

## MODERN PUBLIC HEALTH

(University Extension Committee of Western University.)  
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 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.

## THE CENTRAL POINT OF HYGIENE.

Miss Bertha Smith, in charge of the Public Health Nursing of the London Child Welfare Association, says that 357 children's clinics have been held in London since the work began, and that the demand for well children's clinics will soon force the opening of another one.

Why? Remember, it is the well children's clinics that are increasing in attendance. The reason they are increasing is that the central point of hygiene is nutrition—nourishment—proper feeding for the particular child, boy or girl, young man, young woman, business man, housewife, old man, old woman. This proper feeding is the thing that the well children's clinics aim at.

## NUTRITION—NOURISHMENT.

Food is the first thing and last thing we need, and the great thing we need all the time in between first and last.

Nutrition does not mean only food, however, for it means proper food, in proper quantities, to suit the individual. Satisfying the individual is the difficulty—for that again depends upon a great many things. Some of these things that nutrition depends on are clear enough to everyone. Just exactly as in running a furnace, you must have coal, not slate or clay or sand, so must the food we take be real food, not imitation. For young babies, the only real true, honest, take as coal in a furnace burns, but does the furnace a certain amount of damage, and gradually wears the furnace out, food does not only burn in the body but repairs the wear and tear of the furnace in which it is burning also. As children are weaned, the problem of proper food in proper quantity grows more complicated. Bad, even fatal mistakes are made constantly, with the best of good intentions. Thousands of experts, with hundreds of thousands of children to observe, have found out a great deal about it, and don't know it all yet. But they have found out enough to be able to save from disaster many a baby, many a young child, many a school boy and girl.

## CHILD WELFARE.

The London Child Welfare Association is, therefore, so far as well children are concerned, an association which exists chiefly for the proper stoking of the little human furnaces that will make our next generation of school boys and girls, our next generation of Canadians. So far nearly 2,600 babies have been properly stoked under their care—and the mothers have become expert stokers, for these particular babies.

A comparison of results with other places is always interesting. In London, after two years of the Child Welfare Association work, we saved 884 babies out of 1,000 born. In Hamilton, after six years' work, they saved 903 out of every 1,000 born. In Toronto, after ten years' work, they saved 911 out of every 1,000 born. So we are far from perfect yet, but we are on our way, for before the London Child Welfare Association began work we saved in 1916 only 855 out of every 1,000 born alive in London.

## HEAVY MORTALITY.

But right here let us see that baby-saving is not ALL in feeding the baby after it is born. Over half of the babies who died before they were a year old, died before they were even one month old. That is, they died before much effect from the feeding could be expected one way or another. They were not good furnaces to begin with, in some way or other. Usually this means that the mothers needed attention which they did not get before the child was born. I do not mean that the mothers had not home and friends and loving care—but something was wrong somewhere in the kind of care and preparation they had. Neglected disease, neglected nutrition, insufficient rest—many things enter into it. Well, then, if over half of the baby deaths are due to such things, it is to put the mother in the best condition possible long before the baby is born, to watch for the various insidious accidents and things that may go wrong, to her injury and the damage or even early death of the baby who it appears is held on Wednesday afternoon every week at Victoria Hospital.

## A SENSIBLE WAY.

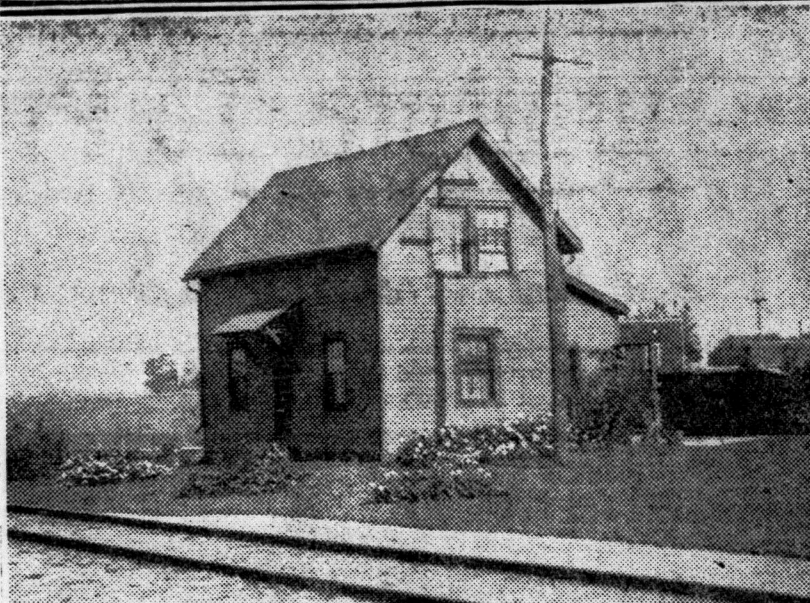
Is not this a perfectly sensible, up-to-date, reasonable sort of work, for the good of our whole Canadian people? Is there any better or more important work for the country as a whole than taking care of mothers and babies that we shall not lose them entirely from our numbers?

