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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.

A direct plain message to the public often carries weight when more elaborate methods of publicity fail. Simple statements tersely told, strike the imagination.

"Hygiene can prevent more crimes than any law," is one of these. Why is this message effective. Because it stimulates thought, and when once the public begin to think seriously about any subject, that subject becomes a topic of interest, the newspapers get hold of it and many avenues of publicity result in consequence.

Many a man or woman on reading the remark, "Hygiene will prevent more crimes than any law," will be tempted to ask what the word hygiene means. A good opening for education results, for "hygiene" is very comprehensive and includes both personal and community well-being and everything that promotes this well-being.

In some way and by some manner we have got to get health messages across to the average, ordinary man or woman. The reason for this is plain. There are a few highbrows and a few house-breakers and automobile thieves, once in a while a desperado who will not even stop at murder, but the great majority of people we come in contact with from day to day are just plain ordinary people with an average amount of common sense. Many of these good people "come from Missouri," that is, they have got to be shown. Some circumstances or experiences in their lives have perhaps given them the impression that little of good can be done by hygiene or all that it represents. If you can prove to them that they are wrong—not by preaching long-winded sermons, but by a few facts, they will soon become your friends and supporters in the good health crusade.

I was talking to a Toronto alderman a few days ago and he thought people were just as healthy before any of these up-to-date methods of public health propaganda were introduced. It seems strange that an alderman of the Toronto Health Department should say this to the record of the infant mortality rate alone has been cut in half in Toronto during the past ten years. Typhoid fever has been practically abolished, communicable diseases have been very much reduced in numbers, and the milk supply is practically all pasteurized. The general surroundings have from a health standpoint been very much improved and yet one of the aldermen does not think that much has been done. He does not know what is going on in health work. Education along health lines is what he needs, and as soon as he becomes acquainted with the work and aims of the health department he will be a far more useful servant of the people.

How can hygiene prevent more crimes than any law? Because it raises the standard of citizenship. It removes as far as possible those influences and circumstances that lead to a low state of moral conscience; it makes people more nearly normal and hence not so likely to commit crimes against society.

Nearly every criminal examined has had little or no training from a hygienic standpoint. Their upbringing does not know what it is to do at home; they have grown up like weeds and developed bad habits and a bad outlook on life.

Hygiene tends to remove all influences that will prevent a man or woman from leading a normal, healthy life. It is one of the finest words in the alphabet.

will be caught and concentrated. The millions of units of energy from the sun which we now waste, while we continue to drain the earth of its oil and coal, will be put to use.

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

"I would send you a kiss, papa," wrote little Lucy, who was away on a visit, "but I have been eating onions."

Eighteen tugs were required recently to nose the liner Majestic into her pier.

In Good Company.

We have heard often enough that it is not good for man to live alone. This is true without doubt. It is not good for man to live alone. But a little solitude sometimes is as sweet and valuable thing and there is a difference between solitude and loneliness. The world may speak of a hermit as a lonely man, but he is probably less lonely than many who can boast a lot of friends.

Those who would truly know themselves—and it a good thing to know yourself—must sometimes be alone; they must sometimes turn the searchlights of their minds on to their inmost thoughts, aims, and aspirations.

There are people who do not like to be alone, who are, in short, bored with, or even afraid of, their own company, and this is not good. There are people who would rather sit and listen to gossip than be alone with their own thoughts, and who would prefer to go out with people they dislike rather than walk by themselves.

I was once ordered a holiday after a serious illness, and I cannot help recalling the advice of my doctor.

"Don't go away by yourself," he said, "unless you are fond of your own company."

I told him I didn't mind it a bit, provided I was not required to sleep in a house alone!

"You're an exception," he laughed. "But a holiday in your own company will do you more good than one with someone with whom you are not in entire sympathy."

On the whole, I think women are more frightened of their own company than men. This is probably why women are so ready to make acquaintances. You will not find a man "cultivating" another man because he doesn't like being on the own, but you will find many women doing it.

