

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.

In view of the tremendous advances made in public health work in this province during the past decade it is interesting to recall what was being done prior to 1912, and how the Provincial Board of Health, though at that time handicapped by lack of funds, was nevertheless carrying on an active campaign in many fields of public health activity. Here is an interesting account of the work, taken from the Canadian Magazine of November, 1912.

"Advanced indeed have been the steps in the last seven years for the protection of public health. Milk, that prime incubator of germs and disseminator of disease, is now produced and marketed under sanitary conditions. In 1919 the Government appointed a Milk Commission whose members awakened the province to the evils arising from unclean dairying and careless handling of milk. The recommendations of the Commission are embodied in one of the most progressive statutes of any State. The consumer now receives a supply measuring up to a strength, and delivered as carefully as testing and inspection can ensure.

Rivers and streams are no longer allowed to be polluted with sewage. Tuberculosis is now classed as a communicable disease, and every medical man is compelled to notify the local and provincial officers of health of all cases of communicable disease com-

ing under his care. Vaccination is compulsory when in the opinion of the authorities public health is menaced. The province has been divided into health districts and each district is in charge of a medical officer with ample power to carry out the law. He owes his appointment to no local body and is, therefore, beyond local influence. The sanitary campaign is being waged diligently. Travelling exhibits show how to ventilate the sleeping room and the sick room, how to feed the baby, and how to care for the consumptive.

He who runs may read circulars, pamphlets and booklets issued under government auspices on all subjects pertaining to sanitation and health. Prevention rather than cure is the new gospel. The physician of to-morrow is the sanitarian.

The baby is an object of no small concern. Infant mortality occurs at a rate that is an economic loss. Infant mortality is about twenty-eight per cent. of the death rate, while the rate for consumption is not more than eight per cent. Nearly ten thousand children die in Ontario every year. The campaign of education in charge of Dr. J. W. W. McCullough, Chief Officer of Health for Ontario, who is assisted in this particular branch of the work by Dr. Helen MacMurphy, is being diligently carried on, that the mother may be informed and the child given a chance."

HOW DELICATE GIRLS ARE MADE STRONG

Rich, Red Blood Needed to Keep Up Their Vitality.

It should be constantly borne in mind that pale, bloodless girls need plenty of nourishment, plenty of sleep and regular out-of-doors exercise. But a lack of appetite and tired aching limbs tend to hinder progress. To save the weak, thin-blooded sufferer, she must have new, rich red blood and nothing meets a case of this kind so well as Dr. Williams' Pink Pills. These pills not only enrich and increase the blood supply, they help the appetite and aid digestion, relieve the weary back and limbs, thus bringing new health and strength and transforming anaemic girls and women into cheerful, happy people. Among the thousands of girls who have obtained new health through the use of Dr. Williams' Pink Pills is Miss Lyla G. Garneau, Freeman, Ont., who says:—"About two years ago I was in a very nervous and run down condition. I could not eat, did not sleep well and was fast becoming an invalid. I was subject to fainting spells which made it very embarrassing to go in company as I never knew when a fainting spell might come on. After several fruitless treatments I was advised to try Dr. Williams' Pink Pills, and by the time two boxes were used I felt an improvement. I kept on taking them, and am now thankful to say that I owe my present health and happiness to this medicine, which I cheerfully recommend to other run-down girls."

If you are weak or ailing, avail yourself at once of the home treatment which Dr. Williams' Pink Pills so easily afford, and you will be among those who rejoice in regained health. These pills are sold by all dealers in medicine, or may be had by mail at 50c a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Tenement Children.

Eaglets have no bounds or bars
Save the cordon of the stars;

Only searching beagles know
Where the little foxes go;

Little fish have leave to glide
With the world-engirdling tide;

Man bids lovely childhood bloom
In this pestilential gloom!

—Daniel Henderson.

Word comes from England that an important weekly has begun the use of the new rubber-latex paper, in which up to five per cent. of raw rubber is incorporated with the pulp.

