

## FLIES SPREAD DISEASE

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

A single fly may carry thousands of bacteria. Flies have been repeatedly found to carry the germs of typhoid fever, tuberculosis and other infectious diseases. They unquestionably are accountable for much spread of infection.

Flies multiply at an enormous rate. A single female fly, making its appearance in April or May, may breed millions before the end of the summer.

The presence of flies means the presence of filth in the near neighborhood. They feed upon the most disgusting materials, carrying filth from the most nauseous and dangerous sources to deposit it upon our food.

The most effective means of suppressing flies is to prevent them from breeding. The favorite breeding places are manure heaps, garbage pails, and privy vaults. Manure should not be permitted to remain longer than four days in any place within a half mile of a house, except in a concrete pit which is fly tight. Garbage should be kept in tightly covered pails, which should be emptied frequently—the contents being either burned or buried. Privy vaults should be fly and vermin proof.

The most rational time to begin the good work of ridding a community of flies is when they make their appearance with the advent of warm weather. Every fly killed in April or May means many thousands less in August or September. All through the fly season, no manure, garbage or rubbish of any kind should be allowed to remain where flies may gain access to it and breed.

Kitchens, dining rooms and sick chambers should be screened and any flies which enter should be immediately killed.

The importance of such measures, from the standpoint of health, can scarcely be overestimated.

## RELATION OF CARDS AND TIME

Present-day playing cards—at least a close resemblance to them—were designed in 1392 by Jack Gringonneur, court painter to Charles VI of France, who had lost his reason. He founded his pack on a regular system. For instance a pack consisted of 52 cards—the number of weeks in the year, 365 dots correspond to the number of days in the year, and there are 13 cards to a suit, the number of lunar months. The four suits represent the four social classes of Gringonneur's time: Spades for the pikemen or soldiery; clubs were designed as a clover leaf, the emblem of husbandry; diamonds represented the diamond-shaped hat of the artisan, and hearts come from the French word "coeur", an evolution of chœur, meaning clergy. The first cards actually in use in the United States were brought by the Spanish to their early settlements in Santa Fe and St. Augustine, Fla. Every nation on the globe has some kind of card game, although the pack is not always the same in style or number. The French national game is piquet, one of the oldest games known. The Germans play skat. Spain, the greatest card playing nation, favors pedro. It goes without saying that the most universally popular game today is auction bridge.

Keep Minard's Liniment in the house.

## THEY ALL ADVERTISE

A hen is not supposed to have Much common sense or tact, Yet every time she lays an egg, She cackles forth the fact. A rooster hasn't got a lot Of intellect to show, But none the less most roosters have Enough good sense to crow. The mule, the most despised of beasts, Has a persistent way Of letting folks know he's around By his insistent bray. The busy little bees they buzz, Bulls bellow and cows moo, The watchdogs bark, the ganders quack, And doves and pigeons coo. The peacock spreads his tail and squeals, Pigs squeal and robins sing And even serpents know enough To hiss before they sting. But man, the greatest masterpiece That nature could devise, Will often stop and hesitate, Before he'll advertise.

## CHIPS FROM HOUSEWIVES ANVIL

A bean pot can easily be washed if it is put to soak on the stove with a teaspoon of soda in cold water. Let it come to a boil for five minutes, being sure it is full of water. This plan works quicker if a cover is placed over the top.

If copper or brass is very dirty don't worry, but put some fine salt on a plate, dip it into a cut lemon and rub on the metal. The strong acid will remove the worst stain.

Don't allow graniteware to dry over a hot fire, as the heat in expanding may cause the outside to scale.

Never use water which has been standing overnight in the teakettle. In the morning fill it with fresh water, boil and use at once.

A teaspoon of salt will season a quart of vegetable soup.

Remove mud from black clothing by rubbing with raw potato.

Add a pinch of salt to eggs when whipping. It will hasten the process.

## IT HAS ITS USES

An old Scotchwoman, much against her will, was induced to sit for her picture, the first she had taken since she was a girl in her teens. When the photograph was handed to her she failed to recognize herself. She thought there must be some mistake. "Is this me?" she said. "Yes, madam," said the photographer, "and it's a speaking likeness." The old lady gazed at her counterfeit presentment for a full minute in silence. "Aweel!" she said resignedly, "it's a humblin' sight."

## THE WAY OF THE STYLIST

Chief Justice Taft was discussing books at a dinner party.

"This high brow talk about 'style'," he said, "amuses me. 'Style' usually means 'affectation.' The best writers have no style. It's as if they were talking to you. 'Stylists are always looking for trouble. One of them entered a drug store the other day and asked for a man's comb."

"Do you want a narrow man's comb?" said the attendant.

"The stylist gave a disgusted laugh. 'No!' he said, 'I want a comb for a stout man with rubber teeth.'"—The Mail and Empire.

## FOR SUCCESS

Don't assume the loser's attitude towards Life. Don't go about with an expression of failure on your face.

The world very quickly detects the signs of success or failure, and will help you the way you are going.

Keep your courage up and your temper down.

The best way out of a difficulty is through it.

A man's hardest competitor ought to be himself.

Waiting to be somebody will make you a nobody.

Courtesy is to business and society what oil is to machinery.

The art of pleasing is the art of rising in the world.

Man never reaches heights above his habitual thought.

Do not turn your back on troubles; meet them squarely.

A minute of keeping your mouth shut is worth an hour of explanations.

Every man is a fool at least ten minutes a day. Don't exceed the limit.

The barriers are not yet erected which shut out aspiring talent.

Your heart must inspire what your hands execute, or the work will be poorly done.

Many a man thinks he is a shining light when he is only a flash in the pan.

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- that I make Residence Calls by appointment;
- that I have been specializing in CHIROPRACTIC for over 10 years and have benefited thousands of suffering people—my record in Nova Scotia speaks for itself—Many of my patients in Nova Scotia have voluntarily given me permission to use their names upon request;
- that I am a Graduate of the Palmer School of CHIROPRACTIC, Davenport, Iowa, U. S. A., which is the Fountain Head of CHIROPRACTIC and the mother school of all Chiropractic schools and colleges in the world;
- that Dr. B. J. Palmer, President of the Palmer School of Chiropractic, is the son of the late Dr. D. D. Palmer, discoverer of Chiropractic;
- that the Palmer School of Chiropractic is recognized the world over for its graduates as being the best trained and technically qualified to practice Chiropractic.

Investigate for yourself. Be open to reason and conviction. Don't say: "I can't be helped." "I've had my troubles too long." "I'm too old."

While you are guessing about yourself, I can be busy restoring you to Health with the aid of CHIROPRACTIC. Kindly call and let me explain fully the merits of Chiropractic, its possibilities and the work I have mapped out for myself in this community.

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8.16 a.m.

No. 95 From Halifax arrives 10.05 a.m.

No. 98 From Yarmouth arrives

3.20 p.m.

No. 97 From Halifax arrives 6.17 p.m.

No. 99 From Halifax (Tues. Fri., Sun.)

arrives 12.18 a.m.

No. 100 From Yarmouth (Mon. Wed.

Sat.), arrives 4.28 a.m.

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