

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 needs of the day—of every day, is food. It is the need of the future, and from the beginning of the world, food production has been the most important of the activities of man. No matter what may happen, the demand for nourishing foods is sure to grow so long as the population increases. Railroads, steam, electricity—all are recent developments, none of them indispensable to mankind. But existence itself depends on nourishing food.

Science is going further these days than merely telling the public to eat good and nourishing food. It is telling the people what kinds of food they should eat and why; it is telling what to avoid and why; it is even telling them how much food is necessary to maintain good health and keep it up to the normal standard. For instance, how much does the average man or woman know about the relative nutritive value of an egg, and how it compares with other foods? A single egg contains as much nutrient as two ozs. of beef, and four eggs therefore are equivalent to half a lb. of beef. Eggs contain all that is necessary for the young animal except oxygen, which is absorbed from the air. Lightly boiled eggs are more easily digested than either raw or when hard-boiled. Milk is one of the best and most nourishing foods to be had, but an adult could not very well live on milk only. To do this and keep up his bodily efficiency a man would require eight or ten pints in twenty-four hours, but this would give his system too much water and fat, which is disadvantageous to grown-ups, but especially suitable for young persons. Meat is a staple article of food but little of it is needed in hot weather. An ordinary diet which contains an adequate amount of all the ingredients necessary for maintaining health and vigor can be arranged as follows: Meat, 9 to 16 ozs.; bread, 12 to 18 ozs.; potatoes, 6 ozs.; milk, 8 ozs.; butter, 1 oz.; sugar, 1 to 2 ozs.; salt, .25 oz.; tea, .25 oz.; coffee, .33 oz.

In summer weather, it is best to leave out the heat-producing foods, such as a mixture of meat and potatoes. A sustaining diet for warm weather should include fresh vegetables and fruit, and fish could with advantage take the place of meat. Bananas, raisins, dried currants and nuts are cheap and nourishing. Fresh foods are better than canned foods and more nutritious. People should drink water freely, and to this end every effort should be made to see that the drinking water is pure.

Malnutrition in childhood is generally due to parental ignorance, or

poverty; and well-planned meals are followed by a satisfactory rate of growth, increased physical vigor, and more efficient education. For children a light, nutritious diet should comprise bread and milk, porridge with milk and sugar, wholesome bread with butter, dripping, or bacon fat, toast and plain biscuits, eggs, fish, chicken, peas, beans, bread and butter pudding, rice with treacle or honey, cheese (for older children), green vegetables, dates, figs, nuts, apples and stewed fruit. Cocoa with milk and sugar, and chocolate are nourishing beverages. Children should be trained into right habits, namely, regularity of meals, the avoidance of eating between meals, moderation in food, good mastication and the regular evacuation of the bowels.

An important consideration in determining nutritional values is the presence or absence of vitamins in the food. These are substances that are contained in fresh foods, but which are absent in foods whose qualities have been changed or impaired through boiling, heating or preserving, as in canned goods. A diet that contains no vitamins leads to certain deficiency diseases such as scurvy, rickets, and in the east where polished rice is largely used as an article of food, and the vitamins absent, beriberi.

Butter, fresh milk, eggs, fresh fruits and vegetables should be more or less a staple part of any diet for they contain the precious vitamins that are essential to health.

W. J. R. asks: Is lime juice taken as a reducing agent effective, and is it harmful in any way?

Answer: Lime juice is wholesome but ineffective as a reducing agent. The only way is to eat less fat-forming foods.

During the summer a good many inquiries came in about the kinds of food one should eat. For instance, one person asks what effect cucumbers and onions sliced with vinegar will have on the stomach, when eaten as a meal with no other ingredient. He also wants to know if these are hard or easy to digest and if they contain much nutrient.

Answer: Cucumbers and onions eaten with vinegar would be hard on the stomach, and probably lead to severe indigestion. This combination of vegetables is almost without food values. Onions eaten as a small part of a meal furnish vitamins and mineral salts, and are beneficial in this respect. Cucumbers may supply some vitamins, too, but they are not so nutritious as onions.

Super Cement Made.

Analogous to the super-man and other super-products, there is now being produced what is known as super-cement. It is a Canadian product and is said to be waterproof and to have other excellent qualities.

