

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 20 years, has borne the signature of *Dr. H. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## 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. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Bears the Signature of

*Dr. H. H. Fletcher*  
The Kind You Have Always Bought  
In Use For Over 30 Years.  
THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

## Dr. Pinault Gives Valuable Information

On Consumption Which Should be Studied And Heeded by All Who Read.

To the Editor of the Graphic.

Taking in view the ever increasing ravages caused by tuberculosis under its different forms, especially by pulmonary tuberculosis, nearly all the countries in the world have organized to wage war against that terrible scourge. Here in Canada the fight is hardly begun and we have yet much to do. The large cities only have commenced the crusade; but since the evil seeks its victims everywhere we must be everywhere organized to fight that redoubtable disease rightly called the "white plague."

Considering the numerous victims which tuberculosis makes around us, I thought it would be doing a useful deed to group in a few lines the principal cures that should be taken by those suffering with the disease, as well as those who are exposed to it.

People are considerably frightened by a few cases of smallpox, which rarely causes death, but they dread little the daily contact with careless persons affected with tuberculosis, who expectorate everywhere bacilli by the

millions and sow the disease everywhere they pass. The aim of this little work is, especially, to teach how tuberculosis is contracted and how it may be prevented.

**Consumption is a Preventable and a Curable Disease**

**Information for Consumptives and Those Living With Them**

**Don't Give Consumption to Others**  
**Don't Let Others Give it to You**

**Consumption is Chiefly Caused by the Filthy Habit of Spitting**

Consumption is a disease of the lungs which is taken from others, and is not simply caused by colds, although a cold may make it easier to take the disease. It is caused by every minute germ, which usually enter the body with the air breathed. The matter which consumptives cough or spit up contains these germs in great numbers frequently millions are discharged in a single day. The matter, spit upon the floor, wall or elsewhere, dries and is apt to become powdered and float in the air as dust. The dust contains the germs, and thus they enter the body with the air breathed. The dust is especially likely to be dangerous within doors. The breath of a consumptive does not contain the germs and will not produce the disease. A well person catches the disease from a consumptive only by in some way taking in the matter coughed up by the consumptive.

Consumption can often be cured if its nature be recognized early and if proper means be taken for its treatment. In a majority of cases it is not a fatal disease.

It is not dangerous to live with a consumptive, if the matter coughed up by him be properly destroyed. This matter should not be spit upon the floor, carpet, stove, wall or sidewalk, but always if possible in a cup kept for that purpose. The cup should contain water so that the matter will not dry up or better, carbolic acid in a five per cent. watery solution (six tea-spoonsful in a pint of water). This solution kills the germs. The cup should be emptied into the water closed at least twice a day, and carefully washed with boiling water.

Every person suffering from consumption suffers from a disease which may be communicated to other persons. This takes place through the spit which contains bacilli.

So long as the spit is moist it can do no harm.

The spit is gravely dangerous only when allowed to dry, become dust and so infect the air we breathe.

Great care should be taken by consumptives to prevent their hands, face and clothing from becoming soiled with

the matter coughed up. If they do become thus soiled, they should be at once washed with soap and hot water. Men with consumption should wear no beards at all, or only closely cut mustaches. When consumptives are away from home, the matter coughed up should be received into a pocket flask made for that purpose. If cloth must be used they should be immediately burned on returning home. If handkerchiefs be used (worthless cloths, which can be at once burned, are far better), they should be boiled at least half an hour in hot water by them selves before being washed. When coughing or sneezing small particles of spit containing germs are expelled, so that consumptives should always hold a handkerchief over their mouth during these acts; otherwise, the use of cloths and handkerchiefs to receive the matter coughed up should be avoided as much as possible, because it readily dries on these, and becomes scattered and scattered into the air. But, when possible, the matter should be received into cups or flasks. Paper cups are better than ordinary cups, as the former, after being used, a pocket flask of glass, metal or pasteboard is also a most convenient receptacle to spit in when away from home.

