

Heart Trouble

Caused Dizziness, Weakness and Smothering Spells.

Through one cause or another a large majority of the people are troubled, more or less, with some form of heart trouble. Wherever there are sickly people with weak hearts, Milburn's Heart and Nerve Pills will be found to be the most effective medicine on the market.

Mrs. F. Leslie Craig, 114 Erie Ave., Brantford, Ont., writes:—"It is with the greatest of pleasure I write you stating the benefit I have received by using Milburn's Heart and Nerve Pills. I suffered greatly from heart trouble which caused dizziness, weakness and smothering spells. I used a great deal of Dr.'s medicine but received no benefit. A friend advised me to buy a box of your pills, which I did, and before I had finished one box I felt so much better I continued their use by taking two boxes. I highly recommend these pills to any one suffering from heart and nerve trouble."

Milburn's Heart and Nerve Pills are 50 cents per box, or 3 for \$1.25, at all dealers, or mailed direct by The T. Milburn Co., Limited, Toronto, Ont.

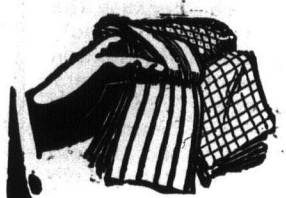
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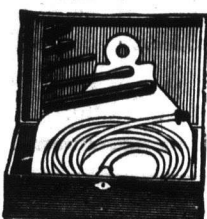
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Temperance Talk.

The School Children's Drinking Cup.

We hope that parents will realize the danger that lurks in a common drinking cup for the children and see to it that their own are supplied with a cup. Our school boards seem very diligent in the matter of safeguarding the health of our children, and when a contagious disease gets started in the school, they quarantine and disinfect, but nothing is done for an ever present evil. It is worse in the country than in the city, for the children remain through the noon hour, and of necessity drink more frequently. This drinking vessel is seldom, if ever, washed, a rinsing in cold water being given occasionally by the teacher, who may or may not have a cup of her own.

An outbreak of diphtheria was traced recently to the cup used in the school after twenty-four scholars had taken the disease. The mouth is a natural lurking place for bacteria, and is the first to show symptoms of contagious diseases. Here the physician looks for evidence of measles and scarlet fever, also diphtheria. Influenza and common colds are carried by germs from one person to another, and what better evidence do we need when we enter a school room where half the children are coughing at once than this, that they have a common drinking cup, and the parents who love their little ones are thoughtless or ignorant of danger and do not furnish them each with a cup from which to drink. A little cup that collapses and can be carried in the pocket, can be bought for fifteen cents, and, having a cover can be kept clean and wholesome in the boys' pocket, and washed each day at home.

At the railroad stations now they are trying to do away with the common drinking cup, why not in the schools, also? While we are careful about the milk which we supply to our children being pure, let us not forget the water. Free schools are the pride of our land, but surely we can give to each of our little ones a cup that is their very own, and teach them that the laws of health require them to use it and keep it clean.

—Ruth Raymond.

Effects of Alcohol.

Among the most notable of the works accomplished by modern science is the overthrow by accurate experiment of the time honored idea, entertained not only by people generally, but by physicians, that alcohol possesses certain medicinal qualities which make it a necessary adjunct to the treatment of disease.

In the October number of McClure's magazine this subject is treated very fully. Certain brain tests mentioned were made with and without alcohol and with the stimulant in varying quantities, and it was found without exception that alcohol instead of stimulating the action of the brain acts invariably as a narcotic,

the numbing of the perceptive qualities being in proportion to the amount of stimulants administered.

These laboratory experiments, though carried on as nearly as possible to simulate the conditions of actual work, were not taken as conclusive, but were seconded by data secured of the mental efficiency of men in different pursuits, who were habitual or periodic users of alcohol.

These tests were made in Germany where the drinking of beer and wine is common. The working efficiency in type setters was found by the administration of a small quantity of beer or wine daily to be reduced 10 per cent. These men were not affected on account of an unusual stimulant, for they were all habitual drinkers, moderately on week-days and usually in excess Sundays. They all admitted an incapacity for normal work on Mondays.

Children from families who served beer or wine on their tables were found by a careful record of scholarship in Vienna to be below the average in their studies. In this country, people generally are enough enlightened to keep liquor away from the little people and the experiment to determine its effect on growth and development had to be determined by noting its action on small animals.

