

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 139 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 50c a box, 6 boxes for \$2.50, trial size 25c, or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

STREET ORDERED CLOSED.

On the application of the Dunlop Tire and Rubber Company, Natalie street west from Booth avenue, and the lane running south from that section of Natalie street, have been ordered closed. Although the land is shown on the maps as a street, it has never been accepted as a highway.

SUED FOR SISTER'S BOARD.

The appellate court has allowed Daniel Morrow \$5 a week for the period during which his sister, Mary Jane, resided with him. Daniel sued his brother Robert, executor of Mary Jane, for \$2987 for board and lodging provided to deceased, which action Judge Lennox dismissed.

FALSE PRETENCES CHARGED.

Samuel E. Todd was sentenced to 30 days in jail yesterday by Judge Cawthra on two charges of obtaining \$186 by false pretences from the T. Eaton Co.

TAKE SALTS TO FLUSH KIDNEYS

Eat Less Meat if You Feel Backache or Have Bladder Trouble.

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eaters of meat must flush the kidneys occasionally. You must relieve them like you relieve your bowels, removing all the acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The channels, cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the night.

To neutralize these irritating acids and flush out the body's urinous waste, get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine and bladder disorders disappear. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive, harmless and makes a delightful effervescent lithia water drink, which millions of men and women take now and then, thus avoiding serious kidney and bladder diseases.

LIQUOR PERMITS ARE GIVEN FREE

Authorized Warehouses Secure Certificates Without Payment of Fees.

The principal business of the government in the legislature yesterday was the supply of information to members in reply to questions standing on the order paper.

A summary of the news thus communicated embraces a return of all shippers in the enforcement of the U.A.A., and a list of liquor warehouses authorized prior to the Dominion order-in-council. This list was a good deal longer than the number authorized since the new government took command. But the interesting thing in connection with this branch of the liquor traffic is that no fees are charged or received from any of the parties to whom certificates have been issued.

Hon. Peter Smith informed Wellington Hay that the present government has made four sales of provincial bonds, two of \$3,000,000 each, one of \$5,000,000 and the last, \$1,250,000 to the Dominion government, under the housing scheme. The first loan went at 97½, the second at 94½ (New York funds), the third, payable on demand, 100.55. The Dominion government bonds, of course, were at 100. The first three loans were at 5½ per cent, and the last at 5. Aemellus Jarvis placed the market loans.

Capt. Ramden was given particulars concerning the board constituted under the optometry act on the recommendation of the then attorney-general, Mr. Lucas.

John O'Neill's Bill.

John O'Neill introduced a bill to enable the bankers' trust to do business in Ontario.

The first bill introduced by an U.F.O. was oddly enough one to admit a gentleman to practice law.

Premier Drury introduced a bill relating to the establishment of the ministry of mines.

H. H. Dewar asked whether there was anything in the bill beyond what its title indicated.

Premier Drury: There is nothing beyond the necessary co-ordinating of parts of the department.

Joseph Thompson introduced the City of Toronto bill.

Sale of Milk.

Hon. Manning Doherty introduced two bills, one respecting the sale of cream and milk and the other community halls.

The latter he explained proposes to extend the advantages of community halls to incorporated villages as well as townships and to make it possible at the discretion of the minister to do away with the requirement of three acres for an athletic field where there is sufficient ground for the purpose.

Mr. Heenan introduced a bill to amend the railway men's voting act. The proposal is that railway men who vote early may in the future vote for school trustees and money bylaws.

CITY HALL NOTES

According to several members of the city council, Sir Adam Beck, at the civic luncheon tendered him on Thursday, had expressed himself as favorable to the construction of the Mount Pleasant civic car line. They state that when the subject was broached to the Hydro knight, his advice was "Go ahead and build it." The World representative spoke to Sir Adam regarding the matter, but he said that he thought he had said enough for one day. However, he did come out very strongly on the Metropolitan issue, which looks very promising as far as the Mount Pleasant line is concerned.

Salary increases to civic employees, it is understood, occupied the attention of the board of control at a private session yesterday morning, and, according to what information could be gleaned from the reticent controllers, it would appear that the employees' demand that last year's high cost of living bonus of \$3 weekly would be made permanent was granted.

The 20 per cent. general increase, as recommended by the heads of civic departments, did not apparently find absolute favor with the board. There appeared to be a feeling that individual increases should be based on merit. There was also talk of reducing the general increase to 15 per cent.

The controllers approved an expenditure of \$1450 required to alter the Bay street hall to make it suitable for accommodating the city's industrial department, which is now located in the city hall.

The mayor thought that the harbor board should hand over to the city its industrial section, so that the whole business would be under civic control.

