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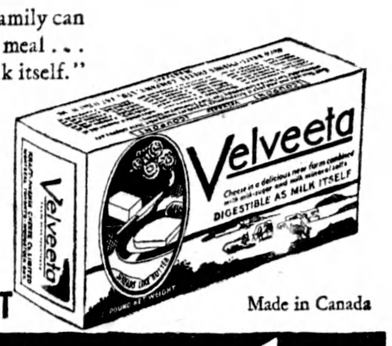

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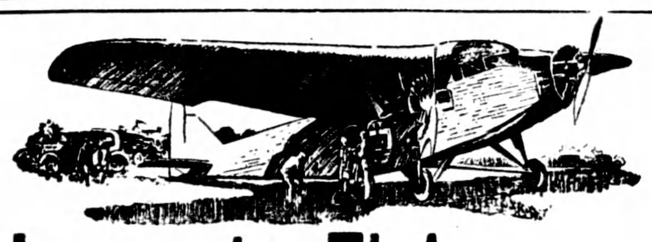

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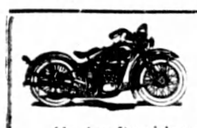
Britain Plans 5-Day Plane Service to India

London—A cut of two days from the present seven-day air journey between England and India is being planned as the result of agreements recently concluded by Britian, Italy and Greece. The newly opened central African air mail service will also be speeded up if the agreements are ratified.

It is hoped that beginning May 16 the present route across central Europe will be discontinued and passengers and mail will travel via Switzerland, Italy and Greece to Egypt, on three-engineed Armstrong Siddeley air liners carrying the combined Indian and African air mail.

At Basle, Switzerland, passengers and mail will be transferred to a new night train to Genoa where the trip will be continued by a four-engineed Short flying boat to Alexandria via Naples, Corfu and Athens. This leg of the journey will be completed two days, seven hours, after leaving London.



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To have a giant's strength; but it is tyrannous.
To use it like a giant.
—Shakespeare.

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NEW PROCESS

Alabastine

Health Protection In Old Quebec

By Hon. Athanese David
Provincial Secretary and Registrar, Province Quebec

(Condensed from the Montreal Gazette)

Some forty-three years ago the Provincial Bureau of Health was humbly started when the Prime Minister of the Province of Quebec placed the sum of $5,000 a year at the disposal of Dr. Persillier Lachapelle, so that he might do something to promote better knowledge of the elements of hygiene among our population.

Along with the cash, vent a recommendation. The good doctor was urged to make no noise about it and not to frighten people with too much publicity. This was a wise admonition. How often it has been—and still is—said: "Our forefathers did not take so much care, and yet they lived to old age." How often did those who carried on the work meet with what I have called, and still call, remains of paganism such as makes parents and others say at the death of a child: "One more little angel." All these and many other objections had to be appeased before the real work could be done.

Much real work, however, has been done. Public opinion has been awakened, which, realizing the importance of preventive measures in protecting lives and health, does not object to seeing large amounts devoted to these purposes. Year after year that original $5,000 was increased until by 1920 it had grown to $119,694, which was then considered to be quite a large amount for public health. Since 1920 more determined efforts to increase public health activities have been made in the Province. The former Board was replaced by a Department, and striking contrast is afforded in comparing the 1920 and 1930 budgets. For during the latter year, the amount devoted to public health work was $621,859. During these years of increasing public interest in public health, a tremendous campaign of education was first undertaken, directed principally against our two greatest scourges, tuberculosis and infantil mortality. Then actual institutions were opened to deal with these two problems. In 1923 but two Quebec cities had such organizations. That year monies were voted for the purpose and within three years, twenty-one clinics and dispensaries were at work.

