



Health Service

OF THE
Canadian Medical Association

Edited by
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READY TO SCHOOL

School days will soon be here again. When they come, every school child will be outfitted with books, pen and pencil. These things he needs so that he may be prepared to do his school work. Much more does he need to be provided with good health if he is to make a real success of his school days.

A surprisingly large number of apparently healthy children have certain physical defects which hinder their mental and physical development. The most common defects which hinder their mental and physical development are those of the teeth, the tonsils, adenoids and the eyes. Other fairly common defects are those of hearing and nutrition. It is obvious that the child who has one or more such defect cannot do as well in his school work as he would if he were free from these defects. A child who cannot hear or see properly, a child suffering from toothache, or a child whose head is stuffed-up with adenoids cannot be expected to be alert and give his full attention to his work.

Indeed, this was so obvious that some years ago there was organized, in many places, a system to provide for the examination of school children. One purpose of the examination is to discover the presence of defects and to advise parents to have the discovered defects given the necessary attention.

To the parent, this physical examination provides helpful information as to what their child needs to attain a good standard of health. The younger the child the easier it is to correct most defects. Even the more trivial defects should be corrected at once so that the child may get the most out of his time in school and so be better prepared for life.

It is unwise to wait until a child starts to school to find out if he has any defects. Many parents secure the advice of their family doctor during the pre-school years and so, when the school time comes, their child is physically prepared.

In addition to being freed from physical defects the child should enter school armed with protection against smallpox and diphtheria. In some provinces the law requires vaccination against smallpox. Diphtheria each year takes away health and life itself from many children. This need not be the case, for we can prevent diphtheria by means of diphtheria immunization. Every baby, towards the end of his first year of life, should be immunized, and every child, as part of his preparation for school, should be protected against diphtheria.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

METALLIFEROUS MINERAL POSSIBILITIES IN MAINLAND PART OF N. W. T. DISCUSSED

Geological investigations in the mainland part of the North West Territories have revealed the presence of large areas of volcanic-sedimentary rock assemblages which closely resemble the highly productive Keewatin volcanics and associated ancient sedimentaries in the southern part of the Canadian Shield, it is stated in a report discussing the metalliferous mineral possibilities of the North West Territories, and published in Summary Report, 1931, Part C, by the Geological Survey, Department of Mines, Ottawa.

"Since these rocks in the North West Territories seem in the main to be the counterpart of those to the south, there is no known reason why they too should not be sites of valuable mineral deposits", the report states. Already they have yielded the pitchblende-silver deposits of Great Bear Lake, and many small deposits of galena, copper, nickel and gold.

Geological investigations have so far disclosed the presence of these rocks (1) southwest from Rankin Inlet along the Hudson Bay shore, and inland to the southwest for an unknown distance; (2) northwest of Baker Lake, which lies to the west of Chesterfield

Inlet; (3) at two places on Kazan River, which enters Baker Lake from the southwest; (4) on parts of the north and south shores and on some of the islands of Great Slave Lake; (5) near Point and Redrock Lakes on the Coppermine River; (6) on the east shore of Great Bear Lake; and possibly (7) west of Bathurst Inlet.

The various mineral occurrences other than those at Great Bear Lake and at Rankin Inlet are described in the report. Full descriptions of these latter occurrences are found elsewhere in the Summary Report, copies of which may be had by applying to the Director, Geological Survey, Department of Mines, Ottawa.



By DR. WILLIAM J. SCHOLLS

CLEAN AND SAFE MILK

In order to be pure, milk must come from healthy cows. It must be produced in clean, sanitary dairies by clean healthy milkers and handlers. Then it must be kept properly cooled until delivered. For, milk not only is an excellent food for babies and children but it also happens to be an excellent medium for the growth of bacteria. Some of the germs that grow readily in milk are harmless. About the worst they do is sour the milk. Others, however, are capable of causing disease.

