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Chicago Express, 6 . . 11.22 a.m.
Express . . . 2.50 p.m.

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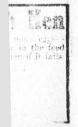
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doesn't cramp or overact.

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# SGOURGE OF ENGLAND

RHEUMATISM IS VERY PREVA-LENT IN THE OLD COUNTRY.

British Health Department Says Sickness Benefits Total \$10,000,000 Annually and 3,000,000 Weeks Are Wasted.

Rheumatism is a veritable scourge in England. A Canadian visitor to the Old Country would be inclined to think that the unheated houses, the most total ack of rubber in male footwear, and the practice among the weil-to-do, even in winter weather, of ciothing sman chauren in short socks instead of stockings, might have something to do with the preva have something to do with the prevalence of the manady. But the British health Ministry, though evidently biaming the damp camate generally, doesn't appear to consider the absence of central heating a contributory cause.

The Ministry after a careful sur-

vey of rheumatism and its results, reports that it estimates that societies pay out in sick benefits annually \$10,000,000 and that the nation loses an additional 3,000,000 weeks in work from the insured population alone. This, however, says a medical correspondent of the London Times, is by far the least serious aspect of the loss. Rheumatism poisons the nerves of youth and stays many young people by heart disease. But its most severe onslaughts are made on men and women in middle age. These it cripples both in mind and body, causing each year great loss to the community from the withdrawal of its most active and experienced brains, asserts the writer.

The days when goose grease and ed flannel (the red was supposed to have some peculiar virtue of heating) were esteemed sovereign remedies for the comparativel ysmall proportion of rheumatism sufferers in Canada have gone by. Medical sci-ence has discovered more efficacious treatments. But doctors are still groping for the cause of the disease. They have established, however, that sufferers from acute and sub-acute rheumatism are specially liable to sore throats, while those whose rheumatism is seated in the joints appear to suffer a great deal from den-tal defects of various kinds. Are the teeth and the throat the result of the rheumatism or vice versa?

doctors don't know yet.

The spa where mineral spring water is taken internally or externally still holds a high place in the opinion of the medical world. The British doctor writer feels sure that rheumatic sufferers do well to visit such places annually and "take the cure." He declares that the British spas are just as good as the renowned French and German resorts, which doubtless applies with equal force to Canadian resorts.
The sufferer from rheumatism,

states the British doctor, requires to his health. Clothing is of vital importance in this connection, for the disease undoubtedly exercises a profound influence on what is known as the "heat regulating mechanism" the body. Thus rheumatic children are subject to flushings and to shiverings without any very adequate cause. Older sufferers, too, share in

cause. Older sufferers, too, share in these disabilities.

"No one with rheumatism should ever expose himself to chill winds without making sure in the first instance that he is very warmly clad indeed," declares the physician.

"Above all things must the victim of this disease avoid becoming too hot and standing about in a cold place. For the tendancy is to perplace. For the tendency is to perspire very freely and so to cool down with great rapidity. The best winter wear is wool lightly woven so as to entangle the air and yet allow of free ventilation over the surface of the skin. In summer linen or cotton should be worn.

"Food again, requires very careful attention," says he. "It is doubtless true that the dyspepsias which are so common in the case of rheumatic subjects are a consequence and not in any way a cause of the trouble Yet they form a disabling complica-tion and should at all costs be avoided. The general rule is that a light diet succeeds better than a heavy one. Alcohol is certainly contra-indicated. Indeed more rheumatic people discover this for themselves sooner or later and become water drink-rs, or at most use only a little whiskey and soda. Wine drinking is also always harmful."

A dry climate is of course a great advantage. The Riviera which de-spite its border on the Mediterranean is not a "sea atmosphere" but really an Alpine one and Egypt are ideal winter resorts for rich rheumatic folk. During the war rheumatic people ordered to German East Africa were remarkably free from their pains and aches. But there is no permanent cure as yet in the British climate, concludes tor who hopes that scientific research now being directed along these lines will meet with a speedy reward.

The Scottish Parliament.

The Scottish Parliament, when the union took place in the days of James First and Sixth was only ad-

the Scottish Home Rulers, who have been fighting for the restoration of the Scottish Parliament. The pro-cess of calling together the Scottish Parliament would however be a somewhat difficult one as there is not one official left to carry out the pro-cedure, but the prociple is there. The ourned and has Parliam ... an, if he le ciders for ke themselve 'fai hful Edinburgo of the mem-g c u d then vacant and t mons. turned up clare all the

# FAMOUS DYKED LANDS.

Crops Raised on Land Reclaimed From the Sea.

