PROTEST AGAINST CONTINUED GRANTING OF NET LICENSES

Brockville, March 11.—All the townships in Leeds County bordering on the St. Lawrence have united in a protest to the department of game and fisheries at Toronto against the continued granting of netting licenses in the Thousand Islands area. It is claimed that since the United States has abolished licensed netting on that side of the river the same should apply to the Canadian side, and furthermore that the close season for fish should be the same as that adopted by the United States.

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MODERN PUBLIC HEALTH

(University Extension Board of Western University.)

BY H. W. HILL, M.B., M.D., D.P.H.

Director, Institute of Public Health of Western University, London, Ontario, Canada.

A Column Devoted to Public Health in All Phases. Questions Addressed as Above Will Be Welcomed.

MILK FOR SCHOOLS.

Many times have I been asked if all school children should not have a glass of milk during the morning school session.

This depends entirely on the "weight for height" of the child. "Over weights" should not have milk in school hours; "under weights" should; in the case of "normal weights" it does not matter, so far as the child is concerned.

"WEIGHT FOR HEIGHT."

At the risk of repeating what everyone knows already, the age of a child in years (chronological age) does not always, or even often, correspond exactly with the age of the child in physical development physiological age); or with the child's mental age either. So there are at least three "ages" to be considered in answering the familiar question "how old are you?"

Of course, in ordinary life, anyone who asks that question expects the answer "five, going on six" or "eight las' birfday" or "oh, around fifteen" according to the youngster he asks. But really, the youngster who was entirely up to date would answer "I am six years old, measured by the passage of time since I was born; five years old as measured by the development of my mentality" (although if you really received such an answer you would probably put the child down as 147 instead of only 7 mentally!)

If every child developed physically and mentally at exactly the same rate, we should never have to ask the question: "How old are you?" for the age in years would be quite clear at a glance. But children vary so much, due to heredity, to nourishment and to obscure causes dependent on the development of a certain gland in the brain and another one in the neck that guesses as to age based on development are likely to be quite far off; vice versa, if you know the age of a child, you still are far away from being able to give his exact mental or physical development.

STANDARDS FOR WEIGHT.

"How much should a boy of five weigh?" That is a common question, but the only proper answer to it is "First tell me, how tall is the boy?" What he should weigh at five years old depends upon his height, not his age, primarily. By weighing and measuring enormous numbers of children tables have been compiled which show just what these "weights for heights" should be.

Cards showing them in detail for all ages can be had—we carry them at the institute. The schools also are securing these tables; and in a short time it will be considered just as necessary to place on the school report to parents the weight of the scholar (together with what he ought to weigh) as it is now put on the percentage he secured in arithmetic and geography, together with what percentage he ought to have had.

HEIGHT AND WEIGHT CARDS.

These cards tell some very interesting things; for instance a 5-year-old boy may be anywhere from 39 inches to 46 inches tall (that is three feet three inches to three feet ten inches) and his proper weight may vary, in correspondence with his height, from 35 pounds for the 39-inch boy to 48 pounds for the 46-inch boy. Girls run pretty close to the boys at this age, in weight for height, averaging only about one pound less at each height. But while a 39-inch boy at five weighs 34 pounds at six he should weigh 35 pounds, and at seven, 36 pounds.

At ten years old a boy may be 47 to 60 inches tall; that is from almost four feet to five feet; and the proper weight varies with the height for a 10-year-old boy from 54 pounds for the short ones to 91 for the five-footers.

Girls at ten years old are likely to be a pound lighter height for height; although the tallest girls weigh about the same or a little more than the tallest boys at this age.

GIRLS AND BOYS AT FIFTEEN.

The boys at fifteen may vary in height from 57 inches to 76, that is from under five feet to a good deal over six feet. The weights of the boys, corresponding to height, at fifteen run from 86 pounds to 174 pounds the shorter girls weigh about the same as the shorter boys, height for height; the taller girls weigh decidedly less than the taller boys at this age, however. Thus a boy of fifteen, 65 inches tall, should weigh 123 pounds and a girl of fifteen, 63 inches tall, should weigh 122 pounds; but a boy of fifteen, 70 inches tall should weigh 144 pounds, while a girl of the same age and height ought to weigh only 136 pounds. We recognize this in our ordinary descriptions of people—"short and fat"—"tall and slender."

RATE OF GAIN.

This is all explained by the rate gain which boys and girls should make.