Diseases that have been conveyed through milk are typhoid fever, scarlet fever, streptococcus sore throat, diphtheria and tuberculosis. The germs of these diseases get into the milk in various ways. Sometimes, as in the cases of tuberculosis, the cows are diseased. Sometimes the milk has been handled by those capable of transmitting infections.

Certified Milk Safest

Milk that is produced in accordance with the sanitary requirements of the Medical Milk Commission is termed Certified Milk. This is regarded as pure enough to be used raw with safety.

Much of the milk that is marketed is pasteurized. This means that it has been heated to a temperature of between 140 and 150 degrees Fahrenheit for 20 to 30 minutes. The effect of pasteurization is to kill most of the bacteria that may happen to be present. It has done much to lessen the spread

of disease by means of milk. But even though milk is clean to begin with and has been pasteurized, it may still become contaminated. Allowing it to stand in open bottles or containers makes the entrance of germs easily possible. Allowing milk to stand in a warm place permits the rapid multiplication of whatever germs may get into it. Milk should be kept in stoppered bottles, at a temperature of between 35 and 40 degrees Fahrenheit.

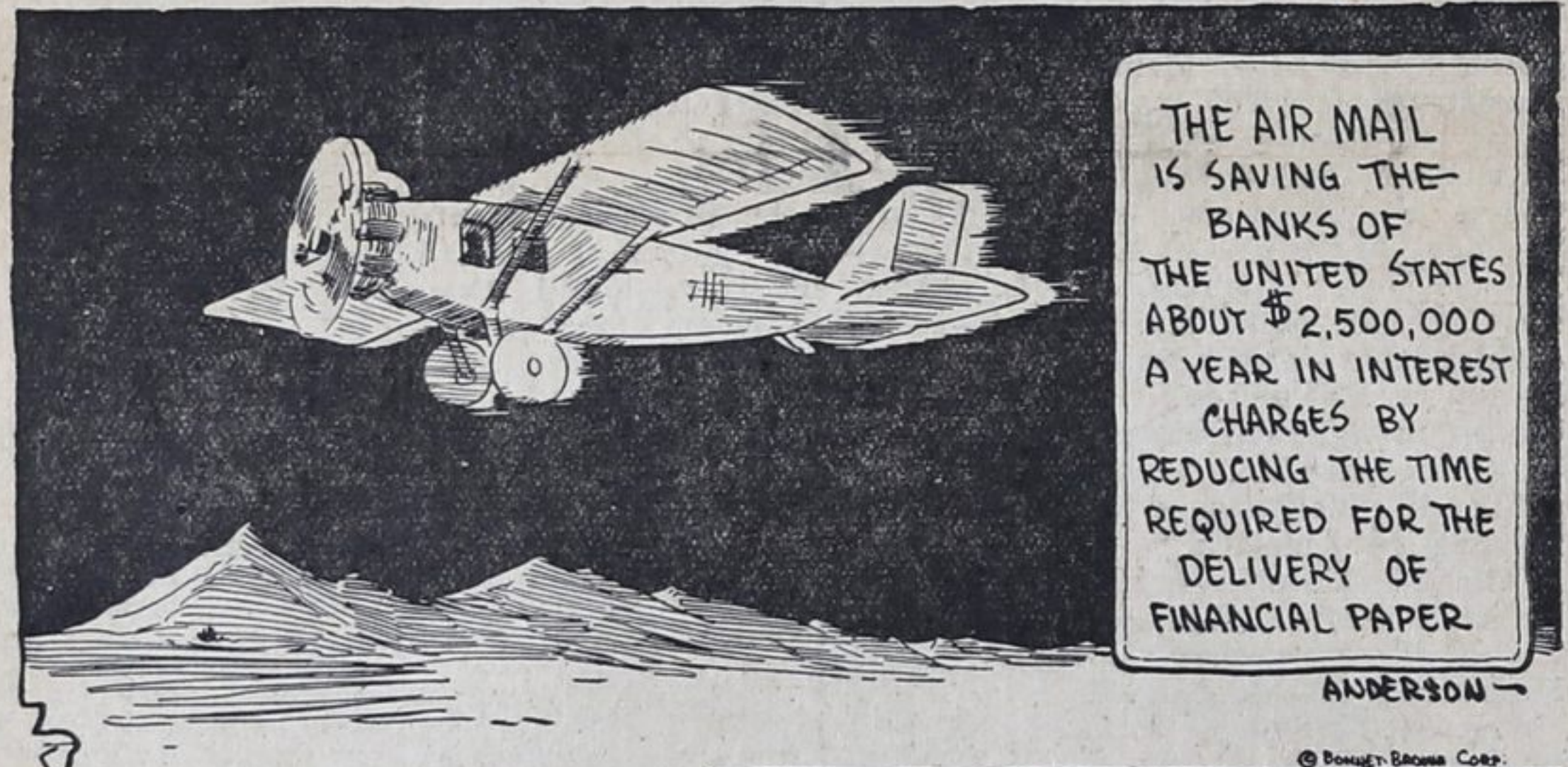
If there is any doubt about the purity of milk it should be sterilized in the home before being given to babies or children. It may be heated in a

