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T-4

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

When the discovery of adequate means to prevent a disease is found, one would suppose that the disease would soon disappear, but often it does not. Why? One reason is that when scientific knowledge runs counter to custom, the mandates of science are not put into practice as readily as they should be. Custom and habit are two wonderful things. They are sometimes useful and sometimes just the reverse. An instance in practical illustration is afforded by the prevalence of a disease known as beri-beri, in the far East. For some time the relation of this disease to food has been known and recognized. In certain countries of the East the staple food of the people is rice, and the polished rice, evidently because it looks nicer and cleaner, is preferred, or at least seems to be oftentimes used. Now in polishing rice the vitamine-containing kernel is largely removed, so that a population whose chief diet is rice is liable to develop beri-beri, and the disease is actually prevalent in some countries due to this very use of polished rice. What is the reason for the use of polished rice? It is largely custom, because the polished variety looks nicer and probably is more palatable to the taste. There does not seem to be any other reason for its use except that it is the custom to use it.

In this country the use of iodine in proper quantity is very effective in the treatment of goitre, yet goitre is still prevalent. One wonders why this is so, and yet it simply means that people as a rule do not take enough iodine in their food or as a medicine. Iodine is not palatable and so its use is largely confined to those who have been educated as to its beneficent qualities in the treatment of goitre. Besides, iodine must always be administered under medical supervision.

Progress often experiences unexpected difficulties, as is evidenced in such cases as have already been mentioned. There are many others that one may think of, but in every case the remedy is the same, and that is education of the public. Coercion fails to bring the desired results in a country accustomed to democracy. Education seems to be the most promising measure of defence against hidden dangers. It is usually a slow process in which the educator needs constant encouragement and support lest he waver from sheer weariness or despair. Medical history affords eloquent testimony of this.

Glass Houses.

Learn if you must, but do not come to me
For truth of what your pleasant neighbor says
Behind you of your looks or of your ways,
Or of your worth and virtue generally;
If he's a pleasure to you, let him be—
Being the same to him; and let your days
Be tranquil, having each the other's praise,
And each his own opinion peaceably.

Two brothers once did love each other well,
Yet not so well but that a pungent word
From each come stinging home to the wrong ears.
The rest would be an overflow to tell,
Surely; and you may slowly have inferred
That we may not be here a thousand years.

—Edwin Arlington Robinson.

Small Hope Indeed.

"The Government hopes to keep out Canadian wheat."

"But has little hope, I suppose, of keeping out Canadian rye."

Flattery.

"Stiddy, there, lion; take it aisy," quavered the Irish Zoo attendant, as the transfer of a wild beast from one cage to another was being effected.

"What's the idea?" asked a fellow-attendant. "Callin' that hyena a lion?"

"Have ye no tact? Can't ye see 'tis flatterin' him I am?"

Making a fortune is less unusual than knowing how to use one.

The "grain of Mustard" for health

Don't refuse the mustard when it is passed to you. Cultivate the habit of taking it with meat, especially fat meat. It stimulates the digestion and aids in assimilating your food.

but it must be Keen's 233

Save Fuel in Cooking

The illustration shows an interesting test you should try in your own kitchen. It proves the superiority of good enameled ware for cooking purposes. Take an SMP Enameled Ware Sauce Pan, and a sauce pan of equal size made of aluminum, tin or other metal. Into each pour a quart of cold water. Set both sauce pans over the fire. The water in the SMP Enameled Ware Sauce Pan will be boiling merrily in about five minutes, while the water in the all-metal sauce pan will come to the boil in about eight minutes—three minutes longer. Save fuel in cooking. Use

SMP Enameled WARE

"A Face of Porcelain and a Heart of Steel"

Three finishes: Pearl Ware, two coats of pearly-grey enamel inside and out. Diamond Ware, three coats, light blue and white outside, white lining. Crystal Ware, three coats, pure white inside and out, with Royal Blue edging.