Thus from five to eight years of age both boys and girls should gain about six ounces per month or about 4½ pounds a year. So also from eight to eleven both boys and girls should gain about eight ounces a month or about six pounds a year. But from twelve to sixteen, boys should gain sixteen ounces a month or twelve pounds a year, while the girls' schedule is quite different—from eleven to fourteen, twelve ounces a month or nine pounds a year, from fourteen to sixteen back to eight ounces a month or only six pounds a year, at an age when the boy should gain twelve pounds a year. From sixteen to eighteen both boys and girls slow down in gain, boys to six pounds a year, girls to three.

YOU CAN'T "FEED" HEIGHT, BUT YOU CAN "FEED" WEIGHT.

The height of a child cannot be controlled by feeding, except downwards. Let us see if this point can be made clear in this way. Suppose you start out with two children one of which by heredity, nationality, etc., ought to be tall (say a Swede) and one that by the same tokens should be short (say a Jap). You may stunt both of them by under-nourishment, so that neither reach the height they might have reached, although the height the Jap might have reached would under the best circumstances of course be much less than that of the Swede. On the other hand by liberal feeding you would allow both to reach their full height limit. This would be greater for the Swede than for the Jap. But in neither case can you increase that limit by feeding.

Suppose now you underfed the Swede and overfed the Jap. You would stunt the former, but you wouldn't get the other to grow any more than his normal height. If you overfed the Swede and stunted the Jap by underfeeding, the Swede would be as tall as would be normal for him, the Jap would be shorter than normal for him. Within limits, however, you can affect weight by feeding, especially in children, pushing it up or pulling it down quite readily—much more readily than you can in the case of adults.

WHICH IS BEST, OVERWEIGHT OR UNDERWEIGHT?

This is a hard question to answer for children; but if the overweight is not too great, it is probable that overweight is better than underweight. At all events, defects are not found so commonly in overweight children—one to three for an average in overweights as against five to twelve in underweights. Surely overweight is better, then? Well, perhaps—but it must be remembered that the overweight may be a result of the lack of defects, rather than the cause of it; and that the underweight also may be the result of the defects rather than the cause of them. In other words the child without defects perhaps tends to become overweight, the child with defects perhaps tends to lose weight.

What sort of defects produce loss of weight? Apparently, defective breathing apparatus—any form of obstruction to breathing, in the nose or throat especially—our old friends adenoids and enlarged tonsils for example.

Of course there are other things also—over-exercise, and loss of sleep, as well as improper food or not enough food. Most people dealing with an under-nourished child will think of lack of food as the chief matter. But ability to breathe freely, proper exercise, and proper rest are quite as important in their way.

WHAT TO DO WITH AN UNDER-NOURISHED CHILD.

First of all, weigh and measure and so find out how much under-nourished the child is. Then have the child carefully examined medically for any disease (possibly tuberculosis for instance) that may be the real cause of the trouble; or any defect, such as enlarged tonsils or adenoids, etc. Of course if any of these are found, appropriate medical or surgical treatment should follow. But if there be no disease or defect to account for the under-nourishment, diet, sleep and exercise must be corrected, and then the advice of the hygienist is necessary.

The diet perhaps is off in some minor respect; candy between meals prevents the child eating the proper growth-foods (eggs, meat, milk, fish, etc.) at meals. The child may not be sleeping enough (nine to eleven hours at school ages) or is working at school or at play, mentally or physically, beyond the amount of food they get will warrant. Most children, under-nourished to the extent of ten per cent should have very careful attention paid to these points. Usually three months real reform will bring them up to weight for height.

APPENDICITIS

Warm Water Properly Applied Prevents Operations, and Has Cured Many Advanced Cases.

Hundreds of operations for Appendicitis have been avoided by the "J. B. L. Cascade," and thousands of others who have had Stomach Trouble and Constipation for years have regained their health completely. Most troubles arise from poison accumulated in the Colon, which is absorbed into the system. Internal Bathing keeps the system clean, cures Constipation and the hundreds of ills which are directly traceable to it.

These letters from among thousands in our possession should convince you that Internal Bathing brings positive results. Mr. James McLaughlin, 91 Evanston street, Winnipeg, writes:

"I bought a 'J. B. L. Cascade' for the cure of a bad case of Appendicitis. My doctors told me I must have an operation at once. I had spent more than fifty dollars in doctor bills, but the Cascade completely removed in a few days every trace of soreness and pain. I eat and sleep well now, have regained my former weight, and am now in perfect health."

