

# HEALTH EDUCATION

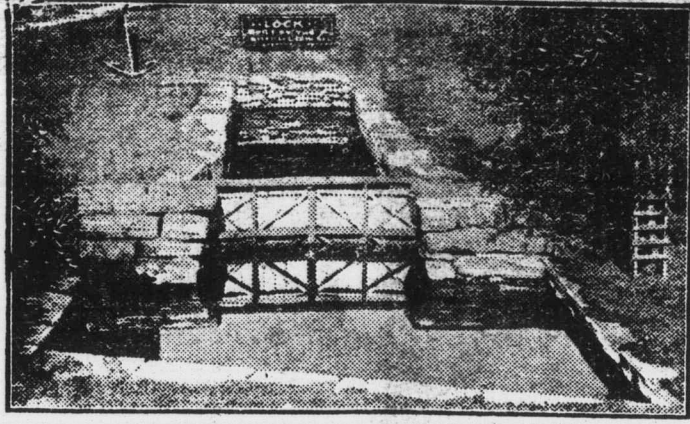
BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario  
Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

"When a child dies from diphtheria someone is always to blame, either the parents or the physician." This statement was made by one of the Medical Officers of Health during a discussion on diphtheria at the recent meeting of the Ontario Health Officers' Association.

Several reasons were given for the high mortality from diphtheria, one of which was the lack of knowledge on the part of the public to diagnose the disease. The public must be educated so that they will realize the danger of a "sore throat" which might be a mild case of diphtheria, and also the means of spreading the disease throughout the community. An example of this kind was given by one of the M.O.H.'s. He was called to a house as the mother thought that one of the children had croup, but on examination the boy was found to be suffering from a severe attack of diphtheria. The boy died the next day. There were two other children in the family, and on examination it was found that the older boy was suffering from a mild attack of diphtheria, without the family knowing he had even had it, while the little girl aged two years who looked very pale and ill was also suffering from diphtheria. This case, however, was taken in time

and with the use of antitoxin the child's life was saved. Education of the public in this matter is of vital importance. It cannot be longer delayed if child mortality from diphtheria is to be reduced. Every sore throat is possibly dangerous—it may be diphtheria and it may not. Only the physician can decide which is serious and which is not, for the physician has scientific training and means at his personal disposal to make an early diagnosis where other people would not be certain what the ailment was.

A remarkable graphic summary of the number of deaths occurring per 100 cases, according to each successive day's delay in giving antitoxin, has been prepared in Philadelphia, and practically the same ratio prevails in Ontario. The number of deaths per 100 when the antitoxin was given the first day of the disease is 1.1; given the second day 5.6; third day 6.8; fourth day 7.7; fifth day 9.2; sixth day 9.5; seventh and later days 11.4. It can thus be seen at a glance that every hour is precious in the administration of antitoxin, so when little children develop sore throat nothing should be allowed to prevent the parent or guardian from calling in a doctor at the earliest possible moment.



### 18th Century Canoe Lock

VISITORS to Sault Ste. Marie during Discovery Week, August 4th to 11th, will no doubt find time to visit the first lock built in North America. Built by the North West Fur Company in 1797, this interesting relic of the pioneer days was restored by F. H. Clergue in 1896. The original was used by the fur traders to step down their canoes and bateaux at the rapids where the fall is 20 feet.

Discovery week is to commemorate the 300th anniversary of the Sault by Etienne Brule and Grenolle. Ojibway Indians will play Hiawatha on two afternoons, General Sir Arthur Currie, will unveil a memorial cairn to the discoverers and a program of gaiety for the whole week has been arranged which will attract visitors to this old part of Canada from all over the continent.

### CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent all the dreaded summer complaints. They are an absolutely safe medicine, being guaranteed by a government analyst to contain no opiates or narcotics or other harmful drugs. They cannot possibly do harm—they always do good. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Costly Sugars Due to Excessive Care.

There are, incredible as it may seem, sugars that cost from \$75 to \$375 a pound. There are sugars for which such prices are asked, and which people buy. The most expensive of them is called dulcitol, and brings \$375 a pound. By comparison the other sugars seem cheap. Mannose, for example, costs only \$140 a pound. Mannose is made from the scraps that are left over in the making of vegetable ivory buttons.