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Lakes That Cost Millions.

Among modern engineering feats the building of the great dam of Tirso, Sardinia, opened recently by the King of Italy, ranks as one of the most imposing.

The second largest dam in the world it is 722ft. long and over 200ft. in height, the artificial lake formed by it containing 30,000 million gallons.

The biggest of all dams is that at Assuan, in Egypt, where, after years of failure, a great wall, nearly a mile and a quarter long, was built across the Nile by a British firm at a cost of $10,000,000. The building of this wall created a mighty lake nearly 200 miles in length, containing 10,000,000 million cubic feet of water, which is employed for irrigation purposes, converting into rich soil land that was formerly useless.

In the United Kingdom the best-known dam is that forming Lake Vyrnwy, North Wales, which covers what, up to a few years ago, was a beautiful valley containing several villages and hamlets.

The need for storing water for use in certain big industrial centres of the North of England resulted in the conversion of the peaceful valley into a vast sheet of water, having an area of over a thousand acres and a capacity exceeding 12,000 million gallons.

Considering the enormous pressure imposed upon them, it is astonishing how few dams have failed. One of the worst disasters of the kind occurred near Epinal, France, where a great dam slipped from its foundations and actually overturned, causing great loss of life. The exact cause of the catastrophe was never determined.

Although big dams are being built almost every month, we still know surprisingly little about the factors that govern their safety.

Trees.

"I think that I shall never see,
A poem lovely as a tree.
A tree, whose hungry mouth is prest
Against the earth's sweet flowing breast;
A tree that looks at God all day,
And lifts her leafy arms to pray;
A tree that may in Summer wear
A nest of robins in her hair;
Upon whose bosom snow has lain;
Who intimately lives with rain.
Poems are made by fools like me,
But only God can make a tree."

—Joyce Kilmer.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic diarrhoea, and dysentery, come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to banish them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

How the Spider Brought the Fire.

Lucky was it for all the animals that there are spiders that have egg sacs resembling bowls, for otherwise all the creatures of the forest would have had to go without fire. At least so we are assured in a Cherokee myth. Natural History thus tells the pretty story, in which a spider played the part of Prometheus:

In the beginning there was no fire, and the world was cold. In time, however, the thunders placed fire in a hollow tree on an island. The animals gazed enviously at the smoke that curled upward from the concealed bonfire, knowing that there was warmth there, yet at a loss how to obtain it. So they held a council, and as a result the raven set out on the quest. He reached the island and the tree, but all that he bore back with him as a result of his adventure was scorched and blackened feathers. The little screech owl next made the trial. He reached the tree, but while he was hesitating what to do next a blast of fiery air arose and nearly burned out his eyes, which are red to this day. Other owls tried in their turn, but with no better success. Then the black snake tried, and to-day he bears a covering of sooty scales as a badge of his ineffectual hardihood.

Daunted by the failure of their fellows, the remaining animals managed to find the weightiest of reasons for not venturing to go. Not so the spider however. She wove a little tusti-bowl of her silk and, fastening it to her back, set forth on her adventure. Reaching the island, she crept through the grass to the tree and snatched up a little ember of fire, which she placed in her bowl and returned with it to the expectant animals.

Night Dancers.

Their quick feet pattered on the grass
As light as dewdrops fall.
I saw their shadows on the glass
And heard their voices call.

But when I went out hurrying
To join them, they were gone,
I only found a little ring
Of footprints on the lawn.

—Thomas Kennedy.

Minard's Liniment Relieves Pain.

Departing Glory.

The famous smithy immortalized by Longfellow in his poem, "The Village Blacksmith," is to be destroyed. The "spreading chestnut tree" disappeared some years ago.

At least, St. Mary Cray, Kent, England, whose smithy is to go to make room for the increase of traffic, used to pride itself on being the scene of "The Village Blacksmith." The smithy, before the departure of the chestnut-tree, fitted the description of the poem, and Longfellow visited the Village with Eliza Cook during his second European journey.

