

# HEALTH EDUCATION

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

Public Health is a subject that touches very closely the life and happiness of every one of us. It is not an abstract subject of one which a person takes up merely for a cultural purpose or as a business. It is a necessary subject to know—so necessary, in fact, that ignorance of its principles is a good deal of suffering in this world, because such ignorance and often brings people to an early grave. There are many ways of explaining what Public Health means, and could fill a volume in doing so, but it can be conveniently described in two words—"Right Living."

The Great War that shook the foundations of the nations of the world has taught us much. One of the most important things it has brought to our attention is the great need for the preservation of the human race. So many precious lives were sacrificed on the battlefields during those terrible years that thinking men and women have come to realize the necessity of preventing the useless sacrifice of human life in times of peace. The human race is a precious asset. The annual list of deaths in this country is a large number. In the provision of pure water supply, in the disposal of refuse, the construction of better streets, and especially during the eighties, a campaign was begun for the suppression of tuberculosis. This campaign was developed very effectively in the United States. Up to ten or fifteen years ago, a large amount of the effort against infant mortality was expended in hunting out and providing medical care for sick babies in summer resorts. This method was absolutely logical and ineffective in combating infant mortality was not then recognized.



## With The Boy Scouts

New Year, 1925.

How many Scouts know how the name January came to be given to the first month of the year? January is derived from Janus, the god in the ancient myths who had two faces, one looking backward and the other forward. So we may take January as the month when it is well to look back over the old year just gone, and then on to the new year just beginning. Let us as Scouts turn back and see what we have accomplished in 1924. Stop and ask yourself the questions:

What have I done in Scouting since January 1st, 1924?

How much have I done to help others?

How much have I improved myself?

What have I done to help the Troop?

Have I really tried to do at least one good thing every day since January 1st, 1924?

How much in the year, or in that fraction of the year since I joined the Scouts, have I done in the way of passing tests and earning proficiency badges?

These and numerous other questions you can stop and ask yourself; and I think it will be found really worth while.

Then, after you have a pretty good idea as to what you accomplished in 1924, you will be in a better position to look forward and make some resolutions to do better in 1925. In other words, "Hit your wagon to a Starving star for another year."

London.

London has set her castle here, where beats the heart of England; either no winds blow from the north; long since the bells of Bow Whittington; here Milton, Lamb and Keats showed the knee to her; and he in some pale dawn that gallant hand shall show her secret, and why Shakespeare long left Stratford for the beauty of her streets.

When the moth or twilight fluttered down and kings and sages long since Paradise to gather at her gate; they gave their lives as jewels on her crown; and this is a holy trust, bid us keep their faith inviolate.

—Lucy Maitland.

Weather Wisdom.

At night is the shepherd's dog, red in the morning is the shepherd's warning.

This is the old English rhyme, but it expresses a truth which is not only true in the world of man, but in the world of nature. The shepherd's dog is a faithful friend, and the shepherd's warning is a true friend. The dog is a faithful friend, and the shepherd's warning is a true friend.

Some Big Dates Ahead.

Scoutmasters of Ontario have been asked to note Thursday and Friday, February 12th and 13th, as important dates on their new 1925 calendar. What to ask Scouts to note them (1) and then encourage their Scoutmasters and Assistant Scoutmasters to take a holiday on those days and to Toronto for the big Provincial Scout Leaders' Conference to be held there. On the afternoon of the first day there will also be held the 14th Annual Meeting of the Provincial Council for Ontario, and the same evening a big Conference Dinner with special speakers and a novel Scout and Cub programme will be held. No Scoutmaster or Assistant Scoutmaster who can possibly attend should miss this big event.

Scout Athlete.

I wonder how Scouts would like the following arithmetic problem instead of the usual kind about how long it would take A and B to build a certain kind of wall. Here it is: How many Scouts would it take to eat 22 pounds of jam roll and 2,300 pounds of marmalade and jam at one meal? As there are probably no very good rules for figuring out the answer, here it is: 22 1/2 Scouts! These are the figures published regarding the Scouts at the Imperial Scout Jamboree held last summer in connection with the British Empire Exhibition at Wembley.

Hunt for Lost Boy.

Newspaper dispatches state that District Commissioner Rev. H. A. Sims of Port William and a large party of Boy Scouts were amongst the first to join the search for a little boy recently lost in a storm while out cutting a Christmas Tree for his home. This is a kind of service which Scouts have frequently rendered in many places.

The Queen of Sheba's Airship.

There is reason to believe that someone constructed an airship in Solomon's time to the son of the Queen of Sheba. Of course, there was no motor, possibly it was a glider. The Secretary of the Royal Aeronautical Society states that Solomon gave to the Queen of Sheba a vessel which could traverse the air by wind. There are other references to flight in the ancient records. The Hebrews, according to the Bible, were the first to invent the airship. The Queen of Sheba's son Menelik left Solomon's kingdom to his mother's country. "No man hauled his wagon, or loaded camels, each was raised above the ground to a height of a cubit." It is, according to the ancient Egyptian, mentioned about twenty inches, but elsewhere it is reported that the Red Sea they were lifted up in the wagons like an eagle when his wings glided above the wind.

PAIN IN THE JOINTS

Is An Indication That the Blood is Thin and Watery.

The first sign of rheumatism is frequently a pain and swelling of one of the joints. If this is not treated through the blood, which is the seat of the disease, the poison spreads, affecting other joints and tissues—sometimes rheumatism attacks the heart and is fatal.

