

PROTEST AGAINST CONTINUED GRANTING OF NET LICENSES

Brookville, March 11.—All the towns in Leeds County bordering on the St. Lawrence have united in a protest against 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 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.

Don't throw your old carpets away. They make new Velvetex Rugs. Send for Velvetex pamphlet. Canada Rug Co., London.

Emphatically Demonstrating Our Value Giving Ability

OUR Sale of Uncalled-for Suits and Overcoats is the greatest opportunity ever offered to the men of Canada. We can't make it too strong—you should hurry in and save yourself many, many dollars on your new clothes. We have all sizes, all styles, in all the desired fabrics and patterns, many of which were made to sell at prices up to \$45.

By entirely disregarding costs and profits—we are now offering clothing values absolutely impossible to equal in other stores anywhere. Come and see for yourself—they are all one price, take your choice.

Uncalled-For Suits & O'coats

Your Choice

\$45

One Price ONLY

All Blue Serge Suits

Values Up to \$45 Included

ODD	ODD	ODD
COATS	VESTS	PANTS
Your \$5.95	Your \$1.50	Your \$3.95
Choice	Choice	Choice

These Prices are Less than the Cost of Material alone

English & Scotch Woollen Co.

180 DUNDAS ST.

Out-of-Town Men (You will save many dollars by attending Our Uncalled-For Suits and Overcoat Sale.)

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, 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, has birthday" 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, 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 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 height" should be.

Cards showing them in detail for all ages can be had—we carry them at the Institute. The schools are securing these tables; and in a short time it will be considered just as necessary to place of 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 33 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 33-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 33-inch boy at five weighs 35 pounds, at six he should weigh 38 pounds, and at seven, 38 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 one to 81 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, 65 inches tall, should weigh 123 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 138 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 they should gain about 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 well-bred one of which by heredity, nationality, etc., ought to be tall (say Swedish) and one which ought to be short (say a Jap). You may stunt both of them by under-nourishment, so that neither reach the height which might have reached, although the height the Jap might have reached would be 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 proper 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 he would be for him, the Jap would be shorter than normal for him.

Within limits, however, you can affect weight by feeding. 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 probably better than the underweight. As we are not found so commonly in overweight children—one to three for 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 them. The underweight also may be the result of 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, defective obstruction to breathing, runny 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 are in a state of confusion as to 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 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 (that is, 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 or four reforms will bring them up to weight for height.

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 Thirtieth street police station and instructing the officers in command of the two stations nearest adjoining the West Forty-seventh and the West Thirtieth.

Coming at the height of a "crime wave," the wiping out of an entire precinct seems to be a surprising action. In the department, however, not even the cantankerous veterans who now and then grow inwardly at the brain functions 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 low-down boys. The master gunmen had at last been rounded up and packed off up the river for long terms, and the followers scattered. Cops had to walk past by two in the



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.

Diamond Flour—the kind most Western Ontario people use—is the product of this long milling experience. It has been the principal food product of three generations and becomes more popular as the reputation of its purity and high quality is handed down from mother to daughter.

DIAMOND FLOUR

Becomes a habit

HUNT BROS. LTD. LONDON ONTARIO

Also millers of Thorobread Flour—Highest Manitoba Patent

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 night of speaking revolvers and flashing knives. The Gophers' room was a place 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. "Tan" Smith was the last summer 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 "Tan" 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 in their pockets and carry them in their flag sticks and came out of their shanties at night to shoot children from the path of locomotives. There were no more gun-fights, no more night play at night in that district, and when they became accustomed to listening for the menacing crack that meant another killing was on. Then would come the police reserves, rushing heavily, firing volleys on volley and breaking down doors. But the new generation is not a Huey Pinn 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" rysters who used to crack heads of comrades with beer bottles when no greater amusement was stirring, disappeared. And the end has come.

'FLOPPERS' 'FLOP' INTO EASY BERTHS

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

New York, March 11.—The latest meat on earth are the last of all the old pre-war type of derelicts that are active today. They are the "flopers," 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 manufacturers 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 "flopers" have no prospect. Determined 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 they have a fit, a pain in the head, a skin eruption, a violent, mysterious nausea, a dislocated joint. They "flop." A helpful ambulance and they are driven in state to a hospital where a puzzled physician diagnoses in vain.

What do they have a fit, a pain in the head, a skin eruption, a violent, mysterious nausea, a dislocated joint. They "flop." A helpful ambulance and they are driven in state to a hospital where a puzzled physician diagnoses in vain.

DIAMOND DYES

Worn Garments, Draperies, Everything Dyed New for Few Cents

A. L. Oatman. F. W. Hunter. A. L. Oatman. Formerly Smith, Son & Clarke. Funeral Director. MOTOR AMBULANCE. Facilities and Service unsurpassed. Office and Funeral Parlors, 115 Dundas. Phone 586.

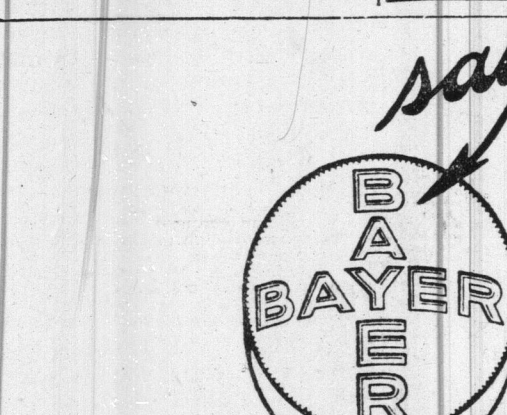
GEORGE E. LOGAN

FUNERAL DIRECTOR AND EMBALMER. 418 RICHMOND ST. PHONE 1988. Finest Motor and Horse Equipment.

N. J. GRIFFITH. FUNERAL DIRECTOR AND EMBALMER. 104 Dundas Street, London. Residence on premises. Phone 429. Private Ambulance Service. Delaware Branch: W. Acre, Mgr.

J. FERGUSON'S SONS

176-178 KING STREET. Funeral Directors and Embalmers. Haidenside Motor Car or Horse Equipment. Day or Night Service. Phone: Office, 543. Residences, 2056-1101.



Aspirin

Nothing Else is Aspirin

Warning! 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 21 years and proved safe by millions for Headache, Earache, Toothache, Neuralgia, Colds, Rheumatism, Neuritis, Lumbago, and pain generally. Made in Canada.

Handy tin boxes of 12 tablets cost but a few cents—Larger packages.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monacaceticacid of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to avoid public sale of cheap imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

GALL STONES

"MARLATT'S SPECIFIC"

A never failing remedy for Appendicitis, Indigestion, Stomach Disorders, and Kidney Stones are often caused by Gall Stones, and mislead people until those bad attacks of Gall Stone Colic appear. Not one in ten Gall Stone Sufferers knows what is the trouble. Marlatt's Specific will relieve without pain or operation. For sale at all Drug Stores or STANLEY'S DRUG STORE, 390 Richmond St. LONDON, ONTARIO.

J. W. MARLATT & CO., 211 Gerrard St. E., Toronto, Ont.

Aching Limbs

Poison in the system causes pains, aches and stiffness. The poisons are quickly removed by the use of Dr. Chase's Kidney-Liver Pills. One pill a dose. 25c. a box, all dealers.

Dr. Chase's Kidney-Liver Pills

Only a good actor can stand on his story in the face of a physician's assertion that he has nothing wrong with him. All "flopers" are not good actors, so there are other devices ways of demonstrating the frailty of the human body. Dr. Mortimer D. Jones, medical superintendent of the Kings County