But a generation has arisen which probably prefers the parodies of "The Village Blacksmith" to the poem itself, just as it prefers motors to horseflesh, and the old smithy is doomed.

STOMACH TROUBLE DUE TO THIN BLOOD

It Usually Disappears When the Blood is Made Rich and Red.

Thin blood is one of the most common causes of stomach trouble. It affects the digestion very quickly. The glands that furnish the digestive fluids are diminished in their activity, the stomach muscles are weakened and there is a loss of nerve force. In this state of health nothing will more quickly restore the appetite, digestion and normal nutrition than good, rich, red blood.

Dr. Williams' Pink Pills act directly on the blood, making it rich and red, and this enriched blood strengthens weak nerves, stimulates tired muscles and awakens to normal activity the glands that supply the digestive fluids. This is shown by an improved appetite, and soon the effect of these blood enriching pills is evident throughout the whole system. You find that what you eat does not distress you, and that you are vigorous instead of irritable and listless. If your appetite is fickle, if you have any of the distressing pains and symptoms of indigestion, you should at once take Dr. Williams' Pink Pills and profit by the better condition in which they will put your blood.

These pills are sold by all dealers in medicine, or you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

She—"You can kiss me on either cheek."

He—"Well, I shall hesitate a long time between them."

Asthmador Guaranteed to Relieve Asthma.

"I have arranged with all druggists here, as well as in all other towns of Canada, that every sufferer from Asthma, Hay Fever, Bronchial Asthma or difficult breathing in this locality can try my treatment entirely at my risk," Dr. R. Schiffman announces. He says: "Buy a package of my Asthmador, try it, and if it does not afford you immediate relief, or if you do not find it the best remedy you have ever used, take it back to your druggist and he will return your money, cheerfully and without any question whatever. After seeing the grateful relief it has afforded in hundreds of cases which had been considered incurable, and which had been given up in despair, I know what it will do. I am so sure that it will do the same for others that I am not afraid to guarantee it will relieve instantaneously. Druggists, anywhere, handling Asthmador will return your money if you say so. You are to be the sole judge and under this positive guarantee absolutely no risk is run in buying." Persons preferring to try it before buying will be sent a free sample.

Address R. Schiffmann Co., Proprs., 1734 N. Main, Los Angeles, Calif.

Golden Rod's Many Forms.

The average farmer has no good word to say for the golden rod and many persons wrongly blame its pollen for hay fever, but it is undoubtedly the handsomest of our native wild plants. In all there are about 85 species and about 60 of these are quite common in one part of the country or another. Some of them are of the "creeping" kind that have moved along ahead of the plant. These are the most troublesome to the farmer, but fortunately they can be easily controlled. All the various forms of golden rod are showy and pretty and add much to the landscape.

The 1921 agricultural census reported 296,656 pure-bred cattle in Canada, being an increase of 139.43 per cent. since the last ten-year census.

Payment for articles advertised in this column should be made with Dominion Express Money Orders—a safe way of sending money by mail.

HARRY GRANFIELD GIVES TANLAC FULL CREDIT

"My health has undergone such a wonderful improvement that I must say Tanlac is an unusual medicine and tonic," states Harry Granfield, 153 Havety St., Toronto, Ont.

"For two years past I have been troubled with indigestion to such an extent that I felt unfit for anything. My nerves became all undone and my sleep was unsound. My energy had about all left me and I would tire out easily.

"Since taking Tanlac I have a wonderful appetite and my stomach never troubles me any more. My sleep is sound and restful and I get up mornings with renewed energy and really feel like active work for the first time in two years. I am strong for Tanlac."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 Million Bottles Sold.

Tanlac Vegetable Pills, for constipation, are recommended by the manufacturers and distributors of Tanlac.

