

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.

It is sometimes the simple things in daily life that cause the most trouble from a health point of view. Some people are very careful about the ingredients used in food and take pains to select the kinds of food that will best suit their palates and digestion. However, in the preparation of even the simplest kinds of food care must be taken to avoid any dangers in the cooking process. Serious results may arise from poisons developed through chemical action taking place between the food and the receptacle in which it is contained. For instance, vessels made of galvanized iron should never be used for containing food materials on account of the solvent properties which many of these possess for zinc. It seems well that the general public should be aware of this fact.

An example of this has been recently reported when a sudden outbreak of illness occurred among the inmates of a large institution under the following circumstances: About four hundred persons were served at tea with hot stewed apples. The remainder of the meal consisted of bread, butter and tea. Within a few minutes more than two hundred of those who partook of the stew complained of dizziness, sickness or a feeling of sickness, colic and tightness in the throat. There was some diarrhoea, but no double vision. The medical officer in charge of the institution at once administered doses of bismuth and chalk

mixture, and within a short time most of the sufferers had recovered and were able to take food again three hours later. Only ten persons were at all seriously ill, and all of them were able to carry out their ordinary work next day, so that evidently the effects of the poison soon wore off.

The apples used had been freshly gathered and were stewed in large galvanized iron containers which were placed in iron steamers. The containers were used because it had been found on a previous occasion that the apples became black if placed directly in the steamers. A chemical analysis of some of the stewed apples remaining over from the meal showed that they contained seven grains of zinc to the pound expressed as zinc oxide—this being equivalent to twenty-five grains of hydrated zinc sulphate to the pound. The dose of zinc sulphate which results in vomiting is 10-30 grains, and each person consuming the stew may be assumed to have taken eighteen to twenty grains of sulphate of zinc.

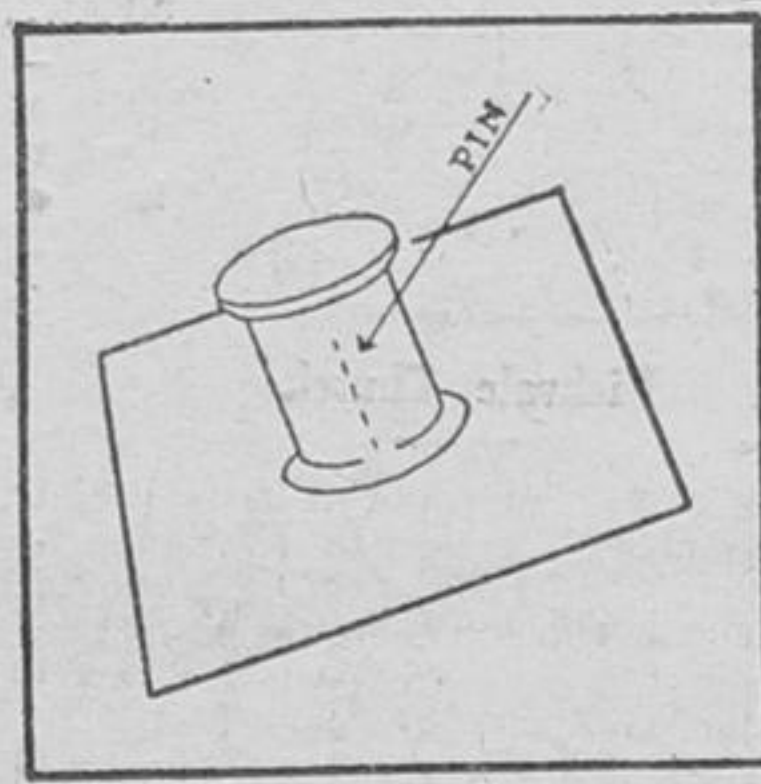
It is well known that vegetable acids are liable to act on metals, and the cause of the outbreak in question hardly seemed in doubt from the first.

This incident indicates very clearly the danger of food poisoning from sources outside the food itself. Of course the danger from contaminated food such as occurs in infected meat, hams soaked in brine, Cambridge sausages, etc., cannot be lost sight of.

EASY TRICKS

No. 29

Blow It Away



You'll need for this little puzzle a visiting card or a playing card, a pin and a spool.