An alternative was proposed by the board with regard to the suggestion of eliminating street signs printed in any foreign language. It had been proposed to seek legislation giving council all the power to prohibit these signs, but this did not find general favor. The controllers yesterday thought that instead of applying for this legislation, they should obtain legislation whereby it would be compulsory for foreign signs to carry an exact English translation underneath. That is, the sign must be in two languages, one of them English.

Approval was given of the legislation committee's recommendation, that a citizen may on request be assessed on an income of \$400 in order to obtain a vote at the municipal elections. That is, when sufficient income is not earned over the exemption allowed by law to entitle the citizen to such a vote.

Permits for buildings to cost \$52,550 were issued by the city architect's department during the past 24 hours. These include eight dwellings, the installation of seven 500-gallon gasoline tanks, and the erection of several industrial buildings.

LAWYER HELD LIABLE.

Justice Sutherland has given judgment in the action brought by James W. Steinhoff, farmer, Wallaceburg, for a declaration that Matthew Wilson, K.C., of Chatham, holds \$10,000 stock in the Dominion Glass Co. in trust for him to secure the payment of an annuity of \$2000. His lordship decides that Wilson holds 112 common and 50 preference shares in the Dominion Glass Co. in trust, and orders him, within 30 days, to replace it. If it is not replaced there will be a reference to the local master to determine its value as of July 23, 1917, and judgment for the plaintiff for that amount.

Super-Quality!

PLAYER'S

NAVY CUT CIGARETTES

All over the World

Player's are giving cigarette satisfaction to all lovers of a perfect cigarette. The fascinating smoothness, the rich, mild aroma of these world-famous smokes guarantee perfect cigarette enjoyment.

18¢ per Package - two for 35¢

"More sold than all other brands combined."

ARGOS GIVEN SITE ON MUGG'S LANDING

A conference was held late yesterday afternoon between Parks Commissioner Chambers and several officials of the Argonaut Rowing Club, and a declaration that Matthew Wilson, K.C., of Chatham, holds \$10,000 stock in the Dominion Glass Co. in trust for him to secure the payment of an annuity of \$2000. His lordship decides that Wilson holds 112 common and 50 preference shares in the Dominion Glass Co. in trust, and orders him, within 30 days, to replace it. If it is not replaced there will be a reference to the local master to determine its value as of July 23, 1917, and judgment for the plaintiff for that amount.

the commissioner today agreed to recommend that they get it. The Argos officials met the parks committee earlier in the week, and the members, who all expressed themselves as favorable to granting the club's request, suggested this conference with the commissioner. His report will be considered next week by the committee and in all probability the club will get the new site. It was originally intended by the parks department to situate all aquatic clubs together on Spanish Island, but the Argonaut officials pointed out that it would not suit their purpose to be alongside a yacht club, as the two clubs would hamper each other's operations. Mugg's Landing is situated just east of Island Park.

TERRORISTS GET "PEN."

Alphonse La Terrier was sentenced to five years in Kingston Penitentiary, and Harley Smith and James J. White to three years, in yesterday's police court, on charges of robbery and hold-ups. In the case of one storekeeper, they entered the store armed with revolvers, gagged and bound the victim, and threw him into the cellar, afterwards robbing the till.

PRISONER REFUSED BAIL
Charles Dowell, charged under the O.T.A. on Thursday evening, registered another day with itching, bleeding, or protruding piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. 60c a box; all dealers, or Edmondson, Bates & Co., Limited, Toronto.

JUDGMENT RESERVED

On a motion by counsel for plaintiff, Judge Vance reserved his decision in the action tried before him and a jury yesterday, wherein Edwin P. Hurst sues Dr. Alexander M. Murray for \$2000 damages for death of his son, who died, it is alleged, from injuries sustained when he was struck by the defendant's auto in February, 1919. The jury found he had not died as a result of the injuries sustained, and returned a verdict for \$800.

GUILTY OF ARSON.
The appellate court has upheld the decision of Judge Gould of Wentworth, finding Angelus Ercolino guilty of arson. The accused had a grocery store in Hamilton, which was destroyed by fire, when some old clothes were found saturated with oil.

B.O.T.A. CONVICTIONS.

The following fines were imposed in yesterday's police court for B.O.T.A.: David Connor \$200, William Lilley \$300.

PILE

Do not suffer another day with itching, bleeding, or protruding piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. 60c a box; all dealers, or Edmondson, Bates & Co., Limited, Toronto.

MURINE Night and Morning. Have Clean, Healthy Eyes. If they Tingle, Itch, Smart or Burn, If Red, Irritated, Inflamed or Gravelled, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists and Opticians. Write for Free Eye Book. Write to Rev. O. Chase.

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