

### ABSORBINE

**Cures Strained Puffy Ankles, Lymphangitis, Bruises and Swellings, Lameness and Allays Pain Quickly without blistering, removing the hair, or laying the horse up. Pleasant to use. \$2.50 per bottle, delivered with full directions. Book 5-C, free.**

**ABSORBINE, JR.,** for mankind, \$1.00 Bottle. Cures Strains, Gout, Varicose Veins, Varicocele, Hydrocele, Prostatitis, kills pain.

**W. F. Young, P.D.F., 46 Monmouth St., Springfield, Mass. Canadian Agents, Lyman Sons & Co., Montreal.**

IRRIGATED FRUIT LANDS.

To ensure the best results from an horticultural standpoint, irrigation is necessary throughout the entire southern interior of British Columbia.

Realizing this, capitalists have purchased large tracts of land with the object of subdividing them into small fruit farms, after having installed irrigation systems, in some instances at an enormous expense. The rule has been for these companies to charge purchasers a yearly rental for water of from \$1 to \$5 per acre.

It has remained, however, for the Kettle Valley Irrigated Fruit Lands Company, a Company recently incorporated under the laws of the province, to make a new departure, in that they are furnishing water free of charge. They go beyond this, for each purchaser is given a proportionate share or interest in the irrigation system, so that when the Company have disposed of their lands, those having purchased them will own absolutely the irrigation canals, ditches, water records, etc. How many corporations in British Columbia or western America are there making such an offer to purchasers of fruit lands as this? The Kettle Valley lies close to the celebrated Boundary Creek mines, thus insuring a good local market, and here being two lines of railway in the valley, branches of the Canadian Pacific and Great Northern, outside markets are easily reached.

The Kettle Valley Irrigated Fruit Lands Company have in their holdings hundred of acres ready for the plow, which they are now offering in small lots and at prices ranging from \$100 to \$150 per acre.

Soil, a rich sandy loam capable of growing the choicest of fruits and vegetables. Young bearing orchards now in the valley and producing splendid fruit.

For terms and further information apply to W. O. Wright, Managing Director, Midway, B. C. Adv.

odor, so perceptible to anyone entering from the fresh, pure air outside.

The purifying constituent of air is oxygen. Light and oxygen are co-workers in purification, life and growth. All cleansing is simply the change by oxidation of harmful into beneficial substances. Light is essential to natural oxidation; hence the necessity of plenty of light. Anything that lessens or consumes oxygen vitiates the air or renders it unwholesome by robbing it of its full share of oxygen. This is done by the burning of wood, coal or gas for heating, or of coal oil or gas for lighting. Oxygen is also taken from the air by the breathing of animals, by fermentation and by the decay or putrefaction of any animal or vegetable matter. In every case carbon dioxide, hydrogen sulphide or other harmful gas is exchanged for the life-giving oxygen. The amount of carbon dioxide in the air of a room is an index of the amount of organic and respiratory impurity present. The increase of carbon dioxide shows the proportionate decrease of oxygen. To make a test, put some lime-water in a clear glass dish. If after standing some time in a room the water has turned milky in appearance, there is an excess of carbon dioxide in the air of that room, and not enough oxygen. The air is not pure enough for health. Fresh air should be admitted and the impure air driven out.


In our country we are too much inclined to keep windows and doors

closed in winter, to put on felt strips and to overheat our houses. Fresh air is not freely admitted, nor the foul indoor air driven out. This hot, impure, debilitating air engenders a flabby, languid, non-resisting state of the body generally. The air cells in the lungs, instead of being toned up and reinvigorated by the expansion of pure air much cooler than the body, are kept in a state of practical inertia, ready for any invasion of disease. The blood is not properly cleansed; indeed the breathing in of such air loads it up with more poisonous matter. Going back to the tissues, this blood gives to each a share of the poison it carries. Is it any wonder that consumption is so alarmingly on the increase? that sore throats, bronchitis, grip and many other diseases are so readily contracted? By living as the majority do we are most carefully fostering the very conditions that enable disease to hold high carnival.

