

# SPANISH INFLUENZA RAGES IN CANADA

Thousands of Cases Reported With Many Deaths.

## THOSE WHO ARE MOST SUSCEPTIBLE TO IT

"FRUIT-A-TIVES"—The Wonderful Fruit Medicine—Gives the Power To Resist This Disease.

The epidemic of Spanish Influenza which played such havoc in Europe, has reached this continent. Thousands of cases of the strange malady have appeared and many deaths are already reported; Surgeon-General Blue of the United States Public Health Service having stated that "Spanish Influenza will probably spread all over the country in six weeks".

Practically every ship which touches our shores from abroad, brings those infected with the disease.

Surgeon-General Blue urges that "the individual take all the precautions he can against contracting the disease by care and personal hygiene". Plenty of exercise should be taken; the diet should be regulated, etc.

Spanish Influenza affects most severely elderly persons and others whose powers of resistance are weakened by illness, work or worry, especially those who are "run-down" or "not feeling up to the mark."

The really great danger from the disease is not so much in the disease itself, as that it often develops into pneumonia.

What everyone needs now is a general tonic like "Fruit-a-tives". This wonderful fruit medicine is not a germ-killer. It is a body-builder; a strength-maker; a blood-purifier; a power in protecting against the ravages of disease.

"Fruit-a-tives" regulates the kidneys and bowels, causing these organs to eliminate waste regularly and naturally as nature intended. "Fruit-a-tives" keeps the skin active, and purifies and enriches the blood. "Fruit-a-tives" tones up and strengthens the organs of digestion, insuring food being properly digested and assimilated.

Everyone can take ordinary precautions, avoid crowded places, and use "Fruit-a-tives" regularly to insure sound digestion, to keep the bowels and kidneys regular and the whole system in the best possible condition. Then we are safe from disease.

"Fruit-a-tives" is sold by dealers everywhere at 50c a box, 6 for \$2.50, retail 25c or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa, Ont.

## WAR VETERANS TO HOLD CONVENTION

The B. C. Provincial executive of the G. W. V. A. of Canada has decided that the time has now arrived for a thorough reorganization of the G. W. V. A. throughout the whole of the province and with that end in view they are calling a special one-day convention for November 9, 1918, to be held in the clubrooms of the Vancouver local branch.

Primarily this convention is being called for the election of officers, and the organizing of four Sub-Commands in the Province constituted as follows:

1. Lower Mainland Sub-Command; 2. Vancouver Island Sub-Command; and 4. Upper Mainland Sub-Command.

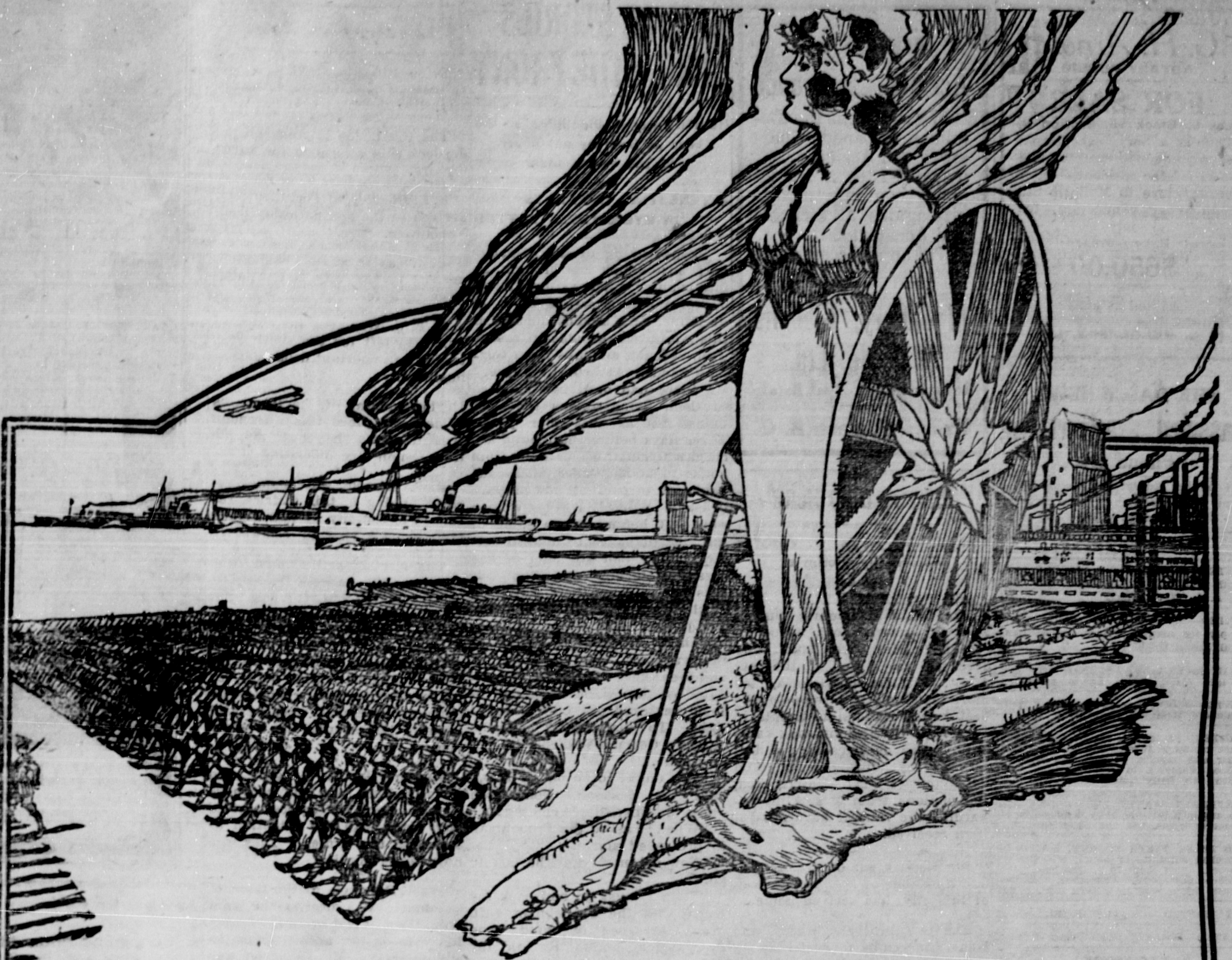
A Supreme Provincial Command is to be appointed with authority and jurisdiction over all the sub-commands and branches in the Province, constituted from the officers and two delegates from each of the Sub-Commands.

