DANCE HALLS

Sault Ste Marie, Ont., Oct. 13.—Although falling in the mission to secure the appointment of another woman police officer, the Citizenship Committee of the Local Council of Women has succeeded in inducing the Police Commission to enforce the eighteen years of age restriction on girls attending public dance halls in the city unless accompanied by guardians. The proprietors of each dance hall will be advised to see that this municipal law be enforced, and it was decreed that a first offense would result in the cancellation of the license of the hall.

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DOUGLAS AND MARY.

(Regina Leader.)

The crowd that gathered at Union Station the other night to catch a glimpse of the redoubtable "Doug" and the adorable Mary as they passed through the city was undoubtedly a "curiosity" crowd; but that fact does not detract from the compliment which its appearance at the station paid to two of the most popular persons in filmdom. Whether the majority of the crowd, which had seen Mr. and Mrs. Fairbanks many times on the screen, was disappointed when it saw them in the flesh, we have no means of telling. Quite likely some in the crowd were disappointed, while others were immensely pleased. The interesting thing is that so many people have permitted the film to become so vital a part of their lives that they have come to look upon their film friends as persons deserving of more than ordinary notice. We can recall no public personage whose arrival in this city recently has attracted more citizens to the railway station than did Mr. and Mrs. Fairbanks.

pair of trunks from the mysteries and scandals of Hollywood, which have been so widely aired in recent months? Very likely some expected to discover the imprint of late nights and wild doings on the countenances of their idol; and they were disappointed. As Mr. Fairbanks said to a reporter: "I feel stars never touch whiskey or dope. They can't afford to come to work in caloused hands and worn-out looks. They must live clean lives, keep their youth and vitality and—some of the real film idols keep strict training rules." That may be a slightly colored statement of the case; but the fact undoubtedly is that the great majority of the leading entertainers of the silent drama live lives which are quite as circumspect as the majority of other people. They live in glass houses from the moment they rise to popular notice and their small eccentricities are observed and broadcasted as news. The limelight in which they live and work permits of no concealment. When on film it is with a crash heard around a film-enraptured world.

After all, what a jaded people wants above all else is to be amused. And it is inclined to overlook the little peccadilloes of those who amuse it, as long as those peccadilloes are neither gross nor unnatural. A few scandals have come out of Hollywood that were sickening in their details; but how few have they been when the wide range of opportunity for such things is remembered! Compare the records of the famous California film colony with those of some of the divorce courts on this continent and it is probable that the lives led by the leading film favorites will stand up against those led by any similar class in the community.

Crammed Quarters. "I wonder if they take children in these apartments?" "They must. Some of the rooms aren't big enough for a grown person."

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