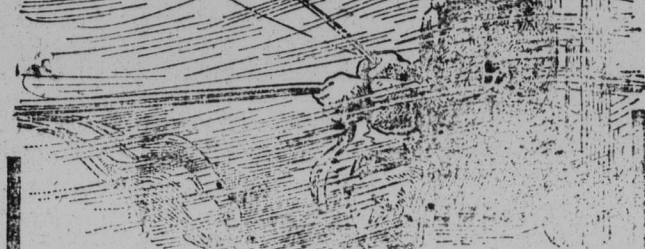


# Outdoor Workers




need the warmth and health protection that they get in the fine, big, heavy

## ATLANTIC UNDERWEAR

Farmers, Lumbermen, Fishermen, Sailors, Miners, Teamsters, Steel Workers—know about the warmth, the health protection, the easy comfort, the sturdy service of Atlantic Underwear.

Ask your dealer to show it to you. This Trade Mark is on every garment to guarantee long wear.

ATLANTIC UNDERWEAR LIMITED  
MONCTON, N.B.



## THE ROYAL BANK OF CANADA

INCORPORATED 1869.  
LIABILITIES AND ASSETS

Capital Authorized	\$ 25,000,000
Capital Paid-up	12,911,700
Reserve Fund and Undivided Profits	14,564,000
Total Assets	335,000,000

HEAD OFFICE, MONTREAL

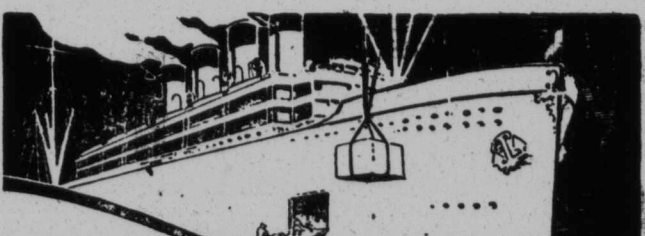
340 Branches in Canada and Newfoundland  
37 Branches in the West Indies

LONDON, ENGLAND: NEW YORK CITY: Bank Bldg., Princess St. E. C. Cor. William and Cedar Sts.

BUSINESS ACCOUNTS CARRIED UPON FAVORABLE TERMS  
SAVINGS DEPARTMENT AT ALL BRANCHES  
SAFETY DEPOSIT BOXES

In the Bank's Steel Lined Vault, rented at from \$5.00 per annum upwards. These boxes are most convenient and necessary for all possessing valuable papers such as Wills, Mortgages, Insurance Policies, Bonds, Stock Certificates, etc.

Newcastle, N. B., Branch — E. A. McCurdy, Manager




Following the sun with

# WRIGLEY'S


Vision, for a moment, those far off ports beyond the trackless seas—  
From Arctic ice, to the torrid lands beneath the Southern Cross—  
From towns tucked in the mountains, to the busy river's mouth—  
**WRIGLEY'S is there!**

There, because men find comfort and refreshment in its continued use.  
Because of its benefits and because

MADE IN CANADA  
SEALED TIGHT—KEPT RIGHT



The Flavour Lasts!  
"After Every Meal"



## Influenza: Its Treatment and Cure

Interesting Facts About Disease That is now Sweeping Canada

(Commission of Conservation Press Service Ottawa Oct. 15 1918)

Influenza which is now sweeping over Canada from one end of the other is a very old disease. It was known in ancient times and as early as 1319 it over-ran the whole civilized world. For centuries it has periodically swept over various parts of the world. The last great world epidemic was in 1889-1890 when it was generally known by the French name of la grippe. The disease has always travelled from east to west.

**SYMPTOMS**

The symptoms are similar to those of a heavy cold; more or less severe headache cold in the head and throat fits of sneezing flushed face, chills aches and pains in the back and limbs pain in the eye-balls and behind the eyes general physical depression and temperature rising to between 101 and 104 degrees.

