



"My Back Is So Bad"

PAINS in the small of the back, lumbago, rheumatism, pains in the limbs all tell of defective kidneys.

Poisons are being left in the blood which cause pains and aches.

The kidneys, liver and bowels must be aroused to action by such treatment as Dr. Chase's Kidney-Liver Pills.

There is no time for delay when the kidneys go wrong, for such developments as hardening of the arteries and Bright's disease are the natural result.

One pill a dose, 25 cents a box, all dealers, or **Dr. Chase's Kidney-Liver Pills**, Toronto, Canada.

Dr. Chase's Kidney-Liver Pills

MINARD'S "KING OF PAIN" LINIMENT

Extract from a letter of a Canadian soldier in France.

To MRS. R. D. BAMBRICK: The Rectory, Yarmouth, N.S.

Dear Mother:

I am keeping well, have good food and well protected from the weather, but have some difficulty keeping unwanted guests from visiting me.

Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—Old MINARD'S Liniment.

Your affectionate son, Rob. Manufactured by the **Minard's Liniment Co. Ltd.** Yarmouth, N.S.

END STOMACH TROUBLE. GASES OR DYSPEPSIA

"Pape's Diaprepain" makes sick, sour, gassy stomachs surely feel fine in five minutes.

If what you just ate is souring on your stomach or like a lump of lead, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach-headache, you can get relief in five minutes by neutralizing acidity. Put an end to such stomach distress now by getting a large fifty-cent case of Pape's Diaprepain from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia, or any stomach disorder caused by food fermentation due to excessive acid in stomach.

As I could not attend the meeting of the Bureau at St. John's the second week in January, I went to Fredericton, where I met the Chief Medical Officer and all de-

Annual Report Eastern Health District of N. B.

F.J. Desmond, D.M.H.O. Submits Interesting Report for Year Ending Oct. 31st, 1919

To Dr. George G. Melvin, Chief Medical Officer, Fredericton, N.B.

I beg to submit the following report for transmission to the Hon. Minister of Health. F. J. Desmond, District Medical Health Officer.

On receiving my appointment I at once started to get in touch with the Chairmen of the former Boards of Health in my district.

As the epidemic of Influenza was then raging in many of the parishes, I had to ask that Medical Assistance be sent, also nurses, where possible. About Dec. 1st I was notified that Small-Pox had broken out at Lamague, Gloucester Co. I went there and found some six houses quarantined. I arranged with Dr. Derpcher of Shippegan to look after the cases, left him a supply of vaccine and had him notify me from time to time how they were progressing. Next I visited Bathurst, where Influenza had been for some time epidemic, here I had found they had opened a Temporary Hospital, the disease had been of a severe type with quite a number of deaths. This disease was very heavy in the lumber camps. At Bathurst one case of Small-Pox was reported under the care of Dr. Mcgahan, the patient had contracted the disease in Nova Scotia. I next visited Dalhousie and Campbellton where Influenza had been reported, found only a few cases in Dalhousie, but at Campbellton the disease was very severe. On my return, called at Charlo, New Mills, Nash's Creek and Jacquet River, and went over the situation. I interviewed the Doctors in attendance, and called upon the Clergymen and principal business men of the district, asking their help in combating the disease. One case of Diphtheria which ended fatally was reported from Charlo. In Northumberland Co. Influenza was principally confined to the lines of travel and to a number of the lumber camps. The Miramichi Hospital at Newcastle, and the Hotel Dieu, Chatham, opened their doors for the sufferers from Influenza, also the Hospital for contagious diseases at Chatham was opened, and took in patients from all over the county. I telegraphed the department of Marine and Fisheries at Ottawa, and got their consent to make use of the Marine Hospital at Douglastown, if found necessary. On my request the Hon. Minister of Health sent Doctors to Rogersville and to Blackville, as both parishes were in great need of Medical Attendance.

About the end of the first week in December, I got word that the disease was very severe at Cape Bauld, Westmorland Co. I arranged with Dr. LeBlanc to look after the cases. I also called upon the parish priest who was able to give me a report of the severity of the disease in his parish.

After the middle of December, I met the Hon. Minister of Health and the Chief Medical Officer at Moncton. We visited all the counties of the Eastern District and met the Councilors. Hon. Dr. Roberts explaining the Public Health Act of 1918, going over all its provisions, including public health, medical inspection of schools, and Collections of Vital statistics.

One case of Small-Pox reported at Moncton, a Pullman porter from Montreal, patient removed to Isolation Hospital, contacts vaccinated and proper precautions taken to prevent spread of the disease. As I could not attend the meeting of the Bureau at St. John's the second week in January, I went to Fredericton, where I met the Chief Medical Officer and all de-

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its of organization were gone into.

On the 15th of January I met the County Councilors of Gloucester County, who named their three members for the subdistrict board. The full board met and made out a requisition for the sum of \$7000.00 for Health purposes. This amount was passed by the Council, and ordered assessed for the present year. I next visited Kent County, and made a request that they appoint their three members for the health board. They did not appoint any members, claiming that the County was not able to adopt the Act because of their obligations on the Patriotic Fund. On the 21st of January I went to Dalhousie, and made a request for the Council to name their three members for the Subdistrict Board of Health. After quite a lengthy debate it was decided by a majority of one that they would not appoint members to the board.

Northumberland County did not appoint any members for their Subdistrict Board. The County of Westmoreland adopted the Act appointing their three members of the Board and on the request of the full Board, orders that \$10,000 be assessed for Public Health Purposes.

