

"Spanish Influenza."

(Issued by the Department of the Public Health, Nova Scotia.)

In the last issue of the "Quarterly Bulletin" the opinion was expressed that this province was unlikely to escape an invasion by the condition known as Spanish Influenza, which at that time had for some months prevailed in epidemic form throughout Europe.

The condition resembles in many particulars the old-fashioned la grippe, but the bacteriological investigations, which have been made have shown the influenza bacillus to be present in but a small percentage of cases, while other organisms, causative of inflammatory conditions of the respiratory tract, are quite common.

Clinically the disease has been characterized by an acute onset, symptoms developing with such rapidity that the victim may have to stop work within a few minutes. Pains in the head, back and other parts of the body, dizziness and weakness, slight soreness of the throat and sensitiveness to light are commonly complained of.

As a rule the attack is of short duration, but it is important to note that relapse is not uncommon, so the patient should be warned against too early a return to duty. Occasionally the course is somewhat erratic, with an irregular fever which may be due to bronchitis, bronchiolitis, bronchopneumonia or a bacterial invasion of the blood stream.

The disease generally runs a favourable course, and fatalities have been rare. In contrast with previous experiences with influenza, serious complications and disabling sequelae have been unusual, though weakness sometimes persists for a considerable time.

In treatment, rest in bed is requisite and should not be abandoned too soon. A preliminary purge is advised. Aspirin and the salicylates give relief from the discomfort, but care is to be exercised in the use of any drug which may add to depression, and such drugs should be taken only upon a physician's advice.

Crowding and imperfect ventilation appear to have a marked influence in spreading the disease. Free ventilation is therefore imperative as a preventive measure. The infective element is given off particularly in the discharges from the respiratory tract. Such discharges should consequently be promptly destroyed, and every effort should be made to limit the issuance of the organisms in the spray caused by coughing, sneezing and loud speaking. Prophylaxis is therefore similar to that in any infectious respiratory condition.

"Cover every cough and sneeze. For if you don't you'll spread disease." To avoid infection, keep away from crowds, dodge the careless cougher and sneezer, get plenty of fresh air indoors and out of doors, and endeavour to keep general health good.

Unhomelike.

The late Mr. Herpeck, having arrived in heaven, had been checked in, and was sitting comfortably on a pale pink cloud, tuning his harp. Suddenly he paused and looked apprehensively around. "No," he said, setting back to his tuning, "this is not a bit like home. I have been sitting here ten minutes, and no angel has yet asked me to move, declaring that I always sit just where she wants to sweep."

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Harvesting Nuts as Patriotic Pastime

(Experimental Farms Note)

Throughout Canada there is a generous supply of nut-bearing trees which yield an abundance of edible nuts rich in food value, as the butternut, black walnut, the hickories, hazelnuts and beech nuts. Nuts are more nutritious than milk, eggs, bread and meat, one ounce of nut kernels being equal in food value to a pint of milk. Nuts are ready to eat without the labour and cost of cooking. They may be served in the form of delicious sandwiches, in salads, in fruit jellies and cakes, or a handful may be kneaded into a loaf of bread before it goes into the oven.

This important food crop is waiting in the woods to be gathered in. A few afternoons spent nutting in the woods during the bright autumn days will supply the home with nuts for the winter and will save the meat supply for our country's defense. After gathering the nuts should be spread on the attic floor or on shelves in a dry place to allow the surface moisture to escape. They may be cracked at leisure by the boys and girls in dull weather and stored in glass jars.

A few of the finest nuts should be saved for planting near home. Nothing will give the children greater pleasure than to choose a nut tree for their own nut trees. If space allows, a future nut orchard might be planned or young trees transplanted as shade trees. The beech is a very beautiful tree, both in winter and summer and the butternut, walnut and hickory make good garden shade trees and their wood is very valuable.

The butternut occurs from New Brunswick to Ontario, while the black walnut is found in the southern part of Ontario. The shagbark hickory ranges from Quebec to the north shore of Lake Huron, the mockernut hickory occurring in Ontario only. The hazelnut extends from the Maritime Provinces to Saskatchewan, the beaked hazelnut has an even greater range extending into British Columbia. The beech ranges from Nova Scotia to Ontario.

HER WAY

It Would Have Paid to Have Read the Monitor's Ads. and Bought at Home.

She checked this list with the greatest care. She said: "I think that it's all down there—a pound of tea and a box of soap, a bag of flour and a clothesline rope, two pairs of socks and a gingham dress, a laundry tub and a toy express. Then there's curtain rods and a window shade, a cut glass jug to hold lemonade, some kitchen spoons and a box of tacks, a spool of thread and a good strong axe. There's that silk dress length and the art of sateen, a driving belt for my old machine, a pair of lard and a kit of pork, a poultry house and a stable fork. There's my winter coat and my hat of course, those sheepskin mitts and that rocking-horse, a folding bed and a bunch of lace and nicker watch with a radium face, some liver pills and a pound of glue. My lands!" she said, as she checked it through. "I've clean forgotten the paint and books, the mustard pot and picture hooks, the frying pan and the dairy pail. It's great to order all these by mail, to shop at home in my easy chair, from my catalogue, when I've time to spare to look it through for the things I need. It's a most convenient way indeed—on a list like mine they repay the freight, and they'll arrive at an early date. The time it saves, and the bother too!" And she seemed so sure that she judged she knew!

