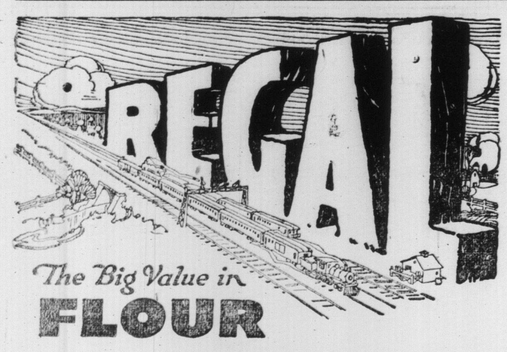

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"Flu"
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—as Influenza is commonly known—is a serious malady. Its warning symptoms in the form of the sudden chill—the feverish cold—the aching head and throat—may frequently be stopped short in their first stages or virtually rendered harmless by the prompt use of

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—a doctor's famous prescription that has over 100 years of splendid success to its credit. There is nothing so valuable as this ever reliable old family remedy for Coughs, Colds, Grippe, Sore Throat, Cramps, Chills, Bronchitis, Tonsilitis, Sprains, Strains and various other internal and external ills. For more than a century this wonderfully soothing, healing, pain stopping anodyne has proved a blessing to humanity—a safeguard against dangerous developments from many common troubles.

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To fully enjoy the health-giving, exhilariting climate of our rigorous Nova Scotia Winters

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That's our mission—to provide YOU with proper apparel for all seasons—to see that it is rightly made by our skilled workmanship from reliable materials—to see that the value is there for every cent you spend.

Let us supply you with that Winter Suit or Overcoat.

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QUEEN STREET - - BRIDGETOWN

Top of the World Carnival

Banff is to have an elaborate winter carnival this year, and will be en fete from February 2nd to the fourteenth inclusive. Situated as it is in the Canadian Pacific Rockies and surrounded by the grandeur of Tunnel Mountain, Rundle Mountain, and Sulphur Mountain, Banff, the national resort, is fast becoming the centre of winter sport in Canada, as Christiania in Norway. It is a perfect winter playground with its natural mountain slides and ideal skiing. The preparations for the carnival this year are on a larger and broader scale than previous years; the aim being to make Banff attractive in winter as it is in the summer. In one aspect the visitor will find combined summer and winter amusement in the hot sulphur springs, which give one the privilege of swimming out in the open with the thermometer above or even below zero, in not tepid but warm water.

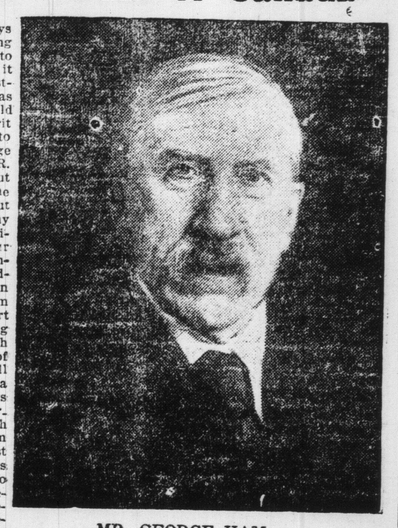
The spirit of the carnival will again have full sway throughout the town, and those who arrive at night will find themselves in a veritable fairyland. Colored lights are to be strung across the streets, down the famous toboggan slide, and on the rinks in thousands giving a great gala effect.

The list of amusements is a long one. There are hockey and curling matches, toboggan races, snowshoe and ski races. The ski jumping this year promises to be one of the big events, for a new jump has been built costing several hundred dollars, and some of the best skiers in Canada will take part in the competitions. The Pony ski races are on the programme, and will doubtless create much excitement. Snow shoe tramps have been planned and lunch will be served at the game warden's cabin. Those exhilarating tramps are conducted by men who know every inch of the country. The carnival will be just one continued round of gaiety and anyone who imagines the world in the mountains to be dead in the winter will have a pleasant surprise. Rivers, brooks, cataracts and falls are all pursuing their merry course, as in the summer except in a few occasional spots. The animals are not huddled up inside their burrows or seeking shelter away from the world, but roam around as in summer.

The carnival will be opened by the Superintendent of the National Park, and a special programme has been arranged for each day and will conclude with a farewell ball and distribution of prizes. There are three comfortable hotels which remain open throughout the winter.

The carnival and bonspeil at Banff are becoming amongst the most important and widely known events of the Canadian Winter, and will attract thousands to see "Top of the World" in the winter. Nature in all the beauty of her winter garb is at her best at this time of the year. Instead of being dead Banff will be very much alive.

Mark Twain of Canada



MR. GEORGE HAM.

