A VIII IM

The Battle of Lake Erie

Which was fought on Sept. 11, 1813, near Put-In-Bay, N. Y., from an old print. Insert is Commander Oliver Hazard Perry, who commanded the American fleet.



THE NEW PUBLIC HEALTH

settlement work.
Parker — Helping the poor or bill-

dvertiser Bureau of Public Health Information. QUESTIONS. ANSWERS. COMMENTS.
Conducted by Institute of Public Health, London, Ont.

Questions should be addressed "The New Public Health," care The Advertiser, London, Ont." Private questions accompanied by a stamped, self-addressed envelope, will receive private answers. Medical treatment for individual cases cannot be prescribed.

A HOMOEOPATHIST.

Vell, I want me to git mar-

'All right; I can marry you," she collecting?

I have read your articles on immunity with great interest, but I should like to ask you one question. It seems to me that your serums and vaccines derived from the germs that produce the disease, are nothing more or less Hahneman's theory "similia similibus curantur;" was not the great founder of homosopathy quite right? Do you not use like to cure like in the vaunted scientific medicine of today?

asked, and, at first glance, seems the militia for a possible war later, to propound a not unreasonable idea, hoping that thus there will not be any But Hahneman's teaching of "like further war at all! cures like" as I understand it, was in reality exactly the reverse in principle He would not train the body through of the modern vaccine treatment.

the symptoms shown by the patient, side mercenaries to do the fighting. would cure the patient. Thus, as a

concern himself

treated by that same drug. first step in vaccine treatment is to made, in the animal's serum, to be used isolate that particular germ in pure in the human by injection. culture, to get it growing by itself, as a man tries to get his cabbage patch drug, Belladonna, Bryonia, Atropine, all cabbages, that is, free of weeds.

infection has occurred; occasionally, vaccine or serum treatments to coreven when the body is already, but sluggishly, responding to an existing quite the reverse. natural infection, the vaccine may stir

it up to work more briskly. Living germs would be better to use as a preventive vaccine than dead ones, safer to cook cow's milk to prevent for the body makes more and better the spread of "cattle tuberculosis" as antidotes (as a rule) to living germs, well as to kill the germs of "human and besides, it is living germs, not tuberculosis" which may get into the dead ones as a rule, that the body will milk from persons handling it who have to face, later, when the true in- have "human lung tuberculosis" fection occurs. But the trouble with using living germs is that they may "get away from" the body forces, not to prevent tuberculosis only, but

multiply beyond expectation, and over-lalso to prevent any other infection wheim the pody, pefore it can get a from conveyance through milk, and also supply of antique made. Hence the merely to preserve the milk from isk of using living germs is almost as souring. reat as, sometimes greater than, the isk of suffering a natural attack of he disease.

Vaccination in this sense is like putfor training. It is not much like real and of this group boiling kills only the war; still it is far better than no preparation at all.

On the following day the ground is covered for a second time and new paration at all. paration at all. Suffering a real disease, in order to

A straight answer will be greatly appreciated.

A HOMOEOPATHIST.

Answer. — This question is often pitating a real war now, so as to train pitating a real war now, so as to train pitating a real war now, so as to train pitating a real war now, so as to train pitating a real war now, so as to train pitating a real war now, so as to train pitating a real war now, so as to train pitating a real war now, so as to train pitating a real war now, so as to train pitating a real disease, in order to get protection from it, is like preci-Hahneman's idea was very different

war or even through sham fights to He meant by "like cures like" that protect itself, but he would wait until drugs which produced symptoms like the war began and then introduce out-Modern medicine has recognized just crude illustration, if a man showed one such "foreign mercenary," of headache and sore throat, a drug which vegetable origin, that is, quinine; and in health, produced a like that "mercenary" will fight only one headache and sore throat, would, kind of invader, that is, malaria. Two Hahneman or three mineral treatments resemble mself as this in principle.

what caused the headache Finally the symptoms produced by or sore throat at all; and the drugs the material used for vaccination have he gave as cures were not and could not the slightest resemblance to those hardly ever be the same substances produced by the disease, except as all that caused the diseases, unless a man diseases of an infectious character repoisoned by a certain drug should be semble each other. In serum treatments, the main difference is this. The Modern vaccine treatment does not antidote is prepared beforehand concern itself with symptoms, except just as in vaccination but not by the as the symptoms may indicate more or human. It is prepared by some animal, less the particular germ at work. The thus supplying the antidote ready-