Then how about really sick children: what is done for them? The Child Welfare Association refers all sick children it encounters to the family physician. But if there is no family physician, the sick baby is referred to far clinics at Victoria Hospital, a total of nearly 900 have been treated so far. Before long we all expect to have the War Memorial Children's Hospital built and running, and then this work will be possible for all Western Ontario, not in London alone. Woodstock is beginning, and a Baby Welfare Association clinic, assisted by members of the London Child Welfare Association, was held there this week.

We want to see the rural districts also interested and developing their own health associations. Rural children ought to be just as healthy or healthier than city children, but the facts are the other way. Lack of organization, teaching, careful study of the health of the rural children.

## STUDY AND CARE.

The Western Fair showed what can be done for farm animals by study and care. How about giving the same to farm boys and girls? The rural districts are not interested? Yes they are. The Farmers' Sun recently (September 11, 1920), had a long article by "Diana" on this very subject, and we see that the rural districts are getting into the game in earnest. City and country should work together in building up our citizens physically, as well as in every other way. We hope to see this co-operation developed immediately in the near future. The War Memorial Children's Hospital in London; the well children of Western Ontario looked out for by rural well children's clinics held regularly in their own neighborhoods, by their own local rural Child Welfare Associations.



The gardens of F. Skinner, C. P. R. section foreman at Lakeside, which have been recommended as the prize-winning gardens in this class on the local division of the C. P. R. Mr. Skinner has, according to the judges, one of the neatest and best kept gardens in the district.

## TRAFFIC IS LIGHTER.

Although the C. P. R. in the local division was experiencing the busiest period in its history less than two weeks ago, freight traffic has fallen off such a degree that things are comparatively quiet at the present time. Two weeks ago the road was calling for help in the way of experienced train crews, and several engines were added to the number in use in the division. Now the regular crews are taking only their regular runs, and several of the engines are comparatively idle. The falling off has been accredited to the number of factories slowing down in the United States.

## RUSHING THE WORK.

With the arrival of a quantity of cement, work on the construction of the G. T. R. reclamation yards which are being built in the east end of the city has been resumed, according to Superintendent C. F. Forrester of the local division. The steel-swing building which is to be entirely constructed of concrete has been partially erected. Mr. Forrester expects that it will be completed by the end of the month. It is a considerable difficulty and perhaps some delay in securing the machinery which he does not believe can be secured before December. He said that there is a possibility that the plant will be put into operation before the end of the year.

## WILL ADD TRAIN.

When western grain starts to move in the near future an extra freight train will be added to the Goderich branch of the C. P. R. to move the wheat, as it is unloaded from the boats at that port. Possibly one train and a half of grain will be moved over this line every day.

## ELECTRICAL WELDING.

Electrical welding machines are the latest innovations in the roundhouses on the C. P. R. system. One of the machines has been brought to this city to be installed in the local shops for repairing boilers and building up rivets. Electricians started wiring the roundhouse on Friday, so it is expected to be ready by the end of the week. Two pits in each section of the roundhouse will be equipped with special wiring which will be attached to cables carrying 500 volts of current. As the welding is done in the pits, it will be done in conjunction with the electric machines. Electric welding has never been used before on the C. P. R. in this city, according to local officials. It has, however, been used in other cities.

