

HEALTH EDUCATION

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldg., Toronto.

One of the most dangerous methods of infection is by "carriers," e.g., people who, though not showing any active symptoms of disease, yet harbor the particular germ and transmit the disease to others. Several cases of typhoid transmission by carriers have almost become famous on account of the publicity they receive while the origin of the mysterious outbreaks was being investigated. In nearly every case the disease was transmitted through contamination of the drinking water by infected excreta, or by the carrier directly infecting the food by handling it.

A noted case on record was that of "Typhoid Mary," a servant girl who a year or two before the outbreak of the Great War worked at several houses in different sections of the district where she lived, and in every house she went to, typhoid broke out. For a long time no suspicion rested on the girl as she was apparently in the best of health, until it was found that the outbreaks of typhoid fever followed her trail of wanderings. Her blood was examined, and it was found that the girl was harboring the typhoid germ in her system and thus able to transmit it to others.

Much investigation has been done regarding the role of carriers in spreading typhoid and diphtheria, but many other communicable diseases are conveyed by this agency, including dysentery and diarrhoea, smallpox, cerebro-spinal fever, acute poliomyelitis, pneumococcal infections, sleeping sickness, scarlet fever, plague and tuberculosis. Cholera can also be transmitted by carriers, this being regarded as the chief cause of cholera outbreaks in Bombay during 1918. All the nursing sisters, with one exception, on one of the hospital ships coming into Bombay in 1918, showed

symptoms of cholera, and on examining the excreta of this nurse who, was well, the cholera vibrios were found, she being undoubtedly the cause of the illness among the others. Of course she was immediately isolated. In devising means for dealing with the danger of carriers the first consideration is to prevent, if possible, cases developing into carriers, and, failing that, to protect the community from the danger which the presence of carriers involves.

Certainly every person convalescent from an infectious disease and about to be discharged from the isolation hospital, should first be examined to see if they are still harboring infection in the nose, throat or ear, or excreting it by the bowel, or in the urine. In the case of a typhoid carrier, the safest plan is to instruct the person, as to the danger he or she is to the community if every precaution is not taken. To take special care with the dejecta, to keep clean hands, and to disinfect the dirty bed and body linen are some of the main points; also the carrier must in no circumstance have anything to do with the handling, preparation or cooking of food for others. In addition all carrier cases should be kept under observation as much as possible until they cease to be carrier, which sometimes unfortunately lasts for a long time.

H. A. McC. asks if there is any cure for insomnia.

Yes, cultivate a contented mind, avoid afternoon sleep and avoid worrying, don't eat or drink much for some time before going to bed, take a brisk walk in the open air before retiring and avoid a stuffy atmosphere at night, avoid reading in bed, and if these measures fail take a sea voyage or change of climate.

Annual Agricultural Stocktaking.

For the fourth successive year the Dominion Bureau of Agricultural Statistics is engaged in making an enumeration throughout Canada of the areas sown to field crops and of farm live stock. This enumeration is being effected by means of schedules distributed to individual farmers. When filled up and returned, the cards will be transmitted to the Bureau at Ottawa for compilation into totals, except as regards Ontario and British Columbia, where the provincial departments will undertake the compilation. The collection of these statistics represents a national agricultural stocktaking of much value to the farmers as well as to the country generally. Owing to these annual statistics, it is possible to show that the area in Canada under field crops increased from about 39,000,000 acres in 1915 to nearly 53,000,000 acres in 1920 and their value from \$825,370,000 in 1915 to \$1,455,244,000 in 1920 or nearly 75 per cent.

The Efficiency Engineer.

Some one was talking to a Western man with reference to scientific farm management.

"When," said this man, who cherishes rather old-fashioned notions, "I hear the bragging of these 'efficiency engineers' that they can increase by so many fold the output of a farm I am reminded of the case of one Tom Gates.

"Tom was feeding his hens one summer day with cornmeal when along came one of these experts.

"Why," queried the expert, "waste all that good cornmeal on all these hens? The stuff looks just like sawdust; then substitute sawdust. The hens will never know the difference."

"Then he went away. When next he came that way his sought out Tom and asked how the sawdust feed was working.

"Fine," said Tom. "An old yellow hen has been on it ever since you left, and in her last hatchings six of the chicks had wooden legs, three were woodpeckers and the rest were rail-birds."

Wisps of Wisdom.

The man who sells his health for wealth makes a poor bargain. Open the door to suspicion, and peace flies out of the window.

It is hard to get what you want when you don't know what it is. The only hopeless failure is the person who has ceased to strive for success.