In the days when interesting people came to Canada to find it freshly interesting there was nobody could reveal the spirit of the land to them like George Ham of the C.P.R. It is said he put Major Pond of the United States out of business. Why go on a wearisome lecture tour under that impressario's guidance when George Ham could transport you to Winnipeg and on through the delights of the Rockies in all the comfort of a sumptuous coach? Great personages beseech him to call them by their first names. He has loaned matches to kings and potentates and autographed photogravures of his features for admiring authoresses of best sellers. There did once seem to be a time when the truly great would not venture to come to Canada without first ascertaining whether George Ham could receive them. He is said to have got so "fed up" with dukes and royal bodies that he did not mind, for a change, escorting untitled personalities of international fame. Many men whose signatures command imperious power would no more think of forgetting to send him their Christmas cards than they would dream of neglecting a royal command. He is so very much persona grata with all kinds of people in Who's Who, when he arrives in London the court circular has to be enlarged to publish the invitations issued in his honor. Now he has achieved the signal honor of an unpaid-for mention in the exclusive Morning Post. It feels relieved to know that even if the League of Nations be jeopardized, the official entertainer of the C. P. R. is keeping his health and revelling in his high spirits. This bright though aristocratic London paper says George Ham is the Mark Twain of Canada. It claims his jests are beyond computation. He will yet go down to fame as having originated one joke. He has been as generous with his humor as he has been a profitable acquaintance for professional jokesmiths. As he never has patented any of his inimitable quips he often laughs at them when he hears them on the stage, until he realizes that they were of his own making. You may have heard of the Cincinnati millionaire he took to Muskoka. While there the plutocrat was attacked by brigands from Toronto. The chief brigand later complained to the police that in the encounter his watch and chain had been stolen. It should be added that George Ham was not out with his Cincinnati charge when the watch and chain were stolen. Thousands of personages who have enjoyed seeing Canada have testified to how much their enjoyment was due to his kindly wit and indefatigable attention. They have paid tribute to the courtesies he knows so well how to extend in behalf of his railway. But perhaps one of the best tributes ever paid this incomparable humorous cicerone of the railway ties, was a copy of verses by Mr. Neil Munro, the Scottish author. He sang how George Ham had "freighted laughter ten thousand miles," when acting as uncle, aunt, brother, father and grandfather to a party of British scribes. They think in Britain that not to have known George Ham of the C. P. R. is to display ignorance of the Empire's geography.

—Winnipeg Telegram.

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Home Cooking: Pie, Bread, cake Hot dinners served from 12 to 1 o'clock and hot lunches served any time.

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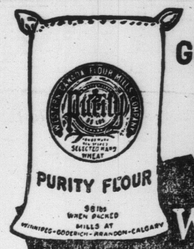

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Is Used by All Refined Smokers
There's a Reason, Quality Counts

ANNUAL SE
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(Continued fro

REPORT OF MEDICAL HEALTH OFFICER

To W. G. Clarke, Esq.,
Warden of Municipality of Annapolis County:—

SIR:—I beg to submit herewith a brief report of matters pertaining to the Public Health of the Municipality for the past year.

In the first months of the year Epidemic Influenza was prevelant in nearly every part of the Co. Churches and Schools were closed as suggested by Provincial Board of Health, but it is doubtful if it made any difference in the spread of the disease.

The deaths from it were largely in those below middle life, therefore that much more serious from an economic standpoint. Our mortality was not heavy compared with many countries.

During the year we have had slight outbreaks of Smallpox in several different localities. In all cases they were recognized early and with strict quarantine very little inconvenience was caused to the community, where they occurred other than to the family affected. These outbreaks of this disease have in each case been traced and have in all cases come from outside localitits, where unrecognized mild forms of the disease were not under control and were moving about spreading the infection generally to those susceptable to it.

From our experience with this disease in the Municipality for the past eighteeen years, we have learned or rather have confirmed the value of vaccination.

In all cases occuring the past year none had been previously vaccinated. We have found also that if those in the house with a case of the disease, or caring for the sick are early vaccinated, after the discovery of the disease, they rarely contract it, unless, their exposure has been for a week or more.

Now while the mild form of Smallpox that is now prevelant in the province is not of a serious nature of itself and as a rule leaves little or no pitting or disfigurement of the face, yet at best it is a loathsome and repulsive malady, that no person in their right senses, if they know anything of the disease would want for beside the disagreeable features of the disease there is the inconvenience of being isolated for four to six weeks on account of quarantine which is also very serious matter for the breadwinner of the family in these times. In spite of all this we occasionally hear of some one saying, that they would sooner have the disease than be vaccinated. If it were not for the danger to others, these people should be taken at their word; certainly they do not speak serious or else they know nothing of this troublesome malady even in its mildest forms. I am reminded here of a circumstance the past year that very well illustrates what I have just said.

A case of Smallpox developed in a family in the County in 1919 and when suggested vaccination to the man of the house for the members of his household, he was opposed to it and only acceded later when compelled or for fear of compulsion. However the vaccination came too late and the disease appeared before the vaccine had time to take effect and the entire family contracted it, the man of the house showing it more markedly than the others, especially on his face. While visiting him he remarked, with more emphasis than elegance that he had made a h— of a mistake in opposing vaccination, he not only felt it but he showed it.

In connection with this part of my

You Must Do More

It is not enough that you stop the cough, you must go back of the effect and remove the cause. Thousands subject to colds and coughs find that

SCOTT'S EMULSION

three or four times daily works wonders in building up resistance. *Scott's derives its power to strengthen by its power to nourish the body. Better let Scott's Emulsion help remove the cause.*

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