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.

From the very dawn of history chiefs and kings of humanity long to know something of the causes brought about sickness and death among the people. By many these [illegible] were believed to be an act [illegible] as a punishment for sin. Down [illegible] the ages men have sought the [illegible] of life, or the philosopher's stone would preserve them from the [illegible] maladies to which human flesh [illegible]. They believed in the alchemist and sought some magic potion would preserve the body from [illegible] and death. The treatment of [illegible] in ages gone by was an art [illegible] than a science. The philosophers of old did not know much, if [illegible], about the germ theory of [illegible]. They were groping in the [illegible]. We can hardly imagine how [illegible] was the inforation in regard [illegible] micro-organisms before the time [illegible] Pasteur. Probably the first record [illegible] observation of bacteria is that [illegible] Kircher (1602-1680) in his remark[illegible] modern treatise published in Ven[illegible] 1659. Kircher was the first to [illegible] the microscope in the investigation [illegible] disease, and he reports not only the [illegible] of minute worm-like creat[illegible] in decaying meat, cheese, milk, vinegar, etc., but even attributed to the production of disease, and formulates a theory of the animal nature of contagion. The spontaneous generation of life was one of the earliest theories and was mentioned as far back as 610 B.C., by Aristotle and others. It stimulated the early writers to discussions as to how life originated and what forces or agencies were at work in taking away life.

The supposed relation of bacteria to disease production also dates back before the Christian era. All of these theories were pure speculation.

Even as early as 1850 Rayer and some of his associates had seen the little rods in the blood of animals dead of anthrax but without comprehending their importance. In 1860, Delafond demonstrated that the bacilli found in anthrax were living organisms, and not mere carriers or containers of the infection. But it was left to Pasteur to demonstrate fully that the bacteria were the sole cause of the disease, and thus to lay the real foundation of the germ theory. The true story of the birth of the germ theory disease begins when in 1876, we find Pasteur taking up the study of the anthrax organism.

CANADA'S FLOATING CITY

In the waters of the Inside Passage [illegible] Pacific Ocean on the British [illegible] coastline is located Canada's only floating city—Simoon City. [illegible] it has attained the respectable [illegible] of seventeen years; it is practically unknown to the rest of the Do[illegible]. It is unique in many re[illegible]. Besides being Canada's only [illegible] city, Simoon boasts of the [illegible] that within its confines there are [illegible] moving picture houses, no roads, [illegible] and police departments, and [illegible] not least, its citizens pay no [illegible].

[illegible] formation of this novel city was [illegible] the unusual occupation of its [illegible]. Along the British Columbia [illegible] there are numerous mountains [illegible] of which dip into the ocean [illegible] covered with thick merchant[illegible] timber. As it is a difficult matter [illegible] British camps on the land for the [illegible] of these timber tracts, big [illegible] have passed them by, and [illegible] consequence the citizen of Si[illegible] City is enabled to secure many [illegible] timber holdings.

[illegible] permission to cut the timber [illegible] secured, the citizen attaches [illegible] floating house to a row-boat or [illegible] and moves it to the scene [illegible] intended operations. Often [illegible] these residents will band to[illegible] and take up a concession. [illegible] logs are cut, they are shot [illegible] water by chutes, or some[illegible] the mountain-side is particu[illegible], by gravity. The logs are [illegible] together in the form of a [illegible] towed to the nearest lumber [illegible].

Eight Permanent Dwellings.

When operations have been discontinued, the loggers tow their houses to Simoon City, where at the present time there are eight permanent dwellings. Here there is no lack of entertainment. There are parties, dances, hunting and other forms of amusement to interest the citizens until they again start out to their concessions. If the dweller tires of local entertainment, it is only a short distance to Vancouver, where he can partake of all the joys of city life.

There is one store in the city. About seventeen years ago an astute business man of Vancouver, realizing the need of a general store to cater to the wants of these floating homes, fitted up an old float-house, which he moved up and down the coastline supplying the wants of the logger. However, with the establishment of permanent dwellings at Simoon City, he anchored his boat there, and, according to latest reports, is doing a thriving business. In addition, the city also boasts a post office, and a letter addressed to Simoon City is handled with the same despatch as that addressed to one of the larger and more populous centres on the mainland.