A Mother from R. R. No. 1, Leamington, Ont., writes: "About two weeks ago our eldest son took sick with Cramps in the Bowels, so bad he could not move. Our doctor gave him hypodermic injections and ordered him to the hospital to be operated on at once. Before doing so, however, I induced him to use the 'J. B. L. Cascade,' and in less than a week he was up and around, and has been well ever since. It also cured me of severe Headaches and Constipation. I cannot praise the Cascade enough. It certainly is a wonderful invention."

If you have Constipation, Headaches, Appendicitis, or feel languid and not just right, don't drug yourself, bathe internally. The "J. B. L. Cascade" is being shown and explained at Standard Drug Company, London. Ask for booklet, or write Tyrrell's Hygienic Institute, 163 College street, Toronto.

HELL'S KITCHEN GOES

New York, March 11.—Orders were posted on the big bulletin board in police headquarters a few days ago ending the existence of the West Thirty-seventh street police station and instructing the officers in command of the two stations nearest adjoining—the West Forty-seventh, and the West Thirtieth—to absorb the old territory.

Coming at the height of a "crime wave," the wiping out of an entire police precinct seems to be a surprising action. In the department, however, not even the cantankerous veterans who now and then gnaw inwardly at the brain functionings of the "big chief" and who will, on persuasion, voice their true feelings, were disposed to criticize the order. It meant that "Hell's Kitchen," once the most notorious of all gang rendezvous of a gang ridden city, had been blotted out of police record, and out of police mind.

The old-timers had seen it coming. The old station house near the Ninth avenue corner, a police stronghold since 1870, which, according to the department tradition had housed in its time more murderers and cutthroats than any other precinct station of the city, had of late years been degraded to penning in petty thieves and weak boy bandits. The master gunmen had at last been rounded up and packed off up the river for long terms, and their followers scattered.

Cops had to walk post by twos in the fierce, gun-fighting days, and even then they walked in expectation of being showered from above with bricks, or shot at by a slinking murderer crouched in a doorway.

It was Owney Madden's famous stamping ground, held in fear by might of speaking revolvers and flashing knives. The Gophers sometimes contested this clannishness, and gang wars resulted that made famous reading, and many casualties, but back in 1914 Owney himself fell into police hands and was sent away by a judge in general sessions for a fourteen-year bit. "Hell's Kitchen," which two years before had begun to experience the throes of a reform movement backed by John D. Rockefeller, who put up a $250,000 settlement house, turned over a new leaf from that moment.

The district, roughly, extended west of Ninth avenue to the river between Thirtieth and Forty-second streets, the neighboring gang to the south being the still famous Hudson Dusters. "Tanner" Smith was the last gunman of "Hell's Kitchen" to gain newspaper notoriety, and he was murdered by his best friend more than a year ago—over a woman, it was supposed. But "Tanner" Smith's case was the only big incident of the more peaceful days that had befallen.

Trains of freight cars moved undisturbed over the Chelsea tracks, and the switchmen who used to pack revolvers "case of trouble turning up," leaned on their flag sticks and came out of their shanties at night to shoo children from the path of locomotives. There was a time when the children did not play at night in that district, and when they became accustomed to listening for the sickening crack that meant another killing was on. Then would come the police reserves, rushing heavily, firing volley upon volley and breaking down doors. But the new generation is not a Huck Finn clan and has never smelled the smoke of gun battle.

"Battle Row," which was the term applied to Thirty-ninth street at Eleventh avenue, has been unmarked by bullets for a dozen years. The "Forty Thieves," roysterers who used to crack heads of comrades with beer bottles when no greater amusement was stirring, disappeared without forming an alumni association, and the end has come.

Making Diamond Flour 1854——1921

The name of the Hunt family is interwoven with the history of flour making in Ontario since 1854.

The first "merchant mill" in this district, as distinguished from the grist mills of the early days, was erected by the founder of the Hunt business 67 years ago. This mill, with a capacity of 100 barrels, was considered a giant of its time.

The great Hunt Mill of to-day has an output of 1,200 barrels of flour a day, requiring more than 1,500,000 bushels of wheat for a year's operation. It can produce in thirty days as many barrels as the old mill produced in a year.

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'FLOPPERS' 'FLOP' INTO EASY BERTHS

Fakers Who "Throw Fits" Are Laziest Men On Earth.

New York, March 11.—The latest men on earth are the last of all the old pre-war type of derelicts that are active today. They are the "floppers," tramps who feign illness to get into hospitals for lodging and food.

