

AFTER-EFFECTS OF INFLUENZA

OFTEN AS SERIOUS AS THE
DISEASE ITSELF—HOW TO
GET HEALTH.

There are few homes in Canada that were not touched by the sorrow that trailed in the wake of the Spanish influenza epidemic. Estimates of the loss of life caused by this epidemic show that it was almost as great as the losses caused by the war, and these take no account of the baneful after-effects which are sometimes as fatal as the disease itself.

Victims of the disease are generally left with impoverished blood and a weakened system. In this condition they are exposed to many dangers unless precautions are taken to enrich the blood and strengthen the nerves. The debility that invariably follows influenza is not a disease of any organ. It is a general condition of unfitness. It must be met by a remedy whose good results will be quickly felt throughout the entire system. In this condition Dr. Williams' Pink Pills will be found invaluable. The mission of this medicine is to enrich the blood, and this new, red blood carries renewed health and strength to every part of the body. The case of Mrs. George Louder, Hamilton, Ont., proves the value of Dr. Williams' Pink Pills in cases of this kind. Mrs. Louder says: "I had a very severe attack of Spanish influenza which left me pale and very weak. My appetite completely failed me and I was under a doctor's care. Finally he advised me to take Dr. Williams' Pink Pills, and I had not been taking them long before I could tell they were helping me. I used altogether nine or ten boxes and am now feeling as well as ever I did in my life. I believe if it had not been for these pills I would have been a chronic invalid."

Such proof as this must be interesting to everyone who suffered from an attack of influenza, and who still feel in any way weakened as the result of the trouble. It points the way to new health and strength, and if you are one of the sufferers you should avail yourself of this medicine at once. You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

THE RACES OF EUROPE.

Quarrelsome Families Now At-
tending Peace Conference.

The American National Geographic Society, in a news bulletin, gives a general survey of the chief racial groups of Europe, an understanding of which is necessary in order to follow intelligently the peace parleys now taking place in Paris. This bulletin is placed upon a communication from Dr. Edwin A. Grosvener. It says:

"The number of distinct human groups or races is variously estimated from the three, Japhetic, Semitic and Hamitic of the Bible, or the three, Caucasian, Mongol and Negro, of Cuvier, to the 11 of Pickering and the sixteen of Desmoulins. The estimate in 1781 by Dr. Blumenbach, the father of anthropology, has been without doubt the attacks of time. He finds five races—Caucasian, Mongolian, Ethiopian, American and Malay."

"Two main divisions are at once recognized among the Caucasians, designated as the Indo-European or Japhetic and the Syro-Arab or Semitic. Indo-European indicates the belief that Europeans come from the basin of the Indus. Syro-Arab means originating in Syria and Arabia. The Indo-European includes eight branches or groups. These are: In Asia, the Aryas or Hindus of India, the Persians and the Armenians, the last two being often termed Iranians from the great plateau of Iran where they had their origin; in Europe, the Greeks, Lat-

ins, Celts, Teutons, or Germans, and Slavs.

"Common usage treats these groups as races, so properly we speak of the Celtic race or the Slavic race or of the races of Europe. Because of the intimate relations of the Greeks and Latins and the cognate nearness of their languages, the two are denoted as the Greco-Latin race, German and Teuton are interchangeable, being synonymous terms.

"The great majority of the peoples who have invaded Europe and whose descendants are now settled there belong to the Indo-European family. In addition, about 30,000,000 persons, or one-tenth of the inhabitants of Europe are Finno-Ugrians and Turks, members of the Ural-Altaic branch of the Mongolian family. All the rest, except the Jews, Maltese and Saracens (Syro-Arab) and possibly, except the Basques, are of Indo-European stock.

"Ural-Altaic comprehends peoples found between the Altai and Ural mountains. Finno-Ugrian is specific of a western group of Ural-Altaic. The term is derived from Finn and Ugra, the region on both sides of the Ural.

"The various routes of migration into Europe, the later wanderings of the immigrants, and their constant relocations, may be directly traced to geographic causes, of which the mountain system, the rivers and plains had a determining part. The backbone and dominant factor of the continent is the Alps.