Of late Simoon City has been doing a thriving tourist trade. A large number of wealthy American and Canadian yachting tourists who cruise in the waters of the Inland Passage have visited the place. Upon landing in the city the traveller visits Simoon's Bear Trap Restaurant, where the visitor, if he so desires, may enjoy shantyman's fare to the accompaniment of "canned music."

WHEN IN TORONTO VISIT THE

Royal Ontario Museum

St. West, Near Avenue Road. Largest [illegible] in Canada. Archaeology, [illegible], Palaeontology, Zoology. Open [illegible] Sunday afternoons and [illegible] Bloor, Bay, and Church cars.

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Pullmans via Grand Canyon National Park *open all the year*

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[illegible] Gen. Agt. Santa Fe Ry [illegible] Press Bldg. Detroit Mich. [illegible] me the following Santa Fe Booklets: [illegible] THE BOOK - GRAND CANYON OUTINGS [illegible] CALIFORNIA LIMITED [illegible] details as to cost of trip

Across Earth.

Once, I think, you looked down and
saw what was before you,
And begged not to come at all, and
then heard one say—
A wise one, your special one—"This
is your journey."
Then his gesture swept the sight
from memory away.

Sandals of forgetfulness, staff and
scrip of hoping,
He gave into your hand, and in a
pale cloak,
He wrapped himself away from you,
though you half knew him there,
Often . . . in blue twilight, in
sunrise smoke.

A long road from sea to sea, . . . a
hero's own highway,
You took it lonely, town after town,
Forest and prairie. . . . Now, beyond the great divide,
Long past the desert, you are near
the down.

Not like the eastern is the western
ocean,
Its sky line is lost in mist, but at its
near shore
Wonderful its colors, like a daytime
sunset,
When the sand you tread is wet you
will see him once more.

Not as you thought, with tears, but
with low laughter
Strangely light and carefree, you
will understand
That always he paced you, and his
step your own was timing,
That always your crossroad was the
gesture of his hand.

—Isabel Fiske Conant.

Europeans Who Live With Cows and Donkeys.

One of the most primitive places in Europe is St. Paul, at an altitude of 4,820 feet in a difficult part of the Alps. "The village inn is a most surprising place to enter," says Mr. Cecil B. Waterlow in "Through the Unknown French Alps."

As you open the parlor door, chickens run out, and through a further aperture in the wall you catch a glimpse and a whiff of cows and donkeys in the back room, with perhaps a goat or two.

"These animals, by their bodily heat, contribute to the warmth of the family home during the long, hard winter.

"But upstairs it is clean and sweet, and they expect their visitors to have a good appetite, for they put before you delicious food from the June fields and more of it than I believe any human being could consume at a sitting."

The one sure way to recover from the sorrow and ruin and staggering obligations of a world war is to end the strife in preparation for more of it, and turn human energies to the constructiveness of peace.—Warren G. Harding.

Minard's Liniment Heals Cuts.

THE EARTHWORM

—From the Los Angeles Times.

CAUSE OF BACKACHES

Every muscle in the body needs a supply of rich, red blood in proportion to the work it does. The muscles of the back are under a heavy strain and have but little rest. When the blood is thin they lack nourishment and rebel. The result is a sensation of pain in these muscles.

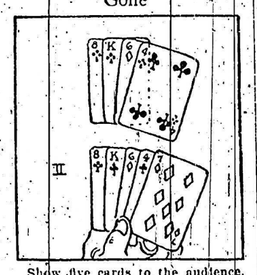
Many people are frightened into believing that backaches are due to kidney trouble, but the best medical authorities agree that backache is very seldom due to kidney trouble. In fact not more than one backache in a hundred has anything to do with the kidneys. The whole trouble is due to thin or impure blood, and those who are troubled with pains in the back or loins, either frequent or occasional, should look to the condition of the blood. It will be found in most cases that Dr. Williams' Pink Pills by building up the blood and feeding the starved nerves and muscles will banish the pains and make you feel better in every other way. How much better it is to try Dr. Williams' Pink Pills for your blood than to give way to unreasonable alarm about your kidneys. If you really suspect your kidneys any doctor can make a test in ten minutes that will set your fears at rest, or tell you the worst.