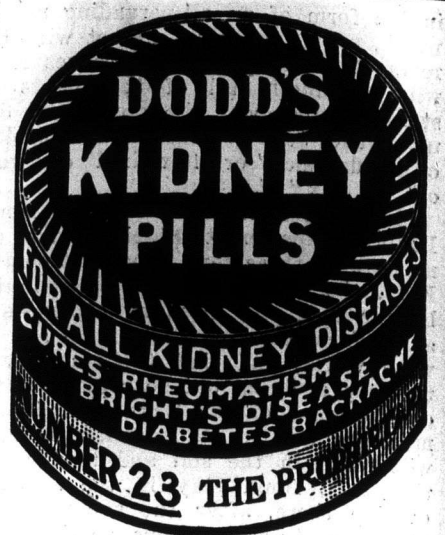
In Clark University, kittens fed alcohol became sluggish and lost all their playful characteristics. They did not purr or frisk, or keep the fur clean and showed no interest in mice, but spent the time eating and sleeping.

The idea has always been prevalent that alcohol inspired courage. A thorough test carried out on dogs controverts this theory, dogs given alcohol being not only more sluggish and having less spontaneity, but being given to sudden panics and showing great timidity without cause. The effect of this fear delirium did not depart on the discontinuance of the drug, being probably a more or less mild form of the disease affecting human dipsomaniacs, delirium tremens. Physicians are beginning to class alcohol where it properly belongs, among the narcotic poisons, and it is admitted that the mortality is much greater in diseases of the liver, kidneys, heart and nerve centres, in those using, than in those refraining from it.

Its effect seems to be to destroy the recuperative cells and energy producing tissues and replace them with inert masses of fatty or dead matter, thus increasing the danger of blood poison and being of particular menace to the wounded.

In tuberculosis the claim of its benefit has been refuted with overwhelming evidence; it being ascertained that five or six times as many succumb among alcohol users as among abstainers.

Foul air, starvation, in fact, anything that undermines the vitality, predisposes one to the ravages of the white plague. It developed upon inquiry that the use of alcohol, either in the individual or the parent, in a large number of cases has preceded the introduction of consumption.



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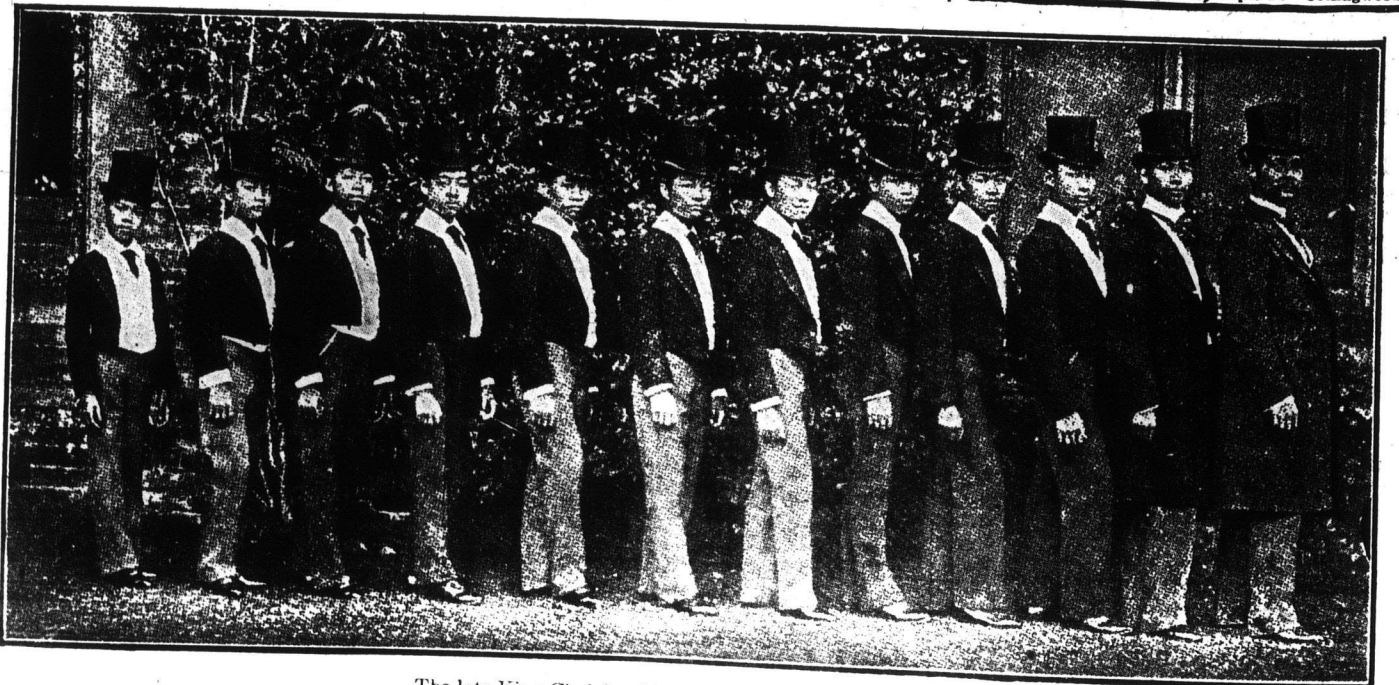
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