## BLOOD TRANSFUSION SAVED VICTORIA MAN

As the result of the bravery of a British soldier who agreed to a transfusion of blood to a Canadian comrade, Sapper Walter J. James, son of Mr. and Mrs. Richard James, of Victoria, recently reported ill, is now on his way to recovery.

The parents of Sapper James first received information that he was dangerously ill in France and he was afterwards removed to Cambridge Hospital, Aldershot, England. In England his condition became worse, and a transfusion of blood was decided upon as necessary by the doctors. A British soldier offered to go through the ordeal, and information has been received that the operation was a success and that the sick man is now improving.

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# Why Canada must borrow money to carry on

Because Canada has put her hand to the plow and will not turn back:—

—our country is in the war on the side of liberty and justice and will stay in it till complete victory is won and the unspeakable Hun is smashed and beaten to the ground;

—a nation at war must make tremendous expenditures in cash to keep up her armies and supply them with munitions, food and clothing;

—Canada must finance many millions of dollars of export trade in food, munitions and supplies which Britain and our allies must have on credit;

—for these purposes Canada must borrow hundreds of millions of dollars—

And, this money must be borrowed from the people of Canada:—

Therefore, Canada will presently come to her people for a new Victory Loan to carry on.

★ ★ ★

Canadians will loan the money by again buying Victory Bonds.

The national safety, the national honor and the national well-being require that each and every Canadian shall do his duty by lending to the nation every cent he can spare for this purpose.

Be ready when the call comes to see your country through in its great war work.

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada.

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## ONE OUT OF EVERY TEN DIE OF TUBERCULOSIS

If the subject of consumption—or tuberculosis—were half as entertaining as it is vital to the people of British Columbia, there would be a continuous demand for literature dealing with it. However, even with the gradual edu-

cative campaign being waged by the provincial authorities under the guidance of the Hon. J. D. MacLean, the horrible fact that one out of every ten persons who die each year in British Columbia die of tuberculosis is gradually dawning upon the most robust.

To help to eradicate, or at least to diminish, the disease the provincial board of health has just

issued a small booklet which will reach every home in the province. Seventy-five thousand have been printed and the schools will be used as a partial means of distribution.

Under the direction of the minister the pamphlet has been compiled in simple language and gives a complete description of the disease.

## Don't merely smother your cough CURE IT

Mathieu's Syrup of Tar and Cod Liver Oil not only promptly arrests coughing, but thanks to its tonic and strengthening properties it helps the system to throw off the cold and thus effects a permanent cure. It is this quality which has won for it the largest sale of any cough and cold remedy in Canada.

15c. large bottles, everywhere.

A. L. MATHIEU CO., Prop., SEASIDE, B.C.

177-179, Water Street, Vancouver, B.C.