All dealers in medicine sell Dr. Williams' Pink Pills, or you can get them by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

EASY TRICKS

No. 56

Gone



Show five cards to the audience, asking a spectator to fix his mind upon three of them without telling you which he selects. Drop the cards into a hat. Reach into the hat and expressing your determination to take out one of the cards not selected, take out a card. It is not a selected card. Take out another. That is not one of the cards selected. The hat must now contain the three cards which were selected. Ask the spectator to reach into the hat and take out the remaining three cards. He finds the hat absolutely empty!

It seems impossible but it is really very easy. Take the three of spades and paste its back to the back of the seven of diamonds. Take any other four cards and paste them as in Figure 1. Now, cut as indicated by the dotted lines. This dotted line follows exactly the outlines of the 8 of clubs. To the back of this card, paste the deuce of hearts.

When you display the cards, hold them as in Figure 2. The seven will hide the misleading nature of the other card." After the spectator has selected the three cards, put the "fan" of cards in the hat. The first card you take out is the three of spades. That is not one of the selected cards but no one will observe that it had not previously been displayed. The next card to be taken out is the deuce of hearts. That of course, leaves the hat empty.

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

Luck is the thing that helps you most when you don't trust to it.

To whiten wooden floors add two tablespoonfuls of kerosene to the hot, soapy water used for the purpose. It will cleanse the boards and will also destroy any insects that may be lurking in the cracks of the wood.

FREE

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TORONTO CANADA

What Breed of Poultry is the Best for Small Town Lots?

By S. W. Knife.

This is a point long discussed and without getting anywhere. Personally, I believe every fancier believes the breed he keeps is the best. A man starting into poultry looked around to see what sort of birds he should keep. He took a fancy to the Wyandottes, but his neighbor spoke of Leghorns, he decided he would toss a coin to see what breed it would be. He tossed it five times before it turned up for Wyandottes.

Still, if a person wants to keep a few birds for supplying ample table eggs throughout the year, and having an occasional chicken dinner, there is not a much better breed than the Barred Rocks. They are a very nice bird to look upon, of good size for a dinner, and in the egg laying contests they have shown their worth as layers. They are easy to keep in condition and quite hardy. You can let them have free use of back yard and not worry about their seeing some nice juicy lettuce next door, jumping a fence and making themselves at home, as some of the lighter breeds are very fond of doing.

But if egg production for profit is the main object in keeping poultry I would advise you to turn your eyes to the handsome looking and active White Leghorn. Just look over some of the egg-laying contest reports and you will see that, though there may be individuals with a higher record, such as the Australian Black Orpington, yet as a class they out-distance other breeds for laying. While their houses must be kept more comfortable in winter and more wire fencing is required to keep them in bounds than the larger breeds, still there are points in their favor: They require less floor space per bird, and eat about one-third less of feed and maybe lay 25% more eggs than do their more docile and hardier sisters. Yet with either of above two breeds, an interested poultry keeper should make quite a nice little profit, as your neighbors will buy all the fresh eggs you can supply and at a higher price than store eggs.

Still in the Higher Branches

Alice—"So you believe we were once nothing but tree-climbing monkeys?"

Tom—"Sure thing. Aren't the best of us only frisking about among the higher branches of education still?"

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 a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Good Reason.

Miss Bass—"You never dance with Mr. Lobster."

Miss Perch—"No, he pinches too hard!"

With The BOY SCOUTS

Former Leader Welcomes Scouts.

Mr. J. R. Smith was Scoutmaster of the 12th Ottawa Troop for a number of years, but is now living on a farm near Stittsville. The farm contains a good camping ground for Scouts and Mr. Smith has put up a special sign to tell them that they are welcome.

Boy Invested in Hospital.