Push the pin through the centre of the card and drop the pin into the hole that runs through the spool. Holding the spool carefully so that the card will not fall off, hand it to a friend. Tell him that the trick is to see how far he can send the playing card by blowing through the spool.

If you are trying to make things merry at a party, it is a good idea to prepare several sets of cards, spools and pins and very seriously arrange a competition. Don't let anyone practice before the word to blow is given. That would spoil the whole affair. Do not fail to warn the other spectators to keep out of range of the flying cards.

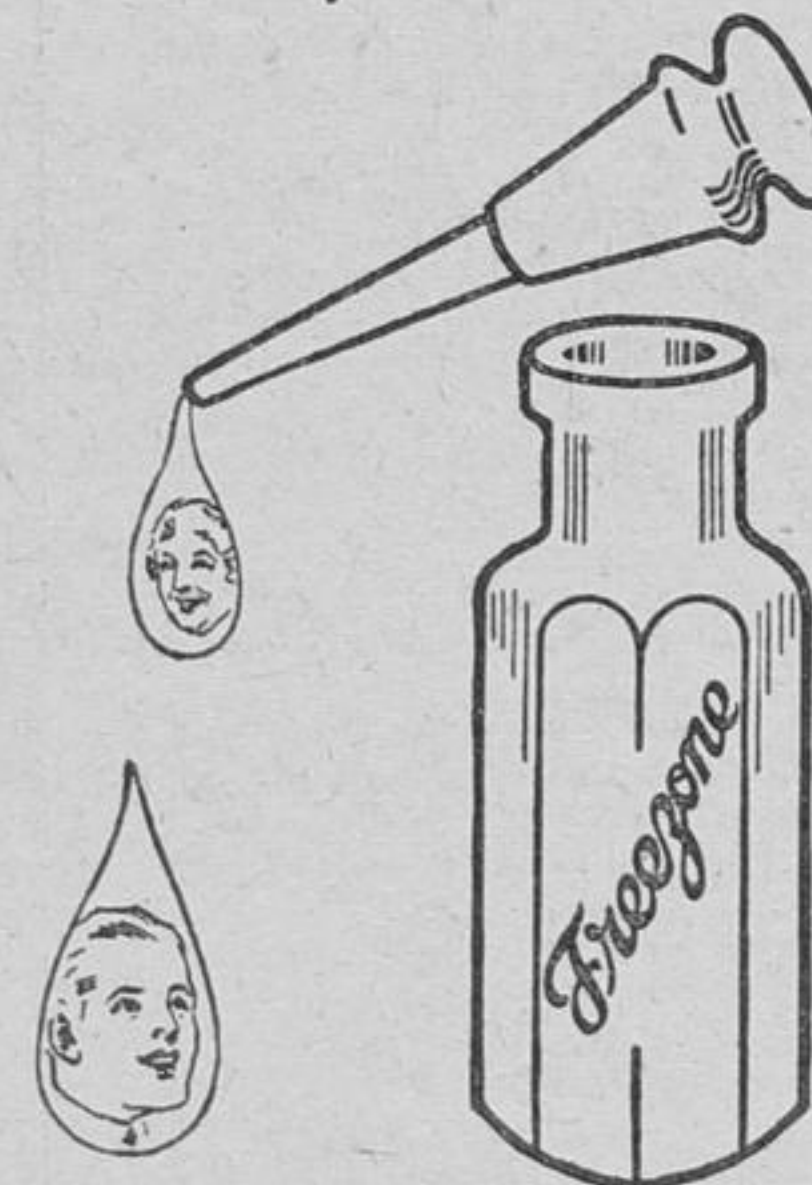
In course of time, each blower will learn that the harder he blows, the more firmly the card will stick to the spool. Try it and see.

(Clip this out and paste it, with others of the series, in a scrap-book.)

There is no more inconceivable folly than this continued riot of expenditure on battleships at a time when great masses of humanity are dying of starvation.—Herbert Hoover.

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

Be Safe!

Don't wait for someone to be in pain to get Kendall's Spavin Treatment in the house.

For all external hurts and pains—for all muscular troubles.

Kendall's Spavin Treatment makes good.

