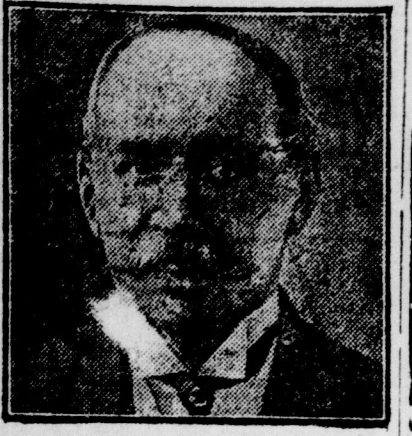


TORTURED BY RHEUMATISM

"Fruit-a-lives" Brought Quick and Permanent Relief.



MR. P. M. McHUGH,
108 Church Street, Montreal,
December 10, 1917.

"I was a great sufferer from Rheumatism for over 15 years. I consulted specialists, took medicines, used lotions; but nothing did me good. Then, I began to use 'Fruit-a-lives' and in 15 days, the pain was easier and the Rheumatism was better. Gradually, 'Fruit-a-lives' overcame my Rheumatism, and now, for five years, I have had no return of the trouble. Also, I had severe Eczema and Constipation, and 'Fruit-a-lives' relieved me of these complaints, and gave me a good appetite, and in every way restored me to health."

P. M. McHUGH.

50c a box, 6 for \$2.50; trial size, 25c. At dealers or sent post paid on receipt of price by Fruit-a-lives, Limited, Ottawa, Ont.

To-morrow's HOROSCOPE

By Genevieve Kemble
SUNDAY AND MONDAY,
NOVEMBER 24-25.

Sunday promises to be a fortunate day for all kinds of literary and professional labors, or any activities in which letters and writings figure, as Mercury is trined by the Moon, making the mind quick, sagacious and versatile. Jupiter is also in favoring position. Jupiter denoting financial gain and successful issues. It is not a day for beneficial changes, journeys or removals. Those whose birthday it is may expect a successful year, but should avoid travel and radical changes. A child born on this day will be clever, industrious, generous and impulsive. Monday promises to be the proverbial "blue Monday," with many of the planetary operations working at cross purposes. There may not be much headway in business, Luna being conjunct Saturn, Jupiter does not help in investment, speculation or profit, and a similar unpromising condition dominates in the realm of domestic, social and affectional matters. Venus being squared by the Moon. Altogether it is a day for "postponing the soul in patience," waiting for tomorrow's astral horoscope. Those whose birthday it is should have a quiet day. A child born on this day will be proud and masterful.

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

What Science Really Knows and Does About Pneumonia

By DR. LEONARD KEENE HIRSHBERG,
A. B., M. A., M. D. (Johns Hopkins University.)



DR. LEONARD KEENE HIRSHBERG

Pneumonia is one of the most fatal and most extensive of all acute maladies. Recently in one area of 30,000 men, physically the selects of the land, saw 2,300 patients down with pneumonia in one time.

Pneumonia is a serious destroyer of crowded districts of cities, of tenements, of camps, of dark, ill-ventilated, congested quarters.

There are four types of pneumonia. The influenza bacillus, the bacillus of bubonic plague, the streptococcus and other bacteria may invade the lungs in the form of "cold," and one of the four types of the pneumococcus then "gets in its dirty work."

The treatment of pneumonia is still in the same unhappy state as it was 2,000 and more years ago. That is to say, two or three victims of it out of every four or five get well, no matter what is done, and the particular medicines, serums or faith then used for the "cure."

Until ninety or more of every hundred are cured by a treatment, it is not a "cure." This is no proof, but the fact that a hundred pneumonia cases have arrived, two thousand years ago Hippocrates claimed he had a "cure" for pneumonia, because every patient he had treated in his experience recovered after some noxious drug was administered. A man's whole lifetime of practice may not encounter more than a hundred pneumonia. This isn't enough to prove anything, as subsequent events prove.

Elements of Mystery. Unfortunately, then, pneumonia still awaits its Columbus. At present it is three times in four a self-limited, self-healing disease, which can neither be cut short nor aborted in most instances by any means at human command.