Then this germ is killed, and the dead and used because and only because it germs placed in the body of the patient. was supposed to produce symptoms This method is far better for pre- like those of the disease in the patient: vention than for cure and is useless i.e., the remedy was practically always for cure as a rule in the acute in- different from the cause of the disease. fections, although sometimes of use in Modern medicine in vaccines, gives the chronic diseases as may easily be seen. same germ (killed) that (living) pro-The fact is, that the body, unassisted, duces the disease; and not as a remedy, "cures" the vast majority of infectious but as a stimulant to induce the body diseases, by making antidotes to the to make the remedy itself: there is no poisons the germs produce. Vaccines attention paid whatever to likeness or supply the dead germs for the body to difference in the symptoms produced practice on, so as to induce the body by the vaccine and the disease. Finto have a supply of antidotes ready ally Hahneman professed to find that made against the day of infection, in- the smaller the dose, the more powerstead of waiting to make them after ful the effect. There is no rule in the respond with this, indeed the facts are

Do you not think that it would be

W. H. HILL.

Answer.-Cooking cow's milk is wise

Is Health Only a Game of Chance?

Some may hold on to health and and exhausted nerves. life for considerable time and defy

conducive to health and long life. to warn one of the approach of nervous exhaustion long before there is danger of locomotor ataxia or some

dreadful form of paralysis. But they seem such little things

If you are accustomed to look on | indigestion, irritability, loss of vigor, health as a gamble, you will prob- and energy, discouragement, and deably prove a loser early in the game. spondency, all point to low vitality

Dr. Chase's Nerve Food has been the laws of nature, but there are many rules of the game; which are conducive to health and long life.

The considerable time and dety of the word of nature, but there are many rules of the game; which are nervous diseases of a serious nature, make over using ice in drinking water, to hear the fuss that people tory with his outfit and goes to work.

The considerable time and dety of the game; which are nervous diseases of a serious nature, make over using ice in drinking water, to hear the fuss that people tory with his outfit and goes to work.

The considerable time and dety of the game; which are nervous diseases of a serious nature, make over using ice in drinking water, to hear the fuss that people tory with his outfit and goes to work.

The considerable time and dety of the game; which are nervous diseases of a serious nature, which are nervous diseases of a serious nature, while they contentedly swallow as ice space to be covered and divide it and Burke's. After him he find Macsuch as prostration, locomotor ataxia, Take nervous diseases, for ex- and partial paralysis, but persistent cream far larger quantities of liquid into districts, each embracing suitable There are many symptoms treatment and considerable patience are necessary.

On this account we prefer to think of Dr. Chase's Nerve Food as a preventive treatment, which overcomes these symptoms by rebuilding the that their danger signal is not taken feeble, wasted nerve cells and restornotice of. Sleeplessness, headache, ing vigor to mind and body.

Dr. Chase's Nerve

for \$2.50, at all dealers, or Edmanson, Bates & Co.,

t feeding and multiplying, for when it does these, it produces excreta and the excreta, accumulating, kill the germ. But disease germs, in milk or water, find themselves in very uncongenial surroundings; they grow, if at all, for only a very few hours; then begin to die off: cold keeps them living longer, both in milk and water than they would live if kept warm. But even so, they die off very fast.

Perfectly fresh, good milk, inoculated with disease germs and kept warm, is for a brief time a first rate place for nany kinds of disease germs; and also or the germs which sour milk, which are almost always present. Very soon, generally in a few hours, these other germs that sour milk, growing much aster than the disease germs, make icid enough to kill the disease germs out. If, on the other hand, perfectly fresh good milk is kept cold, any disease germs put into it will live longer han if the milk is kept warm, but will not multiply; and after a time die out of themselves, we can hardly know just why-homesick for a live human ody to grow in, perhaps!

That ice cream is harmful, simply ecause it is cold, is an old tradition hat thousands of people have puncured every summer for years back. Doubtless a very large quantity, bolted wholesale, when the consumer is hot and weary, may shock the system, but aken slowly it does no more harm than the same things eaten unfrozer vould produce.