Another sugar, mannite, is made from manna, the nutritive gum with which the children of Israel were fed in the wilderness. Manna forms in little flake-like scales which the wind blows into the air and carries to the ground some distance away. It has the delicate taste of a sweet water. Still another of the sugars, called xylose, is made from corn-cobs, and is priced at \$120 a pound.

The costliness of these sugars is the result of the excessive care that must be exercised in making them, for the presence in them of any impurity or of any other kind of sugar unfit them for the important uses to which they are put.

Every bacteriological laboratory has them. One is particularly useful in detecting typhoid; the organisms that cause the disease are so fond of it that they pounce upon it at once, and there multiply so fast that their presence is easily detected. Others are invaluable in detecting cholera germs.



"They're hunting lions in Central Africa with automobiles."  
"Is the supply of pedestrians getting low?"

### French Court Gives Ruling After 50 Years.

After considering the question for fifty years, the French courts have finally ruled that wife-beating is not legalized in France.

A domestic quarrel in May, 1872, resulted in a beating for a Parisian woman who immediately lodged a complaint with the authorities at Chantilly. If the husband who did the beating were now alive he might in principle face a jail term. Both litigants are dead, however, but the Supreme Court of France ground out the decision just the same.

A man's producing years are only twenty-five or thirty at most on the average, and so no time can be wasted, lost, or spent to poor purpose.

He who runs into debt has run out of sense.

### UNREFRESHING SLEEP

If You Are Tired Out When You Arise in the Morning Read This.

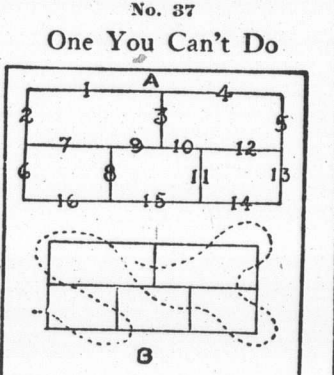
The woman who is tired out, who aches all over when she arises in the morning, who feels depressed most of the time, needs just the help that Dr. Williams' Pink Pills can give her—new blood and strong nerves.

The number of disorders that are caused by thin blood is amazing and most women are careless about the condition of their blood. Quickly the nerves are affected and the patient becomes irritable, worries over trifles does not sleep as well as formerly and is not refreshed by rest. There may be stomach trouble and headache. This is a condition that calls for Dr. Williams' Pink Pills.

Give Dr. Williams' Pink Pills a fair trial and the first sign of new life will be noticed in your appetite. You will be hungry by meal time. As the blood becomes enriched it feeds and soothes the irritated nerves, sleep becomes sounder and more refreshing, your worries become less, your work lighter. These are some of the things that these tonic pills do. Try them for any trouble caused by thin blood.

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### EASY TRICKS



This puzzle or trick is intended primarily for the confusion of that friend who prides himself upon his ability as a puzzle solver. You may, yourself, get some fun out of trying to prove that what is said about this trick-puzzle is not true.

The diagram A is composed of 16 lines. For your guidance they are numbered in the diagram but you need not number them in the diagram you draw for your friend.

The idea is to draw one continuous line which will cross each of the sixteen lines once and once only. It doesn't seem to be a difficult problem. B shows a solution that seems at first glance to be correct. A closer examination will show that the line fails to cross line number 10.

You may try as long as you like, but you will be unable to cross all of the 16 lines. Until you have tried several times, however, you will not realize how fascinating is this puzzle "which cannot be solved."

### The Shield.

God, give me laughter for a buckler  
Lest to the blows of Life I yield,  
When my head is bowed to press of  
foemen  
Lord, give me laughter for a shield.

Grant me will to fight if not to conquer,  
Strength to keep my spirit from eclipse  
And let me hold at midnight and at  
noonday  
The shield of laughter on unshaking  
lips.

There is none so strong can overcome  
it,  
Black rage, red scorn or serpent guile,  
Magic lives in weakest defenses—  
Even in a little twisted smile.

In the dusk and through the murk of  
conflict  
Fighting on against the driving spears,  
More flags will rally round to laughter  
Than ever owned the sovereignty of  
tears.

Though I have no armor that is trusty  
And nothing but a wooden sword to  
wield,  
I shall go down fighting and not  
craven

If Thou, Lord, give laughter for a  
shield,  
— Edna Valentine Trapnell, in Success.

