

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.

Health habits; How to keep well; Health Education; Hints on Health; Child Welfare.

These are some of the headlines one sees in almost any newspaper today. This publicity is a sign of the times, for as a rule discerning editors only print what the public want to read. Experience has shown, however, that the newspaper is a great teacher, and can lead its readers in right paths. Indeed, there are many cases where the public can be educated through the press to realize the importance of contemplated reforms of which they previously knew little or nothing. In Public Health propaganda throughout the country, nothing is of more assistance than the local newspaper. It goes into the homes of the people as nothing else does and stimulates interest in the subject. Some idea of the far-reaching ramifications of the country newspaper can be obtained by noting the postal addresses of correspondents who have read some public health article in a local paper.

Inquiries have come from far beyond the boundaries of Ontario, asking for information on health matters. With friendly co-operation on the part of newspaper editors the work of disseminating truths regarding the different branches and activities of Public Health, is made much easier. Nor can any one interested fail to realize the great need for education of the public on matters effecting their health and well-being. Too often it seems as if the very essentials of hygiene and sanitation are neglected, both as regards the individual and the community.

How are we to diffuse the necessary information to best advantage? Clearly by co-operation. Samuel Gompers, President of the American Federation of Labor, emphasized this in an address he gave in Toronto on the

need for co-operation among employers in industry. "There must be unity of purpose," he declared, "steady plodding in consideration for our fellows. We must be true to ourselves, true to each other, and all must recognize and appreciate the value of service."

It would be well if many organizations that are planning to combat infant mortality and do welfare work of all kinds, would take a note from the Rotary Club—these splendid organizations that are now being extended to practically every city on the continent of North America. These clubs stand for service to others, and their driving motive is the desire to spread happiness and to make the world a better place to live in for as many people as possible. The work of the Women's Institutes throughout the province is also beyond all praise.

The yearly record of one out of every ten babies dying before reaching one year of age, the large number of physical defects in children, the advantages of breast feeding of the infant, the large number of physical defects uncorrected in young children, the lack of sanitation in many homes, the protection of life and limb in industrial pursuit, the caring for the feeble-minded, and the necessity for their education. These are some of the problems confronting everyone active in Public Health work at the present time. There is much work to be done if the race is going to maintain its full vigor.

Education of the people, and bringing them close together in the study of these problems, is what counts now and will continue to count as the importance of Public Health work becomes more and more apparent. For progress along these lines has a fundamental and direct bearing on our national well-being.

HEALTHY CHILDREN ALWAYS SLEEP WELL

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well; if they are cross and cry a great deal give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the newborn babe with perfect safety. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Need of Population.

For the five years 1909 to 1914 Canada received about 1,861,000 immigrants from all sources, or an average of 372,000 a year. If this rate had been maintained the succeeding eleven years would have brought the Dominion over 2,500,000 new citizens from outside. If for domestic reasons the pace had somewhat slackened, the increase in population from outside from 1914 to 1921 would surely have exceeded 2,000,000.

But the War intervened and the tide of immigration ceased to flow. The influx of newcomers fell off to a mere dribble. Great Britain and the Continent of Europe were practically eliminated as sources of population and the stream of American settlers dwindled to a minimum. During the whole seven-year period we received only about 550,000 from all sources, or 2,000,000 fewer than might have been expected had the world's peace been undisturbed. Nor must sight be lost of the fact that the outbreak of the War and the progress thereof caused great numbers of newly arrived foreigners to leave the country. Tens of thousands joined the colors of the allied armies; other tens of thousands fled to the United States to escape service. Add Canada's sixty thousand dead Overseas and the children that should have been theirs. Altogether the action of Germany in July and August, 1914, has robbed Canada of perhaps 3,000,000 men, women and children who otherwise would have been hers to-day.

This primarily is what is wrong with Canada at the present moment. But for the War the Dominion would have had more people on the land and consequently fewer unemployed in the towns and cities. Under such conditions the nation would have made some show at keeping pace with the overhead charges imposed by two new

trans-continental railways constructed before their time. There would have been a growing volume of freight and passenger business which naturally would have reduced the heavy deficits on these roads and gone far to place the whole country on a sound financial basis.

The lesson is plain. More population is the cure for Canada's fiscal and economic ills. The leeway lost during the last seven years must be recovered. Once the general election is over, the government of the day must devote special attention to the task of getting more people on the soil. From 20,000,000 to 30,000,000 acres of idle land along the Western railways must be brought under the plow. There is ample room for tens of thousands of additional farmers in old Ontario, New Ontario, British Columbia and the Maritime Provinces. Closer settlement of the land will mean a growing volume of exports, a wider home market for the products of Canadian factories, the reduction of unemployment in towns and cities, healthier industrial conditions everywhere, rising public revenues, and a progressive easing of the per capita burden of national taxation.