In 1926 a departure was made in the Domain of public health with the creation throughout the Province of health centres. After the war, the Rockefeller Foundation in France created in Seine-Oise such a unit with great success. Having observed on the spot the work accomplished, I thought the experiment well worth being tried in this Province. A law was passed to promote the creation in the rural areas of these centres, with the result that the work has progressed with tremendous strides, and this is no exaggeration if anyone will compare the results with those in any other country. Inside four years twenty-nine rural counties consented to tax themselves at the rate of two, three or four cents per hundred dollars to collaborate with the Government in the establishment of these centres. This goodwill on the part of our people has had immediate results in the establishment of twenty-threee centres covering the twenty-nine counties.

These 23 units at present protect 767,062 county-dwellers — or 47 per cent. of that entire portion of our population eligible for organization under the Rural Sanitary Unit plan. Demands and requests before us lead us to believe that within the next five years every rural part of the Province will be completely organized. One fact in this connection will, I believe, interest the public. It is that the great majority of the heads of the County Councils, which are composed of agriculturists, not only accepted the principle of imposing upon themselves special taxation for the creation of these units, but went further, giving therein a splendid example of citizenship, by increasing when needed the rate of their taxation, and this has been done without, to our knowledge, any complaint being made in any part of the Province where the system exists. These organizations cost for the fiscal year of 1929-30 the sum of $246,951.07, and the results have been such that hygienists have come from Europe, from the United States and from all over Canada to inspect these units, and we should, I think, be proud in saying it. The most recent visitor was the Director of Public Health of Greece.

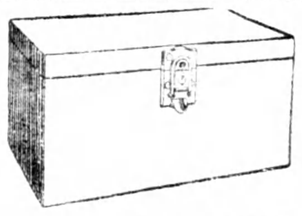
What have been the results, may be asked? Just a few figures will show them. In the County of Beauce in 1926 infantile mortality was 121.5; in 1929 it was 87.7. Mortality through contagious diseases in 1925 was 84.4 in 1929 it was 55.3. In Temiscouata in 1926 infantile mortality was 134.2; in 1929 it was 98.7. Mortality through contagious diseases in 1926 was 124.5, in 1929 it was 21.6. In Nicolet in 1926 infantile mortality was 167.6, in 1929 it was 177.2. Mortality through contagious diseases in 1926 was 59.0, in 1929 it was 19.8. One more point, while I am on the subject, is the gratitous distribution through these cenres of serums and vaccine. For instances through our campaign for the immunization of childhood against diphtheria by means of anti-toxine our health centres immunized from the 1st of June, 1930, to the 1st of October last, 36,000 children, and this campaign will continue during 1931 with even greater intensity.

Something quite new, I believe in Canada was instituted in the Province of Quebec in 1928. There has been functioning in France a system known as "l'Oeuvre Grancher," which consists in placing with healthy families in the country children menaced by contact with tuberculosis when living in infected surroundings. Experience shows that if children remain in contact with tubercular-affected persons, 60 per cent. of them will become patients, and 40 per cent. of this 60 per cent. will die of the scourge. On the other hand, the proportion of victims of tuberculosis among children taken away from their unhealthful surroundings is one per cent. It is, therefore, logical to believe that the greater the number of these children taken away, with the consent of parents, from surroundings that are a danger to them, the sooner will be checked the spread of the worst disease that to-day affects the Province of Quebec. There are two purposes achieved by this work. First, we combat tuberculosis in its own entrenchments, secondly, children taken away from the city and kept on the farm realizing what they have received from country life, will remain attached to the soil. Already one hundred of such children are located with healthy and devoted rural families.

These facts will, I believe, convince the population of the Province of Quebec that the Government has acknowledged as a political truth, as well as an economic truth, the words of Disraeli—often repeated, yet never too often—that "The first care of public health." We shall, therefore, continue the work, and deserve from those whom we represent the acknowledgement that we are trying to do our duty. But let the people of Quebec, each and every one, understand that no work of this kind, and of its magnitude, can attain its goal without the sincere and intelligent collaboration of all citizens.