There is one thing to remember: ice cream, once frozen, then allowed to haw, and frozen again after standing iquid for a time, sometimes produces form of ptomaine poisoning. Just how the freezing and thawing works out to this end is not well understood. The hances are that the ptomaine germ in he fresh cream is frozen up before has made its poisons. In this form does little harm as a rule. But when the cream is thawed, the ptomaine germ becomes active, manufactures its oisons, and on the second freezing, the poisons are ready for business as oon as the cream is swallowed. Sometimes perhaps the ptomaine germ is not in the fresh cream, but is put into it by some one handling the cream, in freezing it, setting it out, or H. W. HILL. even after it thaws.

ANNOUNCEMENT. DIAGNOSTIC AND ANALYTIC SERVICE

As Furnished Heretofore by the Provincial Board of Health. Begins April 14, 1913.

INSTITUTE OF PUBLIC HEALTH, London, Ontario.

NOTICE

TO CONSUMERS OF

GUINNESS'S FOREIGN EXTRA STOUT

MESSRS. ARTHUR GUINNESS, SON & Co., LTD., of St. James's Gate Brewery. Dublin, find it necessary, from circumstances which have come to their notice, to direct the attention of the public to the following facts with regard to their Foreign Extra Stout, which is supplied to the Canadian Market in bottle only.

- 1. Guinness's Foreign Extra Stout is manufactured of one quality only, and is supplied in common to all Bottlers. Any difference noticeable in the Beer by the consumer must be attributed to the system of bottling, and not to the manufacture.
- 2. Guinness's Foreign Extra Stout is brewed only from Malt and Hops; no substitutes or antiseptics have ever been used in connection with its manufacture.
- 3. Guinness's Foreign Extra Stout must bear Messrs. Guinness's well-known label, on which appears their Trade Mark, the Harp.
- 4. Guinness's Foreign Extra Stout is brewed only at St. James's Gate Brewery, in the City of Dublin, Ireland.

ST. JAMES'S GATE BREWERY,

A STUDENT.

[Washington Star.] "Is your boy a good student?"

"Yes," replied Mr. Cumrox, "to a certain extent. The way he gets his mother and me to put up with his expense accounts shows that he's a wonderful student of human nature."

MINARD'S LINIMENT LUMBER-MAN'S FRIEND.

Millions of Dollars Spent Exterminating Prairie Dogs

Rodents, Greatest Destroyers of Grass and Crops.

Boiling will kill all ordinary disease

years, not feeding or growing

live for

H. W. HILL.

ICE CREAM.

condition

formers.

in one operation.

ICE CREAM

that has not been carefully handled?

those, not to cream and eggs.

the germs contained in it to die.

Whoever has visited the Bronx Park grains at a time. germs, also the germs that sour milk. Zoo cannot have failed to notice the poisoners have reached the boundaries But it does not kill all the germs which milk usually contains. There is a third prairie dog exhibit in one of the evidence of their labor closer in to the ing militiatien turougn a sham light group, including the putrefactive germs, fenced-in lots near the southwest cor- wagons in the form of dead dogs. "spores," round oval condensa-tions of themselves, in which a craterlike opening. Each mound rounds. On the third day the wagons marks the entrance to a prairie dog

multiplying but still alive and capable den or hole. at any time, if conditions become suit- If it is a fair day, Mr. and Mrs. Dog burning carbon down into the dog able, of growing out into the original and from one to a dozen of their prog- holes to burn up the air breathed by adult stage again. While in this eny are to be seen sitting upright Mr. Prairie Dog and the members of "spore" stage, they may survive even above their subterranean homes, bark- his family and suffocate those that bolling. Then when the milk cools, if ing or yelping at passersby or busily escaped the poison, it does not cool too much, the spores engaged in extending the cleared areas. After a sufficient grow out into the adult form, and the that mark their yards. It is interesting adult forms begin to feed, grow, and to watch the droil little brown rodents multiply at a tremendous rate, putre- -for as such they are defined-at work fying the milk. Hence boiled milk or at play. Their diligence, activity and stakes and move to other fields the should be promptly cooled and then vigilance and the sleek roundness of kept cold, right against the ice, not to them are all amusing. Harmless prevent souring, but to prevent the enough they appear in their wire fence

spores from budding out; thus avoiding pen. Yet down in the Southwest the There is a bacteriological trick by prairie dog has been officially declared which even the spore-forming bacteria an enemy of mankind and a fierce pest can be killed by boiling. It seems war is being carried on for his exterrather a mean trick; because it takes mination. All over West Texas, Oklaadvantage of the spores' confidence in homa, Kansas and New Mexico men their surroundings, when the milk is armed with pails of poisoned wheat and cooled. After they have grown out in- corn are going about the mound vilto the adult stage, just boil the milk lages with which he has dotted again! If all the spores have develop- plains and prairies spreading their ed into adults, this second boiling kernels of death. Prairie dog poisoning nile achievements. His education, undestroys the spore-forming germs has become an established business der the immediate care of his father, since they are no longer now in the down there.