Strange characteristics of pneumonia are that sometimes under the most unfavorable circumstances, when death seems almost present—and irrespective of treatment—it may terminate abruptly, favorably and naturally.

On the other hand, under the best conditions of nursing experience and attention sometimes it cannot be stopped, shortened or prevented from ending sadly.

One of the most advisable measures often neglected is to grope, oil or otherwise protect the shoulders, chest, back and neck of the pneumonia patient. The perspiration and strain thrown upon the chest and other parts of the torso call for the prevention of evaporation and further internal congestions of the chest. Ommission of this has often, perhaps, made a mild, single-lobed pneumonia become a serious double pneumonia.

Vaccines Will Prevent. Not postulates and hot applications to the lungs do more than relieve pain; they act as counter-measures to relieve the internal congestion.

Anti-pneumonia serum can be obtained for type I pneumonia. The type is ascertained by making tests for the particular kind of germ that is involved.

Abundance of drinking water helps to relieve and loosen the phlegm and thick matter in the lungs. Plenty of

fresh air—sunlight, warm and dry—combats the trouble. Vaccines made up of dried, killed pneumonia germs of all kinds are now in use. These are inoculated into the arm and thus ward off the likelihood of pneumonia in any of its various mischievous forms.

Answers to Health Questions

J. McE. Q.—Please advise what to do for eczema.

A.—There are several varieties of eczema, some of which are cured by keeping away from water, flowers, chemicals, and from occupations that irritate it. You may also try this:

Salepice acid 15 grains
Balsam Peru 1 dram
Phenol 15 drops
Sulphur 1 dram
Petroleum 1/2 ounce
Wool fat 1/2 ounce

MR. V. O. B. Q.—Kindly advise what to do for a leaky heart.

A.—Inside of the chambers of the heart there are draw curtains called valves. These flap open to allow the blood to come in, and close automatically when blood has filled the chambers. When these curtains shrink from an infectious disease or some other trouble, they do not close fully, and then cause a flow of blood between the chambers. It is not a serious condition at all.

M. G. S. Q.—Kindly advise what to do for rheumatism.

A.—Rheumatism is a carelessly used name given to the symptoms of many different diseases. If you will describe your symptoms closely and precisely, and forget the vague term, I will be glad to help you.

D. S. Abbottsford, Canada: A.—If you yelp, with your query repeated, I will be glad to answer your questions.

MRS. A. W. Q.—Kindly tell me what to do for nits.

A.—Wash the hair in acetic acid and

water. Then brush the hair thoroughly and repeat this several times in succession.

T. P. London, Ont. Q.—Kindly advise what to do for dandruff.

2. Please tell me what to do for blackheads.

Use a little of the following for dandruff three times a week:

Sulphur 1 dram
Resorcin 10 grains
Salicylic acid 10 grains
Supinate of quinine 10 grains
Petroleum 1 ounce

2. Gentle massage with a sterilized piece of absorbent cotton or chamois, followed by the application of a little paste made up with the following will help:

Philera earth 4 drams
Vinegar 1 dram
Glycerine 3 drams

E. C. J. Vittoria, Ont. Q.—Kindly advise what to do for itchy skin.

A.—Apply a little of the following to the affected parts:

Pink calamine 2 1/2 drams
Zinc oxide 2 drams
Glycerine 30 drops
Lime water 2 ounces
Rose water 2 ounces

H. B. Preston, Ont. Q.—Kindly advise whether rashes are injurious to the health.

A.—Applies are healthy to eat.

WORRIED, Canada: Q.—Kindly advise what to do for falling hair?

A.—Apply a little of the following to your hair:

Quinine 1 dram
Fluorine 2 1/2 grains
Salicylic acid 15 grains
Lanolin 1/2 ounce
Petroleum 1/2 ounce

O. K. Canada: A.—Go to sleep early, and drink a glass of hot milk before you retire.

MRS. D. R. Canada: Q.—Kindly tell me what to do for a goitre.

