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Advertisements will be inserted under this heading, such as Farm Properties, Help and Situations Wanted and Pet Stock.  
TERMS—Three cents per word each insertion. Each initial counts for one word and figures for two words. Names and addresses are counted. Cash must always accompany the order. No advertisement inserted for less than 50 cents.

Creamery or Cheese factory to operate for Season 1919 or yearly. Sixteen years experience. A 1 reference with diploma. Write I. B. Chandler, 165 Sandwich St., E., Windsor, Ontario.

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WANTED farmers, farmers' sons or Agricultural Implement Dealers to represent a large manufacturing firm, with thirty years of success behind it, as salesmen in their localities to solicit orders for Feeds, Calf Meal, Stock Tonics and Veterinary Preparations. Person having selling ability and familiar with live stock conditions preferred. Substantial commissions and permanent positions can be had by high-class men. Apply giving information, age, etc. Box 10, Farmers Advocate, London, Ontario.

### POULTRY AND EGGS

Condensed advertisements will be inserted under this heading at three cents per word each insertion. Each initial counts for one word and figures for two words. Names and addresses are counted. Cash must always accompany the order for any advertisement under this heading. Parties having good pure-bred poultry and eggs for sale will find plenty of customers by using our advertising columns. No advertisement inserted for less than 50 cents.

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### NONE-SUCH SEED CORN

Golden Glow—Wis. No. 7—White Cap. I furnish a good new cotton bag and pay charges to your nearest station, also guarantee that if not satisfied in ten days return corn at my expense and money will be refunded. Write for prices and particulars to R. A. Jackson, R.R. No. 1, Cottam, Ont.

of France and Flanders. The air above during the past four years must have reeked with germs and poisonous gas. It stands to reason that from this started the plague." He expressed it as his opinion also, that the whole ocean of air surrounding the earth may have become charged with the germs, and, in support of the theory, referred to the fact that the infection has found its way to Indians of far-away Alaska and other places who have had no intercourse with the outer world. In the spring, he thinks, the thawing ground of the burial-places in Europe, will again liberate germs and poison-gases, now held dormant by the frost, and so a renewal of the epidemic may be expected.

All these opinions may be right, or they may not;—scientists seem to be still experimenting with the Flu and failing to understand it perfectly. As a rule, it is known; most disease germs live only a short time after passing from the body,—in bright sunlight only 20 minutes; it may prove, however, that the plague germ has more vitality and is more persistent, and may even carry in the "ocean of air."

The Flu may break out in the spring again, or it may not. That remains to be seen.—The point is, that it is not over yet, that it is said to be spreading out over the farms everywhere, and that it can return a second time, even within a few weeks, to areas over which it has once passed.

### WHAT shall we do then?

In the first place we must rest on our oars and let things slide. Already this epidemic has killed more people than were killed in the War, and if we remain as careless as the most of us seem to be at present as many more lives must pay the price. Ceaseless vigilance along scientific lines is our only means of stamping out this terrible plague,—and municipal and private vigilance should go hand in hand.

Some places in Canada may have taken all the steps possible to take publicly. In the little town of Warton, Ont., for instance, every house in which there was a case of Flu has been placarded and quarantined. To-day (Dec. 20) the papers say St. Thomas, Ont., is beginning to take the same step. There may be other places doing similarly. But such precautions have been all too rare, and the efforts of those sections which have taken them have been nullified to a great extent by the carelessness of surrounding places, and the constant circulation of people therefrom.

The chief trouble has been lack of persistence. In most places immediately after the first outbreak there was a great flare-up for two or three weeks. Schools, churches and theatres were closed, meetings were forbidden, emergency hospitals were opened, and some sort of attempt made to secure systematic distribution of nurses and V. A. D's. As a result, of course, the number of cases and deaths decreased. Immediately every precaution petered out. The public allowed itself to be lulled into a feeling of safety, "business as usual," became the slogan, the lights again flared from theatre and "movie" doors, concerts began again, "all went merry as a marriage-bell," tra la! . . . But in the meantime the Flu, insidious as ever, was taking hold again. Nor, in the great majority of cases, was any real effort made to stem it again. It was only incidentally that one heard that the hospitals were filling up again, and that still people were dropping off, here and there, from the Flu.

—Not one step further taken to isolate recovering people still discharging germs, from mingling with others.—Not one step to teach people how to avoid taking the disease or how to treat members of the family taken down with it!

—This condition may not, at time of writing, be universal in Canada, but it is all too general.

As a result, even yet very few people except those who have had a taste of it, realize the real nature and danger of the so-called Spanish Influenza. It is a great pity that it was ever called "the Flu." That was such a good handle to make a joke of.—"Have you had the Flu yet?" people say, even yet,—and laugh. Had the epidemic been called "the plague" right from the beginning, there might have been more seriousness, and, perhaps, a more determined and concerted effort to stamp it out. Of course, that may all have been because at first even the doctors did not realize the seriousness of the disease. To begin with they took it

for something of the nature of the old-time gripe. . . . Then they became puzzled. . . . Then baffled. . . . Now any one of them, who is honest, admits that he has come up against one of the worst diseases in the whole range of his experience.