The kind of settlers desired are available in adequate numbers in Great Britain, the United States, Norway, Sweden and other approved countries. What is needed is a forward constructive immigration policy—a policy which while taking note of existing unemployment and safeguarding the interests of organized labor, will not only remove unnecessary obstacles to an intensive land settlement movement but actively promote such a movement in keeping with the needs of the nation. In the working out of such a program invaluable co-operation may be expected from the railways, the Provincial Governments, Colonization Associations and other immigration agencies. That way lies the road back to national prosperity and economic stability for all classes in the community.

On International Diet.

Two Tommies turned punsters went into a restaurant over on the eastern front and said to the waiter: "We want Turkey with Greece."

The waiter replied: "Sorry, sirs, but we can't Servia."

"Well, then, get the Bosphorus."

The boss came in and heard their order and then said: "I don't want to Russia, but you can't Rumania." So the two Tommies went away Hungary.

In the ex-Kaiser's Berlin palace were found 10,000 copper cooking utensils, after his flight, although all copper had been called in by his Government.

Trust men and they will be true to you treat them greatly and they will show themselves great.—Ralph Waldo Emerson.

—and the worst is yet to come



A Convenient Farm Home.

"A farmer's wife can have as many conveniences as the city housewife," recently declared an up-to-date farm woman. Then she added, "Men are willing to spend the money for home conveniences if they are asked to do so."

Mrs. Scott's house is heated by an up-to-date furnace in a finished basement. An acetylene gas light plant on the farm furnishes light for the house, barns and other outside buildings and makes it possible for Mrs. Scott to do her cooking on a gas stove and her ironing with a gas iron.

The side verandah, which is screened and fitted with lights, is used for a laundry room. There are double tubs and the power washer is run by the power engine, which is also on the verandah. By means of these aids to efficiency, washing becomes not a bore but a real pleasure, and time that otherwise might have to be put in at drudgery is used for community affairs of which Mrs. Scott is one of the leaders.

Running water throughout the house is supplied by means of a large water tank outside which is built up high enough to create force to carry the water through pipes into the house.

The bathroom in this home is thoroughly modern. Over the lavatory bowl is a built-in medicine chest with a mirror in the door. Linen cupboards on one side of the bathroom provide a convenient place for linens and extra supplies for beds. Cleaning cloths and dust mop and also the ironing board are kept out of sight but handy in a cleaning closet in the bathroom. Soiled clothes are taken care of in a built-in box with a hinged lid. Towel racks on the door and over the bathtub make it easy to keep towels where they belong.

Mrs. Scott's kitchen is an example of what can be done by careful plan-

ning. It is not large and for that reason everything must have a place. The walls are blue half way down and the rest is in oiled cloth. The ceiling is painted in buff color. The linoleum in buff and blue, carries out the color scheme on the walls and ceiling. The porcelain sink has two broad drain boards and there are two windows above the sink that insure plenty of light. Above the windows reaching to the ceiling are built-in cupboards in which can be stored extra dishes, baking tins and other equipment not used daily. On each side of the windows are the cupboards used to hold dishes and kitchen utensils. On each side of the drain boards are built-in cabinets. One of these contains a large baking board and below it three bins for different kinds of flour and sugar. The bottom part of the other cabinet has several closets for big pans and other large utensils. The top part of the cabinets is made into work tables and just above them and below the cupboards are hooks to hang utensils such as egg-beater, large spoons, wire spoon, strainer and so forth.

Mrs. Scott has a wire dish drainer which cost her one dollar and twenty-five cents, and which she says is the best labor-saving and time-saving device she could have for the money. When she wants to reach things which are too high ordinarily, she does not use the old, dangerous method of standing on a chair but keeps a ladder stool in the kitchen just for that purpose. She also has a pressure-cooker and cans quantities of meat, vegetables and fruit, cares for chickens and her home.

Wind Shield for Motorcycle.

A wind-screen for motorcycles, light and easily detachable, is a newly patented invention. It consists of two metal frames hinged together horizontally, so that the upper part may be folded back if desired and filled with transparent sheet celluloid. A steel tube fixed across the handlebars supports it, and it is further held in position by a strut extending upward from the front of the handlebars and attached by a flexible joint to the middle of the top part of the lower frame of the windshield. The upper portion of the strut enters telescopically the lower portion, which contains a coiled spring, so that the strut in effect is capable of a certain amount of extension or contraction, the spring acting as a buffer to absorb vibration and road shocks. In use, the screen is adjusted at such a height and angle that the rider is just able to see comfortably over its top edge, along which there is no frame. The lower end of the strut is provided with notches, so that it may be raised or lowered to alter the angle of the windshield.