A.—There are various kinds of goitre. Some require no treatment, but most of them require an operation, which is the only cure. They are seldom inherited, and the cause is not known.

Dr. Hirshberg will answer questions for readers of this page, on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg, in care of this office.

Good Night Stories

By Gladys Selwyn

THE RESTLESS LITTLE FLY. It was very unhappy and discontented with his home in the kitchen. He wanted to explore the world beyond the shiny window from here," sighed Mamma Fly, "with the sun shining, and the days are growing colder all the time and before many hours we may have snow. Then what would you do?"

Willy Fly had never seen snow, and didn't know whether it was good to eat or not, but he couldn't see anything to frighten him in the name of "snow." He waited his chance, and that afternoon, when he found the window open, out he buzzed.

All afternoon he flew with the sun and the wind, happy, exploring the wonders that met his eyes at every turn. But when evening came and with it a stiff, cold wind, Willy Fly began to shiver.

He was cold and hungry. He wished he had never ventured outside the nice warm kitchen, and Willy Fly began to cry bitterly.

Mrs. Grey Spider saw him and invited him to her parlor, but Willy Fly declined the invitation. "Better come in and get warm," she

coaxed. "My house is cozy and warm. It's going to snow and you'll surely freeze."

Now, Willy Fly's mamma had often warned him about venturing into Mrs. Spider's parlor, and when Mrs. Spider made a dash at Willy Fly to grab him, as he was Willy Fly lifted his stiff wings and soared toward the window.

It just happened the window was open a wee crack, and Willy Fly crept inside cold and hungry, just as something cold and damp fell on the tip of his wings.

Mamma Fly was certainly glad to see him, and brushed off his suit with her nice warm hands.

"Just in time, dear," she buzzed merrily, "for it's beginning to snow, and you would have soon frozen so you couldn't fly."

"It would have served me right," he shivered, "for not listening to you." He turned to look out of the window.

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The world that had been so sunshiny and bright in the afternoon was covered with a soft white carpet, and the wind blew cold on Willy Fly's back through the window crack.

"So that's what you call snow!" he buzzed. "Well, I've learned my lesson." The warm kitchen's better any day."

With his mamma he flew up near the fireplace, where they could keep nice and warm. And no one ever heard Willy Fly complaining about his home again. He never cared to explore beyond the shiny window pane.

Safety Razor Blades Shapened. Wallace's Drug Store. Durham Duplex Blades, dozen 50c All other double-edge blades, dozen 35c Single-edge blades, dozen 25c Star hollow-ground blades, each 25c Old style razors, each 25c 419 RICHMOND STREET.

14 in. t. c. News 11-20 ★

New December Numbers of

Columbia

Records

Barrientos and Lazaro in

"Traviata's Great Love Duet

For their first concerted Columbia number these famous Metropolitan stars have chosen "Parigi O Cara," the thrilling climax of Verdi's most dramatic opera. An exquisite record of great and beautiful music nobly sung.

A 49354—\$2.50

Stracciari Sings "Alla Vita" From "Ballo in Maschera"

This sparkling aria might have been written specially for Stracciari—so completely does it lie in the richest range of his glorious baritone. And Stracciari, needless to say, has made the most of his opportunity.

A 77085—\$1.00

The Lure of Music

The author puts the understanding of good music within the reach of all, dispensing with technical terms and bringing the human side of the art home to the reader. On sale at all Columbia Dealers.

"Song of the Chimes" and "Slumberboat" by Barbara Maurel

A most appealing personality, a voice of imitable natural beauty, long study under such masters as Jean de Reszke and Chevalier—all these Maurel has brought to the singing of two much-loved lullabies. And the result is—well, hear them!

A 2628—\$1.00

The list of December Records comprises 5 separate selections, 20 popular hits, 12 dance pieces, 4 Christmas specials, 6 vocal favorites and 7 novelties and instrumental gems.

New Columbia Records on sale the 20th of every month.

Hear General Pershing's dramatic record "A Message from France"—made by Pershing himself.