Robert Reynolds, who has been a patient in an Ottawa hospital since last summer, was received into membership in the 9th Ottawa Troop recently, the investiture ceremony being conducted by Scoutmaster James W. Glass, Troop Leader Vincent Webb, Patrol Leader F. Voss and Scout Mott. The troop flag was removed from its staff for the ceremony and laid across the bed. Robert was prepared for his investiture by Dominion Camp Chief Rodney C. Wood, who paid several visits to him in hospital.

It will probably be a long time before Scout Reynolds can participate in the regular activities of the 9th Ottawa Troop, but by regular visits to him in the hospital the Scouts of the Troop are going to keep him in very close touch with all the Troop is doing.

Your Uniform.

Scouts! Did you ever stop to think that others judge both you and your organization by the way you wear your uniform? The opinions which they form are complimentary only so long as the correct uniform is worn in the correct way. Many people, unfortunately, have no opportunity for direct contact with the Boy Scouts and consequently must estimate them largely by their appearance. A uniform which is too large always looks sloppy. If necessary, go to the extra trouble to secure an outfit which will fit well. Few things have a more harmful effect upon the organization than a Scout roaming in the streets habited in messy shirt and with shorts two sizes too large for him.

"A Scout is clean." Don't allow your uniform to get dirty, smudgy and wrinkled.

Faded clothes do not look well. A little coffee left over from breakfast easily solves the problem of restoring khaki color to faded shirts. Used carefully you can keep your shirt almost the color it was when you purchased it.

Some Scouts wear caps with the rest of the uniform instead of their correct Scout hat, others have an odd assortment of imitation parts of the uniform which are not regulation. Better no uniform at all than a cheap inferior outfit. Besides lacking that snappy trimness which every Scout should have, they will not last you half as long.

Your uniform is "talking about you" all the time. If it is shabby, dirty, ill-fitting, or incomplete it says unpleasant things about you and the organization which you represent.

And most important of all, remember that while in uniform, above all other times, you should conduct yourself in such a manner that no reproach may be justified, and no reflections cast upon the organization you stand for.

According to the Pasteur Periodical, a magazine issued by the celebrated Pasteur Institute in Paris, tobacco smoke is highly antiseptic and kills, in a few moments, the primary bacteria of cholera, diptheria and cerebro-spinal meningitis.

Going and Coming.

"Are you going or coming?"

"I'm going to ask a question I'm coming to now."

His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth avenue, New York city, will be given a prompt reply. adv.

"I count life just a stuff to try the soul's strength on. Lean, nor count the pang; dare, never grudge the throe."

Ask for Minard's and take no other.

Death feigning is a common defensive habit among spiders. When in danger they drop to earth and lie there, crumpled up as if dead. Water spiders will behave in a similar manner in the water. When feigning death a spider can be handled and rolled to and fro without showing any signs of life.

HOCKEY PLAYERS.

Minard's is the ideal liniment for the rub-down. Takes the soreness out of bruised muscles.

MINARD'S "KING OF PAIN" LINIMENT

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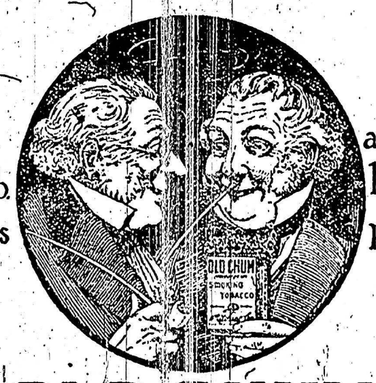

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Harmless Laxative to Clean Little Bowels of Baby or Child

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"It is easy in the world to live after the world's opinions; it is easy in solitude to live after our own."

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is the quickest and best medicine for pains in the back and the many other indications of kidney trouble. Sold for 50 years. Satisfaction in every case. At your druggist or direct.

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Regular shampoos with Cuticura Soap and hot water, preceded by touches of Cuticura Ointment to spots of dandruff and itching, keep the scalp clear and healthy. Proper care of the hair during childhood is the basis for healthy hair throughout life.

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