While at Dorchester I met Col. Pipes, warden of the Maritime Prison, who informed me that Influenza had broken out among the prisoners, there had been some 60 cases of the disease with a few deaths. He invited me to make an inspection of the institution and suggest any thing further that might be done. I met the Dr. in charge and visited all parts of the Establishment. I found every thing in perfect sanitary condition, the food of good quality, the prisoners well looked after, and all those suffering from Influenza segregated in one wing of the building. There were still 16 suffering from the effects of the disease, these patients were attended to and had no complaints to make, and were grateful for the care given them.

The disease also broke out in the county jail and all the prisoners were taken down; but the jailer and his wife by careful nursing, and following out the instructions of the Health Officer, managed so well that all recovered. Early in February I was notified Small-Pox had again made its appearance at Lamague. I went at once and found it became quarantined, visited all suspects and vaccinated contacts. Disease was of a mild type. Dr. DeLoche was put in charge, in a short time the dis-

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ease was stamped out. I might remark this second outbreak was due to a concealed case from the former outbreak, where proper fumigation and disinfection had not been done.

While on this trip, I inspected the Cars and Station Houses of the Caraque Railway and found them in a very unsanitary condition, and not sufficient Car accommodations for the travelling public. I reported conditions to the Hon. Minister of Health who gave me instructions to notify the Managers of this Railway that they were to comply with the requirements of the Public Health Act at once, or I was authorized to prevent them from carrying passengers till such time as they complied with the orders. I might say that on my next visit all orders were followed out and an extra Car was provided, and every thing put in a sanitary condition. Gloucester County Board of Health met on Feb. 13 and appointed County Officers and B.C. Mullin Secretary. Westmorland County Board of Health met at Moncton on Feb. 18 and appointed necessary officers for the County with Mr. C.E. Northrup as Secretary.

Restigouche County Board of Health met at Campbellton on Feb. 27 and appointed their district Inspectors, Stanislaus Blain, Chief of Secretaries. From Campbellton I proceeded to Anderson Station on the International Railway, here I visited some 6 houses under quarantine in the outlying districts, found that all having the disease were quarantined and contacts vaccinated. Dr. Dube in charge. Cases were reported as coming from Quebec Province and one from Van Buren.

Visited Charlo and New Mills on my trip on account of an outbreak of Diphtheria, which was traced out was due to allowing children, after having the disease, to go back to school too soon; proper disinfection in some cases not having been carried out.

During the month of March Small-Pox was reported from College Bridge, I made four visits to the district and saw the different persons who were quarantined, vaccination was carried out on all contacts and rigid quarantine enforced. In a short time the situation cleared up. I might say that all cases were traced to persons coming from Amherst or Halifax.

Influenza became epidemic in the parish of Beresford, Gloucester County. Dr. Richard a member of the Board took charge of the situation and by strict quarantine and medical attendance soon had the disease stamped out, 684 cases were reported with 23 deaths. Early in April I was called to Michibucto, Kent County because of Influenza breaking out among the prisoners in the jail. I found two prisoners sick of the disease, I examined the jail and found it in a most unsanitary condition, not one of the toilets being in working order, no provision for the inmates to wash, no separate room in fit condition to place a sick person, the walls and floors were in such bad condition that it was impossible to clean them, a dog the pump was in the small hall leading to the cells and this I considered a source of danger, as on the 10th of April I immediately quarantined the jail and gave the Sheriff orders that it was to remain in force till the jail Committee made the necessary alterations and complied with my recommendations. Small-Pox was next reported during April from Middle Sackville. On going there I found some 29 infected houses. The disease was also reported from Rockport. An Emergency Meeting of the Subdistrict Board was called to deal with the situation, as the disease had some 3 weeks' start. Compulsory vaccination was ordered by the Hon. Minister of Health. Free vaccination being given to all applying for same. In investigation it was clearly shown that the cases in Middle Sackville owed their origin to Amherst, N.S. while the outbreak in Rockport was traced to Halifax. I am pleased to report that, notwithstanding the fact that the disease had a very energetic start it was stamped out inside of 21 hours, there were 46 houses under quarantine and a total of 16 cases of Small-Pox.

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Children Cry for Fletcher's

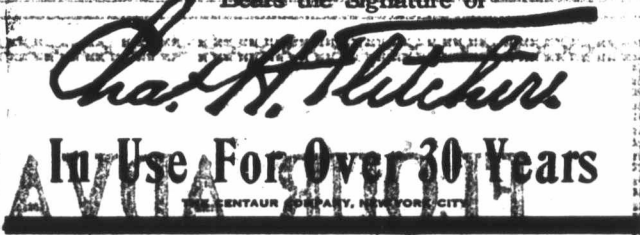
CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS



Come in and See Our Display of

- Steamers,
 - Cake Boxes,
 - Cake Pans,
 - Aluminum Cooking Utensils,
 - Covered Roasters, etc.
- Everything to enable you to do your Cooking Satisfactorily.

HEATING STOVES

We have a large range of HEATING STOVES which we are selling lower than they can be purchased elsewhere. These are a necessity for the cold weather which is in store for us.

B. F. MALTBY, Newcastle, N. B. Phone : 121

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Compared with other foods the cost of bread is insignificant, yet no food costing so little nourishes so much as

BREAD BAKED FROM PURITY FLOUR

Use it for all your baking. More Bread and Better Bread and Better Pastry.