EDDY'S
TWIN BEAVER
WASH BOARDS
OF INDURATED FIBREWARE
outwear all others
ON SALE BY GROCERS
AND HARDWARE MERCHANTS

Roads.

Oh, you may take the smooth paved road,
The highway, if you will;

But I will take the country road
That straggles up the hill.

What fun is there in wandering
If you must always know
Where every road will take you to
And where you want to go?

Give me the road where every turn
Will bring a fresh surprise
Of cozy farms and apple trees
And shade to rest the eyes;

The dusty road, the country road
Where friendly birds fly low,
Where lazy carters ramble past,
And-scented breezes blow;

Where ruts are grown with tufts of grass
And daisies spring between;
On either side long fields of grain
That billow gold and green.

So take the highway if you will
From town to smoky town,
And rest you in a stuffy inn
When velvet night comes down;

But think of me beneath the stars,
All pillowed in the hay,
With song of birds to waken me
And send me on my way.
—Abigail Cresson.



Going the Rounds

"Jack hasn't danced for years; but now the waltz is coming back, he's visiting every house where they shake a foot."

"Going the rounds, eh?"

Cock-Crowing Contests.

The Belgian artisan spends his leisure in a novel manner. He breeds a special cock for crowing, and the bird that can outcrow its fellows has reached the highest pinnacle of perfection.

The plan adopted is to place the cages containing the roosters in a long row, as proximity creates the spirit of emulation without which the proceedings would fall flat.

A marker appointed by the organizers of the show is told off for each bird, his duty being to note carefully the number of crows for which it is responsible. The customary duration of the match is one hour, the winner being the cock which scores the highest number of points in the allotted time.

The Liege district is a famous centre for such competitions.

The greatest depth sounded is in the North Pacific near the island of Guam, which is only 66 feet short of six miles. This exceeds the greatest known height, Mount Everest, by 2,612 feet.

Minard's Liniment used by Physicians.

EASY TRICKS

No. 31

I'll Tell Your Age

$$\begin{array}{r} 99 \\ -18 \text{ your age} \\ \hline 81 \\ +33 \text{ your friend's age} \\ \hline 114 \\ \text{take away the left hand figure} \\ 14 \\ \hline \text{add it to the right hand figure} \\ 15 \\ +18 \text{ your age} \\ \hline 33 \text{ your friend's age} \end{array}$$

In this trick you discover, by means which seem mysterious, the age of your friend. There is one little drawback to the problem—it will work only if your friend is older than you are.

Subtract your age from 99. Let your friend mentally add the remainder to his age. Then he is to take away the first figure of the total and add it mentally to the last figure and tell you the result. If you will add the number he gives you to your age you will have his age.

For example: Suppose you are 18. Subtract that from 99. That leaves 81. Ask your friend to add (mentally) 81 to his age. If his age is 33, that will give him 114. When he takes away the first figure he has 14. Adding the 1 to the 14, he has 15. Adding your age, 18, gives 33—and there you are.

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

MONEY ORDERS.

The safe way to send money by mail is by Dominion Express Money Order.

It is the opinion, the interests, the ideals, and the goodness of the average man and the average woman which makes the character of the nation.—Colonel E. Kitson Clark.

The term A1 was originated from the Lloyd's Register of shipping, meaning first class.

America's Pioneer Dog Remedies

Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author. H. Gray Glover Co., Inc., 129 West 24th Street New York, U.S.A.