Cheap and convenient forms of flasks and cups may be purchased at many drug stores. Patients too weak to use a cup should use moist rags, which should at once be burned. If cloths are used they should not be carried loose in the pocket, but in a waterproof receptacle (cigar case, pouch), which should be frequently boiled. A consumptive should never swallow his expectoration; it may infect the bowels.

A consumptive should have his own bed, and if possible, his own room. The room should always have an abundance of fresh air—the windows should be open day and night. The patients should wash clothes and bed linen should be handled as little as possible when dry, but should be placed in water until ready for washing.

If the matter coughed up be rendered harmless, a consumptive may frequently not only do his own work without giving the disease to others, but may also thus improve his own condition and increase his chances of getting well.

No consumptive ought to kiss or be kissed, except on the cheek or brow.

Before eating always clean the hands and nails thoroughly. Men should in addition, wash the beard and mustache, or better still, keep his face clean shaven.

Sunlight and fresh air are never-failing disinfectants. Use them freely.

**How to Prevent Consumption**

Don't spit on sidewalks; it spreads disease and it is against the law.

Don't spit on the floor of your room, or your shop or hallways.

When you spit, spit in the gutter or into a spittoon. Have your own spittoons half full of water, and clean them at least once a day.

Don't cough without holding a handkerchief or your hand over your mouth.

Don't live in rooms where there is no fresh air.

Don't work in rooms where there is no fresh air.

Don't sleep in rooms where there is no fresh air.

Keep at least one window open in your bedroom day and night, fresh air helps to kill the consumption germs. Fresh air helps to keep you strong and healthy.

Don't eat with soiled hands, wash them first.

Don't neglect a cold or cough.

**How to Cure Consumption**

Don't waste your money on advertised cures for consumption but go to a doctor. If you go in time you can be cured; if you wait until you are so sick you cannot work any longer, or until you are very weak, it may be too late; at any rate it will in the end mean more time out of work and more wages lost than if you had taken care of yourself at the start.

Don't drink whiskey, beer or other intoxicating drinks, they will do you no good, but will make it harder for you to get well.

Don't sleep in the same bed with any one else, and if possible, not in the same room.

Good food, fresh air and rest are the best cures, keep in the sunshine as much as possible and keep the windows open winter and summer, night and day. Fresh air night and day is good.

## Stop That Cold

To check early colds or Grippe with "Preventics" means sure relief for Pneumonia. To stop a cold with Preventics is safer than to let it run and be obliged to cure it afterwards. To be sure, Preventics will cure even a deeply seated cold, but take it early—at the mere stage—they break, or head of these early colds. That's surely better. That's why they are called Preventics.

**Preventics**  
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All Dealers

for you, eat plenty eggs and other nutritious foods. The careful and clean consumptive is not dangerous to those with whom he lives and works.

Consumption is not communicable by the breath or perspiration. Rooms which have been occupied by consumptives should be thoroughly cleaned, scrubbed, white washed, painted or papered before they are again occupied. Carpets, rugs, beddings etc. should be disinfected.

L. G. PINAULT, M. D.  
Campbellton, Feb. 19th, 1909.

## FISHERIES DISCUSSED.

Government Not Considering an Export Duty Upon Pulp

In Ottawa the other day the attention of the minister of marine and fisheries was called by Dr. Daniel to a press statement that Hon. Mr. Gummer, of the New Brunswick government, had been informed that under the fishery treaty between Canada and the United States, the regulations would apply to the spawning grounds of Grand and Little Manan and to other New Brunswick points near Passamaquoddy Bay and in the Bay of Fundy. Dr. Daniel said that if this was the case American fishermen would have authority to go right into St. John harbor and east their nets. Not only that, but they could fish all the way up the St. John river. He wanted to know if the treaty and the proposed regulations would permit of this.

Mr. Brodeur stated that this was not correct, as the treaty clearly specified that the Americans would only have fishing rights on two sides of the international boundary and the Canadians would exclusively be restricted to fishing on the Canadian side.