If you want work well done, select a busy man—the other kind has no time. People are made more unhappy by the ills they fear than by those they suffer.

Little minds are tamed and subdued by misfortune, but great minds rise above it.

The world is full of will people—some willing to work, and the rest willing to let them.

More harm is done by the cowardice of those who are afraid to do that which is right than by the courage of those who do wrong.

King Edward's Joke.

Judge Adams was proud of his resemblance to King Edward VII. He wore his beard trimmed in the same fashion, and occasionally frequented the same health resorts. One of the many fantastic stories he used to tell of his adventures and misadventures ran as follows:

"See here, Richard," said King Edward to me on one occasion; "this won't do, you know."

"What won't do, your Majesty?" I asked.

"Well, it comes to this: you or I must leave Momburg, and I vote we toss up which it is to be. I don't mind in the least then mistaking me for you; I don't mind the band playing God Save the King whenever you appear. But when I cannot show my face out of doors without some chap slapping me on the shoulder and singing out with a strong Cork accent, 'Hallo, Dick, how's yourself, come and have a drink,' it becomes a bit tiresome."

Woman.

Gray—"Woman is a riddle."
Bray—"That's right. She keeps us guessing, and yet we hate to give her up!"

Friend or Foe?

Many people find that tea and coffee are foes to their health, but that Instant Postum is a friendly table drink.

This pure cereal beverage is rich in aroma and flavor—fully satisfying—and contains no element of harm for nerves or digestion.

"There's a Reason" for POSTUM



Super-Wireless.

Battles fought with crewless aeroplane bombers, mines unmanned, submarines, ships, searchlights, guns, etc., all controlled by wireless—all the mechanism of strife brought into play, perhaps, by the simple pressing of a button!

Such, it is said, are but a few of the wireless wonders of the future.

Along the safer side of life there are other joys to come. The journalist will be armed with a pocket wireless telephone instrument. From the scene of his story he will talk his "news" direct to the news-room, and receive his instructions from the editor without further time and money being wasted in getting back to the office.

Wireless photographs will extend their power. When the wireless system is more perfect newspapers will be able to publish pictures of topical interest within twenty minutes of their being taken and at a distance of 10,000 miles away.

On trains no driver, guard, and stoker will be necessary; wireless will control the whole thing from beginning to end.

Perhaps, in the long run, wireless will also control us; may become the A to Z of our existence! Who knows?

The Sixth Sense.

Through the invention of Samuel O. Homan, a San Francisco inventor, a "sixth sense" seems to have been created. At a distance of 600 feet, in total darkness, Homan asserts that with the aid of a delicate instrument for the detection of heat waves he can tell whether one two or several persons are present. His invention, which was started during the war for detecting enemy forces in front of the American trenches, is a combination of thermopiles, a reflector and a galvanometer. The instrument, which acts much as a sound detector, is sensitive to heat waves and can be developed to the point where a complete silhouette of an object can be given, showing the outlines from which heat waves emanate. It can also be used for the detection of airplanes thousands of feet in the air.

U. S. Government officials are said to be considering use of the instrument for guarding valuable goods, such as large coal piles, warehouses and automobile fleets not in use. Instead of a large number of guards, who can be avoided, it is expected to set up one or two of Hoffman's instruments, which will immediately show the presence of people in the vicinity.

SAVE THE CHILDREN

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets relieve these troubles, or if given occasionally to the well child will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the newborn babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Vicar to the Toadstools.

A vicar of a scattered rural parish had a remarkable knowledge of fungi. So keen was he on his hobby, says the London Morning Post, that he sometimes neglected his pastoral work to search for specimens. One day he stopped to see a bedridden old lady, who immediately reminded him how long it was since he had made his last call.

"If I had been a toadstool," she declared, "you'd have been to see me long ago!"

Minard's Liniment Relieves Neuralgia

The Explorer's Reward

Can money be made out of the exploration of uncharted parts of the world?

The question is suggested by the expedition which has already started to scale Mount Everest. Many people have the idea that considerable sums of money accrue to the explorer as the result of lecturing, or from royalties on books, describing adventures far afield.

The explorer, however, rarely makes money out of his heroic and romantic undertakings. Sir Ernest Shackleton confessed publicly, after the return from the expedition begun in 1914, that all his royalties on books and all his fees for public lectures had been mortgaged beforehand. Otherwise he would have been unable to undertake his Arctic investigations.

When Shackleton returned to England in 1909 he was given a knighthood and a Treasury grant of \$100,000 towards the expenses of his expedition to the South Polar regions. But no Government can continue indefinitely to finance explorers. There comes a time when these gallant adventurers would hardly be able to meet their private bills, but for the generosity of friends.