EASY TRICKS
X-Ray Eyes

The trickster asks a spectator to shuffle a pack of cards and to select a card, holding the cards face down so that neither he nor anyone else can see which card he selects. Without looking at the card, he puts it face down in an envelope which the trickster seals. The trickster holds the envelope at arms length and declares that, with X-Ray eyes, he will look through the envelope and name the card within. He names a card and opens the envelope to disclose the card he named.

The trick is largely in the envelope. This is prepared, really two envelopes being used. One envelope is pushed into the other and the flaps are pasted together. If this is neatly done the envelope will not seem to be prepared. Before the flaps are pasted together, a card is taken from the pack and put in the outer envelope between the second envelope and the front of the first. The selected card goes into the inner envelope. The flap is sealed down and most of the trick is done. The trickster names the card he put in the envelope in the first place and opens the envelope by tearing a hole in the front. While the card is being examined he absentmindedly puts the torn envelope in his pocket. There he exchanges the torn but prepared envelope for one which is torn but not prepared. As all eyes are on the card this will pass unnoticed if done deliberately and as if thoughtlessly.

(Clip this out and paste it, with other of the series, in a scrapbook.)

Opportunity.

Wail not for precious chances passed away—
Weep not for golden ages on the wane.
Each night I burn the records of the day,
At sunrise every soul is born anew.

Laugh like a boy at splendors that have fled,
To vanished joys be blind, and deaf, and dumb,
My judgments seal the dead past with its dead,
But never bind a moment yet to come!

—Malone.

Shark flesh has always been considered a delicacy among the people of Japan and the Far East.

Genuine BAYER

ASPIRIN

Say "Bayer"- Insist!

For Pain Headache
Neuralgia Rheumatism
Lumbago Colds

Safe — Accept only a Bayer package which contains proven directions

Handy "Bayer" boxes of 12 tablets
Also bottles of 24 and 100—Druggists

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid

ASTHMA!

Take half a teaspoon of Minard's in syrup.
Also splendid for internal pains.

MINARD'S "KING OF PAIN" LINIMENT

One With a Song.

He sings; and his song is heard,
Pure as a joyous prayer,
Because he sings of the simple things,
The fields and the open air,
The orchard bough and the mocking-bird,
And the blossoms everywhere.

He sings of a wealth we hold
In common ownership—
The wildwood nook and the laugh of the brook,
And the dewdrop's drip and drip,
The love of the lily's heart of gold,
And the kiss of the rose's lip.

The universal heart
Leans listening to his lay,
That glints and gleams with the glimmering dreams
Of children at their play—
A lay as rich with unconscious art,
As the first song-bird's of May.

Steadfastly, bravely glad,
Above all earthly stress,
He lifts his line to heights divine,
And singing, ever says—
This is a better world than bad—
God's love is limitless.

—Jas. Whitcomb Riley.

Minard's Liniment for Rheumatism.

The number of pure-bred swine in Canada in 1921 totalled 81,143, a gain of 43.7 per cent. over 1911.

Would you be consoled for your troubles? Then go and console some one else for his.

MURINE FOR YOUR EYES
Refreshes Tired Eyes
Write Murine Co., Chicago, for Eye Care Book

ECZEMA IN RASH ON HANDS

Itched and Burned. Cuticura Healed.

"Eczema broke out on my hands in a rash of red pimples. It itched and burned causing me to scratch. I could not put my hands in water, and I could not do my work very well. The trouble lasted about two months. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. After using it I got relief so purchased more, which completely healed me." (Signed) Miss Sarah Shulman, 255 Manning Ave., Toronto, Ontario.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health. The Soap to cleanse, the Ointment to heal and the Talcum to powder.

Sample Each Free by Mail. Address Canadian Depot: "Cuticura, P. O. Box 2616, Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c. Try our new Shaving Stick.

MRS. DAVIS NERVOUS WRECK

Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine bouncing baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. Emily Davis, 721 McGee Street, Winnipeg, Man.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ont. This book contains valuable information. C