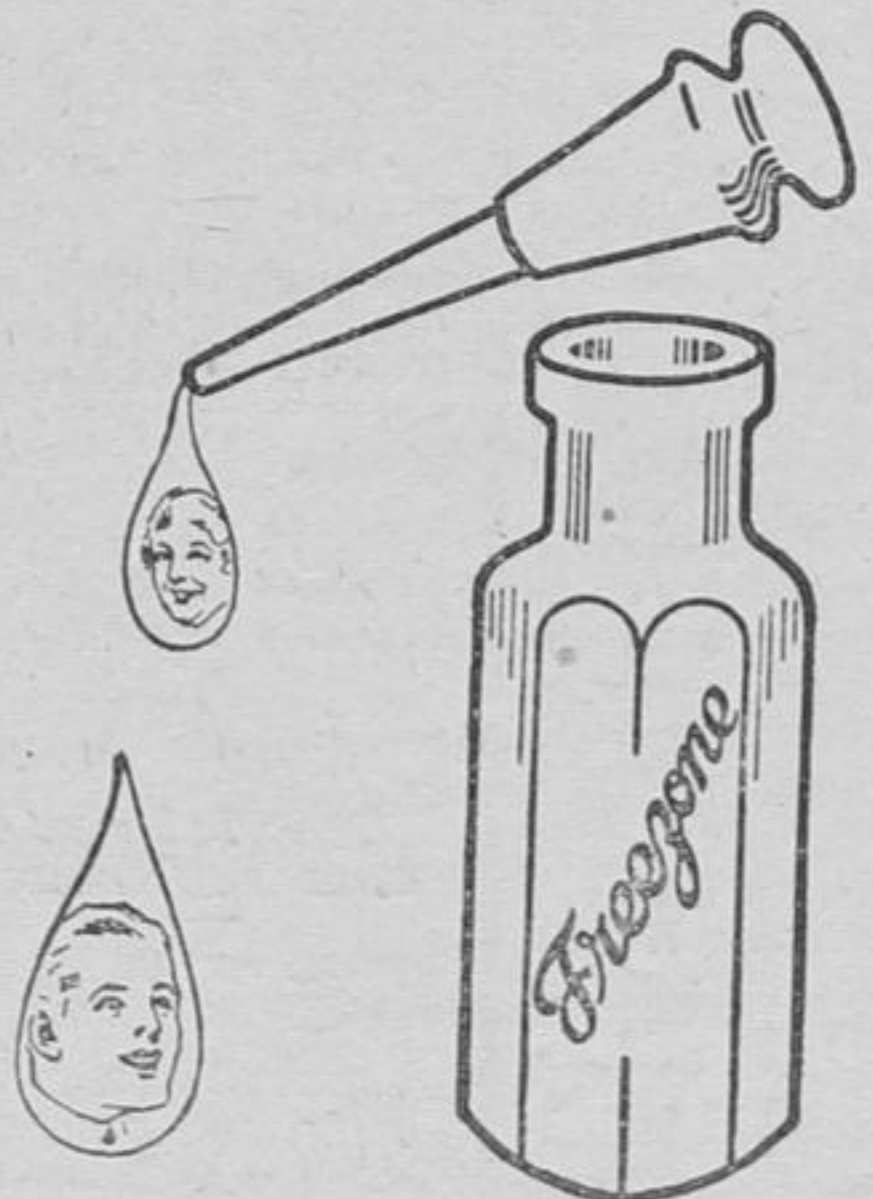
Attractive Proposition

For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

BABIES LOVE
MRS. WINSLOW'S SYRUP
The Infants' and Children's Regulator
Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhoea, flatulency and other like disorders. The open published formula appears on every label.
At All Druggists

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.

ISSUE No. 24—'23.

IS SURPRISED TO FIND SHE IS ALIVE

Mrs. Gorman Says She Didn't Expect to Survive Her Troubles—Praises Tanlac.

"Three years ago, before I got Tanlac, if anyone had told me I would be alive now I couldn't have believed it," said Mrs. Hannah Gorman, 414 Arthur St., Windsor, Ont.

"I had suffered from stomach trouble for seventeen years. Many a time I was in such agony I didn't think I could live through the day. I had awful smothering spells, terrible headaches, and was so nervous I was almost frantic and sleep was practically out of the question. Why, I was so weak I could hardly dress the children, to say nothing of taking care of the household duties.