According to an abstract in a concrete trade paper, it is manufactured by mixing gypsum and a catalytic colloid with cement clinker in the ordinary process of Portland cement manufacture. It is claimed that concrete made with this cement is a dense impervious mass, waterproof and oil-proof and stronger than Portland cement, though the hardening is slower. This cement requires more water to produce a paste of normal consistency

than ordinary Portland cement. The increase in strength is especially marked in the case of cement and sand mortar, and the difference increases with time.

Hottentots Eat Giraffe Meat.

The Hottentots are especially fond of giraffe steaks and giraffe marrow, and a pot roast of bo-constrictor is highly prized in Southern Guinea.

A good solid meal before retiring is stated by a specialist to be a great aid in inducing sleep.

Patagonian Indians, who live on the island of Tierra del Fuego, and are most treacherous, are easily scared by firearms.

Health First POSTUM

"There's a Reason"



This is the start of
a better day

There's satisfying comfort and cheer in a breakfast cup of Postum, and there's no disturbing element to irritate nerves or digestion and leave mental energy lagging before the day is done.

Thousands of former tea and coffee users have found that Postum meets every demand for a delicious table beverage, and brings steadier nerves, clearer mind—better health.

As many cups as you like with any meal—no after-regrets.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

"There's a Reason" for Postum

Sold by all grocers

A WOMAN'S HEALTH NEEDS GREAT CARE

When the Blood Becomes Watery
a Breakdown Follows.

Every woman's health is dependent upon the condition of her blood. How many women suffer with headache, pain in the back, poor appetite, weak digestion, a constant feeling of weariness, palpitation of the heart, shortness of breath, pallor and nervousness? Of course all these symptoms may not be present—the more there are the worse the condition of the blood, and the more necessary that you should begin to enrich it without delay. Dr. Williams' Pink Pills are a splendid blood-building tonic. Every dose helps to make better blood which goes to every part of the body and brings new health to weak, despondent people. Dr. Williams' Pink Pills are valuable to all women but they are particularly useful to girls of school age who become pale, languid and nervous. There can be neither health nor beauty without red blood which gives brightness to the eyes and color to the cheeks and lips. Dr. Williams' Pink Pills build up the blood as is shown by the experience of Mrs. Joe E. Venlotte, West Northfield, N.S., who says: "For several years I was in a bad state of health. I was pale and nervous, my appetite was poor, and I suffered from weakness, headaches and a feeling of oppression. I got so nervous that I was afraid to stay in the house alone. All this time I was taking medicine, but it only did not help me, but I was growing weaker. Finally I decided to try Dr. Williams' Pink Pills, and after using six boxes I felt much better. I had a better appetite, slept better and felt stronger. However, I continued taking the pills for a couple of months longer and now I am feeling as well as ever I did. I give all the credit to Dr. Williams' Pink Pills, and hope that my experience may be of benefit to some other weak woman."

You can get Dr. Williams' Pink Pills through 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.

I Am—

The very essence of character. The first essential of happiness and success.

I nerve men to face the rough and the smooth of life with equal composure.

I am that which enables a man to rule his fears and his passions.

I give men and women greater power than any king or potentate ever enjoyed.

I lift them above all regrets, all weaknesses, all useless desires and imaginings.

I am that which shows man how to protect himself from all his enemies, within and without.

I make him the master of circumstances, the ruler of conditions that otherwise would fill him with despair. Without me, a man is like a mariner without a compass—at the mercy of every wind that blows; the slave of every passion and impulse.

Most of the tragedies, all of the suicides, many of the failures, and much of the poverty and misery of life, are due to the lack of me.

I am the best friend of man, his greatest aid to success. In the midst of dangers and difficulties; in spite of ridicule and opposition; in front of all sorts of provocations, I hold him true to his highest ideals as the needle to the pole.

I am like the celestial worlds that sweep through their orbits in the starry depths, undisturbed by the discords, the turbulence, the quarrelling, the wars of creatures that live on the earth. I make life serene and calm, like the quiet depths of the ocean that flow tranquilly below the tempestuous, storm-tossed surface. The storms and tempests that wreck so many lives—the passions of human beings that wreck success cannot touch me. I am anchored in the eternal calm of principle.

I AM SELF-CONTROL.—O. S. Marden.

A Change.

There had been a number of occasions on which Mr. Callahan had regretted his too prompt offers of neighborly service, and had grown wary. He hesitated now and looked thoughtful.