GEORGE F. LEWIS

Deputy Fire Marshal of Ontario, Canadian Director of the National Fire Protection Association and Chairman of the Fire Marshal's Section, headed the Toronto committee who were hosts to the members and delegates to the Associatin's 35th annual convention held at the Royal York Hotel, Toronto, May 11-14.



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Graf Zeppelin Flight Schedule For this Year is Announced

Friedrichshafen.—With its Egyptian cruise as a start, the Graf Zeppelin will make flights to South America, Norway and Spain, the Zeppelin Corporation has announced.

Short "round tours" during stopovers in various countries will be available primarily for passengers not making regular cruises.

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RED ROSE TEA

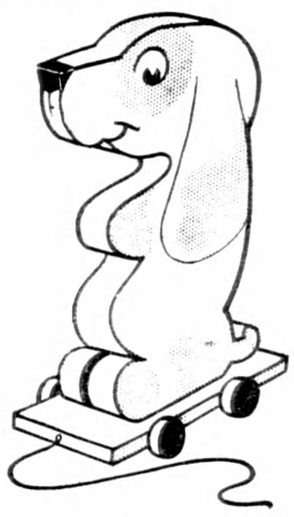
"is GOOD tea" 233

2 CHOICE BLENDS—Red Label & Orange Pekoe

MOURNING WARDROBE

"A death occurred in our family and I had to go in mourning. I could hardly afford to buy all black clothes, so decided to dye what I had. I consulted our druggist and he advised using Diamond Dyes. Everything came out beautifully; coats, wool dresses, stockings and all. I have since learned to appreciate the excellence of the black Diamond Dyes. I tried another black dye and the results were impossible. I had to get Diamond Dyes and do the work over. Recently I have tinted my curtains a beautiful raspberry shade and dyed a rug a lovely garnet with Diamond Dyes. They are real money savers—the finest dyes money can buy—I truly believe."

Mrs. G.K.L., Montreal.



WHEN CHILDREN FRET THERE are times when a child is too fretful or feverish to be sung to sleep. There are some pains a mother cannot pat away. But there's quick comfort in Castoria.

For diarrhea, and other infantile ills, give this pure vegetable preparation. Whenever coated tongues tell of constipation; whenever there's any sign of sluggishness. Castoria has a good taste children love to take it. Buy the genuine—with Chas. H. Fletcher's signature on wrapper.

Fletcher's CASTORIA

HAD TO GO TO SEA AGAIN

Rheumatism or No Rheumatism

BUT KRUSCHEN KEPT HIM FREE FROM PAIN

This skipper of a steam trawler was "up against it." He had Rheumatism, and his doctor said he must not go to sea. But times were hard, and he was forced to go afloat again. That was two years ago. Now see what he says :—

"I go to sea and two years ago I was laid up for six months with very much suffering from rheumatism and general breakdown, and was forbidden by my doctor to go to sea, or to touch water. But it was 'Hobson's Choice' with me. There was so much unemployment I was forced to get somewhere. So I am still here weathering the storms of the last two winters, and I can honestly say I have never felt the slightest pain from my old complaints, since I started two years ago to take Kruschen Salts. I wish Kruschen every success, and you may make whatever use you think fit of this letter."—Skipper J. J.

It is common knowledge that rheumatism is associated with an excess of uric acid in the system. Uric acid is composed of needle-like crystals, and the pain of rheumatism is caused by those "needles" settling down in the joints, muscles and tendons.

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Start on Kruschen to-morrow. Keep up "the little daily dose" and you'll soon joyfully agree with thousands of others that rheumatism meets its master in Kruschen.

Kruschen Salts is obtainable at all Drug Stores at 45c. and 75c. per bottle.

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"I think Lydia E. Pinkham's Vegetable Compound is wonderful! I have had six children of which four are living and my youngest is a bonnie baby boy now eight months old who weighs 23 pounds. I have taken your medicine before each of them was born and have certainly received great benefit from it. I urge my friends to take it as I am sure they will receive the same help I did."
—Mrs. Milton McMullen, Vimessa, Ontario

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