"What a funny little girl you are," an aunt of mine once said to a little niece who seemed to show a decided preference for her own company. And that is the trend of opinion invariably. You are deemed morbid if you like to be alone. Yet how much more morbid you are if you do not like to be alone sometimes; if you are really bored with yourself; frightened of your own company.

If you are constantly with people and do not like to be alone on occasions, then it is interesting and profitable to inquire into the reason. What do you think about when you are alone? Yourself? Other people? Abstract things?

Cultivate your own company if you have not already done so; for those who truly love solitude however friendless and unbeloved they may be, will never know the ache of loneliness.

SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are growing children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Lots of 'Em
First Bug (in background)—"That fellow talks a lot and does little."
Second Bug—"Sure, a humbug."

Someone says that people who are always talking about their ancestors are usually like potatoes—the best part of them are underground.

Revenge may be sweet, but seeking it sours one's disposition.

Minard's Liniment for sale everywhere

WEAK DIGESTION DUE TO POOR BLOOD

Perfect Digestion Will Come if
the Blood is Made Rich and
Red.

There is no tonic for the stomach that is not a tonic for every other part of the body. But the stomach depends, as does every other organ, on the blood for its energy.

There can be no perfect digestion unless you have rich, red blood. This is scientifically true. The way, then, to tone up the stomach is to enrich the blood.

Most stomach remedies try to digest your food for you. How much better it is to tone up the stomach so that it will do its own work, as nature intended. There is no pleasure in eating predigested food. Tone up your stomach, then your appetite and digestion will soon be normal.

If your digestion is weak and your blood thin, you need Dr. Williams' Pink Pills to restore the strength to your blood; in addition use care in the selection of your diet and your stomach trouble will soon pass away. Mrs. Charles La Rose, Fruitland, Ont., suffered severely, and tells what Dr. Williams' Pink Pills did for her. She says:—"I was a terrible sufferer from stomach trouble. The doctor called it nervous indigestion. Everything I ate distressed me, and I became so weak and rundown I could hardly walk. I had a pain around my heart most of the time, and I slept very poorly. I was afraid I would not get well, as the doctor's medicine was not helping me. In this serious condition Dr. Williams' Pink Pills were recommended and I decided to try them, and I can truthfully say that they made me feel like a new person. I will always give this medicine a word of praise when I get a chance for I think there is nothing to be compared with it for dyspepsia, or any one weak, nervous or rundown."

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.

A Business Built by Love.

The business was started during the Great War, when a little Italian girl, Baby Scavini, begged her mother to buy her a doll such as the other little girls she played with had. Her father, an artist, was away soldering, and the mother had no money to buy a doll. She would have made any sacrifice to gratify the child's desire, but buying a doll of the conventional toy-shop type was out of the question. So, Love put on its thinking cap and solved the problem.

The young mother was an art student, and had ideas. She picked up bits of felt, and out of them made a new sort of doll. Then she painted its face and dressed it gaily in fancy clothes. Her little daughter was delighted, and when she went out in the park to play; her playmates who had expensive, fashionably dressed dolls, admired hers so much that they begged their mothers to buy them one just like it.

The result was that orders for dolls poured in so fast on Mrs. Scavini, she very soon had more than she could fill. At the close of the war when her painter husband returned to their home in Turin he, with other artists, began to help her, painting the dolls; and designing new figures.

The business grew and grew until, as the New York Times told the story, "the dolls began to appear in the windows of Italy's leading stores and in Paris on the Rue de la Paix. Then they spread to South America and to New York's Fifth Avenue, where they stare out of the window with the same nonchalance as in Italy and France, where the Lenci doll, as they are called, is often seen reclining on a sofa or in a corner of a lady's motor car beside her high-bred dog."

To-day there are more than 100 different figures, the faces all painted by well-known artists and all varying in expression, but all the dolls are unbreakable entirely made of felt, with fluffy hair and unusual clothes. The Lenci doll is now seriously considered Italy's important contribution to the art of toymaking.

Love never fails. It always finds a way to help us over rough roads. No problem is beyond its reach.

If you cannot inspire a woman with love of yourself fill her above the brim with love of herself, all that runs over will be yours.—Colton.