### WELL, but what shall we do, then?

In the first place, if the disease is epidemic, or threatens to become so, in your district, don't kick against, or act contrary to any health orders that are in force or have been advocated by your Medical Health Officer. . . . If no public measures are being taken, *agitate for them*. Find out why your M. H. O. is doing nothing, and let him know what he is there for.

If he orders every meeting-place closed, clap him on the back for it. If he orders everyone to wear a mask, get your mask in short order and wear it. If he orders your house placarded and quarantined in case the disease appears in it, commend him for it. None of these things is pleasant to conform to, but, in case of an epidemic such as this, their enforcement marks the efficient M. H. O.

In Italy, by Royal Proclamation, everyone is wearing a mask. . . . The famous New York physician, Dr. Woods Hutchinson, stated recently that "masks and vaccine have been found, so far, the most successful means of combating the epidemic." As one example he tells that in San Francisco, where the matter was taken up with determination and these two preventives generally resorted to, the deaths were in 6 days reduced from 2,300 a day to 300 a day, statistics also showing that among the 81,000 people first vaccinated in that city there were almost no deaths. He says also that the masks were found very effective in checking an epidemic of chicken-pox, and states his belief that they should be as useful also against other diseases, such as scarlet fever and diphtheria. (One of the leading doctors in this city, by the way, has just told us that the masks may be made of cheesecloth, 8 to 10 layers, without any chemical preparation whatever.—Easy enough to prepare, surely).

Now such precautions do not seem very impracticable do they? They have been tested in Italy and San Francisco and some other places, even in our own country. . . . A recent picture of the Board of Trade in Winnipeg shows every man but two wearing a mask. In most of our hospitals the doctors and nurses in the Flu wards invariably wear the same decoration. . . . Vaccination, too, is receiving more attention of late. The other day the Colonel of a big military headquarters told me he intends to have "every man about the place," also his own family inoculated.—If such methods are useful among part of our people why are they not generally adopted?

THE foregoing all applies, more specifically, to measures that may, and should be put in force by the authorities (some may object to the inoculation) in any place where the plague threatens to become epidemic. But there are also measures that people can and should take "on their own."

In the first place unless the call comes directly to you to help someone already ill, avoid taking the Flu if you can, and keep your children away from it.—It may be to a certain extent "in the air," but we know that one is much more likely to get it if one comes in contact with people who have it or have just recovered from it and are still discharging germs.—Keep away from crowds and keep your body in first-class condition. Breathe the best air you can find; take sufficient rest and sleep; wear light, warm clothing and keep your feet dry—to avoid colds; eat good nourishing food, and enough of it. All this will help to keep the body well and strong, and a well, strong body is always more resistant to any kind of disease, than a weak, poorly-nourished one.

When obliged to go out to do shopping, etc., don't let your face come too close to the faces of others; they may be still discharging germs after the Flu, or one of them may chance to be one of those mysterious persons called "disease-carriers."—This is not likely but it is possible. . . . If you want to be very careful, wear one of the "Flu-veils" now sold in the most progressive stores; they have medicated gauze stitched on the part that comes over the mouth and nose.

If the call comes to you to nurse someone taken down with the disease *don't*

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The Provincial auction sale of pure-bred stock (Beef Breed) under the auspices of the

### Ontario Live Stock Department

and the management of the Guelph Fat Stock Club will be held in the Winter Fair Building, Guelph, on

Wednesday, 5th March, 1919

Entries close 25th, January, 1919.

For further particulars apply to

C. L. NELLES, President.

J. M. DUFF, Secretary.

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Carefully selected and rack-cured. Won 1st. prize at Elgin Corn Show for this variety. Golden Glow Yellow Dent. High quality—\$5 per bushel of 70 lbs. Bags free. Special price on 5 and 10 bushel orders. J. L. Watterworth, Wardsville, Ont.

be afraid. If you wear a mask and wash your hands *always*, after coming in contact with the patient or anything he can infect, there will be very little danger for you. It is *carelessness* that makes danger. Feed the patient digestible and very nourishing food—chicken broth with bread, custards, etc.,—remembering always that the Flu makes especial demands on the blood, thinning it and leaving the patient anaemic and so non-resistant to the ravages of the disease germs in his body. Good food is necessary to combat this. The disease is also hard on the heart, hence keep the patient on his back; do not let him sit up. . . . Put the plate, bowl, spoon, etc., that he has used at once in boiling water and sterilize, and keep a few dishes for his especial use. If you don't do all this someone else may be given the disease.

Be sure to carry out *exactly* the directions of the doctor. By this time he ought to be up to his business and know all there is to be known about Flu. . . . And, last of all, don't let the patient get up too soon. Even after he seems to be better keep him in bed a week or two. To let him up too soon is to invite danger of relapse and pneumonia.

### Re Cheese.

Answered by Prof. H. H. Dean, O.A.C. Guelph.

Replying to yours of December 9th regarding enquiry of "A Farmer's