## ROD IS IN PICKLE, SAYS JOHN COTTAM

Promises Disclosures in Connection With Town Planning Controversy.

To the Editor of The Advertiser: One point is substantially as intimated in the press with regard to last night's meeting of the town planning committee.

I did challenge certain information placed before the committee and asked that the previous minutes be produced in order to establish the truth or falsity of the statements.

Had Chairman Seabrook known the simplest principles of lawful procedure in such a meeting, the clerk would have had to read the official record of the matter as it stands in the minutes, which the clerk had at hand.

In a very few words my position would thus have been demolished or established. But that would have been too simple and too drastic a settlement for the city clerk.

Instead, and so far from conducting himself as a paid servant of the committee, which he is, the city clerk played his usual role of dictator, with the floor in a tautum, flinging unparliamentary language at the committee, and being supported by Chairman Seabrook, managed very nicely to stir up enough dust to befog the situation.

The clerk got away with some more, but he got away without having to produce the information to which the committee was entitled.

Some time ago I publicly promised that, failing to get orders of the council carried out with respect to town planning, I would make some interesting disclosures.

At present I wish merely to report progress. The rod is in pickle. Or rather, it is a rope in which violators of public trust are entangling themselves very nicely.

A little more rope, and a little more time, if you please. JOHN COTTAM, London, Ont., September 25.

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## NEWS

HIGH COURT.—The weekly high court, with Mr. Justice Rose presiding, is in session here today, and several important cases are being heard.

CONDITON CRITICAL.—Dr. Roy J. Farmer, who shot himself Wednesday night is still in a critical condition in St. Joseph's Hospital although last night he was resting quietly.

DAMAGE SLIGHT.—The fire department made a run to the Central Garage at the corner of York and Ridout streets, and extinguished a fire in a pile of lumber at 11:30 o'clock last night. The damage was slight.

MEET THIS AFTERNOON.—A special meeting was held in the Y. M. C. A. this afternoon at which a large number of businessmen and others conferred with Harry Whitehorn and B. Spoor regarding the brotherhood movement.

ASSAULT CHARGE.—Charged with having assaulted Thomas Egan recently, James L. Egan will appear for a hearing before Squire W. H. Chittick in the county court this afternoon. Both parties are residents of London Township, where the offence is alleged to have been committed.

LEAVES FOR ENGLAND.—William H. 50 Cavendish street, West London, who has been in the service of the Grand Trunk Railway for the past 38 years, has left for England for his health, after having been superannuated on September 1. While overseas he will visit friends in South Wales. His family will remain here.

MAY CALL EXPERT.—General discussion of the register school took place at a meeting of No. 3 committee of the board of education Friday afternoon. No definite action was taken, it is possible that at the next meeting of the board, the calling in of an educational expert to consider local needs will be suggested.

JOINT MEETING.—On Tuesday next a joint meeting of the Methodist and Presbyterian committees appointed to report on the co-operation scheme will be held. The committee will report on the progress made in connection with planning this co-operation scheme before.

ONE HUNDRED PERMITS ISSUED.—Building permits today reached a total of 100, representing \$265,340 worth of building. Permission was given to the Church of the Redeemer to make a one-story brick veneer addition at a cost of \$5,500. The housing commission took out two permits. One was a 14-story brick veneer dwelling for W. H. Atwell on Eastmount avenue, to cost \$1,600. The other was a one-story brick veneer dwelling on St. Andrew street to cost \$3,800.

NEED MORE ROOM.—Overcrowding is in evidence in the run school in Wellington road and Concession 1, and the ratepayers will hold a meeting in that building Tuesday evening to discuss remedies for same. There are 58 pupils on the attendance roll. Included in the discussion will be the probability of a one-story addition to the building, a new wing or a new school to solve the difficulty. The ratepayers will also decide whether any authorized improvement will be paid by lump sum or by debentures.