resistant spore stage. Years ago this was the only routine method bacteriolo- by the ranchmen and farmers in their gists in general could use to kill spore- effort to obliterate the little grass eat-Now a better and quicker ing pest. Millions more will be spent method, only available in bacteriolo- before the fight is over. From all gleal laboratories or hospitals, as a indications it is going to prove the rule, is this: Not boiling the milk, costliest pest war ever waged in the which gives a temperature of 212 F United States. The reason is simple enough. The prairie dog is the greatonly, but putting it under steam pressure, and raising the temperature to est destroyer of grass and crops that about 250 F. This kills spores and all the ranching West has ever known. It is estimated that an average of

ten dogs live in each hole. On this easis the population of this particular village would be 400,000,000 dogs, and Is pure ice cream nutritious? What they would consume every year enough are the dangers in eating ice cream grass to feed 1.600.000 cattle. That is only one village. That's why the arena of intellectual discussion, he was Answer.-Ice cream, well made from harmless looking prairie dog. pure materials, is just as nutritious as

The fight began in earnest about the cream and eggs, etc., it may be eight years ago when the Texas Legis- not seem to him to square with the facts If made from skim milk, gelatin or other things, it has of course lature passed a law providing for the the nourishment corresponding to extermination of the pest. Oklahoma permitted by him to stand in the way of officially entered the lists through the humblest or most unwelcome truth The dangers in eating any particular legislative action a few years later. It is safe to say that no man ever had e cream are the same as the dangers Kansas has recognized the business, more intellectual honesty than John eating the particular cream, etc., and agitation is keen for the enactment Stuart Mill. Than Mill, no man ever posthat it was made from. Unlike natural of an anti-prairie dog law in New sessed a bolier scorn of intellectual by ice, which in freezing purifies itself Mexico. The whole Southwest is pecrisy. No man ever said a grande

lmost all the germs that were in the The dog poisoners maintain their this must be so, for ice cream is not They will bind themselves to clear the frozen slowly, from the top down, like grass destroyers on from one to a natural ice on a pond, but quickly and million acres-the bigger the plot the with constant stirring, which mixes better. They will fix a time limit for n the germs that might have been their work of destruction and provide thrown out, or down to the bottom, if for penalties and forfeitures for every the cream froze downwards as water day elapsing between the expiration of does. Again, natural ice takes weeks, the contract and its fulfilment. They as a rule, to freeze, and during that will agree to a refund of stated sums time, as well as afterwards in storage for every dog found after the gangs before use, any germs not thrown out of poisoners have passed over the in freezing tend to die out. But ice grounds. That is just how certain, cream being eaten as a rule almost stable and scientific the business has

as soon as made, gives little time for become. With his contract signed the dog It would be amusing, if it were not poisoner moves into the affected terriontaining thousands of times as many proportions for a day's work of the germs; a mixture quite as likely to poisoning gang.

which never have been traced in water, wagon, which carries the munitions of even alleged to enter ice at all! war — poisoned wheat or corn — are

Southwestern States in Fight on supplies when they have been ex-A spoonful of the poisoned grain is

placed on each mound. Only a few

grains is needed to cause death, and as a rule a dog will eat only a few carbon gang is left behind to complete the work. This they do by rolling

After a sufficient territory has been overed sharpshooters are sent out on forseback to hunt for any survivors When the dog poisoners finally pull up population of the once prosperous villages is scattered indeed.

A Fine Stocking JOHN STUART MILL Free

In the death of John Stuart Mill, forty years ago, on May 8, 1873, the world lost one of its brightest intellects and profoundest thinkers.

Remarkable in many ways, Mill was the most remarkable of all in his juvebegan almost as soon as he could talk, and by the time he was eight years old he had read, in the original, Herodotus Xenophon, Plato, and many of the Greek poets, besides the histories of Robertson, Hume, Gibbon, Watson, Mosheim and other standard works. At the age of 12 he began a systematic study of logic with Aristotle as the basis, and by the time he was 14 his wonderful education was completed.