When Nansen wanted to explore the coast of Greenland he took it for granted that he himself would have to pay for the cost of the expedition. But he was not a rich man, and after wait-

THIN, WATERY BLOOD MEANS ILL HEALTH

Rich, Red Blood Brings Bright Eyes and Rosy Cheeks.

The girl who returns home from school or from work thoroughly tired out will be fortunate if she escapes a physical breakdown, because this getting tired so easily is probably the first warning symptom of a thinning blood that must not be disregarded if her health is to be preserved.

When the blood becomes thin and impure the patient becomes pale. She not only tires out easily but often suffers from headaches, palpitation of the heart, dizzy spells and a loss of appetite.

In this condition Dr. Williams' Pink Pills will be found to have a beneficial action on the blood. Miss Delima Lafreniere, St. Ambrose, Man., has proved this in her own case, and advises others to use these pills. She says: "Before I began the use of Dr. Williams' Pink Pills I felt like a complete wreck of my former self. My blood was poor and thin. I suffered from faint and dizzy spells, and had backaches and headaches almost every day. I decided to give Dr. Williams' Pink Pills a trial, and by the time I had used three boxes I felt much better and I continued taking the pills until I felt as well as I ever did. For what they did in my case I cannot recommend these pills too highly."

Dr. Williams' Pink Pills can be obtained from any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Tatar's Burglar Device.

In Tibet the Tatars have what is possibly the oldest burglar trap in the world. It was invented to prevent people from robbing the tombs.

Whenever a royal personage died in Tibet he was buried with all his jewels and his royal robes. To add a still higher tribute, the most beautiful young women of his court were suffocated and embalmed on the day of his funeral. With their beauty thus preserved, they were placed in a standing position round the tomb of their master, each holding some trinket that the royal personage had used during his lifetime.

In order to protect those treasures from vandals, the Tibetans erected an arch in which rested sharply pointed arrows, and under which was a release that discharged the arrows in quick succession. Whoever trod on the release robbed no more.

The invention, hidden round the temples and the tombs of the rich Tatars, was doubly efficient, for it both protected property and provided inexpensive justice.

Sending For Him.

When Canon Burroughs of Peterborough, England, was in America some months ago he told this significant story: A woman employed in an English mill was allotted a difficult piece of machine work to do. The foreman told her to send for him if she had any trouble with her machine. She had to send for him several times and finally decided that she would not bother him again but would herself try to remedy any trouble that might arise. But when trouble occurred and she tried to conquer it she merely made the difficulty worse. The machine came to a complete stop.

When the foreman came to her aid she looked up at him and said, "I did my best."

"No," said the foreman quietly, "the best is sending for me."

To-day men and women everywhere are trying to do their best alone, forgetting that the Master of all work stands ready to help them in the remediable little things as well as in the great things they lead to. The best is always sending for Him.

The moon moves 3,350 feet per second.

What the Boy Scouts Are Doing

Col. A. W. Gray, M.P.P. for Leeds, has presented a large and beautiful Union Jack to the 1st Westport Troop, thus completing the Troop's colors. These are big days in Boy Scout circles down Welland way. A special Scout Officers' Training Course is now in full swing. The Rotary Club is backing the four local troops both financially and "Rotarially." And Mr. J. C. McIvor, Troop Committeeman of the 1st Welland Troop, has just offered a fine cup as a trophy for inter-troop competition.

Renfrew and Kincardine Troops have been suffering from growing pains. The "doctors"—in both cases Provincial Scout Officers—recommended "surgical treatment," with the result that both towns have two troops each now instead of just one. And all of them are working hard to make their Troop and their town the very best Troops and Scout towns in Ontario.

Mitchell citizens have organized to back Scouting in their town. In order to help the two local troops with equipment, camp, sports, etc., and to provide a satisfactory meeting place, five hundred dollars is now being raised by public subscription. This amount also includes Mitchell's contribution to the funds of the Provincial Council.

We recently reported that the Brockville Rotary Club was raising \$1,000 for the funds of the 1st Brockville Troop. We are now glad to be able to announce that the amount has been raised—and it only took the Rotarians three hours to get it together. The Brockville Scoutmaster, Mr. A. J. Trill, is one of Ontario's veteran Scout men.