Be Safe!

Don't wait for someone to be in pain to get Kendall's Spavin Treatment in the house.

For all external hurts and pains—for all muscular troubles.

Kendall's Spavin Treatment makes good.

KEENSTON, Sask., December 24, 1921
"Please send me one copy of your TREATISE ON THE HORSE. I have used your Kendall's Spavin Cure for over eleven years and found it one of the best I have ever used for all kinds of sores. (Signed) M. ZEMAN."

Get a bottle at your druggist's today. Regular for Horse Treatment—Refined for Human use.

DR. B. J. KENDALL COMPANY,
Enosburg Falls, Vt., U.S.A.

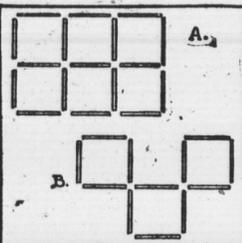
KENDALL'S SPAVIN TREATMENT

ISSUE No. 29-23.

EASY TRICKS

No. 83

The Mysterious Squares



Here is a puzzle with seventeen matches or toothpicks. Arrange them as in A. Call to your friends' attention the fact that you have arranged the seventeen matches to form six squares.

Their part of the trick is this: They are to take away five matches and leave three squares. At the conclusion of the trick all twelve remaining matches must be in use and none of the twelve must have been moved.

If you have kept your eyes off B, you will find this to be a problem that is not very easy to solve. B, however, gives away the secret.

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

Minard's Liniment used by Physicians

The ideal home is a perpetual training school where children are always practicing courage plays, courtesy plays, helpfulness plays, charity plays, and these habits and manners become natural, producing sweetness, beauty and strength of character.

The more thoroughly you do nothing when there is nothing to do, the better you can do something when there is something to do.

No man can be happy without a friend, nor sure of him till he's unhappy.—Scotch Proverb.

When a man aims at nothing he seldom misses his target.



Cuticura Heals Rashes

Bathe with plenty of Cuticura Soap and hot water to cleanse and purify. Dry lightly and apply Cuticura Ointment to soothe and heal.

Soap 25c. Ointment 25c and 50c. Talkum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 24 St. Paul St., W., Montreal.

—Cuticura Soap shaves without mug.

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WORLD OWNERS AND AGENTS EVERYWHERE delighted with new attachment. A wonderful economy. Comfort, luxury. Easy money to appreciate. No selling, no investment. Apply to Society Co., Peabody, Ont.

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WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take 2 pages of 4 columns long. Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

The Ideal Place.

Papa—"And do you think for one moment that that clerk of mine was in a position to propose to you?"
Daughter—"Why, certainly, papa; he was on his knees."

In pulling sleds in the Arctic regions the Eskimo dog will average 20 to 40 miles a day.

The parent's life is the child's copy-book.



Attractive Proposition

For man with all round weekly newspaper experience and \$400 or \$500. Apply Box 24, Wilson Publishing Co., Ltd., 73 Adelaide Street West.

REMEMBER

Don't forget MINARD'S on the summer trip. The best remedy for Cuts, Bruises, Sprains.



MOTHER OF TWIN BOYS

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."—Mrs. ELMER A. RITCHIE, 82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling.

Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

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
- Toothache
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- Headache
- Neuralgia
- Lumbago
- Rheumatism
- Neuritis
- Pain, Pan

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 60—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monocetylacetic acid of Salicylic acid. While it is well known that Aspirin is Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."



Left to right:—Lt.-Col. H. Hamilton-Wedderburn, O.B.E., Mr. A. E. Carlyle, Sir John Ferguson, K.B.E., and the Rt. Hon. Lord Amphil, G.C.I.E., G.C.S.I., members of the British Masonic Grand Lodge of England, deputed by His Royal Highness the Duke of Connaught to officially represent their lodge at the annual meeting of the Grand Lodge of Canada in Toronto, and to carry greetings from the Grand Lodge and Masonic Fraternity of England to the Grand Lodge and Masonic Lodges of Canada. They were recent passengers aboard the Canadian Pacific liner "Empress of Scotland."