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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.

Is there any connection between sleeping sickness and influenza?

An interesting investigation is being carried on at present by the United States Public Health Service, to try and establish this point. The investigation was prompted by the fact that a large percentage of the recent cases of sleeping sickness followed influenza.

The type of sleeping sickness that we read so much about on this continent appears to have a different causative agent from that of the sleeping sickness of the tropics. In Uganda, Central Africa, for instance, there are large tracts of country now practically deserted where once there was a teeming population, the ravages being caused by an organism in the blood due to a bite from the tsetse fly, which conveys the disease from the sick to the healthy. No other biting flies, as far as is known, convey this disease, and the tsetse not being found at any rate in the temperate regions of this continent, cannot be held responsible for the disease, which is comparatively prevalent here. This is why some confusion results from the use of the term sleeping sickness, in both cases, due no doubt to the similarity of the symptoms.

Officials of the Public Health Service admit that there is little known so far concerning this sleeping sickness or encephalitis lethargica, as the disease is called in medical circles, but officials are of the opinion that reports concerning its prevalence have been magnified. Surgeon General Cumming in this regard points out that the disease is rather easy to confuse with some other diseases. In an investigation made during the 1918-1919 epidemic, twenty-two per cent. of the supposed cases had to be excluded as being really cerebro-spinal meningitis, brain abscess, acute alcoholism and other diseases.

The disease appears to be only rarely communicable. Not a single secondary case is known to have occurred in the immediate families of the patients reported in 1918-1919, although some nine hundred persons were exposed. The fatality is rather high. Of the one hundred and fifty-nine cases studied, there were fortysix deaths. It is interesting to note that the peak of the outbreak of 1918-1919 was reached in New York City in January, in Virginia in February, and in Louisiana, Texas and Illinois in March. Whether this progress was related to the season of the year or was merely a result of the spread of the disease, is not known. The disease is slow in developing and long in duration. The period of convalescence is variable; in some cases recovery is completed within two weeks after the subsidence of the acute symptoms, but in others it is prolonged and leaves its record on the mind, on certain muscles and on the nerves of the cranium.

There has been much study given to this subject in recent months but so far nothing has been found out as to the relationship between influenza and sleeping sickness. The most recent investigation which is now under way will, it is hoped, shed some light on this very important problem.

Sick Wheat in Hospital.

The other day I was asked to pass an opinion on a sack of English wheat, writes a grain doctor in London "Evening News." When I said it ought to be in "hospital," the farmer was shocked. To tell the truth, his wheat was "tropical."

Although England buys millions of bushels of Canadian wheat every year, scarcely one per cent of diseased grain succeeds in passing the vigilant eye of the Canadian shipper. And this in spite of numerous wheat maladies. There is wheat which makes you sneeze, "rusty" wheat, smutty and shriveling wheat, and wheat that suffers from dropsy.

The first four ailments are more or less due to a fungoid growth. The fifth comes through the grain being soaked by rain during harvesting.

Immediately these maladies are detected the grain is removed to a wheat hospital, where experts examine, probe, and treat the grain to render it sound.

The "Dropsy" Treatment.

Wheat affected by "smut" is graded into three qualities. The cleanest is simply scoured and brushed. The inferior variety is washed and subsequently dried and cleaned, after which it is as good as ever.

Grain thickly covered with dirt but perfectly sound in kernel is thrown into machines which scour, brush, and polish it between pieces of rapidly revolving metal.

Wheat suffering from "dropsy" is also graded into three qualities—namely, "tough" wheat, containing an excess of 4½ per cent. moisture and dirt, "damp" wheat, with a 7½ per cent. excess moisture, and "wet" wheat, having upwards of 12 per cent. moisture above the normal.

In treating wheat for dropsy the grain is first washed. Passed to the drying department, it is loaded into drying bins or boxes consisting of screens clothed on each side with wire cloth.

The grain is placed between these sheets and hot air is forced through.

Within three hours the grain is free of excess moisture. Currents of cold air then play on the grain to cool, shrink, and harden it, after which it leaves the hospital "cured."

Solving the Farmer's Troubles.

Not only does the Canadian farmer derive assistance from the wheat hospital, which helps him to cut his losses, but he may often obtain scientific tests of the quality of his crops.

The small acreage usually given to wheatgrowing in England enables the farmer to study his own conditions to a large extent. But in the great Northwest wheat belts it is all hands on deck during the harvest. The wheat hospital helps to solve your crop troubles.

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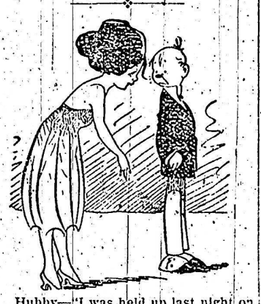

Hubby—"I was held up last night on the way home."