KENASTON, Sask., December 8th, 1911. "Please send me one copy of your TREATISE ON THE HORSE. I have used your Kendall's Spavin Cure for over eleven years and found it one of the best liniments I have ever used for all kinds of sores. (Signed) M. ZEMAN."

Get a bottle of your druggist's today. Regular for Horse Treatment—Refined for Human use. DR. B. J. KENDALL COMPANY, Enosburg Falls, Vt., U.S.A.

KENDALL'S SPAVIN TREATMENT

Keep Stomach and Bowels Right

By giving baby the harmless, purely vegetable, infants' and children's regulator.

MRS. WINSLOW'S SYRUP brings astonishing, gratifying results in making baby's stomach digest

food and bowels move as they should at teething time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.

At All Druggists

ISSUE No. 22-'23.

MRS. YOUNG GAINS THIRTY-FOUR LBS.

Declares Tanlac Restored Her When Stomach Trouble Had Almost Wrecked Health.

"I weighed only a hundred and fourteen pounds, my face was sallow and sunken and I was thin as a rail. But since taking Tanlac I weigh one hundred and forty-eight, have the rosy cheeks of a school girl, and enjoy good health for the first time in fifteen years." This remarkable statement was made recently by Mrs. Bella Young, 98 Cathcart St., Hamilton, Ont. "The last year of my sickness I was near a nervous breakdown, and my appetite was so poor even the odor of food sometimes nauseated me. Headaches, pains in my stomach and back nearly set me wild and I would walk the floor for hours. I got so weak I could hardly stoop over to lace my shoes, and my housework was a burden."

"The Tanlac treatment gave me a wonderful appetite, built me up till friends wondered at my great change, and I always feel strong and well. I will never cease to praise Tanlac."

Tanlac is for sale by all good druggists. Accept no substitute. Over 87 million bottles sold.

Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

If you would please, allow yourself to be instructed in much that you know by men who are ignorant of the subject.

Look to Your Eyes

Beautiful eyes, like fine teeth, are the result of constant care. The daily use of Murine makes eyes clear and radiant. Enjoyable. Harmless. Sold and recommended by all druggists.



Murine for your eyes

FACE BROKE OUT WITH PIMPLES Hard, Large and Red. Cuticura Healed.

"My face broke out with pimples that were hard, large and red. They festered and scaled over and itched and burned causing me to scratch them. I tried several different remedies but they did not help any. I read an advertisement for Cuticura Soap and Ointment and purchased some and after using them about a month I was completely healed." (Signed) Miss Catherine I. Carter Aberdeen Hospital, New Glasgow, Nova Scotia.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.

Sample Each Free by Mail. Address: Lyman, Limited, 244 St. Paul St., W. Montreal. Sold everywhere. Soap 25c. Ointment 25c and 50c. Talcum 25c.

Cuticura Soap shaves without mug.

Classified Advertisements.

OWN A FARM ON LAKE ERIE, IN WESTERN Ontario, the Florida of Canada. Send for full information and our special sixty day offer of free return trip; grow the big money crops. Fruit, tobacco, corn, beans, etc. In addition to general mixed farming. Success Real Estate, Blenheim, Ont.

If you would climb to heights sublime, Give my advice a trial; Don't drift and shirk, "Butt in" and work, and SMILE! SMILE! SMILE! —Margaret Emerson.

America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 129 West 24th Street New York, U.S.A.

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FOR SPRAINS, CUTS, BRUISES, SWELLINGS Use the Old Reliable. MINARD'S "KING OF PAIN" LINIMENT

MRS. MISENER'S ACHES AND PAINS Vanished After Using Lydia E. Pinkham's Vegetable Compound

"Branchton, Ont.—"When I wrote to you for help my action was mostly prompted by curiosity. I wondered if I, too, would benefit by your medicine. It was the most profitable action I have ever taken, I heartily assure you, for through its results I am relieved of most of my sufferings. I have taken six boxes of Lydia E. Pinkham's Vegetable Compound Tablets and a bottle of Lydia E. Pinkham's Blood Medicine, and I can honestly say I have never been so well before. I had suffered from pains and other troubles since I was fifteen years old, and during the 'Great War' period I worked on munitions for two years, and, in the heavy lifting which my work called for, I strained myself, causing pelvic inflammation from which I have suffered untold agony, and I often had to give up and go to bed. I had doctored for several years without getting permanent relief, when I started to take your medicines."—Mrs. GOLDWIN MISENER, Branchton, Ont.

Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments of Women."

HAVE YOU ANY OF THESE SYMPTOMS?

If You Have, You Are in Need of a Tonic Medicine.

Are you pale and weak, easily tired and out of breath on slight exertion? Are you nervous? Is your sleep disturbed? Do you wake up in the morning feeling as tired as when you went to bed? Is your appetite poor, your digestion weak, and do you have pains after eating?

If you have any of these symptoms you need a tonic, and in the realm of medicine there is no better tonic than Dr. Williams' Pink Pills, which enrich the blood, restore shattered nerves and bring the glow of health to pale cheeks. The value of Dr. Williams' Pink Pills is shown by the case of Mr. Horace Cuphill, Woodward's Cove, N.B., who says:—"The first indication that my general health was not good was a shortness of breath after the least exertion. Then my appetite began to fail, and after eating it seemed as if there was a lump in my stomach. I grew so weak that I could not walk a hundred yards without resting. Then I was taken with a numbness all over my body and was in a sad plight. I was under a doctor's care, but as I was not getting better, I decided to try Dr. Williams' Pink Pills. The first few boxes did not seem to help me but my wife asked me to continue their use and I got four boxes more. Before these were gone I could eat a fair meal, the numbness was leaving me and I was feeling much better in every way. I took the pills for a while longer, and felt that I was again a well man. I still take the pills occasionally, but have had no return of the old trouble."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sir Frederick Bridge, recently lecturing on "The Real 'Rule Britannia!'" declared that the song is ruined by being sung too fast. It should "invariably be taken at a slow, majestic pace." The melody was composed by Dr. Arne in 1740, who was intended for the law and was articulated to a solicitor, but who forsook these studies for music. Wagner showed his admiration for the tune by writing an overture round it, but his composition had very little inspiration and failed to live.

A Child Asks. "Where has yesterday gone?" (Hark to the prattler!) Yesterday, my child, Has gone into our memories—or hearts; Sometimes we would forget . . . but it lives still. And we are made of joys and griefs and hopes Of yesterdays.

"Why is to-morrow?" (Listen to the child!) To-morrow, Like a clean sheet of paper, is ours to write on, And we record, when it is given us, What yesterday has taught. If we make mistakes— And we all make mistakes—or if we waste Our paper with our silly blots or scribbles, Another sheet is given us to write on: The day-after-to-morrow. Yesterday was today, my child; to-day We make the memories which will be yesterday's; And soon to-morrow will be to-day, And we shall have—and everyone will have— One more clean sheet to write a record on. —Robert Withington.

THANKFUL MOTHERS

Thousands of mothers throughout Canada—many of them your neighbors—speak with thankfulness concerning the use of Baby's Own Tablets. Once they have used the Tablets for their little ones they would use nothing else. The Tablets are an absolutely safe medicine for even the youngest baby, being guaranteed by a government analyst to contain neither opiates nor narcotics or other harmful drugs. Concerning them Mrs. David McRobb, Divide, Sask., says:—"I have used Baby's Own Tablets and have found them so satisfactory I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Snappy. Tactless Hostess (on seeing her nephew's fiancée for the first time:—"I should never have known you from your photograph. Alan told me you were so pretty!" Quest (coldly):—"No. I'm not pretty, so I have to try to be nice, and it's such a bore. But perhaps you haven't tried?"

Minard's Liniment used by Physicians.



A Dreadful Possibility. His Mother—"Go and wash your hands and face, Bobby. I'm expecting Mrs. Pokernose here any minute." Bobby—"But s'pose she don't come at all after I've gone and washed my hands and face?"

Sins of the Fathers. Tommy—"How far is the earth from the sun?" Father—"I'm sure I don't know." Tommy—"Well, I hope you will feel sorry to-morrow when I am being punished for your ignorance."

MONEY ORDERS. It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

Man calls it freedom and it makes him free to be more brutish than a brute can be.—Goethe.