COLUMBIA GRAPHOPHONE COMPANY, Toronto

FOR SALE BY

WM. McPHILLIPS Clean Record Service

Every Record is inspected before being sent out.

238 DUNDAS STREET PHONE 1028.

COLUMBIA RECORDS AND GRAMOPHONES ON SALE AT

HARMONY HALL 4 Doors North of Dundas, 421 Richmond Street.

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The Wright Piano Co., Ltd. 352 DUNDAS STREET. A. M. DOUTCHWRIGHT, Manager.

Columbia Machines and Records. "Wright Pianos Are Right Pianos."

NORDHEIMER'S 227 DUNDAS STREET, 2 Doors West of Majestic Theatre.

MY SOLDIER HUSBAND

ADELE GARRISON'S CONTINUATION OF REVELATIONS OF A WIFE

Why Madge Felt Hesitancy in Asking Dr. Pettit a Most Important Question.

"Look here, old man, how long have I got to lie here like a mewling kitten that hasn't got its eyes opened yet?"

Dicky raised himself on one elbow and glared at Dr. Pettit with angry lips. The glare told much of his impatience in the semi-darkness which the physician, re-enforced by an oculist's decision, had imposed upon my husband's room, ever since he had taken charge of his case, but the tone clearly indicated Dicky's state of mind.

"We cannot tell yet," Dr. Pettit spoke soothingly, drawing on his gloves with the deliberations characteristic of him. "It all depends upon yourself now. You have made tremendous strides in this week, and it ought not to be so long now, if you're patient, when we can get you up and about."

"When can I read?" Dicky demanded. "I would not help but reflect that it was exactly the tone a spoiled boy of 12 would use."

"Is this the way?"

"Not for several weeks," returned Dr. Pettit.

The Subject Changed. I interrupted him ruthlessly, for I couldn't permit the harsh criticism of Dicky which was rambling upon his lips. I knew that he was deeply stirred by my husband's rudeness to me, but the knowledge did not bring the same glow of appreciation for his chivalric character before experienced when the young physician has witnessed Dicky's outbursts of temper. I am wiser than I used to be, and either wisdom or intuition tells me cynically that if Dr. Pettit were married and Dicky were his wife, his rudeness to me might be Dicky's return to vex and indignation at the other's chap eye is always very easy to see.

"Never mind that," I said hastily. "There's something far more important that I must talk over with you, and so for a week. Have you a few moments to give me now?"

"You a few moments to give me now?" "Mother God, I would not have to go down to the living-room we shall be undisturbed."

He bowed gravely, his well-trained facial muscles giving no hint of the astonishment he must have felt.

"I am absolutely sure of your service. You know that," he said quietly, and in answer of my cynicism of the moment before, I felt a thrill of comforting dependence at the earnest words.

I did not find it easy to broach the subject of my father's finances to Dr. Pettit. Facing him in the living-room, I felt a little panic of embarrassment coming over me. For a moment my spirit flared rebelliously against Lillian, who had urged—rather, commanded me—to find out from the young physician whether or not my father could afford the generous cheque he had handed me when I had appealed to him at the time of Dicky's financial fiasco. Then sanity, of common sense, fogged my rebellion into dependence upon my knowing the exact state of my father's finances.

It is believed that nearly 30 per cent of Canada is still unemployed, and if Indian reports are to be believed, there is in the basin of the Mackenzie River one of the largest areas of possible oil-bearing country on the face of the earth. The Indians report the existence of lakes 100 miles and over long in Yukon that no white man has ever seen, while even the Indians apparently know nothing of the as yet untrodden Mackenzie mountains.

In Turkestan every wedding engagement begins with the payment of a substantial consideration to the girl's parents. If the girl's father is poor, the engagement gift has to be returned, unless the parents have another daughter to give as a substitute.

It has been proved that sudden cold sometimes causes the death of thousands of fish in the shallow waters of the tropics and sub-tropics. Many species are so chilled as to become helpless, and are killed directly by drowning or are washed ashore in a comatose state. The phenomenon is known locally through the temperature of the water may be several degrees above the freezing point.