"Was it to-morrow noon ye were askin' me about?" he inquired of Mrs. Kelly, with one eye on a pile of rubbish in his neighbor's yard. "Well, now I'm not sure if I'll be comin' home or where I'll be. 'Tis a Friday, ye mind, an' that's called an unlucky day by most, an' I never like to lay me plans too firm, an' so—"

"Ye can take your eyes off that hape o' rubbish," interrupted Mrs. Kelly, tartly. "Mike'll be home to-morrow an' he can cart it away. 'Twas because he'd be home I was planning a grand corn beef and cabbage dinner, an' as ye've been so handy—but if ye've anny fears—"

"Don't spake of thim," and Mr. Callahan swept off his hat in a gallant bow. "I'll cast thim from me—it's a poor thing to be givin' up to superstitions, Mrs. Kelly, anyway. At what time would ye loike me to be here, rain or shine?"

A mosquito has twenty-two teeth, all of which may be seen through a microscope.

With The BOY SCOUTS

Accentuating the value of the Boy Scout movement as a moulder of the highest and noblest type of citizenship, Dr. J. W. Robertson, of Ottawa, Commissioner of the Boy Scouts in Canada, in appearing before the General Synod held in Hamilton recently, stated that the doctrine taught the young Scouts even surpassed the admission of St. Paul, "I kept my body under."

"The Boy Scouts," he continued, "go the Apostle one better in that respect, for they are taught to keep their souls on top and their bodies under. I say, therefore, that a three-year course of training by any boy who becomes a Scout is of such value that it will mould his character for the remainder of his life, and make the type of citizen this country can not have too many of in the years to come."

An anomalous revelation made by the late war, Dr. Robertson said, was that the whole human race had not decayed in any way as regards courage, but physically it had deteriorated very noticeably. Medical examinations in connection with the military service had disclosed that fact. Hence there was a vital need of according the Boy Scout movement the fullest support. In the schools of Canada, he said, it was found that 5 per cent. of the pupils suffered from minor physical ailments. A high type of citizenship would remedy this. The Boy Scout movement made not only for good citizenship, but for a rugged physique as well. It performed a dual function—moulded character and made rugged youths of those who might otherwise be physical weaklings.

Quick Action of Omaha Scouts Prevents Wreck of Express Train.

James Caldwell, 13, and Clarence Swingholm, 12, Omaha Boy Scouts, saved through passenger train No. 6 on the Chicago, Burlington and Quincy Railway from being wrecked a few days ago and are being acclaimed as heroes.

Returning to their scout camp after an all-night hike, the boys discovered a large tree lying across the rails, and at the same time heard the train whistle for a curve 300 yards away. Pulling Caldwell's red sweater from his back the Scouts ran down the track waving it frantically, and the engineer stopped the train a few yards from the tree.

It is supposed wild honey hunters felled the tree across the track and decamped when they saw what they had done. If these boys had not been Scouts this heroic action would never have occurred. What a singular advantage of an all-night hike!

Wanted—A Boy Scout.

Addressing the 27th Boy Scouts at their dinner held in Toronto recently, Mr. John Northway said that he had been given such splendid service by Boy Scouts that when he wanted a boy in his business now, he always advertised for a Boy Scout. Business men—adopt this slogan. You will find it pays. Boy Scouts are not clock-watchers; they are always obedient and always prompt, and they have been trained to be physically strong, mentally awake and morally straight.

SPEAKS HIGHLY OF BABY'S OWN TABLETS

Once a mother has used Baby's Own Tablets for her little ones she is always pleased to speak highly of them to other mothers. She knows the good they have done her children and realizes that her experience should be of benefit to others. Concerning the Tablets Mrs. Fred Murphy, Charlotte-town, P.E.I., writes: "I have used Baby's Own Tablets for the past eight months for my baby. I cannot speak too highly of them for they have been of great assistance to me in my first experience of motherhood." Baby's Own Tablets are a mild but thorough laxative which are absolutely harmless and may be given to even the newborn babe with perfect safety. They are sold by medicine dealers or direct at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Success Nuggets.

Some people always act as if their friends owed them something. Look pleasant—even if you force a laugh. Life's always taking your photograph.

Two persons will not be friends long if they cannot forgive each other's little failings.—La Bruyere.

Oh, how hard it is to die and not be able to leave the world any better for one's little life in it!—Abraham Lincoln.

It takes sixty-four muscles of the face to make a frown and only thirteen to make a smile. Why work overtime?

The bee that gets the honey doesn't hang around the hive.

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

An inch of rain means that one hundred and one tons of water have fallen over every acre of land in the affected district.

Ask for Minard's and take no other.