Through the kindness of Major W. Eaton, the 1st New Toronto Troop will hold its summer camp this year on his big farm at Oakville. A similar generous offer from Mr. Chas. Parker, Chairman of the Troop Committee of the 29th Toronto (Humber Bay) Troop, places his fine estate at the disposal of the officers and boys of that Troop for their summer outing. Such co-operation from friends of the Boy Scouts is most valuable and very much appreciated.

Scouting does not force the boy to be obedient. It takes it for granted that he is—and twelve years of Scouting has demonstrated the correctness of this attitude.

A leading newspaper offered a prize for the paragraph that had given the greatest inspiration and help. Lines from Tennyson and others were sent in by the hundred. The letter that gained the prize was as follows:

"I am only a boy; and boys' opinions are not respected by most grown-ups; but we have them just the same. The paragraph which helps me most is the Boy Scout promise, as follows: 'On my honor I promise that I will do my best, to do my duty to God and the King, to help other people at all times, To obey the Scout Law.'"

His Hearing Restored

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated, or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York City, will be given a prompt reply.

What Is Politics?

"Pop?"
"Well, Junior—"
"Are 'politics' plural?"
"No, my boy, there isn't anything in the world more singular than politics."

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

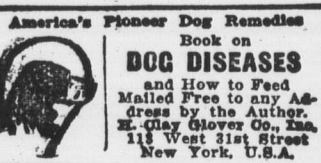
What He Had.

"There was a strange man here to see you to-day, Papa," said little Ethel on meeting her father in the hall.
"Did he have a bill?"
"No, papa. He had just a plain nose."



Blistered Feet, Sore Feet, Tired Feet, Burning and Aching Feet.

After a hard day's work or a long tramp and your feet are completely used up, bathe them in hot water, then rub them well with MINARD'S LINIMENT. It will relieve you and you will never be without a bottle.



COARSE SALT LAND SALT
Bulk Carlots
TORONTO SALT WORKS
G. J. OLIFF - TORONTO

DAWSON WOULDN'T TAKE \$1,000 FOR IT

DECLARES TANLAC ENDED TROUBLES.

"It's the Best Medicine I Ever Heard Of," Says Toronto Man.

"Honestly, I wouldn't take a thousand dollars in gold for the good Tanlac has done me," said Delbert F. Dawson, 174 Browning Ave., Toronto, Ont., well-known carpenter and builder.

"Besides relieving me of a bad case of stomach trouble of many years standing, Tanlac has built me up ten pounds in weight and I never felt better in my life than I do now. I suffered so I could hardly stand the pressure of my clothes against my stomach and the way it pained me was simply terrible, and often I had choking spells, when I almost lost my breath. I was so nervous I couldn't sleep and mornings got up feeling more tired and worn out than on going to bed. I lost weight considerably and became so weak I was constantly losing time from work, and many times got so dizzy I had to grab hold of something to keep from falling. Nearly all the time I had a headache and sometimes it hurt me so bad I could hardly endure it. My liver was in an awful condition and I had liver spots all over my body.

"Well, I just kept getting worse, in spite of everything I did, until I got Tanlac. But this medicine seemed to get right after my troubles, for it wasn't long before I was feeling lots better. I've taken eight bottles in all and am a well man, never less a day from work or feel bad in any way. It's a fact, Tanlac is the best medicine I ever saw or heard of."

Tanlac is sold by leading druggists everywhere. Advt.

R. S. V. P.

Here is a true story from a girl's school in the English Midlands: A "general knowledge" lesson was in progress. "Can anyone," demanded the teacher, "tell me the meaning of the letters R. S. V. P.?" There rose the daughter of wealthy parents, whose recitations drew all the local society. "Rush in, Shake, and Vanish Pleasantly," she replied.

Minard's Liniment for sale everywhere

What He Answered.

The editor in charge of the personal inquiry column opened his seventieth letter with a groan. "I have lost three husbands," a lady reader had written, confidentially, "and now have the offer of a fourth. Shall I accept him?" This was the last word. "If you've lost three husbands," he wrote, "I should say you are much too careless to be trusted with a fourth."

A violent fit of anger affects the heart instantly, and poison has been discovered in the blood immediately after such an outburst.

ASPIRIN

"Bayer" is only Genuine



Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty-one years and proved safe by millions. Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

Cuticura



Quickly Soothes Itching Scalps
Treatment: Gently rub Cuticura Ointment, with the end of the finger, on spots of dandruff and itching. Follow next morning with a hot shampoo of Cuticura Soap. Repeat in two weeks. Nothing better than these fragrant super-creamy emollients for all skin and scalp troubles.

Soap 25c. Ointment 25 and 50c. Tablets 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W. Montreal.
Cuticura Soap shaves without mug.