In a late number of *The Dominion Medical Monthly* the prophesy is made that the Department of Public Health will soon be the most important in the administration. That good day cannot come too soon. There should be a Minister of Public Health with a staff of faithful, efficient and thoroughly equipped bacteriologists, chemists and physicians as assistants. Pamphlets should be issued at least twice a year, pointing out insanitary conditions and the results, and urging the necessity of pure air and cleanliness. Health officers should be paid by the Government a salary sufficient to ensure a thorough oversight of their jurisdiction. These should be responsible to the Government and full reports sent in quarterly. Think of paying a physician \$75 a year and expecting him to look after the sanitary interests of a large and growing town! If he were given \$1000 a year we might have some hope of an abatement of some of the prevailing abominations. As it is, these officers have to provide for their families by attending to a large and trying practice, and cannot spare time for thorough oversight of the public health. They try to control infectious diseases and to carry the laws of quarantine into effect. They spend ten times more time and effort than they are paid for in the miserable pittance they receive. But what obtains? Back lanes in every city and town are a disgrace to civilization and reeking pits of loathsomeness that one turns from shudderingly—paper, rags, old boots, old hats, any old thing is thrown on the streets to rot and to offend the eye. The side walks are discolored with tobacco juice and slimy with the expectorations of tuberculous and their diseased human creatures. Dogs are permitted to run the streets, and their excretions are deposited right on the walks where people walk over them. After a time this offal is pulverized and every passer by carries off some of it on his or her clothing and breathes part of it into his lungs. Those who do not keep dogs and abominate their filth are victims to the selfishness of the man who must have his retinue of canines. These brutes are free commoners; they make a thoroughfare of one's cherished flower beds, foul the lawns and there is no redress. Heaven give us patience! Yes, there is crying need of a separate department of public health. Were this department given its rightful prominence and effectiveness there would be less need for sanatoria for consumptives. Children from consumption-infected homes should not be allowed to attend school until the source of infection is removed. Government should provide fresh air homes, where children infected with tuberculosis could be cared for, and so a great menace to the community would be removed and the child given a chance for complete recovery and useful citizenship, instead of the suffering existence of a cripple and the home for incurables as his refuge.

Our present care is to try to keep our own homes healthy. Every house should be thoroughly windswept at least once a day. Put the children into a warm room where drafts will not reach them (in winter). Then open the doors and allow a free passage of air through all the other rooms.

**PILES CURED IN 6 TO 14 DAYS**  
PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding piles in 6 to 14 days or money refunded. 56c



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## REMARKABLE INVENTION FOR THE Culture of Hair

THE EVANS VACUUM CAP is a practical invention constructed on scientific and hygienic principles by the simple means of which a free and normal circulation is restored throughout the scalp. The minute blood vessels are gently stimulated to activity, thus allowing the food supply which can only be derived from the blood, to be carried to the hair roots, the effects of which are quickly seen in a healthy, vigorous growth of hair. There is no rubbing, and as no drugs or chemicals of whatsoever kind are employed there is nothing to cause irritation. It is only necessary to wear the Cap three or four minutes daily.

### 60 DAYS' FREE TRIAL!

**The Company's Guarantee:**

An EVANS VACUUM CAP will be sent you for sixty days' free trial. If you do not see a gradual development of a new growth of hair, and are not convinced that the Cap will completely restore your hair, you are at liberty to return the Cap with no expense whatever to yourself. It is requested, as an evidence of good faith, that the price of the Cap be deposited with the Chancery Lane Safe Deposit Company of London, the largest financial and business institution of the kind in the world, who will issue a receipt guaranteeing that the money will be returned in full, on demand, without questions or comment, at any time during the trial period.

The eminent Dr. I. N. LOVE, in his address to the Medical Board on the subject of Alopecia (loss of hair) stated that if a means could be devised to bring nutrition to the hair follicles (hair roots), without resorting to any irritating process, the problem of hair growth would be solved. Later on, when the EVANS VACUUM CAP was submitted to him for inspection, he remarked that the Cap would fulfil and confirm in practice the observations he had previously made before the Medical Board.

Dr. W. MOORE, referring to the invention, says that the principle upon which the Evans Vacuum Cap is founded is absolutely correct and indisputable.

An illustrated and descriptive book of the Evans Vacuum Cap will be sent post free, on application.

**THE SECRETARY, EVANS VACUUM CAP CO. LTD.**  
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