A REAL TREAT.—The splendid address which gathered in St. Andrew's Hall last night to hear Professor S. H. Clark of Chicago University, while he created for them anew the immortal story of Shakespeare's "Vanity Fair," went away completely satisfied. The Western University Alumnae Association provided a rare treat. Not only is the stage presence and voice of Professor Clark excellent, but he has the happy ability of making the characters of whom he speaks actually live in the presence of his hearers. His Becky Sharp and Amelia Sedley and Rawdon Crawley and Major Dobbin are Thackeray characters, of course, but somehow

he makes his hearers see them in sharper relief than they have ever seen them before.

WILL HOLD PLEBISCITE.—Ottawa, Sept. 25.—The Civil Service Association of Ottawa will hold a plebiscite some time before November 1 next, whether or not it will take steps to affiliate with organized labor. This was decided at a meeting of the association last night.

SUDDENLY BECOMES BLIND.—Regina, Sask., Sept. 25.—Stricken suddenly stone blind, and wandering for a week 150 yards from his home, Duncan Fletcher of Milestone is now in a serious condition in Regina hospital. Fletcher was returning to his home, where he lives alone, when he became blind.

How Teddy Lost the Bear.—They say a sore corn interfered with his speed. Always apply Putnam's Corn Extractor. For fifty years it has been curing corns and warts. "Putnam's" never fails. Use no other, 25c at all dealers.

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## Sale Carpet Samples Monday

About One-Third to One-Half Off

About 50 sample pieces of 1 1-2 yards each together with a collection of remnants of stair carpet ranging in length from 1 1-2 to 9 yards will be placed on sale Monday morning at about half and a third off. Such opportunities are eagerly watched for and taken advantage of by thrifty housekeepers, as they are so useful for mats and runners.

They are samples carried by the manufacturers' representative and being no longer needed were sold out to us at a liberal discount, and Monday morning we pass them on to you at reductions as stated above, from about half to a third off.

33 only Sample Carpets, 27x54 inches. Sale price \$2.75 each  
 6 only Sample Carpets, 27x54 inches. Sale price \$3.00 each  
 13 only Sample Carpets, stair ends, small. Sale price, 35c  
 Also remnants of Stair Carpets, 27 inches wide, at about half price. These ends of stair carpet are very suitable for hall runners; some are long enough for stair carpets. All are very much under-priced.

Carpet Department, Third Floor.

## NEW LINOLEUMS

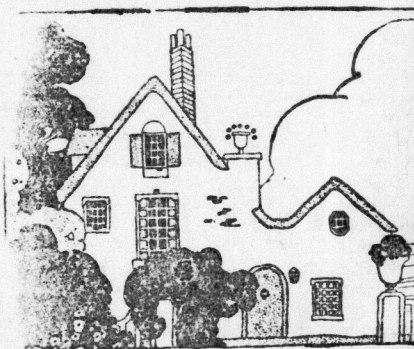
Just received, several new patterns in Linoleums, 4 yards wide, floral block designs. Priced at \$1.75 and \$1.50 sq. yd.

Also two patterns Nairn's Scotch Linoleum, 3 yards wide. Priced at \$2.00 per square yard.

## Beautify the Home for Social Season

The winter season is at hand, with its round of social events, the season when you want your home surroundings pleasant and beautiful for the entertainment of your friends. See the new papers and new ideas in decorating in Wall Paper Department.—Third Floor.

New English Tapestry Papers, all colors, in heavy foliage, forest and bird designs, very suitable for living-room or dining-room. Prices .75c to \$3.00  
 English Burlap, pebble and fabric weaves, in blues, grey, brown and tan colors, with bands to match . . . . . \$1.50 roll and up  
 English Chintz Bedroom Papers, all new designs, new colors . . . . . 35c to \$1.00 roll  
 30-inch American Grass Cloths, Blends, Stipples, etc., all colors, with bands or borders to match . . . . . \$1.50 up  
 30 and 18 inch Tapestries, domestic and American styles, all colors . . . . . 20c to \$1.25 roll



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## --- For the Car ---

One coat Effecto Auto Enamel now will save your car from fall rain, etc. Effecto hides marks and scratches, gives a smooth, clean finish, is easy to apply, and dries quickly; made in black, blue, green, grey and yellow.

Effecto Top and Seat Dressing for tops and seats, whether leather or imitation; makes your top waterproof, renews the color, dries without stickiness, and will not crack, also leaves the leather pliable.

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