There were two things that Mill's father endeavored to impress upon his son's mind throughout the whole period of his study, first, a supreme love for truth and an unselfish regard for all human rights.

Nor was Mill false to these teachings When he became a man, and entered the region is up in arms against the always the uncompromising champion of truth as he saw it. Inductive and rationalistic, he would accept nothing that did , No "authority," however, venerable, was by throwing the germs down into the lining up against the lowly mound thing than Mill did when he declared one day: "If I must go to hell for refusing to believe that which is unreason cream, etc., beforehand. You can see own outlits and work by contract. able to me, then to hell I will go. As a fighter for human freedom Mill

nas never had a superior. The negro in America and throughout the British col onies found in him an untiring champion and he was an out-and-out advocate of "Woman's Rights," while as yet hardly anyone else had more than remotely thought of the subject. For fifty years, with the ardor of an old crusader. fought for truth and justice, freedom and

THE MAGIC OF PERSONAL

Continued From Page One.

ready (the most distressing infirmities unable to define it to our own satisfacof temper notwithstanding) holding his tion. We are stinn of character, for on wholly in elevation of character, for on contain typhoid or dysentery germs. The chuck wagon, which carries the own with strength and dignity among this point, at any rate, example is abunas ice is; and many others, also, tuber-provisions, tents and bedding for the culosis, scarlet fever, diphtheria, etc., members of the outfit, and the poison diary is sometimes deplorable and compare or contrast Hampden at one often pathetic, but the hand that traces period and Maribeau at another; Wilkes Cold does not kill germs, contrary moved to the centre of the plot marked it has more than the elements of great-Cold does not kill germs, contrary moved to the centre of the plot marked to general belief. It is true that it out for the day's work and made the makes them inactive, but for that very hasis for operations. The poisoners, of whom there are from five to fifteen or teason it prolongs their life, although it shuts off the changes they produce.

Bute at one period and Bright at another. Lord Salisbury in character was the player in whom the force of personal ascendancy asserted itself to a quite extraordinary degree. There were four twenty in an outfit, work in each direction of the changes they produce. The bacteriologist who wishes to keep tion from the camp, scattering their a culture alive for a long time puts it into the ice box. This is to prevent the poison wagon to replenish their the poison wagon to replenish the poison wagon to replenis





ELICIOUS, nourishing, appetizing. The most healthful food you can serve for breakfast. Sealed in dust and airtight packages. It comes to your kitchen a clean, wholesome food prepared from selected Canadian oats.

SANTA CLAUS OATS

25 cts. Big Sealed Package

A Woman's Fine Stocking Free in Every Package

Your Grocer Has It. MORROW CEREAL COMPANY, TORONTO

laureate's pall-bearers Irvings face though of course not by any means the drew the gaze of the whole congregation in the Westminster Abbey which he himself (dying an impoverished stroller in the provinces) was afterwards borne in semi-regal state. An intimate study of the psychology of Never but once did his tact fail him Parliament would be a good deal occupied on the stage, and in private he had a quick and quiet wit that silenced tactlessness in others. "Are you a uni-versity man, Sir Henry?" asked a versity man, Sir Henry?" asked a snobbish don at an Oxford dinner-party. "Oh, no," said Irving, "but I have a secretary who was."

This peculiar expression of force that Galton calls "personal ascendancy" is not susceptible of rigid definition. We trust, at least, that it is not for we are quite tion. We are sure that it resides not at one period and Gladstone at another; Bute at one period and Bright at another.

highest test, is a fair one; and its illustrations, in the matter of personal ascendancy, are often extremely curious. with the strange, brief, fascinating sareer of Lord Randolph Churchill, who was as interesting and redoubtable person after his resignation of the ex chequer as he had been during his term of office. Two books of the hour have dealt with Charles Stuart Parnell, and in him we have a personality at once exquisitely and tragically puzzling. The House of Commons saw one Parnell, his committee room under the same roof knew another, and at the dreadful crisis of his life the kingdom at large beheld a third. Gladstone's rank-and-file no doubt went always a little in fear of him, But they were not beneath his heel; there was his courtesy (and the fairly free traditions of leadership in our political to trust in. The followers of Mr. Parnell were more or less his slaves; the whip of the party seldom knew his chief's intentions. A too-confident recruit (this little story is unpublished till today) had a terrible snubbing. "Parnell, old chap,