Wifey—"No wonder—after drinking all that bootleg stuff."

A Lawbreaker's Mixture.

To laugh at the miscarriage of an honest scheme is certainly uncharitable, but no one objects to laughter at the expense of a lawbreaker. Hence this story that the Literary Digest tells of a wealthy bootlegger may properly amuse us:

A certain man who had much money with which to gratify his whims decided that his cellar was undersupplied. He inquired and found that a friend stood ready to help him with a brand-new tank truck labeled "Standard Oil." The tank was carefully cleaned and filled with whiskey at about twenty-five dollars a gallon.

The truck was safe out of the city, was loaded and at last arrived at its destination. The driver had been uninstructed, and the garage chief of the wealthy man was equally innocent. The truck drove to the rich man's garage and there ran the costly contents of the tank into the big gasoline tank, mixing the whiskey with enough gasoline to make a mixture unfit either for drinking or for runing an engine. And what could the rich man do? Nothing. So he did it.

No man can learn to enjoy life until he first learn to enjoy his work.

With The Boy Scouts

Cyclists, Alert!

Has your Scoutmaster posted up the list of prizes to be given for competition amongst the Cyclist Scouts in your troop? There are first, second and third prizes for each troop donated by the Canada Cycle and Motor Co., Ltd., of Weston, Ont. Your Court of Honor and your Scoutmaster will be the judges, and general proficiency in Scouting as well as special proficiency in Cyclist work counts. Ask your S. M. for particulars now.

Brantford Makes Grant to Scouts.

Without a dissenting voice the Brantford City Council passed a grant of $300.00 to the Boy Scouts Council for Brant County in order to assist it in carrying on its excellent work. More than 1200 boys in Brantford are connected with the Scout Movement.

Gilwell Camps, 1923.

There will be two Scout leaders' training camps conducted in accordance with the Gilwell plan in Ontario this summer. They will be as follows:

No. 1—Near Ottawa commencing on Tuesday, June 12th, and continuing until Thursday, June 21st. Assistant Chief Commissioner John A. Stiles, assisted by Assistant Provincial Commissioner Frank C. Irwin, will be in charge of this camp.

No. 2—At Luck's Grove, on Grand River, between Brantford and Paris, commencing on Wednesday, July 4th and continuing until Friday, July 13th. Assistant Provincial Commissioner Frank C. Irwin, assisted by Scoutmaster S. A. Macdonell, 1st Stratford Troop, in charge.

Attendance at both these camps will be free to all adult applicants approved by the Acting Dominion Camp Chief. In addition, the Canadian General Council will refund to each man selected to attend the camps the amount of his full railway fare between his home town and Ottawa or Brantford as the case may be. The attendance at both camps will be limited probably to twenty-four men each.

In selecting from amongst the applicants those who are to attend the courses preference will be given to Scout leaders who will be in the best position to pass on to other men in their own districts some of the training they will receive in the camps.

Full particulars regarding the Training Camps are contained in a special pamphlet obtainable from Provincial Headquarters upon application. To all sending for it will also be sent copies of the application for the allotment of places in the camps.

Because it is expected that the July course will be crowded in any case, it is hoped that all who can possibly arrange to attend the June camp near Ottawa will mark it on their application form as their preference.

Arrangements may be made later on to permit another Training Camp which will be held in Manitoba.

Scout leaders who are at all interested in this movement should write now for the special pamphlet and application form. These forms will present the only opportunities afforded to Ontario leaders to secure the Gilwell Training during 1923.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. They are the ideal home remedy for the baby; being guaranteed to be absolutely free from opiates or other harmful drugs. They are a gentle but thorough laxative and have been proved of the greatest aid in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them Mrs. Ernest Gagne, Beauscejour, Que., writes: "I have used Baby's Own Tablets for constipation and colic and have found them so successful that I would not be without them. I would strongly recommend every mother to keep a box in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The House of the Trees.

Ope your doors and take me in,
Spirit of the wood,
Wash me clean of dust and tin,
Clothe me in your mood.

Take me from the noisy light
To the sunless place,
Where at mid-day standeth Night
Singing Toil's release.

All your dusky twilight stores
To my senses give;
Take me in and lock the doors,
Show me how to live.

Lift your leafy roof to me,
Part your yielding walls;
Let me wander lingeringly
Through your scented halls.

Ope your doors and take me in,
Spirit of the wood;
Take me—make me next of kin
To your leafy brood.

—Ethelwynn Wetherald.

Minard's Liniment for Coughs & Colds

Another Kind.

