SPANISH INFLUENZA RAGES IN CANADA

usands of Cases Reported With Many Deaths.

THOSE WHO ARE MOST SUSCEPTIBLE TO IT

"FRUIT-A-TIVES"-The Wonderful Fruit Medicine-Gives the Power To Resist This Disease.

The epidemic of Spanish-Influenza which played such have in Europ has reached this continent. This sands of cases of the strange malad have appeared and many deaths an lady already reported; Surgeon, General Blue of the United States Public Health Service having stated that "Spanish Influenza will probably spread all over the country in seven the country in

six weeks". Practically every ship which touches our shores from abroad, brings those infected with the

disease. Surgeon-General Blue urges that "the individual take all the precau-tions he can against contracting the disease by care and personal hygiene". Plenty of exercise should be taken; the dietshouid be regulated,

spanish Influenza affects most severely elderly persons and others whose powers of resistance are weakened by illness, work or worry, especially those who are "run-down" or "not feeling up to the mark." disease is not so much in the disease itself, as that it often develops into

What everyone needs now is a general tonic like "Fruit_a-tives". This wonderful fruit medicine is not a germ-killer. It is a body-builder; a strength-maker; a blood-purifier; a power in protecting against the rayages of disease.

a power in protecting against the ravages of disease. "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 native, and puriles and enriches the blood. "Fruit-a-tives" tones up and strengthens the organs of digestion, insuring food being properly digested and assimilated.

and assimilated. take ordinary pre-Everyone can take ordinary pre-cautions, avoid crowded places, and use "Fruit-a-tives" regularly to insure sound digestion, to keep the bowels and kidneys regular and the whole system in the best possible condition. Then we are safe from disease.

disease. "Fruit-a-tives" is sold by dealers everywhere at 50c a box, 6 for \$2.50, trial size 25c or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa, Ont.

The Transcript.

THURSDAY, OCTOBER 24, 1918

CAIRO

Miss Estella Forbes returned to her

Miss Estella Forces returned to her home in Ayton on Saturday. Miss Myrtle Annett of London was home over Sunday. John Randles is having a cement foundation put under his barn and cow stable. Mr. and Mrs. J. R. McKeown of Sarnia visited friends here during the week.

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S. C. C.

NEWBURY

MELBOURNE

NEWBURYMELBOURNENewbury, Oct. 16.—The Red Cross
Griche held a social evening in this
sasement of Knox church on Thanks
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betrotte to the soldiers' Christman
and.Men anniversary services which
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When will it end?

Thousands upon thousands, endless thousands, hold their lives cheap as the price of Victorious Peace.

And we—as we watch from afar their heroic effortsmay we be able to say, that the little we at home could do, we have done;

-that in so far as we could support them, lighten their burdens, bring them comforts, we have done it;

-that we have striven unceasingly to shorten their stay in the Hun made Hell;

-that freely, fervently, unitedly, we have laid our humble offerings alongside their noble sacrifices on the altar of Victory-and Peace.

Another opportunity to lend your individual weight to the blow that will shorten the war comes with the offering of Victory Bonds about to be made. Let not the privilege to do your share find you unprepared.

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance



