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.

"What is a Christian Nation?" asked a stranger, and it answers this: "A Christian Nation is one that underpaid girl employes and home. A bit far-fetched perhaps, but still with a grain of truth in it because, there were no under-paid employees, or boy employees there might not be so many hands for hail the number of rescue homes there are at present. I thought that we are spending much time and welfare work at the end of the problem, always have to say and every time I hear collect funds for some charitable or philanthropic purpose, that I am minimizing the necessary praiseworthiness of any object seems to and succeeds in relieving hardships of distress. It is with regard to the way in which the problem that I have any to offer."

People will at once say "Orphans to be cared for." True, but if preventive measures were adopted there would not be so many orphans. And here is where I believe the solution of the distressing problem of to-day often lies. That's the thing. "Prevention is better than cure" says an adage, and it is very true.

Think over the situation and see the possibilities of the problem from the preventive aspect. A mother may die at birth for child through lack of nursing attention. She have endangered her life weeks before was born by failing to recognize the seriousness of symptoms—what to her seemed trifling ailments in reality grave warnings of trouble ahead. The majority in this province is high and safe to say many many lives of mothers could be saved if preventive measures were taken in time.

Then the father may lose his life through an avoidable accident while at work, and many avoidable accidents take place in every line of industry. Statistics show that. But whatever the cause the result is the same—the parents come to an untimely end, and orphans have to be cared for. And so we must have drives and raise thousands upon top of thousands of dollars to care for orphans, and not only orphans but wrecks of humanity who through lack of preventive medicine, hygienic measures or whatever one may be pleased to call it, become burdens on society and are nothing more than human derelicts when they might have been strong, active, self-supporting men and women.

Or in a more general way take an epidemic such as the recent typhoid outbreak at Cochrane. Through lack of knowledge of what serious results might follow or through an unwillingness to spend money on a filtration plant to purify the water supply, the citizens of that northern town took a chance and a terrible record of suffering and death resulted with a gigantic outlay of money to try and cope with the ravages of the disease. Had a filtration plant been installed and the water purified, the epidemic might never have occurred at all.

Some day we will realize the waste and foolishness of neglecting to spend a comparatively small amount of money on the prevention of disease. Humanity is kind, and no worthy object fails to get public support, but through education we will learn the value of nipping trouble in the bud at a small expense rather than delving deep into our pockets to repair the damage after it is done.

The Origin of Marine Terms.

Many sea terms is unknown to people. For instance, admiral. Many of us English word is "Emir of Bagh," lord of the Sea."

comes direct from the head; while "mate" from the Icelandic "matl," companion, or equal.

boxswain was the man in charge of the cap called known as a cock boat" is a corruption of a small round boat used for is from the Italian commandatore," or commander. was originally the which has the same in.

hear "Davy Jones" men but there never was such The nautical term was "Duffy." Duffy is the West Indian for spirit or ghost.

comes from "dodge This "dodge" is to enable the to avoid being on duty every day same hours.

the old days ago rope was from Latin word, the Latin name is "junkus," and so we have nautical term "junk" for a rope. Sailors carry the word a bit far- and call their meat "junk."

words starboard and larboard for in an interesting manner. Larboard has nothing whatever to do the sides. but is really steo- Anglo Saxon for steer side. the galleys were in use they steered by an oar fixed to the hand side of the stern, and the position was held by the man in his right hand. Larboard is probably a corruption of board or side, as it used to be port interior to starboard.

average adult's head measures two inches in circumference.

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Fortunes Made Twice Daily!

One of the little-known wonders of the world is the Morro Velho gold mine, in Brazil.

Almost every day for nearly a hundred years this wonderful mine has yielded a fortune in gold and its allied products, while more wonderful still is the fact that instead of giving out, the lode shows signs of becoming, if anything, richer than ever!

The mine was first exploited systematically a few years before Queen Victoria's coronation. Prior to this it was worked for nearly a century by the Brazilians themselves, while there is evidence that it was known to an even older generation.

It was not until about thirty years ago, however, that up-to-date machinery was installed, since which time the mine has owed much of its prosperity and fame to the skill of an English mining engineer, who in a short time made Morro Velho one of the most completely equipped mines in the world.

Thirty years ago the descent into the mine which is now nearing the two mile mark in depth, was made by means of ladders and occupied nearly forty minutes. To-day electric lifts take one down in a little more than two minutes.

A wonderful system of air locks is installed at the various levels, the pressure at some of which is so great that a complete change of clothing becomes necessary, ordinary garments being exchanged for thick woollen jackets and trousers.

Blasting operations take place twice a day, and to be in the mine at the time of one of these occurrences is to undergo an experience which is not easily forgotten.

Imagine yourself standing in an electrically lighted chamber a mile below the surface of the earth. Far beneath your feet, and perhaps half a mile wide of where you are standing, the miners are laying the dynamite charges, in readiness for getting out the ore.

Suddenly a sharp tap, like the sound of a hammer meeting wood, comes to the ear, and, following it, a mighty rush of wind that, unless you are prepared for it, sweeps you off your feet.

A minute later comes a low, rumbling noise that increases in volume until it roars like thunder, while the whole mine trembles as if shaken in the fury of a great storm.

You are then at liberty to descend to where the miners are sending the ore to the surface to be crushed and subjected to the various processes of obtaining the ounce of gold which is yielded by every ton of ore. The processes include cyaniding and purification by what is known as "roasting."

Every blasting operation means that five hundred pounds' worth of gold has been wrested from Mother Earth, the value of the daily output being, roughly, a thousand pounds. In addition there are various valuable by-products—among them silver, palladium, and arsenic.

Fifty-one per cent. of farm fires are caused by lightning.

Keep Minard's Liniment in the house.

Remember that the horse is the most nervous of all animals, and that little things annoy and irritate him. Remember that he will be contented or miserable according as you treat him.

"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

With The Boy Scouts

A Story of Scouting.

(Continued from last week)

In a busy Toronto office, reading mail, answering questions, advising worried parents, filling applications or writing letters of counsel, encouragement, and congratulation, the staff of the Provincial Headquarters of the Boy Scouts Association, works early and late to give the boys, their parents and the communities the best that the movement affords. Every day they enter the names of boys anxious to join, and send them the literature that tells them how to become Tenderfoot, Second Class, and First Class Scouts.

For it is a very carefully worked out system, psychologically and pedagogically, this Boy Scout movement. That is why it has succeeded and grown where other boys' movements have had only a passing vogue. It grows with the boys' growth. At twelve years old he may join. He learns the history of the Union Jack, commits to memory the Promise and the Scout Law, and learns the Scout knots—a harder task for a lad than seems at first sight. He is admittted as a Tenderfoot.

Growing a little older, he wants to attain a higher rank. His memory is more trained and he can take in the difficult signalling alphabets, and "wig-wag" messages of the Scouts. Then he wants to camp. And must learn to shift for himself. So at first perhaps he crisps the bacon and burns the coffee and spills the eggs; but in time he even makes the difficult "flapjacks." The Indians and Pioneer Scouts, he learns, could read tracks and "signs" invisible to untrained eyes, and he studies them out, learning valuable things through fascinating games. He discovers how to tell the north, how to keep dry and warm in the rain and at night, how to use an axe and knife correctly and without accident to himself or others. "First Aid" is more like play, but if an accident comes, he will "be prepared." Then there's the Dollar in the Bank, his own earnings—the first lesson in thrift—as many an aching back and blistered hand can testify. But he passes this examination with credit and then finds he has not yet reached the highest goal.

First Class Scouts are more expert in all these lines. They draw maps, swim, learn to judge distance, size, weight and numbers. The trees, birds and stars are yielding their secrets, and the doctors tell them they can bandage a compound fracture as well as they once could a hurt finger.

Even a First Class Scout has no temptation to rest on his laurels, for before him stretches the alluring line of "Proficiency Badges." Electricity, Bee Farming, Swimming, Handicraft, Art, Cooking—there are sixty-four, and every talent or hobby has a place. A Scout with two or three of the little emblems of his sleeve is fired with ambition to add to them, slowly but steadily, until with the eighteenth he earns a special decoraich and is a "First Class All Round Scout." Think of the lines of practical endeavor with whose fundamentals he has become familiar! The work-a-day world, so vague and mysterious to the ordinary boy when he reaches its threshold, is definite and clear to the Scout.

Nor does the boy who risks his life lack for recognition. To his surprise he receives a bronze or silver medal from Headquarters, and a letter which is dear even more. Perhaps, if the brave act has been particularly remarkable, as was that of a Scout in Cobalt, Ont., the whole community turns out to see the Mayor pin it on his jacket.

He is a sixteen-year-old boy, this Ontario Honor Scout, but all the year has been studying Scouting without missing a meeting. Like other members of his troop, he was rushing around the little silver mining town, doing what he could to help with relief work at the time the great Temiskaming forest fire was roaring almost at the northern entrance to the town, when he learned that a special train was to be sent to North Cobalt to endeavor to bring to safety some hundreds of people who had been all but trapped there by the fire demon. Running to the railway yards he found that the regular fireman for the only available locomotive was missing and no one was on hand to take his place. Immediately the Scout offered his services, climbed into the cab before they were accepted, and helped the engineer away with the train.

The Scout was so young that the work of stoking the big fire box was too much for him, so he took the engineer's place at the throttle while the driver used the shovel. The trip was a most dangerous one, as great clouds of smoke made it impossible to see any distance ahead of the engine. In places telegraph lines were down across the tracks, and some of the railway ties were burning. North Cobalt was reached without mishap. More than a hundred people were crowded in the train, and the Scout and the engineer ran it back again to Cobalt and to safety.

Of course, all Scouts haven't a chance to be such spectacular heroes, but they go right ahead with their everyday life in the same spirit of bravery. It means as great a sacrifice to some to give up a "bake" in order to help mother with the dishes, or to close his ears to the whistle of his patrol, when a garden is to be weeded. Some city boys must watch themselves constantly to guard against the profanity they learn almost unconsciously and hear all about them, or must grit their teeth when they hear the jeers occasioned by refusing the cigarette offered by a one time idol.

Some adults forget how sensitive a boy is to ridicule, how he hates to be thought different from other fellows. Others are so partial that they encourage their sons to selfishness and lack of consideration for others. Both boyish faults are met by the Scout training, which teaches the boy not to be afraid to do what seems right to them, and always to remember that a Scout is a brother to every other Scout and a friend to all the world.

October Rest.

It is October in our hearts,
The vineyards of the years are ripe.
From thinning forests Pan departs,
And we shall never hear his pipe
Playing across the hill.

O it was well to drink our fill
Of pleasure when the sun was high,
And it is well beneath the still
Suspense of twilight-laden sky
To drink our fill of sleep.

The hush that follows song is deep,
Far deeper than the song was gay;
And autumn pasturing ghostly sheep
Among the fields of yesterday
Is shepherd of our dreams.

Heap the dead leaves beside the streams
Where youth has heard the summer song;
Heap the bonfire that redeems
The dead who wake in light, and throng
The shadows where it darts.
It is October in our hearts.

—Robert Hillyer.

Curiosities of the World's Press.

The biggest newspaper ever published was the "Illuminated Quadruple Constellation," issued in New York in 1859. The paper measured 8½ft. in height and 6ft. in width, and consisted of eight pages, each containing thirteen columns.

A ream of the strong paper on which it was printed weighed 3cwt. Forty people were occupied continually for eight weeks in order to bring out this oddity, which its designers proposed should be issued once every century!