Tanlac Accomplishes Remarkable Results In Geo. H. Nickel's Case

Prominent Wisconsin Man Says Tanlac Promptly Relieved Him of Bad Case of Stomach Trouble of Six Months' Standing—Gains 27 Pounds and Feels Fine As A Fiddle.

It is an unquestionable fact that Tanlac is now being more widely endorsed by well known men and women than any other medicine on the American market. One of the latest to testify is George H. Nickel, well known lecturer, residing at 227 Wells St., Milwaukee, Wisconsin.

"Tanlac has not only completely restored my health, but I have actually gained 27 pounds in weight," said Mr. Nickel in referring to the remarkable benefits he had derived from the medicine.

"For something over six months, my stomach was very badly disordered. I suffered terribly from indigestion and dyspepsia. At times I would be in great distress and I would invariably experience an uncomfortable bloated feeling for hours after eating. I had no appetite scarcely and the little I ate would often make me deathly sick. My head ached until I felt like I would burst—and I was so nervous I trembled like a leaf. When I got up in the mornings, I was so weak and dizzy, I couldn't trust myself to walk around and I just hurt all over."

"Tanlac has brought about a wonderful change in my condition for I am now enjoying the very best of health. My appetite is splendid. I relish my meals. Everything agrees with me perfectly. The nervousness, head-



GEORGE H. NICKEL

aches and dizzy spells are all gone and I never have an ache or pain. I am only too glad to tell others about the wonderful good Tanlac has done. It has no equal."

Tanlac is sold by leading druggists everywhere. Adv.

World's Only Convict-Operated Game Farm.

The state of Washington maintains the only game farm in the world which is operated by convicts. Great numbers of pheasants are raised by trustees on the penitentiary grounds, for distribution throughout the state. The men work as freely as though they were not under confinement.

There are 33,206 registered ships on the oceans and seas of the world. They have a tonnage of nearly 62,000,000.

A Health Saving REMINDER:

Don't wait until you get sick—USE



COARSE SALT LANDSALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

SLOAN'S RELIEVES NEURALGIC ACHES

FOR forty years Sloan's Liniment has been the quickest relief for neuralgia, sciatica and rheumatism, tired muscles, lame backs, sprains and strains, aches and pains.

Keep Sloan's handy and apply freely, without rubbing, at the first twinge. It eases and brings comfort surely and readily. You'll find it clean and non-staining.

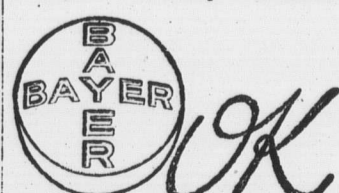
Sloan's Liniment is pain's enemy. Ask your neighbor.

At all druggists—35c, 70c, \$1.40. Made in Canada.



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 Mono-acetylacidester of Salicylicacid.

Finger Nails Vary in Growth. No two finger nails on our hands grow at the same rate. The nail on the middle finger grows faster than any other, while the thumb nail is of slowest growth.

Minard's Liniment Lumberman's Friend

America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 118 West 31st Street New York, U.S.A.

PREVENT Skin Troubles by Daily Use of Cuticura

Make Cuticura Soap and Ointment your every-day toilet preparations. Bathe with the Soap and hot water on rising and retiring, using plenty of Soap, best applied with the hands. Smear any signs of pimples, redness or roughness with the Ointment and let it remain five minutes before bathing. Finally dust on a few grains of the exquisitely perfumed Cuticura Talcum, it takes the place of other perfumes for the skin.

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

YOUNG WOMEN AVOID PAIN

This One Tells How She Was Benefited by Taking Lydia E. Pinkham's Vegetable Compound.

Regina, Sask.—"For two years I suffered from periodic pains and nausea so I was unable to get around. My mother had me take Lydia E. Pinkham's Vegetable Compound, and I am much better and able to go about all the time, which I could not do before. I recommend Vegetable Compound to my friends if I know they suffer the same way, and you may publish my letter if it will help any one, as I hope it will."—Miss Z. G. BLACKWELL, 2073 Ouellet Place, Regina, Sask.

If every girl who suffers as Miss Blackwell did, or from irregularities, painful periods, backache, headache, dragging down pains, inflammation or ulceration would only give this famous root and herb remedy a trial they would soon find relief from such suffering.

It hardly seems possible that there is a woman in this country who will continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, proving beyond contradiction that this grand old medicine has relieved more suffering among women than any other medicine in the world.

For special advice women are asked to write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of forty years experience is at your service.