"However, Tanlac gave me back my strength, and I've enjoyed perfect health ever since. I gained nearly ten pounds in weight, have a wonderful appetite and sleep eight or ten hours every night and feel so well life is a pleasure. Tanlac was a godsend to me. No medicine in the world can equal it."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

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

A belief common in Japan is that to live long one should sleep with the head pointing due north.

Minard's Liniment for sale everywhere

Letting a man follow the wrong course because he is your friend is mistaken kindness.

Automobile Supplies

We carry a full line of used automobile parts, magnetos, carburetors, gears, and new accessories at low prices.
Toronto Automobile Wreckers
179 Queen St. West Toronto

ITCHING BURNING ECZEMA ON SCALP

In Pimples. Formed Hard Crust. Hair Fell Out. Cuticura Healed.

"I had eczema on my scalp. It broke out in little pimples which formed a hard crust. My scalp itched and burned so badly I was up half the night. My hair fell out terribly and I could not comb it."

"This trouble lasted about three months before I sent for a free sample of Cuticura Soap and Ointment. I bought more and I used two boxes of Cuticura Ointment with the Cuticura Soap when I was healed." (Signed) Miss Gertrude Harrington, 1010 Delaware Ave., Butte, Mont.

Cuticura Soap to cleanse and purify, Cuticura Ointment to soothe and heal and Cuticura Talcum to powder and perfume are ideal for daily toilet purposes.

Sample Each Free by Mail. Address: "Lyman, Limited, 344 St. Paul St., W. Montreal." Sold everywhere. Soap 25c, Ointment 25c and 50c, Talcum 25c. Cuticura Soap shaves without mug.

Classified Advertisements.

FOR SALE.

QUANTITY 6x8 to 10x10 BEECH TIMBERS
Reid Bros., Bothwell, Ontario.

NEW FORD OWNERS CAN ENJOY LUXURY, comfort and economy with the latest attachment. In unrepresented territory one may get his FREE. Write Auto Specialty Co., Peterboro, Ont.

WANTED—FEMALE CLOTH WEAVERS.
Velours, Folas, etc. Highest wages paid. Apply Slingsby Manufacturing Co., Ltd., Brantford, Ontario.

At the Montreal sale of the Canadian Fur Auction Sales Company the best silver fox skins brought \$325, a few sold for \$200, but most of those of fair quality fetched between \$70 and \$125. The American import duty of fifty per cent. on furs kept away many buyers from the United States.

Refreshes Weary Eyes

When Your Eyes feel Dull and Heavy, use **MURINE**. It Instantly Relieves that Tired Feeling—Makes them Clear, Bright and Sparkling. Harmless. Sold and Recommended by All Druggists.



MURINE
FOR YOUR EYES

CORNS BUNIONS

Minard's takes the "hurt" out of them. Also a soothing bath for sore, tired feet.



WOMEN FROM FORTY TO FIFTY

Will Be Interested in Mrs. Thompson's Recovery by Use of Lydia E. Pinkham's Vegetable Compound

Winnipeg, Man.—"Lydia E. Pinkham's Vegetable Compound has done me good in every way. I was very weak and run-down and had certain troubles that women of my age are likely to have. I did not like to go to the doctor so I took the Vegetable Compound and am still taking it right along. I recommend it to my friends and to any one I know who is not feeling well."—Mrs. THOMPSON, 303 Lizzie St., Winnipeg, Man.

