

# HEALTH EDUCATION

BY DR. J. J. MIDDLETON

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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.

A prominent business man of Toronto was recently found dead in his garage, with the engine of his automobile still running. On investigating the case, the conclusion arrived at was that the man's death was due to carbon monoxide poisoning. Carbon monoxide has become one of the commonest forms of gas poisoning. In the cities, it is now found that the deaths from this gas exceed those from any other poison. But deaths from carbon monoxide can happen anywhere. This gas can be just as fatal in small cottages out in the country through incomplete combustion in the coal furnace or stove. It can produce fatal results in a garage, as has been seen when the engine is left running and not sufficient ventilation is provided. The danger involved in running a gasoline engine in a small closed space for any length of time should be recognized by all automobile owners. In recent tests on the exhaust of a small automobile engine, it was found that it discharged approximately twenty-five cubic feet of gas per minute, samples of which gave an average of six per cent. carbon monoxide or one and one-half cubic feet of deadly carbon monoxide gas every minute. Larger engines will naturally give off more. A ratio of fifteen parts of carbon monoxide to ten thousand parts of air is considered a dangerous concentration to be exposed to for any considerable time, and a small engine in "warming up" and giving off only one cubic foot of carbon monoxide

## A Peep Into a Little-Known Industry.

Do you know how your wallpaper is made?

No matter what the quality of the wallpaper may be, or the price asked for it, every design is first produced in water colors.

After the parts of the design to be printed in each color are separately drawn they are ready for transferring to the rollers. This may be done either by engraving the design on copper rollers or by taking wooden rollers and working out the design by means of small brass strips, the spike ends of which are driven into the wood.

Before the actual printing takes place the paper is given a background. This is done by passing the huge reels of paper through machines fitted with mechanical arms which brush the paper with a suitable coloring matter. The reels of tinted paper now pass to the dry rooms, where the regulated heat removes every trace of moisture. In the meantime the machines are made ready by arranging the pattern and rollers around a large drum. As the paper is fed into one end of the machine, each roller prints upon it one of the colors that go to make up the complete design.

The coloring matter is applied to the rollers by means of endless woven belts which, passing through the color troughs insure supplies of the right color being applied to each roller.

After the rolls of paper are printed they pass to the drying rooms. To give the wallpaper a superior finish it is passed through a machine with an engraved roller revolving against a soft plain one. In this way, the different markings or "grains" are pressed into the paper.

Thoroughly dried for the last time the paper is mechanically measured, rolled, and cut.

As the rolls are being wound, the machine marks off the paper into lengths. This mark, the operator looks for. When it appears, the machine is stopped for a moment, the paper is cut, and the neatly wound rolls are removed ready for use.

## Another Girl.

"I don't like your heart action," said the medical examiner. "You've had some trouble with Angina Pectoris." "You're partly right, doctor," said the applicant sheepishly, "only that ain't her name."

## The Pace That Kills.

It may be taken for granted that we don't wish to die young. Also that if we live to a good old age, we should like to have sufficient vigor left to enjoy ourselves in moderate measure and not to be merely half-alive burdens to ourselves and others.

Well, the recipe for a vigorous old age is to use the test contained in the question: "Is it worth while?"

A well-known scientist says that premature death, or decrepit old age, is due to the too lavish expenditure of energy—the "life forces"—physical and mental.

We have no reserve at the time we want it. We've spent so freely that there's nothing left in the Bank of Vitality. So his advice is that we should restrain this expenditure by the test: "Is it worth while?"

That not only applies to strenuous mental and physical expenditure, but to much else. For instance, it is not worth while to be very angry. Anger makes a huge draft on our "life force." The exhaustion which follows an outbreak of violent anger is nothing less than an exhaustion of "life."

It is not worth while to flog our brains to complete a task. An over-driven horse, an over-forced machine, is never quite the same afterwards. Similarly with the delicate human machine. It is not worth while "hating," or scheming revenge. The consequent draft on the "life force" in us is very large.

Even pleasures should not escape the test. Late hours may apparently feel no harm, but that "washed-out" feeling is a sign that we have parted with much of our vitality.

The toll has been taken, and because the ordinary replacement of used vitality takes all our time, the special loss is never really made up.

## NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Georges Lefebvre, St. Zenon, Que., writes: "I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colic, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Dad's Lantern.

I ride a horse to school six miles away. One night—last week it was—I had to stay.

An extra hour to practice in the "gym." I saddled Billy, gave rein to him and started home. The country roads were dim.

And fog had settled down, all thick and gray. Somehow I felt so tired and chilled clear through.

I knew that I'd be missing supper too out on the farm. It wasn't very gay. To ride a horse to school six miles away.

And then go home alone. I'm here to stay.

That chilly wind and fog just made me blue.

The miles slipped by at Billy's lazy jog.

And then—I saw Dad's lantern through the fog.

And Dad himself came down to lift the gaff.

"We heard you in the lane. It's pretty late.

But Mother seemed to think we'd better wait."

He said to me. And all I said was "Gee!