The park bench sleepers were the first of that type to disappear. The army or the navy or the war material manufactories drafted them. The ten and 25 cent "flop" hotels of the Bowery began to lose their patrons long ago. The 50-cent hotel began to get the business. The east side bread lines are scarce now, and the one cent coffee stands are almost all gone. Prosperity is among the extremely poor.

Only the "floppers" have no prosperity. Determinedly they have dodged the employment bureau where work lurks. No spinning or toiling in their business. When hunger gnaws below the safety pin that anchors the trousers to the shirt, they have a fit, a pain in the head, a skin eruption, a violent, mysterious nausea, a dislocated joint. They "flop." A helpful passer-by summons an ambulance and they are driven in state to a hospital where a puzzled physician diagnoses in vain.

"What can we do?" asked a Bushwick Hospital doctor. "If a man insists that he has a pain in the head and we can't find out what causes the pain, what can we do? The patient is the only man in the world who knows whether or not he has a pain. We can't afford to put him out, for fear that he really is ill."

Only a good actor can stand on his story in the face of a physician's assertion that he can find nothing wrong. All "floppers" are not good actors, so there are other devious ways of demonstrating the frailty of the human body. Dr. Mortimer D. Jones, medical superintendent of the Kings County Hospital who has had much experience with these laziest of men, told an Eagle man of the ingenious methods used.

"Several years ago," said Dr. Jones, "these men were more plentiful. Not a night passed but some form of faker applied for a night's lodging by claiming sickness. It was easy then; they were put to bed on their own word and the physician did not examine them until the next morning. He found out then that there was nothing the matter with him, but that was too late. They had their lodging and that was all they wanted.

"Now when a patient comes in at night, there is a physician waiting to examine him. If he is feigning out he goes.

"Despite our precautions they get by us yet. There is no more of the general pain complaint. If a man tells us that he is in pain all over or that he is just sick, a diagnosis will quickly tell whether he is faking or not. The "floppers" have learned that, so they are more careful.

"The result is that they can get themselves so ill that they may get a week's lodging. A very common stunt is to rub the skin with alkali. After a few hours the man gets a skin eruption that is disgustingly terrifying. There is no telling what such an eruption may bring forth, so he gets in.

"When these skin eruption cases come in, we watch carefully to see whether the patient writes with his left or his right hand. If he is right-handed and the eruption is on the left side of his body, we have a very good idea how he got the pimples. Right-handed people always rub the left side and left handed people always rub the right side.

"Another trick is even more miserable. The "flopper" takes a big dose of cream of tartar or ipecac. He becomes very sick and nauseated. It is hard punishment, but if he gets a week's loaf in the hospital he feels himself repaid.

"Many of the true form of "floppers" are still plying their trade. The true "flopper" is one that is able to easily dislocate his arm or shoulder or knee. He simply throws the joint into an abnormal condition and he appears to be a fit subject for a good doctor and a hospital. Men with amputated limbs apply often and complain of a festering of the nub or stiffness in the joints or some other form of irritation. It is futile to gainsay them. They have to be treated in a nice, soft bed."

QUEBEC LADY'S ADMIRATION.

Mrs. J. Brakey of Quebec has shown her admiration for the Heintzman & Co. Grand piano by purchasing, at different times, five of their beautiful Canadian-made pianos, made by Ye Olde Firme, Heintzman & Co., Limited, 242 Dundas street, London. b

TALLEYRAND WAS LACKING IN TABLE MANNERS.

Many illustrious Frenchmen sought refuge in America during the French revolution. Among those who found the climate of the new republic especially healthy at that time was Talleyrand. The Bishop of Autun first had gone to England, but, no longer safe there, hastened to America.

Contemporary chroniclers described him as very tall, with light hair, which he wore long and parted in front; he had expressive blue eyes and a sallow complexion; his mouth was wide and coarse; his body large and "protuberant in front"; his legs were singularly small and his feet deformed. His manner was tranquil and watchful, and in some respects "extremely vulgar and repulsive."

A woman at whose house in New York he frequently dined said he sometimes would rest his elbows on the table, supporting his face between his hands, and carry on a conversation with his mouth so full that he could hardly speak. He would cut all the meat on his plate into small pieces, pierce them with his fork until its prongs were full, then thrust them into his mouth, and, closing his teeth, pull out the fork, leaving all its freight in his capacious jaws.

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