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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.

Is there any connection between sleeping sickness and influenza?

An interesting investigation is being carried on at present by the United States Public Health Service to try and establish this point. The investigation was prompted by the fact that a large percentage of the recent cases of sleeping sickness followed influenza.

The type of sleeping sickness that we read so much about on this continent appears to have a different causative agent from that of the sleeping sickness of the tropics. In Uganda, Central Africa, for instance, there are large tracts of country now practically deserted where once there was a teeming population, the ravages being caused by an organism in the blood due to a bite from the tsetse fly, which conveys the disease from the sick to the healthy. No other biting flies, as far as is known, convey this disease, and the tsetse not being found at any rate in the temperate regions of this continent, cannot be held responsible for the disease, which is comparatively prevalent here. This is why some confusion results from the use of the term sleeping sickness, in both cases, due no doubt to the similarity of the symptoms.

Officials of the Public Health Service admit that there is little known so far concerning this sleeping sickness or encephalitis lethargica, as the disease is called in medical circles, but officials are of the opinion that reports concerning its prevalence have been magnified. Surgeon General Cumming in this regard points out

that the disease is rather easy to confuse with some other diseases. In an investigation made during the 1918-1919 epidemic, twenty-two per cent. of the supposed cases had to be excluded as being really cerebro-spinal meningitis, brain abscess, acute alcoholism and other diseases.

The disease appears to be only rarely communicable. Not a single secondary case is known to have occurred in the immediate families of the patients reported in 1918-1919, although some nine hundred persons were exposed. The fatality is rather high. Of the one hundred and fifty-nine cases studied, there were forty-six deaths. It is interesting to note that the peak of the outbreak of 1918-1919 was reached in New York City in January, in Virginia in February, and in Louisiana, Texas and Illinois in March. Whether this progress was related to the season of the year or was merely a result of the spread of the disease, is not known. The disease is slow in developing and long in duration. The period of convalescence is variable; in some cases recovery is completed within two weeks after the subsidence of the acute symptoms, but in others it is prolonged and leaves its record on the mind, on certain muscles and on the nerves of the cranium.

There has been much study given to this subject in recent months but so far nothing has been found out as to the relationship between influenza and sleeping sickness. The most recent investigation which is now under way will, it is hoped, shed some light on this very important problem.

EASY TRICKS

No. 28

The Endless Thread



This is a practical joke to play on that meaning person who is never happy when anyone is in his presence, has a bit of lint on his coat. It is superior to most practical jokes because it is harmless and cannot give offense.

Thread a needle with one end of a spool of white thread. Put the spool in an inside coat pocket and run the needle from the inside of the coat between the lapel and the shoulder. Remove the needle, leaving an inch or two of the thread showing.

Some friend will see what he thinks is a bit of lint on your shoulder and will try to remove it. If he does not think that it is funny when he discovers that he has one end of a vast amount of thread he has a sense of humor entirely too high for you to try to reach.

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

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she would not be without them. They are the ideal home remedy for the baby; being guaranteed to be absolutely free from opiates or other harmful drugs. They are a gentle but thorough laxative and have been proved of the greatest aid in cases of constipation, indigestion, colic, colds and simple fevers. Concerning them Mrs. Ernest Gagne, Beauséjour, Que., writes: "I have used Baby's Own Tablets for constipation and colic and have found them so successful that I would not be without them. I would strongly recommend every mother to keep a box in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Hubby—"I was held up last night on the way home."

Wife—"No wonder—after drinking all that bootleg stuff."

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Good Neighbors.

"Have you good neighbors?"
"Very. The ones on our left mind their own business and the ones on our right have the loveliest recipes for salad dressings."

I don't know which is worse—to inherit money, to make money, to have money and not want it, or to want money and not have it.—Lady Astor.

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"For ten years hardly a day passed that I didn't suffer from stomach trouble, but I took Taniac four years ago and haven't had a sick day since," is the remarkable statement made recently by Mrs. Thamar Smith, 85 McGee St., Toronto, Ont.

The little I managed to eat simply tortured me with pains in the pit of my stomach, and gas pressed around my heart, causing it to skip beats until I thought it would stop altogether. I was as nervous as a witch, and lost so much sleep that I was dark and swollen under my eyes. I was so weak and run down I could hardly walk a block or do my housework, and was almost in despair.

"Taniac certainly was a godsend in restoring me to such perfect health, and I think it's the greatest medicine ever made. Nearly everybody else on McGee Street seems to have used the treatment, and are praising it too."

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The Afternoon Tea Rite.

Mr. Gordon Selfridge, the Chicago merchant who invaded and conquered London, is revisiting the United States, and touches on some piquant contrasts between his native and adopted countries. He has the advantage of a double standard of comparison, of seeing the British through American eyes. To an interviewer he lays amusing emphasis on an English social rite, afternoon tea, which is the subject of mild derision on the part of visitors to the tight little island—until they succumb to it. Mr. Selfridge thinks that if Americans would similarly relax in the middle of the afternoon's work they would gain a poise and calm they really need and lose none of their famous "pep." When he opened his departmental store on Oxford Street thirteen years ago it was the custom of his salespeople to snatch tea as best they could. Instead of discouraging it he accepted it as a national institution, and gave a tea interval to each of his 3,000 employees, and "since everybody else in the country does it, no time or business was lost." He is quoted further:

"Tea is brought around at matinees and movies, on railway trains and boats. Lords and commoners pause for it in parliament. You cannot enter any office, editorial den, public library, factory or shop in Great Britain between four or five without stumbling over cups and tea things." Mr. Selfridge confessed that, personally, he did not like tea, but he likes what it stands for—a friendly getting together, a relaxing pause in the day's work, a slowing down of the American's relentless push, not to a point of becoming less active, but more balanced. The American has a breakdown at 60, he added, but the Englishman was swinging a wicked golf club at 65.

Afternoon tea has become a social function on this side of the Atlantic, but it has not seriously penetrated the market place. After all, it is not the tea hour that gives the Briton poise and calm. It is merely one expression of his unhurried habits and ways of living and of looking at life. Before work slows down in offices, factories and shops on this continent in the presence of the tea-cups, there will have to be a radical change in the mental as well as the physical habits of the business community.

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My Legacy.

The little tree I planted out And often muse upon May be alive to grow and thrive And out into the sunlight strive, When I am dead and gone.

So it shall be my legacy

To tollers in the sun,
So sweet its shade, each man and maid
May be induced to take a spade
And plant another one.

—Ethelwynn Wetherald.

Minard's Liniment used by Physicians.

Another Kind.

The teacher had been reading to the class about forests.

"And now, boys," she asked, "which one of you can tell me the pine that has the longest and sharpest needles?"

Up went a hand in the front row.

"Well, Tommy?"

"The porcupine."

No man can learn to enjoy life until he first learn to enjoy his work.

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MRS. BUDGE SO WEAK COULD HARDLY STAND

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

River Desert, Que.—"I used to have a severe pain in my side. I would be unable to walk fast and could not stand for any length of time to do my ironing or washing, but I would have to lie down to get relief from the pain. I had this for about two years, then a friend told me to try Lydia E. Pinkham's Vegetable Compound as she had had good results. I certainly got good results from it, too, as the last time I had a sore side was last May and I have not had it since. I am also glad of having good nursing for my baby, and I think it is your medicine that helped me in this way."—Mrs. L. V. BUDGE, River Desert, Quebec.

If you are suffering from the tortures of a displacement, irregularities, backache, headaches, nervousness, or a pain in the side, you should lose no time in trying Lydia E. Pinkham's Vegetable Compound.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write for it to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario. This book contains valuable information that every woman should know.

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