You hadn't oughta waited just for me."

But say! I'll not forget if I should be a hundred years how glad I was to see Dad's lantern, blinking through the fog at me.

And how it seemed too bulky to be true. That all the folks were waiting supper too!

—Nina Hatchitt Ruffield in Youth's Companion.

## Was It You?

An old man limped along life's way, His grief-bowed head was crowned with gray; Somebody cheered his dreary day. I wonder—Was it you?

A lonely child, devoid of guile, Looked up, and tears bedimmed its smile; Somebody stopped to play awhile. I wonder—Was it you?

There's always someone needing aid, Some trembling heart alone, afraid, Some load that could be lighter made. Can they depend on you? —Pearl Holloway.

## Vegetable Ivory's Uses.

Vegetable ivory taken from the tagua nut is widely used in making buttons. The tupelo or sour gum tree is being considered as a possible source of paper pulp in the south.

In many parts of China, the women attribute magical properties for the cure of certain diseases to water drawn after midnight of the seventh day of the seventh month.

Minard's Liniment Relieves Pain.

The best Tobacco for the pipe

OGDEN'S LIVERPOOL

# Ogden's CUT PLUG

## The Circuit Rider and the Devil.

There was rain on the mountain—cold, drizzling, marrow-chilling rain that made the Methodist circuit rider as he urged his old horse to greater speed button his shabby old coat up under his chin and pull his hat down over his eyes. The constant drip, drip, drip on the dead leaves of the forest made him think with eager anticipation of his little home. There would be a bright crackling fire of hickory logs, a softly shaded lamp on the reading stand beside his chair, and Sally, plump, rosy-cheeked, cheerful Sally, the best wife a man ever had!

He had a surprise for Sally. Safe in the old wallet buttoned up snug in the inside breast pocket of the old coat were two five-dollar bills, and both of them were for Sally. Money that Sally needed had come to him so unexpectedly that he felt that the Lord had made him the custodian of it as a direct gift to his wife. He was boyishly thrusting his hand into his pocket just to feel the treasure when some one close beside the road cried, "Halt!"

The preacher realized that was in a "moonshiners' country." Peering through the misty gloom, he found to his consternation that he was close to old Nance's cabin, the notorious haven of all the evil-doers of three townships. Ten dollars was a fine sum in that country at that time; it is not at all strange that the rider wondered whether he were about to be robbed. "Parson," said the stranger, "old Nance wants that you should come in and pray for her. She's took that sick, an' Jack was took off yestiddy to jail on account of the still. Me an' my ol' woman's lookin' after her the best we kin." We heard tell that you was comin' back home this way, an' I been standin' here fur the last hour, watchin' in fur ye."

Needless to say the preacher granted the old woman's request; he read a chapter from the Bible that he always carried in his saddle bag and then expounded it. Nor was that all. Finding that the old crone needed material aid also, he left one of the precious bills in her withered hand.

A good deed, you say, and worthy of the man. Yes, no doubt, but let the preacher tell what followed:

"When I mounted my horse to ride on the Devil got up behind me, and his voice whispered, 'Now what are you going to say to Sally? Huh, huh! That was an evil place. And what are you going to tell Sally?'"

"In vain did I argue the case with his Evil Majesty; he always came back with 'Yes; yes! But what are you going to tell Sally?'"

"At last I just turned my horse round and said, 'Look here, Devil! I'm going to go back and give the old woman the other five, and then we'll see what I'll tell Sally!' And my old horse turned round of his own accord, and when I'd got rid of the money we jogged on home in peace."

## His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth avenue, New York city, will be given a prompt reply.

## My Work.

Let me but do my work from day to day In field or forest, at desk or loom, In roaring market-place or tranquil room. Let me but find it in my heart to say, When vagrant wishes beckon me astray, This is my work; my blessing, not my doom; Of all who live I am the one by whom This work can best be done in my own way. To suit my spirit and to prove my powers; Then shall I cheerfully greet the laboring hours And cheerful turn when the long shadows fall. At eventide to play, and love and rest, Because I know for me my work is best. —Henry Van Dyke.

The fastest flowing river in the world is the Sutlej, in India, which rises 15,200 feet above the sea and falls 12,000 feet in 180 miles.

The dividends that we receive from an education are tax-exempt.

## EASY TRICKS

NO. 344

Cross Them Out

|     |      |
|-----|------|
| 111 | 211  |
| 333 | 333  |
| 555 | 888  |
| 777 | 777  |
| 999 | 888  |
|     | 1111 |

Here is a tantalizing little problem to present to the friend who prides himself upon his skill in mental mathematics. Write the sum given on the left. Your friend is to cross out nine of the digits and add the sum then being to the same digit four times repeated. Even if you tell him what the answer is to be, he will find the task anything but simple. You can, however, easily remember which digits are to be struck out. On the right the method of striking out is shown. (Clip this out and paste it, with other of the series, in a scrapbook.)