The "Mayflower" Built by a Nova Scotian

"Occasional" in Halifax Recorder: The first month of the year 1855 saw the construction and completion of a section of the Nova Scotia railroad. The first passenger cars to run over the road left Richmond on the 20th January. The engine with two passenger cars, filled with citizens of every degree, made two trips from the depot at Richmond to the vicinity of Three-Mile House and back, to the great delight and gratification of a large number of spectators. The first locomotive on the Nova Scotia Railway was the "Mayflower," which was built by a Nova Scotian, Mr. Elias Woodworth, a native of that village when a youth, and learned his trade in the United States, where by his ability and assiduity he became a master builder of engines. He came to Halifax to see one of his engines start on the road, the first on a public line in Nova Scotia.

The Turning of Stones No More Required.

A countryman on a visit to London found he had lost his pin. Fortunately he had a friend at the police station, so he went and told him of his loss. The friend assured him he would not leave a stone unturned until the tie pin had been found. When the man got back to his lodging he discovered the pin on his dressing table and immediately started off to the police station again. As he wended his way along one of the principal streets he saw some workmen pulling up the roadway to lay some new gas pipes. "Don't trouble to take up any more, my lads," he cried, "I found the pin."

A Good Thing to Have

Windsor Journal: It is interesting to know that at present time Windsor enjoys the distinction of having within its bounds a young man, in fact a mere boy, who possesses a fortune of \$6,000,000. He is here in flesh and blood, and is quite liberal with his funds.

OUTRAM

Oct. 1st Mr. Simon O'Neal is home from Kentville for a short time.

Miss Susie A. Bent has gone to Wolfville for an indefinite time.

Mr. Alfred Healy has purchased a new Ford car, the first one in our section.

Mrs. Vaner Smith and little son Avard, have gone to Kentville for an indefinite time.

Mr. W. A. Marshall, jr., spent the week-end at home with his mother, Mrs. W. A. Marshall.

Mr. Charles Elliott and two children, of Paradise, were guests of Mr. and Mrs. Ritson Bent, Sunday.

Mr. Gerald Hines, of Mr. Hanley, has been spending the past week at the home of Mr. James Slocumb.

Pte. Hoyt Slocumb, of St. John, and Miss Myrtle Risteen, of Port Lorne, have recently been visiting at the home of Mr. Edmund Bent.

Mr. Avard Slocumb, of this place, is very busy threshing the grain for the farmers. The weather being so unfavorable is quite a set back.

Pte. H. W. Slocumb, of St. John, was calling on his many friends last week. He expects to go overseas soon. We wish him a safe return.

Mr. John Balsor celebrated his eighty-sixth anniversary of his birthday, on Sept. 19th. Guests were present from North Range, Mt. Rose and other places. He has good health and is a smart man for his age, and does quite a lot of work.

The sad message was received here on Sept. 21st, that Stewart Charles Marshall, son of Mr. and Mrs. Byard Marshall, of this place, had been killed in action, somewhere in France on September 2nd. The whole community extends to the bereaved parents, brother and sisters, their deepest sympathy.

DESERVES A GOLD MEDAL FOR THIS

Cincinnati Authority Tells How to Dry Up any Corn or Callus so it Lifts Right Off.

You corn pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn stops soreness at once and soon the corn loosens so it can be lifted out, root and all, without a bit of pain.

A quarter of an ounce of freezone costs very little at any drug store, but is sufficient to take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to inflame or even irritate the surrounding tissue or skin. If your wife wears high heels she will be glad to know of this.

NOTICE—MILITARY SERVICE ACT, 1917 REGISTRATION OF UNITED STATES CITIZENS Male citizens of the United States living in Canada of AGES 21-30, both inclusive, MUST REGISTER BY REGISTERED POST with the Registrar under the Military Service Act of the district in which they live, during the TEN DAYS NEXT FOLLOWING SEPTEMBER 28th, 1918; and such CITIZENS OF THE AGES 19, 20 AND 31-44, BOTH inclusive, must so register during the TEN DAYS NEXT FOLLOWING OCTOBER 12th, 1918. It must be emphasized that THIS INCLUDES AMERICANS LIVING IN CANADA OF THE ABOVE AGES, MARRIED AND SINGLE, and includes ALSO ALL THOSE WHO HAVE SECURED DIPLOMATIC EXEMPTION OR HAVE REGISTERED WITH AN AMERICAN CONSUL, or HAVE REGISTERED FOR MILITARY SERVICE IN THE UNITED STATES. Registration letters may be handed to local Postmasters for despatch to the proper Registrar, under the Military Service Act. MILITARY SERVICE BRANCH.

NOTICE—MILITARY SERVICE ACT, 1917 MEN EXEMPTED AS FARMERS Having in view the importance of leaving a sufficient number of men on those farms, which are actually contributing to the National Food Supply, notice is hereby given as follows: 1. ALL MEMBERS OF CLASS I POSSESSING EXEMPTION AS FARMERS which is expiring and WHO WISH TO REMAIN EXEMPT should communicate with the Registrars under the M.S.A., of their respective districts, REQUESTING AN EXTENSION IN TIME OF SUCH EXEMPTION. Questionnaires will thereupon be issued to these men by the Registrar and they will receive further exemption upon furnishing satisfactory proof that they are contributing sufficiently to the National Food Supply. 2. In order to facilitate productive employment during the Winter months, MEN EXEMPTED AS FARMERS SHOULD APPLY TO THE REGISTRARS FOR PERMITS TO ENGAGE FOR THE WINTER IN SOME OCCUPATION OF NATIONAL INTEREST, SUCH AS LUMBERING, MUNITION WORK, ETC. Such permits will serve to enable exempted farmers to pursue other useful occupations for the months during which farming operations cannot be carried on. MILITARY SERVICE BRANCH.

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