**HOW TO PREVENT IT**

As it is such an old disease doctors have naturally learned a great deal about its prevention and treatment. The first principle of prevention is to keep away from those infected and the second to build up the germ-resisting parts of the body by eating nourishing foods dressing comfortably getting lots of sleep and by living in the open air and in bright well-ventilated rooms as much as possible. The mouth throat and nose should be systematically and frequently disinfected by antiseptic inhalations sprays and washes. Such preparations as chloroxone and Isterine are well adapted for this purpose.

In fighting previous epidemics doctors found quinine a useful preventative. One grain of sulphate of quinine mixed with (but not dissolved in) a wineglassful of cold water makes an excellent antiseptic gargle. The anti-microbial properties of quinine are well known and its use as described above at once relieves the symptoms of sore throat which result from the strain of the fight between the white blood corpuscles and the invading germs in the tonsils—the body's first line of defence. Quinine is also given internally with success as a preventive. In one of the more recent outbreaks in Europe an experiment was tried in which the men of one squadron of a regiment of cavalry were each given 7½ grains of quinine in ¼ ounce of whiskey daily for 22 days whilst those of the other squadrons had from 22 to 44 cases each of influenza whilst the squadron treated with quinine developed only 4 cases. Inhalations of oil of mountain pine and the like are also valuable as preventives.

**HOW TO TREAT IT**

When a person is struck by influenza only one course lies open. That is to take to bed with the least possible delay and call a doctor. Rest warmth and quiet are three sovereign remedies of the primary disease and the best preventive of its more deadly complications of which pneumonia is the most frequent. While there is no specific for influenza yet there are many drugs which play a useful part in relieving it such as quinine aspirin and various tonics anti-neuralgic antiseptic and heart medicines to be prescribed by the physician in charge.

**WHAT TO EAT**

The dietetic rules which apply to any fever apply equally to influenza. Liquid foods at first spiced a little later on in a gradually ascending scale from lightly boiled fresh eggs to chicken roast joints etc. Water cold or hot may be sipped or "egg water" may be given. This excellent dish is prepared by blending with a pint of cold water the whipped whites of from 2 to 4 eggs flavored with salt or cinnamon. Then the animal broths may be given. There are many cases in which even the lightest foods are spurned with loathing and common sense must be used in adapting diet to the particular case in hand.

**CATARH CANNOT BE CURED WITH LOCAL APPLICATIONS**, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Cure is taken internally and acts thru the blood on the mucous surfaces of the system. Hall's Catarrh Cure was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Cure is what produces such wonderful results in catarrhal conditions. Send for testimonials free.

F. J. CHENEY & CO., Props., Toledo, O.  
All Druggists, 75c.  
Hall's Family Pills for constipation.

## Regard Lord Kitchener's Fate

Commissioner Mapp Says His Loss was Due to Russian Emprress

Information which made it possible for German submarines to sink the vessel on which Lord Kitchener was lost, was furnished the German Government by the former Czarina of Russia according to an assertion made by Henry W. Mapp, Salvation Army commissioner who has just returned from Russia.

Mr. Mapp declared he learned in Russia that the Czarina maintained a private wire in her apartments at the white palace at Petrograd over which she transmitted to the German government all information in regard to the military plans of the Allies which was received by Russia as an ally.

"When Kerensky first came into control of the revolutionary government he had the interest of Russia at heart" Mr. Mapp said "but he soon succumbed to German pressure"

## HEALTH DEPARTMENT

**APPOINTMENTS GAZETTED**

The following provincial appointments in connection with the public health act gazetted.

Hon. W. F. Roberts M. D. to be designated to administer the public health act 1918 as minister of health.

Upon recommendation of Hon. W. F. Roberts M. D. the following appointments to the bureau of health under the provisions of the act:—George G. Melvin M. D. to be chief medical officer; H. L. Abramson M. D. to be chief of laboratories; J. A. Wade of St. Andrews J. F. L. Brown M. D. of Woodstock and F. J. Desmond M. D. of Newcastle to be district medical health officers.

