

—AND THE WORST IS YET TO COME



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.

A striking statement—one that provides food for thought—was made recently by Rev. Dr. E. I. Hart, pastor of Sherbrooke Street Methodist Church, Montreal. In referring to the high rate of infant mortality in Quebec as compared with New York, Toronto, and other cities, Dr. Hart said that babies do not interest some types of politicians, because the babies have no votes.

Can this be true? Is it a fact that there are to-day politicians in the public life of Canada who care not for the welfare of those who have not a vote to cast at an election? It is hard to think that such a state of affairs could exist, and yet indifference to the subject of Child Welfare appears to be much in evidence in high places.

Up till a very few years ago the Dominion Government had not voted any money at all for the great work of Child Hygiene, and yet money was voted to improve the breeds of cattle, sheep, pigs and even chickens. Thousands of dollars were spent annually in bringing emigrants to this country from Central Europe, many of whom were not the most desirable type, and yet not a penny was voted for the care and improvement of the best settler this or any country can hope to have—the native-born child. All over this province at the present time there is a crying need for child welfare work. The infant mortality in many sections of this province is deplorably high—in one or two places it has mounted up to over 200 deaths per 1,000 births. Just think what this means! Two babies out of every ten born never reach the first year of life.

Something must be done to reduce this awful wastage of human life, for it can be reduced. It has been reduced

in other countries, it can be reduced in Canada. Public Health Education is gradually forging its way into the homes and hearts of the people, for it is only by education that the people can know how to reduce the death rate among infants, how they can have the large percentage of physical defects corrected in young children, thus paving the way for a healthier manhood and womanhood in the generations to come. The principles of hygiene must be taught in the home, in the schools, in the lecture hall—anywhere that people can hear. The community nurse, the public lecture, the moving picture, the Child Welfare Clinic, the health article in the newspaper, the display poster graphically pointing out the way to health—all must be commandeered and put into active service if a real effective campaign for child welfare is to hope for success.

C. D. of Thornhill asks what is the cause of shingles.

There are many causes, some of which are tuberculosis of the lungs, the internal use of arsenic, cold, debility, and in women, pregnancy. Apart from the conditions just named, the disease may be symptomatic of various affections of the nervous system such as general paralysis of the insane, tabes dorsalis, meningitis, etc.

Oftentimes there is no apparent cause for this disease. Early symptoms are shivering, slight fever and pain in the area supplied by the nerve roots involved.

Keep up the body resistance to disease, and the general health good.

As for specific treatment the patient should consult his doctor. Our aim in this column is the prevention of disease rather than its cure.

THANKFUL MOTHERS

Once a mother has used Baby's Own Tablets for her little one she would use nothing else. The Tablets give such results that the mother has nothing but words of praise and thankfulness for them. Among the thousands of mothers throughout Canada who praise the Tablets is Mrs. David A. Anderson, New Glasgow, N.S., who writes:—"I have used Baby's Own Tablets for my children and from my experience I would not be without them. I would urge every other mother to keep a box of the Tablets in the house." The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach; drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are sold by medicine dealers, or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Better Leg.

Lord Anglesey, who lost a leg at Waterloo, became—so a literary friend recorded seven years later—"a model for the nice conduct of a wooden leg." It was within an inch of running through Walter Scott's portrait, which happened—this was at the exhibition—to be leaning against the wall while a heavier nail was being found for it; but the agile hero by a skillful side-

long manoeuvre at the last instant bowed himself out of the way.

Not long after the battle, as a recent writer relates, Lord Anglesey, who then was Lord Lieutenant of Ireland, visited Ballynahinch Castle in Connemara. During the last part of the long rough ride that brought him to the castle he was accompanied by Ulick Burke, a retainer of the Martins of Ballynahinch. Ulick walked beside Lord Anglesey's horse, and the rider fell into jocular conversation with him and presently asked him gayly which of his legs he liked better. Ulick had noticed that one leg was artificial, but he pretended that he had not noticed and answered casually that "one leg was as good as another; there was no difference in life." Lord Anglesey, delighted at the testimony to his success in wearing his new limb, explained that it was artificial and told how he had lost the real one in battle. At the end of the story Ulick said, gently touching the cork leg, that there was a "differ" after all. "Sure, Your Lordship, this is the more honorable."

Ill-Mated.

They were a loving couple, he full of romance, she not knowing the meaning of the word.

Walking in the woods, he turned to her with the love-light in his eyes, and said, "What's your favorite flower, dearest?"

"Oh, Smith's for bread and Johnson's for pastry," she replied, sweetly.

No Telephone in Heaven.

"Now I can wait on baby," the smiling shopman said, As he stooped and softly toyed with the golden curly head, "I want 'oo to tall up mamma," came the answer full and free, "Wif yo' telephone an' ast her when she's tummin' back to me.

"Tell her I so lonesome 'at I don't know what to do, An' papa cries so much, I dess he must be lonesome too; Tell her to tum to baby, 'cause at night I dit so 'traid, Wif nobody dere to tiss me, when de light bedins to fade.

"All froo de day I wants her, for my dolly's dot so tored, Fum, de awful punchin' Buddy give it wif his 'ittle sword; An' ain't nobody to fix it since mamma went away, An' pore 'ittle lonsome dolly's ditting thinner ever' day."