"In the Alps are the fountain heads of the Rhone, Rhine and Danube. These rivers have each limited or determined the wanderings of peoples, the march of armies, and the boundaries of states. The Danube was a natural and inevitable western roadway of pastoral peoples from Asia.

"A line drawn from the mouth of the Pruth to the mouth of the Niemen, and thence prolonged through the Baltic and Gulf of Bothnia to the sources of the Torne-Elf in Scandinavia, gives an approximation of real or historic Europe's eastern frontier and extent. West of that line and north of the Alpine system, an enormous plain, broken only by the watersheds of its rivers, extends to the North Sea.

"When the Christian era began, all that plain was covered by forests except the marshlands in the east. That plain, as well as Scandinavia, peopled almost wholly by Teutons, was sometimes called Germania. East of that line was another still more enormous plain, Sarmatia, the home of the Slavs, a race almost unknown. The Alps, northern Italy, a part of Spain, France and the British Islands were inhabited by Celts. The centre of the Greco-Latin was Greece and Italy.

"Thus, at the time of Christ the Alps are the signpost of Europe, roughly pointing out where the races are to be found: north of the Alps, the Greco-Latin; in the Alps and to the west, the Celts; far east of the Alps, little affected by them, and therefore little influenced in it, the Slavs and the Finno-Ugrians."

HARD ENOUGH NOW.

"Why don't you discipline your son by making him live without his allowance for a while?"

"Goodness! I can't even make him live within it."

Bad Breath IS CAUSED BY CATARRH

Canadians suffer more from Catarrh than from any other disease. On this account Catarrh is dangerous and should be checked at the outset.

It isn't necessary to take internal medicine to cure Catarrh. There is a far better method.

Doctors now treat Catarrh by sending a purifying healing vapor through the breathing organs. In this way the germs of Catarrh are destroyed.

The only successful vapor treatment is CATARRHOZONE, which the patient breathes through a special inhaler to the real seat of the trouble. The rich, piney essences of Catarrhozone heal and soothe all the inflamed surfaces. They effectively treat the nose, throat and lungs with a powerful antiseptic that destroys irritation at once.

Catarrhozone brings into the system the balmy air of the pine forest. It cures completely colds, coughs, catarrh, weak throat and bronchitis.

Once tried, Catarrhozone is a way used. Nothing so pleasant, so simple, so quick to relieve, so absolutely sure to permanently cure. Accept no substitute. Large size lasts two months and costs \$1; small size 50c; sample trial size, 25c; at all dealers.

She Was a Poor Picker.

"Shame has driven many a man into the ranks," declared Lord Northcliffe, "and in this regard we have to thank the women of the nation for turning many a would-be slacker into an excellent soldier. Sometimes, however, they are overzealous or make mistakes. A case of this sort happened recently on a London bus."

A young man offered a lady his seat. Imagine his surprise when she drew herself up haughtily and exclaimed: "I don't accept favors from slackers."

But he was not taken aback. Instead he regarded the lady critically, and then replied:

"Madam, I was all through Gallipoli, and if we had had as much powder down there as you have on your nose, results would have been different."

DECOLLETTE.

"Doesn't that movie actress put on airs?"

"Well, she ought to put on something."—Film Fun.

A Cure for Rheumatism—A painful and persistent form of rheumatism is caused by impurities in the blood, the result of defective action of the liver and kidneys. The blood becomes tainted by the introduction of uric acid, which causes much pain in the tissues and in the joints. Parmenter's Vegetable Pills are known to have effected many remarkable cures, and their use is strongly recommended. A trial of them will convince anyone of their value.

Such a Change



in feelings and looks! "After suffering pain, feeling nervous, dizzy, weak and dragged down by weaknesses of my sex—my eyes

sunk, black circles and pale cheeks—I was restored to health by the Favorite Prescription of Dr. Pierce." So write many women. Changed too in looks, for after taking Dr. Pierce's Favorite Prescription the skin becomes clear, the eyes brighter, the cheeks plump.

