

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.

The Earl of Balfour recently said farewell to the City of London constituency that he represented so long in the House of Commons at Westminster. His address was noticeable from several aspects but particularly from that of his faith in the coming generation.

"We are not less capable of sustaining the burden of Empire than were our fathers before us," said Balfour. "The task is now one of great difficulty, but let us not lose faith or courage. I look forward with unflinching faith to the success of the labors of those who are going to follow the generation to which I belong, and the generation that is to succeed that, for I know that they will not fall short of the example which we have endeavored to set them, and which our fathers before us set us. To be an optimist is to be a believer in youth. It is, after all, the young people who are going to do this work. Let us believe in them—I believe in them. If it was not for the young, how would the world go on, and how would it live, how would new ideas come in?"

"A nation's greatest assets is its children. If the physical, mental and moral condition of the rising generation is left to haphazard, the nation will suffer. We will gradually fall away in world prestige and like some of the great nations of the past be relegated to a place of minor importance in the councils of the world. Surely it is the solemn duty of every

good citizen, every man and woman who takes an interest in the country's welfare to do something that may help to bring about an improvement of the race.

"One thing is certain, we are not at present doing nearly enough to prevent or curtail the terrible record of infant mortality, and physical defects among the young. These young people, growing up uncared for, unsupervised, sometimes poorly nourished and oftentimes not up to standard in health, will be the men and women of the future. It is on the children of to-day that will have to rest in days to come, the civil, business and domestic burdens of the Empire. Will these young people be equal to the task? Will their health be so safeguarded in youth that they may grow up strong, virile and fit to carry on, when those who come before them hand over the reins?"

"Records show that at present we are only on the threshold of what can be done—what must be done to safeguard the race, and improve the surroundings and influences among which the great majority of the people live. Personal and community hygiene must be practiced by all classes of the community, for after all, the basis of all health work rests with the individual. In work of this kind there are many discouragements, but when one gets the goal in view, the struggle for better citizenship and a healthier race of people is worth while.

Homesickness.

Here the cloudy light
Circles on crystalline peaks,
And the soft fall of satin petals
Stirs wide eddies of perfume
In the emerald pools
Of walled gardens.
Here the delicate accent
Of bright waters
And the cadenced music
Of a gentle tongue
Float upon the air
And curl themselves in silence
As late sunlight
Fades in deep rivers.

The grapes have purpled many times
Against that wall,
I know the fountain's legend now
By heart;
The story of this gracious land
Is told.

Those harsh, time-eaten hills,
Like peasant women, stooped and shawled,
They crouch as though to warm themselves together;
They wait, as peasant women wait,
For their own sons.

I must go back to them;
I must go back.

—Henry Bellaman.

Sensible Saving.

She was so bored by him that she felt she could weep.
"It costs a great deal more than you think to become a broad-minded and intelligent man of the world," he remarked.

The young thing saw her opportunity and took it.

"I suppose so," she said. "And I don't blame you for saving your money."

Peat is now used for the production of gas.

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"A year ago," said Mr. Denne, "I had indigestion so bad I couldn't eat and was too nervous and miserable to sleep. I was almost wild with headaches and dizziness, lost weight rapidly, and thought I was about done for. After getting so weak I couldn't work I took a trip out West, thinking the change might help me.

"But I kept getting worse until my sister, whom I visited in Kallispell, Montana, got me to try a bottle of Tanlac. In a week's time I was a different man, and in seven weeks I had gained seventeen pounds and returned to my work in as good health as any man in St. Thomas. I never have any of my old troubles now. That's just how good a job Tanlac has done for me."

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Hurry Mother! A teaspoonful of "California Fig Syrup" now will thoroughly clean the little bowels and in a few hours you have a well, playful child again. Even a cross, feverish, constipated child loves its "fruity" taste, and mothers can rest easy because it never fails to work all the sour bile and poisons right out of the stomach and bowels without griping or upsetting the child.

Tell your druggist you want only the genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother, you must say "California." Refuse any imitation.

No Ordinary Feller.

"Yes, my dear," said the old lady, "there's one thing I'm thankful for, and that is that my daughter Lizzie married a gentleman."

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"Because I put 'im to the test," replied the old lady. "The first time my daughter brought 'im 'ome, I gave 'im a cup of 'ot tea, and when 'e poured it out into 'is saucer, 'e didn't blow on it like any ordinary feller, 'e fanned it with 'is 'at."

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Minard's Liniment for Neuralgia.

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UPSET STOMACH
Instantly! "Pape's Diapepsin"
Corrects Stomach so
Meals Digest

The moment you eat a tablet of "Pape's Diapepsin" your indigestion is gone. No more distress from a sour, acid, upset stomach. No flatulence, heartburn, palpitation, or misery-making gases. Correct your digestion for a few cents. Each package guaranteed by druggist to overcome stomach trouble.

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Rub Minard's Liniment into the scalp—it cleanses the surface, it opens the pores, it works down to the roots and stimulates them into activity. Apply four times a week, rubbing thoroughly—no dandruff.

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—La Bruyere.

Minard's Liniment for Rheumatism.

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