The teacher had been reading to the class about forests.

"And now, boys," she asked, "which one of you can tell me the pine that has the longest and sharpest needles?"

Up went a hand in the front row.

"Well, Tommy?"

"The porcupine."

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Toronto's Largest Radio Store.

104 King St. W. - Toronto, Ont.

PAIN AFTER EATING

Proof That the Stomach is Weak and Needs Toning Up.

Generally speaking, a person in good health can digest most foods. If not, and there is pain after eating, the stomach has lost tone and is too weak to do its work. In that case your stomach needs strengthening and the way to do this is to build up your blood with Dr. Williams' Pink Pills.

There cannot be good digestion without a sufficient supply of good red blood, and there is nothing better than Dr. Williams' Pink Pills to renew and enrich the blood. That is why they have proved so successful in thousands of cases of indigestion. Mr. D. J. Shaw, Selkirk Road, P.E.I., has proved the value of Dr. Williams' Pink Pills in a severe case of indigestion and relates his experience for the benefit of other sufferers. He says:—"I suffered from indigestion for a number of years. My case was so bad that words fail to describe it. My appetite was gone, constipation was present, and my nerves were all on edge. I could not sleep well at night, and the world was a dark spot to me. I tried a number of remedies, but without any benefit. Then Dr. Williams' Pink Pills were recommended, but without much faith, after so many failures, I decided to try them. After taking three boxes I noticed a change for the better. Then I got three boxes more, and found I had a genuine remedy. I continued the treatment, took moderate exercise, could take good plain food without suffering as formerly, and proved that these pills make good blood, and that this good blood will restore the stomach and nerves. Anyone suffering from stomach or nerve troubles will make no mistake in giving Dr. Williams' Pink Pills a fair trial."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Be Merciful to the Horse.

Are the beasts of burden that strive and groan
And writhe and crouch 'neath the pitiless rod—
Are they never allowed to make their moan
And lay their wrongs at the feet of God?

All day I've watched from my window nigh
The infamous street where the horse-whips hiss,
And I ask myself, will the day o'er come
When man shall answer for all of this?

For I saw a horse with starting eyes,
With straining nerves and a throbbing flank;
I saw him strive till his strength gave out,
And he on the murderous pavement sank.

I heard a curse from a lower beast,
I heard his whiplash crack like shot;
I watched and heard till my heart was sore,
And all the blood in my veins was hot.

Thou wretch with the whip, remember this,
Remember, thou knight of the curse and rod;
The voiceless cry of a stricken beast
Is heard by the pitying ears of God.

K. K. Kernighan.

The Afternoon Tea Rite.

Mr. Gordon Selfridge, the Chicago merchant who invaded and conquered London, is revisiting the United States, and touches on some piquant contrasts between his native and adopted countries. He has the advantage of a double standard of comparison, of seeing the British through American eyes. To an interviewer he lays amusing emphasis on an English social rite, afternoon tea, which is the subject of mild derision on the part of visitors to the tight little island—until they succumb to it. Mr. Selfridge thinks that if Americans would similarly relax in the middle of the afternoon's work they would gain a poise and calm they really need and lose none of their famous "pep." When he opened his departmental store on Oxford Street thirteen years ago it was the custom of his salespeople to snatch tea as best they could. Instead of discouraging it he accepted it as a national institution, and gave a tea interval to each of his 3,000 employees, and "since everybody else in the country does it, no time of business was lost." He is quoted further:

"Tea is brought around at matinees and movies, on railway trains and boats. Lords and commoners pause for it in parliament. You cannot enter any office, editorial den, public library, factory or shop in Great Britain between four or five without stumbling over cups and tea things."

Mr. Selfridge confessed that, personally, he did not like tea, but he likes what it stands for—a friendly getting together, a relaxing pause in the day's work, a slowing down of the American's relentless push, not to a point of becoming less active, but more balanced. The American has a breakdown at 50, he added, but the Englishman was swinging a wicked golf club at 65.

Afternoon tea has become a social function on this side of the Atlantic, but it has not seriously penetrated the market place. After all, it is not the tea hour that gives the Briton poise and calm. It is merely one expression of his unhurried habits and ways of living and of looking at life. Before work slows down in offices, factories and shops on this continent, in the presence of the tea-cups, there will have to be a radical change in the mental as well as the physical habits of the business community.

Minard's Liniment for sale everywhere

Good Neighbors.

"Have you good neighbors?"

"Very. The ones on our left mind their own business and the ones on our right have the loveliest recipes for salad dressings."

EASY TRICKS

No. 28

The Endless Thread

This is a practical joke to play on that meaning person who is never happy when anyone in his presence has a bit of lint on his coat. It is superior to most practical jokes because it is harmless and cannot give offense.