The voice is an almost infallible sign to an expert of the state of your health.

"Comforts," the rubber comforters used for soothing babies, are condemned by doctors as being unhygienic, causing adenoids and "thrush mouth," and being generally unhealthy.

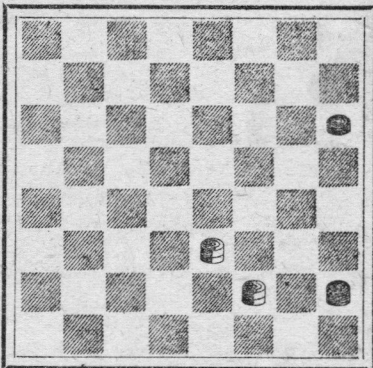
CHECKERS—By Heck

This corner will be conducted with the sole object of supplying interesting positions of end games, problems, etc., which will interest checker players, and especially beginners.

Many of the "positions" which we will publish are bound to be recognized by expert players as "familiar as household words." They are given, however, simply for the instruction and amusement of learners, and no doubt will not only please but astonish many young players.

The diagram below is known as the First Position and is generally credited to Payne.

No. 1. White to move and win.



First Position is here given in one of its most simple forms, but even at this stage it is not easily carried to a successful issue, except by experienced players.

Solution of this position will appear next week.

A DESIRE TO EAT WHAT YOU WANT

Stomachs Can be Restored to a Healthy Condition.

Not to be limited in diet, but to eat whatever he pleases is the dream of every dyspeptic. No one can honestly promise to restore any stomach to this happy condition, because all people cannot eat the same things with equally satisfactory results. But it is possible to so tone up the digestive organs that a pleasing diet may be selected from articles of food that cause no discomfort.

When the stomach lacks tone there is no quicker way to restore it than to build up the blood. Good digestion without rich, red blood is impossible, and Dr. Williams' Pink Pills offer the best way to enrich the blood. For this reason these pills are especially good in stomach trouble attended by thin blood, and in attacks of nervous dyspepsia. Proof of the value of Dr. Williams' Pink Pills in cases of indigestion is given by Mr. John A. McDonald, Tarbot, N.S., who says: "Every sufferer from indigestion has my heartfelt sympathy, as I was once myself a bond slave to it. Eating at all became a trial, and as time went on I became a mere skeleton of my former self. I took all sorts of recommended medicines, doctors' and advertised, but to no avail. Then a friend said to try Dr. Williams' Pink Pills. I got a box and I thought before they were done I could feel a change. Then I got six boxes more, and by the time they were used I was eating my meals with regularity and enjoyment. My general health is now good, and it is no wonder that I am an enthusiastic advocate of Dr. Williams' Pink Pills."

You can procure Dr. Williams' Pink Pills through any dealer in medicine or they will be sent you by mail at 50 cents a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

Wisps of Wisdom.

What we are to-morrow is what we make ourselves to-day.

Idleness travels leisurely, and poverty soon overtakes it.

Look upon your duties not as so many obligations, but as opportunities.

Never climb a mountain till you come to it—then perhaps it won't be there.

A country is not made by the number of square miles it contains, but by the number of square people it contains.

A man should never be ashamed to admit that he has been in the wrong, which is but saying that he is wiser to-day than he was yesterday.

The more a man thinks about himself—if he thinks clearly—the more humble he will become. Conceit is a sign of confused perceptions.

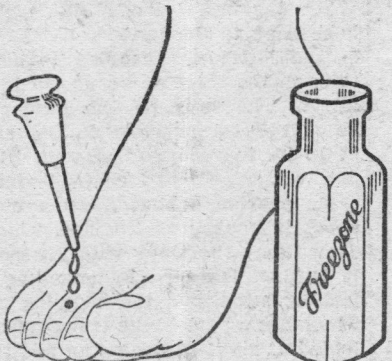
For Sale

ELECTRIC WATER PUMPING OUTFIT

Complete Water Pumping Outfit in good condition, for sale at a bargain. 1 1/2 h.p. Wagner electric motor, single phase, 25 cycle, 100-115 volts, with Luitweller deep well pump. Real Estates Corporation, 73 West Adelaide Street, Toronto.

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.