### MONEY ORDERS.

Pay your out-of-town accounts by Dominion Express Money Order. Five Dollars costs three cents.

Venus is in about the same state of development that the world was one hundred million to a thousand million years ago.

Someone says that Opportunity grabs us. It is the other way around. We must be ready to grab Opportunity.

### Classified Advertising

WANTED: AMBITIOUS MAN OR WOMAN to distribute samples and take orders for high class household specialties. No risk. Big money. Honest proposition. Luna Products Co., Dept. T, Hamilton, Ont.

SILVER POKERS—NOTES FROM MY DIARY (Booklet). Nine years' experience reaching 25 cents. Dr. Randall, Toronto, Nova Scotia.

WASHINGTON HAND PRESS.

WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take a press of columns long. Wilson Publishing Co., Ltd., 75 Adelaide St. W., Toronto.

### Peculiar Policies.

The \$67,500,000 life insurance policy just issued to cover the entire Philadelphia police department is surely the largest group policy ever taken out. In that respect it is remarkable.

Other and more remarkable insurance policies, however, have been issued within recent months. A surprise was occasioned in London when it became known that a prominent company had granted a policy to one man insuring against the suicide of another who owed him money.

When Mme. Cecile Sorel, the famous actress of the Comedie Francaise, sailed for America, she took with her the fervent benedictions of the underwriters and a unique insurance policy.

The policy would have gained one million francs for her had she lost her hat during the crossing! Mme. Cecile's hat was a wonderful creation studded with diamonds and emeralds. Lloyd's granted the policy only on condition that when the hat was not being worn it should be kept under guard.

A London insurance company conducts a flourishing business in the issue of policies securing a comfortable sum of money to newly married couples—or old married couples—for that matter—in the event of the arrival of twins—or, to use the more precise wording of the document, "in the event of the birth of more than one child."

They had occasion recently, however, to decline a proposal which was submitted only twelve days prior to the expected event!

In all seriousness a company was once asked to guarantee the payment of an annuity in the event of the British Government becoming insolvent. The company accepted the compliment—and the "easy money" by way of premium.

### Family Pride.

"Woolley declares his grandfather descended from one of the greatest houses in England."  
"Ah, yes; I did hear a story about the old man falling off a roof he was repairing for Lord Somebody or other."

### Minard's Liniment for sale everywhere

The Poor Fellow.  
Two Irish women were discussing a railroad accident. One asked the other if any were killed in the terrible crash. She replied:  
"Shure, twenty-sivin Oitallans and wan Irishman, whereupon Mrs. Dooley with a long sigh, came back with, "O, the pore feller."

The eye doctor learns never to judge by appearances, for while the cross-eyed man may be straight, he never looks that way.

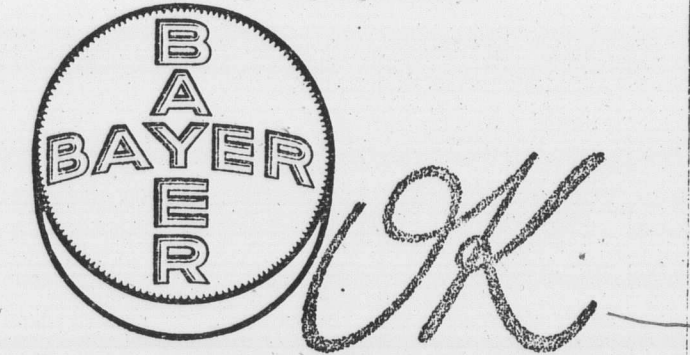
The best thing to do in a hurry is nothing.

### America's Pioneer Dog Remedies

DOG DISEASES  
and How to Feed Mailed Free to any Address by the Author.  
K. Gray Glover Co., Inc. 129 West 24th Street New York, U.S.A.

# ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



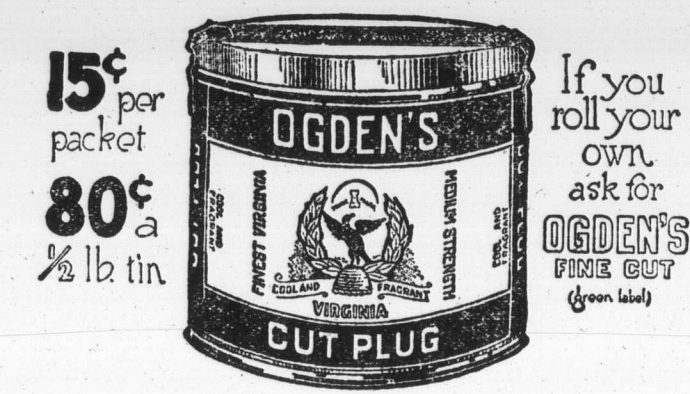
Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

- Colds
  - Headache
  - Rheumatism
  - Toothache
  - Neuralgia
  - Neuritis
  - Earache
  - Lumbago
  - Pain, Pain
- Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Payer Manufacture of Monopolied-ester of Salicylic acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

## Fill your pipe with

# Ogden's CUT PLUG

"It Satisfies"



### "Armored Glass."

It is said that a fortune awaits the individual who shall invent a flexible, unbreakable glass. "Armored glass," so called because it contains a netting of galvanized wire and is not easily broken into small pieces, is too heavy and too nearly opaque for most uses. There is a glass of comparatively recent invention called "three ply." Although it is neither flexible nor unbreakable, it has certain advantages over other kinds. It is composed of two panes of glass with a thin sheet of transparent celluloid pressed between them and made to adhere by hydraulic pressure. It is said that a blow hard enough to shatter ordinary glass and to drive the pieces for some distance merely cracks the three ply glass.

While practice makes perfect, one can drop a hot potato as gracefully the first time as he can the tenth.

A sprinkling of untruth leads almost certainly to a hurricane of lying.

### 35-LB. GAIN MADE BY MRS. ROBERGE

"I've gained thirty-five pounds by taking Tanlac, and just think it's the greatest medicine in the world," declared Mrs. Caroline Roberge, highly esteemed resident of 224 Prince Edward St., Quebec.

"For the past two years I suffered from a bad case of indigestion. I had no appetite at all, my stomach was always sour and I had a bad taste in my mouth all the time. Nothing I ate would agree with me, and I was so weak and dizzy all the time it seemed that I had no energy at all.

"Well, Tanlac was the first medicine that did me any good, and it surely has been wonderful for me. I am eating as much as anybody, everything digests perfectly, never suffer from sour stomach any more, and my strength and energy have come back so completely I just feel fine in every way. Tanlac is simply grand."

Tanalac is for sale by all good druggists. Accept no substitute. Over 37-million bottles sold.

Tanalac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

### BEFORE MY BABY CAME

I Was Greatly Benefited by Taking Lydia E. Pinkham's Vegetable Compound

Sydenham, Ont.—"I took your medicine before my baby was born, and it was a great help to me as I was very poorly until I had started to take it. I just felt as though I was tired out all the time and would have weak, faint spells. My nerves would bother me until I could get little rest, night or day. I was told by a friend to take Lydia E. Pinkham's Vegetable Compound, and I only took a few bottles and it helped me wonderfully. I would recommend it to any woman. I am doing what I can to recommend this good medicine. I will lend that little book you sent me to any one I can help. You can with the greatest of pleasure use my name in regard to the Vegetable Compound if it will help others take it."—Mrs. HARVEY MILLIGAN, Sydenham, Ont.

It is remarkable how many cases have been reported similar to this one. Many women are poorly at such times and get into a weakened, run-down condition, when it is essential to the mother, as well as the child, that her strength be kept up.

Lydia E. Pinkham's Vegetable Compound is an excellent tonic for the mother at this time. It is prepared from medicinal roots and herbs and does not contain any harmful drugs. It may be taken in safety by the nursing mother.

### CHEEKS COVERED WITH PIMPLES

Also Chin, Large and Red. Cuticura Healed.

"About a year ago a few small pimples broke out on my face. A month later my cheeks and chin were entirely covered with large, red pimples that festered and scaled over, and frequently caused irritation. I tried different remedies without success. I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. After using it I could see an improvement so purchased more, and after using two boxes of Cuticura Ointment, together with the Cuticura Soap, I was healed." (Signed) G. Marcoux, Laval Hospital, Ste. Foye, Quebec.

Use Cuticura Soap, Ointment and Talcum for all toilet purposes.

Sample Each Free by Mail. Address: CUTICURA, Manufacturers, 345 St. Paul St., Montreal. Sold every where. Soap 25c, Ointment and Talcum 50c.

Cuticura Soap shaves without mug.

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