Thread a needle with one end of a spool of white thread. Put the spool in an inside coat pocket and run the needle from the inside of the coat between the lapel and the shoulder. Remove the needle, leaving an inch or two of the thread showing.

Sonio friend will see what he thinks is a bit of lint on your shoulder and will try to remove it. If he does not think that it is funny when he discovers that he has one end of a vast amount of thread he has a sense of humor entirely too high for you to try to reach.

(Clip this out and paste it, with others of the series, in a scrap book.)

Forest Fire Fighting in Sweden.

In Sweden every man knows how disastrous forest fires are to his country, and by reason of his great love for his homeland, it is not necessary to compel any man by law to fight a fire. Whenever there is a report of a fire, forthwith every farmer in the neighborhood leaves his work and offers his services to fight the plague, and if the local ranger finds that he is not able to put out the fire with the men at his disposal, he immediately sends a telegram to the Governor of the Province (Lan) asking him to send additional help, and as soon as possible thereafter a regiment of soldiers, or more, is sent by special train to extinguish the fire. I am of the opinion that the reason why the Swedes are so successful in their war on forest fires is that everyone has a veneration for the forest; they know their forest resources are of supreme importance and that almost half the exports from Sweden consist of forest products.—G. C. Piche, Chief of the Quebec Forest Service.

MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

I don't know which is worse—to inherit money, to make money, to have money and not want it, or to want money and not have it.—Lady Astor.

Minard's Liniment used by Physicians.

"The best way to keep milk from turning sour is to leave it in the sow," is the wise suggestion of a modern schoolboy.

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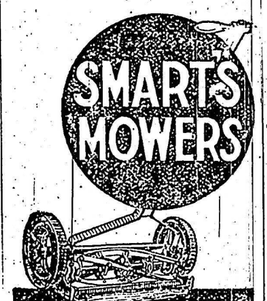

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ISSUE No. 21—'23.

NOT SICK ONCE IN FOUR YEARS NOW

Mrs. Smith Declares Health Has Been Perfect Since Tanlac Ended Stomach Trouble.

"For ten years hardly a day passed that I didn't suffer from stomach trouble, but I took Tanlac four years ago and haven't had a sick day since," is the remarkable statement made recently by Mrs. Thamar Smith, 85 McGee St., Toronto, Ont.

"The little I managed to eat simply tortured me with pains in the pit of my stomach, and gas pressed around my heart causing it to skip beats until I thought it would stop altogether. I was as nervous as a witch, and lost so much sleep that I was dark and swollen under my eyes. I was so weak and run down I could hardly walk a block or do my housework, and was almost in despair.

"Tanlac certainly was a godsend in restoring me to such perfect health, and I think it's the greatest medicine ever made. Nearly everybody else on McGee Street seems to have used the treatment, and are praising it too."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

My Legacy.

The little tree I planted out
And often muse upon
May be alive to grow and thrive
And out into the sunlight strive,
When I am dead and gone.

So it shall be my legacy
To toilers in the sun,
So sweet its shade, each man and maid
May be induced to take a spade
And plant another one.

—Ethelwynn Wetherald

Minard's Liniment for Corns and Warts

The love and care of fathers and mothers, set in that most precious surrounding, a home, are the beginnings of true education.—Sir Michael Sadler.

For Fascinating Eyes make the use of Murine a daily habit. This refreshing eye lotion soon makes eyes clear, radiant, beautiful. Harmless. Enjoyable. Sold by all druggists.

MURINE FOR YOUR EYES

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Keep Kendall's always in the barn. A trained muscle, a spring tendon, a jolt or a knock demands immediate attention. A few hours' delay will result in a long lameness—perhaps in the loss of the horse. Kendall's Spavin Treatment has saved more horseflesh than all the other known remedies. Under the name of Kendall's Spavin Cure, it is the only year-old standby of horsemen, farmers and veterinarians.

Get a bottle of Kendall's today. Ask also, for the Free Book or write for it to

DR. B. J. KENDALL COMPANY, ENOSBURG FALLS, Vt., U.S.A.

Cuticura Beautifies Skin Hair and Hands

Make Cuticura Soap, Ointment and Talcum your every-day toilet preparations and watch your skin, hair and hands improve. The Soap to cleanse and purify, the Ointment to soothe and heal and the Talcum to powder and perfume.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

MRS. BUDGE SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health

River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good relief from it, too, as the last time I had a chill was last May and I have not had any since. I am also glad of the use of it nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. Budge, River Desert, Quebec.

If you are suffering from the troubles of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book on "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.