Druggists sell it in tablets or liquid. It's a woman's best temperance tonic, made from wild roots.

HAMILTON, ONTARIO.—"Dr. Pierce's Favorite Prescription helped me greatly at the turn of life. I commenced to have heat flashes and dizzy spells and became nervous and run-down. These conditions very quickly left me after I commenced with the 'Favorite Prescription.' I took several bottles of it and truly believe that I owe my good health to-day to the medicine I took and the care exercised at that trying time."—Mrs. ROBERT SMITH, 64 Bay Street, S.

KOREAN HOUSES.

Building Always Begin With
Flues.

When a Korean begins to build a house he first lays down a system of flues where the floor is to be. These flues begin at a fireplace, usually built in an outer shed or in a closed alleyway connected with the house. From the fireplace the flues branch out like the ribs of a fan and end in a trench at the back of the floor space. This trench, in turn, opens into a chimney, usually built at some distance from the house. When the flues are completed the builder carefully covers them over with flagstones; he then cements the whole floor and covers it with a short of thick oiled paper for which Korea is famous. The rest of the house is then built round the completed flues.

The heating system works in this way: When it is time to cook the rice for the morning meal the housewife lights a little straw or brushwood in the fireplace in the outer shed. While the rice is cooking the heat from the fireplace passes through the flues, heating the stone flags of the floor and diffusing a pleasant warmth that lasts until it is time to prepare the next meal. Two heatings a day generally suffice to keep the floor warm. On the floor the people sit by day and sleep by night. The heavy oiled paper that covers the floor prevents any smoke from entering the room.

The Oil of Power—It is not claimed for Dr. Thomas' Electric Oil that it will cure every ill, but its uses are so various that it may be looked upon as a general pain killer. It has achieved that greatness for itself and all attempts to surpass it have failed. Its excellence is known to all who have tested its virtues and learnt by experience.

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I'll save you 30 per cent. on all tires and repair work. While they last, 30 x 3 1/2. New Non-skids, \$12.75. Ship C.O.D. with privilege of examination. Send in your repairs, I guarantee all my work.

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Ship's Coins.

A superstition among seafaring men is that a coin should be placed beneath the mainmast of a newly-built ship. The coin should be of gold, though in a pinch silver will do. The coin should bear the date of the year the ship is built and before being placed beneath the mast it is carefully wrapped in cotton. Its resting place is the stepping of the mainmast.

Dealers in coins are aware of this long-continued practice, and the result is that when an old ship is broken up, especially abroad, there is always on hand a company of coin dealers desirous of obtaining the coin. It is said that in this way one collector obtained a specimen of the rare American dollar of the mintage of 1804, which has commanded a high premium for many years.

Warts on the hands is a disfigurement that troubles many ladies. Holway's Corn Cure will remove the blemishes without pain.

Insects That Have Food Value.

Among insects which have been and are considered of gastronomic value are caterpillars, moths, a favorite in some parts of Africa; the pupae of the silkworm in China; ants, alive and roasted, are appreciated in Burmah, as well as by the Indians of North and South America, while it is said the lumbermen of Maine enjoy an occasional meal of large wood ants. The beetle is eaten in the Nile valley, in Turkey, Lombardy, Java, Peru, and is said to be nutritious and fattening. In Central America the eggs of three aquatic bugs are made into little cakes and eaten. Mexicans make a strong drink by infusing a tiger beetle in alcohol.

Pale Cheeked Women Told About Restoring A Rosy Complexion

A few years ago the girl with pale, drawn cheeks scarcely knew what to do in order to restore her fading appearance. At that time there was no blood-food medium made that would put color and strength into systems that were more or less worn out.

To-day it's different. The blood can be quickly nourished, can be made rich, red and healthy. All you have to do is take two Ferrozone Tablets with a sip or two of water after meals. The effect is almost magical. Mothers, look at your children. Are they ruddy and strong—do they eat and sleep well, or are they pale, weak, and anaemic?