A remedy that has corrected many cases of rheumatism, is Dr. Williams' Pink Pills. These pills enrich and purify the blood so that the potent rheumatic matter is driven out of the system as nature intended. Miss Gertrude, Washburn, was attacked with rheumatism and found relief through Dr. Williams' Pink Pills. She says: "About a year ago I was attacked by rheumatism and for two weeks was confined to my bed. The trouble was so painful affecting the joints of my hands so that I could not stand alone. Mother had a box of Dr. Williams' Pink Pills in the house and thought they might help me. I began taking them, and when I had taken them these pills were a further supply, with the result that the rheumatism was cured and I was a well girl. I may add that my mother and two of my sisters have also used the pills for various ailments with equal success, and now we are free from these ailments. If you are suffering from any condition due to poor, watery blood, or weak nerves, begin taking Dr. Williams' Pink Pills now, and note how your strength and health will improve. You can get these pills through any dealer in medicine, or by mail, at 50 cents a box, from The Dr. Williams' Medicine Co., Brockville, Ont.

The Dog's Savage Relations.

The dog is the most respectable member of his family. His relatives include such unpleasant creatures as wolves, jackals, and foxes. Apart from these distant connections, however, there are many first cousins of our household pet whom he would not care to acknowledge.

The South African wild or hyena dog is more like a wolf. It runs and hunts in packs, sleeping half-day and half-night and hunting the rest of the time.

In the East is a great variety of wild dogs. The pariah dog lives among human beings, but will attack them if he has the chance. It acts as a scavenger and lives on offal. In appearance this animal is tawny-colored, and looks what it is—a most unpleasant brute. The Indian wild dog is somewhat larger than a jackal. It runs in packs and is absolutely fearless. These dogs are difficult to tame, but sometimes they are used in coursing and as pack dogs.

When tamed they act in a similar manner to the dog which has generations of civilized ancestors behind him. The Australian dingy, however, has a bad habit which no amount of taming can eradicate. Its favorite food, in the wild state, is poultry.

BABY'S OWN TABLETS ALWAYS IN THE HOME

Once a mother has used Baby's Own Tablets for her little one she always keeps a supply on hand, for the first trial convinces her there is nothing to equal them in keeping children well. The Tablets are a mild but thorough laxative which regulates the bowels and sweetens the stomach, thus driving out constipation and indigestion, relieving colic and making teething easier. Concerning them, Mrs. Saluste Peiffer, St. Dumas, Que., writes: "I have used Baby's Own Tablets for the past ten years and am never without them in the house. They have always given the greatest satisfaction and I can gladly recommend them to all mothers of little ones." The Tablets are sold by medicine dealers or ordered by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Why a Chinaman is Inexact.

If there is any single trait in Chinese that overshadows all others, it is that of inexactness. A Chinaman writes Mr. N. O. Winter in Travel, will refuse to admit that two and two are four. He will decline to admit that white is white, if distance is given in miles, you must first ascertain whether a long or a short mile is intended. If you purchase so many pounds of goods, you must inform yourself whether pounds of twelve or sixteen ounces are intended.

When the deception is discovered the merchant betrays neither resentment nor contrition. He smiles blandly and dismisses the incident with the remark that you are cleverer than he is.

You may meet a Chinaman some morning in Hongkong, a man whom you know very well, and casually remark: "Where were you yesterday?"

"Why, I was in Poochow," he will reply.

"That is impossible, Li, for then you could not be here to-day. The distance too great," he says in no way embarrassed. "I was in Amoy."

"Now, Li, you know that is not true. It would take you two days to reach here from Amoy, and besides I saw you in Canton."

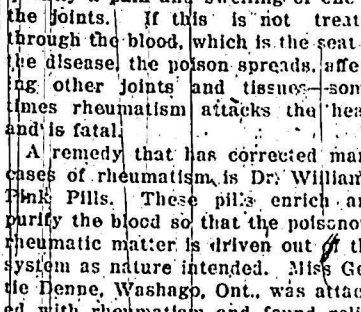
"Yes, I was in Canton yesterday," he finally admits, "but why did you find out where I was?"

He parries with you partly because he is suspicious of your motives. He hesitates largely in the effort to ascertain why you are inexact in his behavior. His objections should be of no consequence to you.

Minard's Liniment Relieves Pain.

## EASY TRICKS

No. 347  
With A Glass Of Water



A tumbler is held until it can hold no more water which is then poured into a glass of water. The water is then poured into a glass of water. The water is then poured into a glass of water.

Mountains as Memories.

The christening of a mountain is a relic of a time when the mountains were a part of the life of the people. The mountains are a part of the life of the people.

Old People.

Bitro-Phosphate feeds and old people need it to feel and look younger. Bitro-Phosphate feeds and old people need it to feel and look younger.

Frost Bites.

Minard's Liniment treats frost bites. Minard's Liniment treats frost bites.

Get Rid of Irritations By Using Cuticura.

Cuticura Soap and Cuticura Ointment are the best for all skin irritations. Cuticura Soap and Cuticura Ointment are the best for all skin irritations.

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FABRE

The popular

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The Toronto Hospital for Incurables, 100 Jarvis Street, offers a three year course of training in nursing, having the highest educational and training standards. This course is open to all who are over 18 years of age. The course is free of charge. For further information apply to the Superintendent.

Little Tommy, upon his return from school one day, was asked by his mother what he had learned on that occasion. "Well," said Tommy, "I have been studying ants. There are two kinds—the sort that gets into the sugar bowl and the kind that lives with their married sisters."

When sending money by mail use Dominion Express Money Order. Safer than sending bills.

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