double boiler, allowing the water in the outer vessel to boil for 6 or 8 minutes. After cooling, the milk should be placed in one or more clean sterile bottles, the bottles capped, and kept on ice. During the hot weather, it is safest to heat all milk before giving it to babies!

Little Pen-o-grams



ODD—But TRUE



Hints for the Household

HOUSEHOLD HINTS

Cold Drinks

Cold drinks are a necessity for summer. They can be made very nourishing and if not drunk in excess or too rapidly, they are beneficial.

Of course, very little, if any, ice may be added to the children's drinks. By giving them different, pretty or cute glasses, with either a sipper or a plain drug store straw they are happy.

Some rules to remember when making drinks are:

1. Have them cold.
2. Do not make them too sweet. More sugar can be added if necessary.
3. Make syrups ahead of time and have some always ready in ice box.

COLD DRINKS

Iced Chocolate Syrup

2 cups of sugar.
Small cup of water.
4 tablespoons of Cocoa.
Little salt.
Flavor with little vanilla.
Method: Cook together and make syrup. When ready to serve pour a

little in bottom of each glass. Put in chipped ice and fill glass up with milk.

A Delicious Fruit Drink

Juice of 3 oranges.
Juice of 7 lemons
1 cup pineapple juice.
1/2 cup of prune juice.
1 cup of grape juice.
3 cups of strong tea.
Sugar to taste.
Mix, chill in ice box.
Just before serving add about 1 1/2 quarts ice water.

A Dandy Drink

1 bottle of ginger ale.
1 cup of sugar
3 lemons.
Bottle of maraschino cherries.
Mix well; serve ice cold.

Fruit Punch (80 glasses)

12 lemons.
6 oranges.
1 can of pineapple.
1 can of white cherries.
2 1/2 pounds of sugar.
1 bottle maraschino cherries
4 quarts of ginger ale.

WORTH KNOWING

Save Your Extra Vegetables

If you have an abundant garden and gather more vegetables than you can possibly use in one day, wrap the rest up in a newspaper. They will keep fresh much longer than if left lying loose in the pantry

BAKING HINTS

Angel Food Cake

1 full cup egg white.
3/4 teaspoon of cream of tartar.
1 1/2 cups of granulated sugar.
1 cup of Swans Down Flour.
1/4 teaspoon of salt.
Vanilla.

Method: Have everything ready before you begin. Use same cup for all measurements. Sift sugar five times. Sift flour five times. Then—beat eggs until foamy but not stiff. Add cream of tartar and beat until stiff. Fold in sugar very slowly. Add flavoring. Fold in flour very slowly. Pour in tin. Bake in slow oven 50 to 60 minutes.

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The Family Next Door



Boy, Wotta Dream!