Mr. A. K. McLean, of Lunenburg asked if there were negotiations in progress between the Dominion Fisheries Commission and the provincial authorities. He expressed the opinion that it was a most unfortunate thing that the decision of the privy council in the fisheries case had created a conflicting jurisdiction between the provinces and the Dominion in the fisheries. As far as Nova Scotia was concerned he believed the province would be willing to abandon any advantage given to it by this decision of the privy council and transfer them to the Dominion. He believed that the province would be willing to go as far as to favor an amendment of the British North America act to make it clear that complete jurisdiction and control of the coast fisheries belonged to the Dominion.

Mr. Brodeur stated that there had been no negotiations with the provincial authorities in regard to jurisdiction except casually during the past few days at the conference just concluded.

So Wilfrid stated to Mr. James that there had been no negotiation with the United States looking to a reduction of the duty on wood pulp and ground pulp upon conditions which would prevent Canada placing an export duty on pulp wood. He also said that the government were not considering the placing of an export duty on pulp wood or ground pulp.

A bill was introduced by Mr. Turf to compel companies chartered to build railroads to do a certain amount of construction work each year or forfeit the charter.

Notice has been given by E. W. Lewis, of Amherst, to the Canada shipping act. The bill provides that every steam yacht or motor boat, used exclusively for racing purposes, over five tons displacement, shall be adequately equipped with life boats, life buoys, axes, etc., and that every steamship or steamtug, while occupied towing, shall carry a rocket gun and a distance of at least 200 feet.

Mr. Lewis has also introduced a measure providing that all Canadian registered sea-going vessels must be equipped with wireless telegraphy apparatus.

Wm. Fahey of Bass River, Kent Co., and M. VanBuskirk of Moncton, spent last week at St. Isidore, Gloucester Co., in connection with the coal mining development in that section. Others interested in the operation are J. Perron and Robertson Bros. The Government steam drill is at work and at the depth of 24 feet, they went through a seam of 20 inches of coal. At a depth of 498 feet last week the drill went through a seam of four feet.

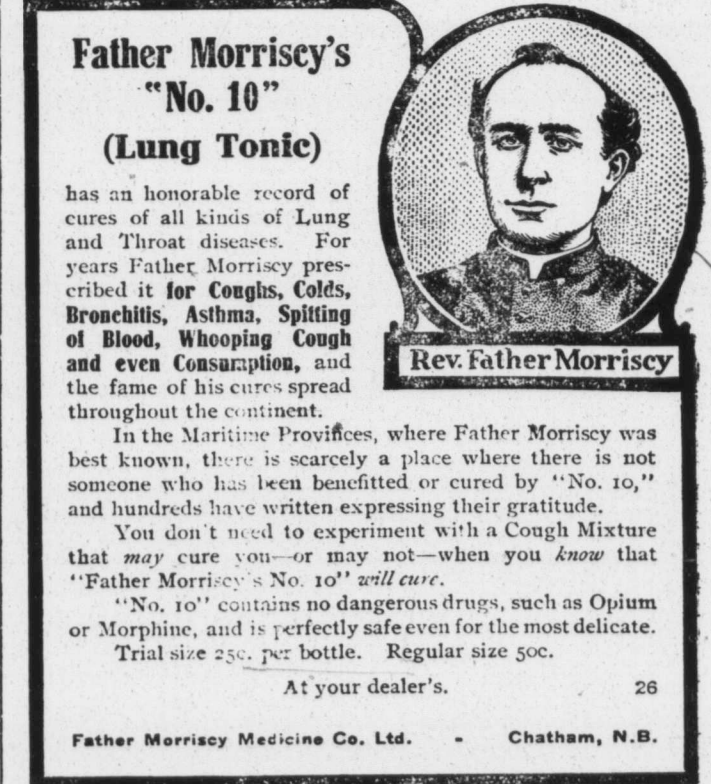
In consequence of this latest strike, the company are naturally feeling quite jubilant over the outlook.



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