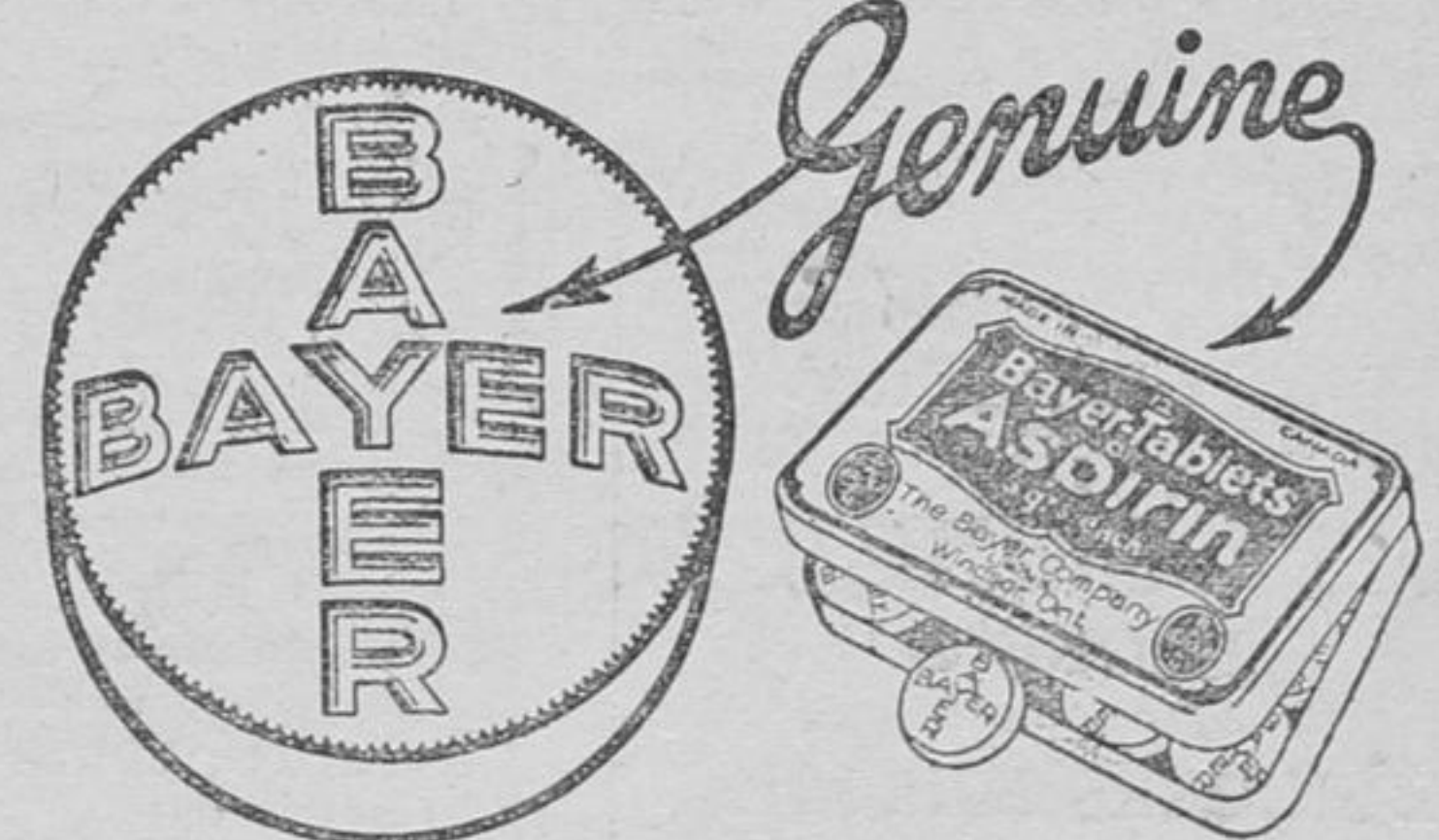
When women who are between the ages of forty-five and fifty-five are beset with such annoying symptoms as nervousness, irritability, melancholia and heat flashes, which produce headaches, dizziness, or a sense of suffocation, they should take Lydia E. Pinkham's Vegetable Compound. It is especially adapted to help women through this crisis. It is prepared from roots and herbs and contains no harmful drugs or narcotics.

This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women." C

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mono-acetic acid ester of Salicylic acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."