The dyke lands, or hay marshes as they are called locally, are one of the most interesting sights of the Maritime Provinces. They extend around the head of the Bay of Fundy, in Cumberland. Colchester, Hants, Kings and Annapolis counties of Nova Scotia, and in Westmorland and Al-bert counties of New Brunswick. While the term "marsh lands" is anplied to these low lying areas, they are far from being what the name implies. Looking at them from an eminence they bear the appearance of great flat stretches of prairie lands or meadows, covered with rich grass, while almost as far as the eye can reach innumerable hay-barns and hay-stacks dot the landscape. The marshes have been brought

into existence by the extraordinary power of the tide of the Bay of Fundy, where there is sometimes a difference of sixty feet between the level of the water at high and low tide. Large areas were therefore sub-jected to inundation at periods of high tide. The early French settlers built dykes to keep out the tide from these lands, and the areas thus reclaimed form a vast natural meadow of approximately 50,000 acres in ex-tept. This marshland retains its ferthity in a marvelous way, producing hay crops averaging from two to three tons per acre. When the soil appears to be deteriorating it is only necessary to open the dykes, allow the tide to flood the land again, close dykes and resume cropping the The periods when it is necessary to open the dykes for renewal purposes are widely separated, some of those familiar with conditions giving fifty years as the interval between floodings.

The grasses which grow upon the better parts of the dyked lands are the English hay grasses, of a superior quality. But one crop of hay per year is taken off the land, but farmers find in the marshes after haying excellent forage for their cattle. No fertilizer of any kind are used upon the marsh land, and the only cultivation consists in an occasional ploughing, on an average once in ten or fifteen years, when a single crop of oats is sown; followed at once by grass.

hay grown on the Bay of Fundy marshes, and at good prices. Large quantities are shipped to the West Indies, Newfoundland, Boston and other New England cities. During the war enormous quantities were supplied to Great Britain and France

To the inland Canadian, unused to the ocean tides, these dyked lands or hay marshes present a fascinating appearance. Accustomed as they are to but slight variations in the shoreline of lakes and rivers, it is hard to realize that but for the dykes these large areas would at high tide be covered with water. The value of the land, however, was readily appreciated by the original settlers, many of whom in their native lands had been compelled to battle against the encroachments of the sea. How well these early settlers did their work may be judged from the fact that at various points the original dykes are still in existence, after a period of close to two hundred years

These famous dyked lands are today, as in the past, a great asset to the provinces of Nova Scotia and New Brunswick, and as they continue, decade after decade, to produce their hay crops for home and export con-sumption, they bear testimony to the energy of the people who in the early part of the eighteenth century fought and wen the battle with the sea for their possession.

Acason Enough.

The city man was in the habit of lunching regularly at the same res-taurant. One day he called the waitto him, and said:
"John, instead of tipping you every

day I'm going to give you a lump sum at the end of every month. It will be more convenient for me." "Thank you, sir," answered the waiter. "But, I wonder if you'd mind

paying me in advance?" "Well, that's rather a ctrange request," returned the customer. "However, here's a couple of dollars.

However, nere's a couple of dollars. I suppose you are rather hard up for money just now? Or is it that you don't trust me?"
"Oh, no, sir!" smiled John, slipping the money into his pocket.
"Only, I'm leaving here to-day!"

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### STOMACH MISERY ACIDITY, GAS, GAS, INDIGESTION

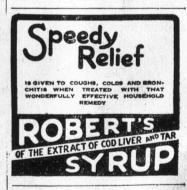
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## Baby's Welfare During February

February is one of the hardest months of the year on little ones. It is a month of cold, blustery days that prevent the mother taking her baby out for the fresh air so necessary to its welfare. Baby is consequently confined to the home. More often than not the rooms are overheated and badly ventilated and the little one catches cold or grippe. What is needed to keep the baby well is a gentle laxative that will regulate the stomach and bowels; banish constipation and indigestion and in this way will either prevent or break up colds and grippe. Such a laxative is Baby's Own Tablets. They are mild but thorough in action and are absolutely safe as they are guaranteed to contain no opiates They never fail to be or narcotics. of benefit to little ones and may be given to either the newborn babe or the growing child. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



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