In the Caucasus before the war a postcard newspaper was issued, the print of which was so small that a magnifying glass had to be used to master its contents; while, in 1831 appeared the first number of "Hetchold's Political Handkerchief," a newspaper printed on calico to evade the stamp duty. This news-sheet measured 18in. by 11in. and sold for fourpence.

A similar sheet was started in Greenock in 1849. It was known as the "Greenock News Clout," and the editor advised his readers to use it as a pocket-handkerchief when read!

Some years before the war the "Journal des Jambes" appeared in Paris. Its prospectus declared that it filled a "long-felt want," and that it would be "a friend and counsellor to all who wish to keep their legs fit, and to all who, weary, impotent, or worn out, wrongly believe that they have lost the use of theirs beyond recovery."

It went on to say: "This journal will deal with all the medical, surgical, choreographic, sporting, or other questions relating to the human leg of either sex."

SYMPTOMS OF ANAEMIA

An Inherited Tendency to Anaemia May be Overcome.

Some people have a tendency to become thin-blooded just as others have an inherited tendency to rheumatism, or to nervous disorders. The condition in which the blood becomes so thin that the whole body suffers comes on so gradually and stealthily that anyone with a natural disposition in that direction should watch the symptoms carefully. Bloodlessness, or anaemia, as the medical term is, can be corrected much more easily in the earlier stages than later. It begins with a tired feeling that rest does not overcome, the complexion becomes pale and breathlessness on slight exertion, such as going upstairs, is noticed.

Dr. Williams' Pink Pills are a home remedy that has been most successful in the treatment of diseases caused by thin blood. With pure air and wholesome food these blood-making pills afford the correct treatment when the symptoms described are noticed.

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

Already.

There is a country where the birds sing
Their very hearts away in melody,
Where dryads have a home in every tree,
And fauns dance down the meadows murmuring
Fantastic spells; where golden lilies swing
Their fragrant bells, and bees hum drowsily
And breezes woo the shy anemone
With wistfulness that breathes the soul of spring.

Here summer may not burn, nor autumn rest
His chilling touch, nor winter's winds hold sway.
Beneath its boughs the wonder of the May
Shall never fade, nor Love tire of his quest
Of happiness, nor beauty lose its truth:
Since Arcady is but eternal youth.

Charlotte Becker.

Cigarette Commended.

Dr. Royal S. Copeland, formerly Health Commissioner for the city of New York, states that the cigarette is the most suitable smoke as the tobacco in that form is perfectly consumed, and as combustion is better the nicotine is practically destroyed. Although a non-smoker himself, Dr. Copeland says there can be no doubt that smokers find solace and comfort in the moderate use of tobacco.

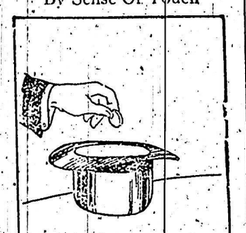
A new and universal "air language" is suggested to enable pilots of any nationality to understand wireless telephone messages from earth stations all over the world.

Ask for Minard's and take no other.

EASY TRICKS

No. 48

By Sense Of Touch



Borrow half a dozen coins. As you borrow each place it on the mantlepiece—if the mantlepiece happens to be stone. A marble top table will serve. Make a little talk about the trick, assuring the company that you use no confederates and that the trick you are about to perform will have the effect, at least, of being real mind reading.

Tell the company that you will leave the room. While you are gone, the coins on the mantlepiece are to be put into a hat. One of the spectators is to select one coin and to mark it with a pin or a penknife. Each person in the party is to hold the coin against his forehead and to fix his mind upon the coin and upon nothing else. When every person has done this, the coin is to be returned to the hat, with the others, and the hat placed on the mantlepiece.

This is done. When you return, you walk directly to the hat, reach in and pick out the coin which the spectators marked.

How is it done? Your little talk had a great deal to do with the trick as it permitted the coins, which lay on the mantlepiece, to become more or less chilled. The selected coin, due to all of the handling it receives, becomes a great deal warmer than the others. When you reach into the hat you distinguished the marked coin, not because of the concentration of minds but because it was warmer than the others.