## Major Dr. J. A. Lozier To Command Hospital

Former Chatham Doctor to Receive Important Appointment

(Standard)

It is reported in military circles that a district general hospital is to be established in this city within the next few days. The need for such an institution has been felt most keenly here during the past two years but it is only now that action has been taken in order that such a hospital be secured.

One of the military hospitals now in operation in the city will no doubt be used for the purpose of treating venereal diseases and it is reported that Major A. J. Lozier of the local medical staff will be placed in command of the new hospital.

Military authorities point out that the necessity of such an institution is of a two fold character first to protect the patient and second to protect the public.

While the action of the military authorities in the establishment of this hospital is not directly due to any recent increase in the prevalence of the disease it is pointed out that hopes are entertained that the disease may be almost completely stamped out of the army and the soldiers given every possible measure of protection.

Major Lozier who will no doubt have command of the new hospital is a well known Chatham doctor who spent several months with Colonel (Dr.) Murray McLaren C. M. S. of this city in No. 1 General Hospital at Etaples. He then returned to Canada and went overseas a second time as medical officer of the 165th French-Canadian Battalion. He has been in Canada now for several months and attached to the medical staff of this district.

## MODERN STRATEGY

All life-time is a school of strategy—a game of war upon germs and tendencies which, unless thwarted, weaken the system and invite disease. Modern health-strategy dictates the use of

## SCOTT'S EMULSION

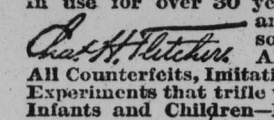
as a reliable means of thwarting the enemies of strength. Scott's is Nature's ally and its rich tonic and strength-supporting properties are known, with satisfaction, to millions. Build up your strength with the nourishing qualities of Scott's Emulsion.

Scott & Bown, Toronto, Ont.

## Children Cry for Fletcher's

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of



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. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

## GENUINE CASTORIA ALWAYS

Bears the Signature of



In Use For Over 30 Years  
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

## WAS TOO STRONG

Three members of the Eel Ground Reserve were before Magistrate Lawlor in Friday charged with dispensing beer containing more than 2% alcohol. They were each given a five day sentence in the County Jail.

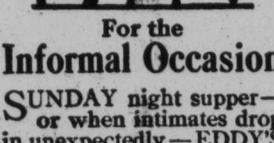
## GOES TO MONCTON

Mr. Walter J. Jardine for a number of years Manager of the Bank of Nova Scotia here but lately at Paspebiac Quebec has been transferred to the management of the Moncton Branch.

## CASTORIA

For Infants and Children  
In Use For Over 30 Years

Always bears the Signature of

For the Informal Occasion

SUNDAY night supper—  
or when intimates drop in unexpectedly—EDDY'S Paper Serviettes are quite appropriate. They lend a certain refreshing, picnic flavor to the occasion, like when you are seated on the grass, and somebody starts telling stories. And besides they save your linen serviettes—and that's an item nowadays.

Ask your dealer for a package of Eddy's Paper Serviettes today. You'll find them useful and economical.

The E. B. EDDY CO. Limited  
HULL, Canada  
Also makers of the Famous Eddy Matches and Indestructible Fibreware.

## MINARD'S

"KING OF PAIN"  
LINIMENT

Extract from a letter of a Canadian soldier in France.

To Mrs. R. D. BAMBURCK:  
The Rectory, Yarmouth, N.S.

Dear Mother:—  
I am keeping well, have good food and well protected from the weather, but have some difficulty keeping uninvited guests from visiting me.

Have you any patriotic druggists that would give something for a gift overseas—if so do you know something that is good for everything? I do—Old MINARD'S Liniment.

Your affectionate son,  
Don.

Manufactured by the  
Minard's Liniment Co. Ltd.  
Yarmouth, N.S.

## Men's Fall and Winter Overcoats

## Underwear in Fall and Winter weight

## Men's and Boys' Suits

## Hats and Caps for Men and Boys

# Russell & Morrison

MEN'S AND BOYS' OUTFITTERS  
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