"My child," the shopman murmured, as he stroked the anxious brow, "There's no telephone connection where your mother's living now."

"Ain't no telephone in Heaven," and tears sprang to her eyes, "I fought dat God had ever-fing wif Him up in de skies."

When Queen Mary Travels.

The ordinary traveller by train probably could not say whether he was being carried at forty or fifty miles an hour, and certainly very few men could recognize an increase in speed of a mere five miles an hour.

Queen Mary, however, is said by every driver who has piloted her train to have an uncanny knack for train speeds, and to be able to tell at once when speed is accelerated.

She will not travel at more than fifty miles an hour, and has been known to complain when that speed has been exceeded by no more than a fraction.

King George prefers a little faster rate, and when he travels alone the average speed is about sixty miles an hour.

The speed lover of the Royal Family was King Edward, who was never really happy unless his train was swinging along at a good seventy miles an hour. Queen Victoria went to the other extreme, and would never be carried at more than thirty miles an hour, a speed that on a long journey would have been more than enough to disorganize the whole system on any line on which she was travelling.

Fortunately for the companies she was no judge of speed, and engine drivers usually contrived to creep up above the royal limit of thirty.

NEW BLOOD NEEDED IN THE SPRINGTIME

Try Dr. Williams' Pink Pills as a Blood-Improving, Health-Restoring Tonic.

Every man, woman and child needs new, rich, red blood at this time of the year. That is a scientific fact. All doctors know it. The blood grows thin and poor in the winter; there is not enough of it and spring shows the effect. Take notice and see how many people are pale and sallow at this time of the year. They complain of being easily tired, their appetite is poor, and they are often depressed and low-spirited. That is mother nature urging them to improve their blood supply; but often their digestion is weakened so that they cannot turn food into blood without help. Here is where modern medical science comes to the rescue. Dr. Williams' Pink Pills have a direct action on the blood and enable you to get full use of the blood-making elements in your meals. You soon feel their effect—your appetite improves, your nerves are steadier, color returns to the cheeks and lips, you have more vim and energy and can work with less fatigue. The above statements are borne out by the experience of Mr. J. P. Greschuk, Janow, Man., who says:—"Very recently I found myself in a badly run down condition. My stomach was quite out of order; I could eat but little and what I did eat did not appear to nourish me. I did not seem to have enough blood; my hands and legs were blue, and I had no strength to work. I tried several medicines but did not get good results. Then one day reading our newspaper I read about Dr. Williams' Pink Pills and decided to try them. I used a half dozen boxes, and now I feel well and strong, have a good appetite, and can do my work with ease. Naturally I have great faith in this medicine as a blood-making tonic."

Whether you are seriously ill, or merely feel easily tired and out-of-sorts, you should try Dr. Williams' Pink Pills this spring. They are sold by medicine dealers everywhere, or will be sent by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

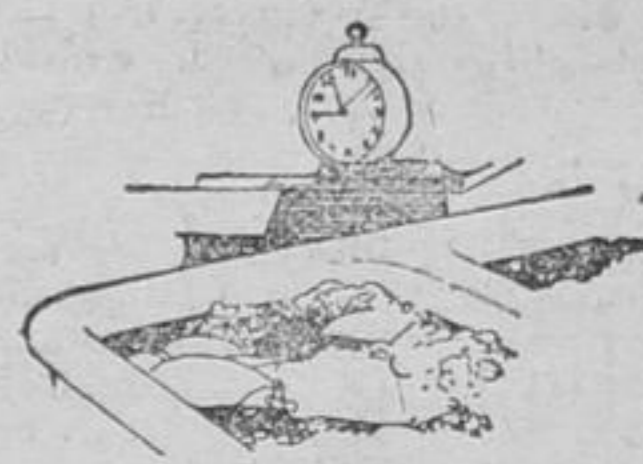


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The Thing You Think You Want.

"If it were really for your good, Dick, I should let you go. I am sorry to disappoint you, to deny you this thing that you think you want, but you can't go. Some day you will thank me for deciding in that way for you."

Father's tone was regretful but firm, and he didn't tell his boy that he knew about the young fellows who had invited him to go camping with them.

At the moment Dick, who was younger than the other boys and who was flattered by their invitation, thought his father harsh, unloving and hard-hearted. But a few days later he knew how truly kind and wise that adverse decision had been. It had kept him out of a succession of escapades that landed several of his would-be fellow campers in jail; it had kept him away from evil influences that might have marred his whole life.

God treats his children like that sometimes. It is easy to grow bitter and defiant over unanswered prayers, ungranted desires, things denied that you think you want and are sure you ought to have. But—

Sometimes God lets folks have their own way. The Psalmist says of one such instance: "He gave them their request, but sent leanness into their soul."

Do you want your own way on such terms? It is a high price to pay. Why not try the better method? Make God's will your will; want the things that He wants for you; do the things that He plans for you. Then the thing you think you want will be yours in full measure and will bring, not leanness, but riches of grace to your soul.

Quite So.

A Scottish preacher had been abroad and when he came back he was preaching to his congregation on the marvels he had seen. He wound up with this:

"And the same creator who made the vast ocean made the dewdrop. The same Creator who made the mountain made the pebble. Yes, and that same Creator who made me made a daisy!"

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