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

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is recognized fact that where the stomach and bowels are in good order the colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Accounted For.

A young wife brought her week's accounts to her husband.

He scrutinized them with a look of profound understanding, and remarked with an oracular air: "I see you have been paying less for bacon this week."

"Oh, yes, darling," said the wife with a proud smile. "I have been getting streaky, it's cheaper."

"Why is it cheaper?" asked the husband.

"I believe the pigs cost less to keep," answered the young housekeeper, "because they are only fed every other day."

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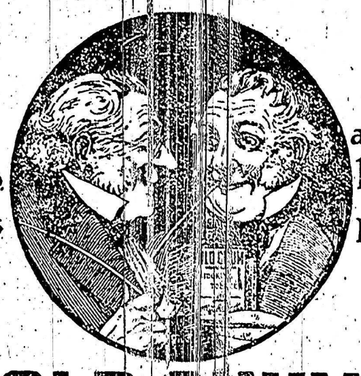
ISSUE No. 41—'23.

SMOKE



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The Homing Toad.

The common garden toad has a homing instinct which was proved recently when a specimen was brought from Winchendon to Wakefield, Mass., where it was liberated for the purpose of testing this very fact. The toad spent only a few moments in Winchendon around to get its bearings and then started post-haste for its "cozy home and fig tree," dragging a small piece of fence to its hind leg. The creature was seen both in Townsend and Ashburnham but was not discovered again until he arrived at his home in Wakefield. The distance covered was seventy-five miles and the toad must have come exceedingly close to the speed limit for hoppers, as he made the complete journey in just [illegible]

MONEY ORDERS.

The safe way to send money by post is by Dominion Express Money Orders.

A silica lens has been discovered with which raw glass can be made without the aid of any other ingredient.

Minard's Liniment Heals Cuts.

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Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Cuticura Soap shaves without mug.

[illegible] pieces of velvet or velveteen make splendid furniture polishers.

Minard's Liniment for Dandruff.

A [illegible] and half-clean cotton will not give good results.

All about Horses

A TREATISE ON THE HORSE

Get this book. You cannot afford to be without it. It may save you many times its cost in your own horses. It may save you the loss of a horse.

Table of Contents—A treatise on the horse. Symptoms of the sick horse. The horse and all about him. Diseases of the horse with chapters on [illegible] and shoeing. Feeding and training for speed. Anatomical [illegible] on the horse. Anatomical [illegible] on the horse. Valuable [illegible]

Dr. B. J. KENDALL CO., Enosburg Falls, Vt. U.S.A.

FREE

MRS. ANDERSON TELLS WOMEN

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound

Leslie, Sask.—"For about a year I was troubled with a dragging down bearing pain before and during the period, and from terrible headaches and backache. I hated to go to a doctor, as I knew several women who had taken Lydia E. Pinkham's Vegetable Compound with good results. I finally bought some and took four bottles of it. I certainly do recommend your medicine with trouble like mine. I feel now and hope to be able to keep my medicine on hand so that if any woman could be with a dose of your medicine."—Mrs. Oscar A. Anderson, Box 15, Leslie, Sask.

Mrs. Kelsey Adds Her Testimony

Copenhagen, N. Y.—"I read your advertisement in the papers and my husband induced me to take Lydia E. Pinkham's Vegetable Compound for a run of from pains and weakness. I was so weak that I could not walk across the floor. I can do my housework and help my husband out doors, too. I am recommending your to friends and will help others."—Mrs. Alberta Kelsey, R.F.D., Copenhagen, N. Y.

Sick and ailing women are invited to write the Dominion Chemists, Lydia E. Pinkham's Vegetable Co., Toronto, Ont., for advice. Don't give up hope of recovery.

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Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
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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. As a safeguard against imitations, the Tablets of Bayer Company will be stamped with their trade mark, the "Bayer Cross."