## China's Mystery Creatures.

Strange creatures, said to have been found in the South of China, are causing a great deal of scientific curiosity. The most amazing of these discoveries deals with a race of "dog-faced" people. This tribe is said to live far in the interior. They have thick hair all over their bodies, live in trees, and are entirely savage. There have been reports also of a blue tiger, a creature which is against all known laws of zoology. This beast is not striped like the ordinary tiger, but has a bluish fur resembling the color of coarse dungaree. During one month a scientist reported, this specimen killed and ate sixty people. The same explorer, Dr. Caldwell, also discovered a barge, as big as a bear, and shot a screw, very rare animal which is a cross between a goat and an antelope.

All these reports lend color to the theory held by many scientific men that in southern China there are many strange primitive men and animals to be discovered. Life in this region today is supposed to be very like that in prehistoric times, and many prehistoric animals may be still existing. The men, too, have probably remained almost unchanged.

For years the Chinese themselves have believed that dragons and flying serpents exist in their country. They have been scoffed at as having vivid imaginations, but may it not be a fact that these creatures still lurk in the hinterland where white men have rarely penetrated?

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

## Money We Seldom See.

Apart from issuing the ordinary coinage of the realm, the British Mint makes various coins that are never handled in the United Kingdom. Among these are aluminum coins made for use in Africa, including the ten-penny piece circulated in Nigeria and the half-cent used mainly in the Uganda Protectorate. Both are perforated, to conform to the native habit of carrying money on a string. For Ceylon there is issued a quaint little square coin, worth five cents. Another oddity is the Maltese "grano," which has the distinction of being our smallest coin. It is worth one-twelfth of a penny.

Minard's Liniment for Rheumatism.

The law can touch us here and there, now and then, but manners are of more importance than the laws. Manners are what vex or soothe, corrupt or purify, exalt or debase, barbarize or refine by a constant, steady, uniform, insensible operation like that of the air we breathe.—Edmund Burke.

The human heart is like a millstone in a mill; when you put wheat under it, it turns and grinds and bruises the wheat to flour; if you put no wheat, it still grinds on, but then 'tis itself it grinds and wears away.—Martin Luther.

BEECHAM'S PILLS for Sick Headaches

## Classified Advertisements

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AGENTS TO MAKE \$5.00 TO \$25.00 a week handling snappy Xmas Quick Sellers for women and children. Don't delay. Write to day Buckley's, Box 267, London.

BIG CHRISTMAS CATALOG—Household Goods, Christmas Goods. Saves Dollars. Free upon request. Martin Company, Station E3, Toronto.

MALE HELP WANTED.

DOMINION WIDE ORGANIZATION wants reliable men to distribute samples in small cities and towns. Splendid pay. Canadian Distributors' Association, Sevenoaks, Victoria, B.C.

## Find Cure for Malaria.

A cure for malaria has been found by Dr. Geo. H. Hooper, member of the staff of the William C. Gorgas Hospital of Tampico, Flo.

As a result malaria, the white plague of the tropics, has been conquered by the experiments of Dr. Hooper, who first conceived the idea of using mercurochrome, a practically new drug.

A specialist of Johns Hopkins University, Dr. Hugh Young, is said to have been the first to use mercurochrome in any capacity. The drug itself is a red aniline dye and has been employed successfully in the treatment of infections of the kidney and in certain cases of blood poisoning. Mercurochrome injections for the treatment of malaria were administered last September by Dr. Hooper for the first time, and with remarkable results.

Within forty-eight hours chronic cases of more than a year's duration showed marked improvement. Microscopic examinations of the blood returned negative results and the patients remained free from the malady against which quinine is powerless to afford more than a temporary relief.

Gift to God.

Among the Greeks it was customary to present salt to the gods as a thank offering at the beginning of every meal.

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for colds. Check them at the start with

MINARD'S "KING OF PAIN" LINIMENT

## BOTHERED WITH SCALP TROUBLE

Itched All the Time. Caused Blisters. Cuticura Healed.

"I was bothered with scalp trouble for a year. My scalp itched all the time causing me to scratch. This caused blisters, and my head was so sore that I could hardly comb my hair. My hair fell out in handfuls and I was nearly bald."

"I read an advertisement for Cuticura Soap and Ointment and purchased some. It was completely healed after using three cakes of Cuticura Soap and three boxes of Cuticura Ointment." (Signed) Miss Bertha Holdery, Mold, Wash., June 9, 1923.

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

Sample Each Free by Mail. Address: Cuticura Dept., P. O. Box 3116, Montreal. Price Soap 25c. Ointment 25c. Talcum 25c. Try our new Cuticura Stick 5c.

ISSUE NO. 49-24



The Northern Electric R-4

## The Aristocrat of Radio.

This Super-heterodyne set is the highest development of radio science to-day—a product of the "People who made your Phone." It is the set which was installed on H.R.H. the Prince of Wales' ranch at High River.

A highly sensitive circuit, with six peanut tubes, it works with an indoor loop aerial (as illustrated) or with an outdoor aerial, and brings in distant stations with wonderful tone and volume. The refinement of mechanism and appearance make it an instrument it is a distinction to possess.

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