

Influenza: Some Interesting Facts About its History, Prevention and Treatment.

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Influenza, which is now sweeping over Canada from one end to the

other, is a very old disease. It was known in ancient times, and as early as 1510 it over ran the whole civilized world. For centuries it has periodically swept over various parts of the world. The last great world epidemic was in 1889-1890 when it was generally known by the French name of la grippe. The disease has always travelled from east to west.

Symptoms -- The symptoms are similar to those of a heavy cold;

more or less severe headache, cold in the head and throat, fits of sneezing, flushed face, chills, aches and pains in the back and limbs, pains in the eye-balls and behind the eyes, general depression, and temperature rising to between 101 and 104 degrees.

How to Prevent it -- As it is such an old disease, doctors have naturally learned a great deal about its pre-

vention and treatment. The first principle of prevention is to keep away from those infected, and the second, to build up the germ resisting parts of the body by eating nourishing foods, dressing comfortably, getting lots of sleep, and by living in the open air and in bright, well ventilated rooms as much as possible. The mouth, throat and nose should be systematically and

frequently disinfected by antiseptic inhalations, sprays and washes. Such preparations as chloroxone and listerine are well adapted for this purpose.

In fighting previous epidemics, doctors found quinine a useful preventive. One grain of sulphate of quinine mixed with (but not dissolved in) a wineglassful of cold water makes an excellent antiseptic gargle.

War Efficiency and National Prosperity

More than a billion and a half dollars distributed in Canada for exported agricultural produce and the products of labor in the fiscal year ending March 31, 1918, has kept Canada busy and prosperous in spite of the war.



CANADA'S production in such enormous quantities was made possible only by the money received through Canada's War Loans. Canada thus was enabled to assist the Allies in their purchases here by establishing financial credits for their use in this country.

CANADA'S war loans not only have sustained Canada's war effort, but they have kept the wheels of production turning as they never turned before.

This is the flood of cash which poured in to Canada's farms for their exports in the fiscal year 1918, for:—

Butter.....	\$ 2,000,000
Cheese.....	36,602,000
Eggs.....	2,271,000
Oats.....	37,644,000
Wheat.....	366,341,000
Flour.....	95,896,000
Meats.....	76,729,000
Vegetables.....	19,034,000

Over six hundred and thirty-six million dollars for exported farm products alone!

AND the workers of Canada also shared greatly in Canada's export trade.

For their products there was distributed in Canada, during the year:—

Munitions.....	\$450,000,000
Metals.....	92,083,000
Vehicles.....	22,776,000
Wood Pulp and Paper.....	59,599,000

These huge sums were spent in Canada by the Allies.

Canada's own war expenditure for the fiscal year 1918 was \$342,762,000.

And the bulk of all these expenditures, the foundation of Canada's prosperity and war effectiveness, was made possible only because the subscribers to Canada's war loans furnished the working capital.

* * *

CANADA must keep this great work going — must produce as never before; must work, fight, save and lend as she has never yet done to bring victory and a lasting peace to a war ridden world.

But Canada to-day (thanks to her great export trade), is in a better position now than ever, to carry on.

The Victory Loan 1918 will keep Canada busy, will enable her to maintain her great export business; and it will make Canada more efficient than ever, because her prosperity will not be diminished and her determination to work, fight and win will be stronger than it has ever been before.

Get Ready Now to Buy Victory Bonds

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

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