FERROZONE will rebuild them. Take your own case—is your blood strong and rich? Have you that old-time strength and vigor, or are you somewhat under the weather?

FERROZONE will supply the strengthening elements you require. It is a blood-forming, nourishing tonic that makes every ailing person well.

FERROZONE is a marvellous remedy; it contains in concentrated form certain rare qualities that especially fit it in cases of anaemia, poor color, thin blood, tiredness and loss of weight.

Every day you put off using FERROZONE you lose ground. Get it today. Sold in 50c. boxes by all dealers, or by mail from the Catarrhozone Co., Kingston, Ont.

A Different Fruit Salad.

Mix together half a cupful of sliced canned pineapple, one sliced banana, the edible pulp of one large orange, half a cupful of tender chopped celery and one cupful of seeded and peeled Malaga grapes. Moisten with a dressing made from half a cupful each of pineapple juice and hot water, one tablespoonful and a half of cornstarch, half a tablespoonful of lemon juice, a pinch of salt and one tablespoonful of sugar. Cook over hot water for eight minutes. Cool and fold in two tablespoonfuls of whipped cream. Serve in a bowl. Maw—Willie, you get to bed.—Cincinnati Enquirer.

NO DESK JOB.

Physician—You need more exercise. Patient—You're crazy. Why, I am the hero of a motion picture serial.

A safe and sure medicine for a child troubled with worms is Mother Graves' Worm Exterminator.

King Alfonso's Grim Souvenirs.

To King Alfonso of Spain belongs the distinction of possessing what probably is the world's most curious collection of souvenirs. Each article therein represents an attempt on the King's life. First in the collection, chronologically, is the top of a nursing bottle with which an attempt was made to poison Alfonso when he was eight months old. There are also a cane with which a servant tried to kill him, pieces of a bomb thrown at him in Barcelona, the skeleton of one of the horses killed by a bomb hurled at his carriage in Paris, and fragments of the infernal machine thrown at the royal carriage on Alfonso's wedding day.—The People's Home Journal.

No Rest With Asthma. Asthma usually attacks at night, the one time when rest is needed most. Hence the loss of strength, the nervous debility, the loss of flesh and other evils which must be expected unless relief is secured. Fortunately relief is possible. Dr. J. D. Kellogg's Asthma Remedy has proved its merit through years of service. A trial will surely convince you.



DOMINION Bicycle Tires

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The Best Tires"

Made by Canada's greatest rubber company and Canada's leading tire maker.

Perfectly by the same experts, in the same factories, that have brought "Dominion Auto Tires" a nation-wide popularity.

You can be sure of the strength, durability and easy riding comfort of "Dominion Tires" for Bicycles and Motorcycles.

Sold by the Leading Dealers



Immense Indian Food Dishes.

The largest food dishes in the world were recently bought: of the Indians of Vancouver Island, British Columbia, for the museum of the American Indian, New York City. These dishes were purchased from a tribe named Kwakiutis, which in English means "Smoke of the World." They are used for special festivals when great numbers of Indians gather to celebrate some religious or ritual festival. The dishes are carved out of wood and soups are brought to a boiling point by dropping hot stones into the food. The carvings represent the clan to which the dish belongs, which in one instance is the "Wolf" and in another the "Eagle" clan.

Miller's Worm Powders are complete in themselves. They not only drive worms from the system, but repair the damage that worms cause and so invigorate the constitution that it speedily recovers from the disorders of the digestion that are the result of these parasitic intruders. They do their work thoroughly and strength and soundness follow their use.

True to Life.

Raymond Carroll, the war correspondent, was dining with a certain novelist who was bragging about his experiences in France.

"I went over," said the novelist, "to write my description of a battle while actually under fire."

"And did you do it?" asked Carroll.

"Well, er, you see," stammered the novelist, "I began but the shells came thicker and I—"

"I see," laughed Carroll. "Instead of a full description of the battle you made a few running notes."—Los Angeles Times.

Wood's Phospholine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old veins, cures Nervous Debility, Mental and Brain Worry, Loss of Energy, Potipation of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Walker.)

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