

### Local Health Administration

Mr. Nevil Chamberlain, the Minister of Health of England, in speaking of the local administration of public health in that country refers to the "obsolete, cumbersome, illogical, wasteful and unjust" character of the machinery whereby such work is carried out. The remarks of the Minister might, with equal truth, be applied to the system of local health administration in operation in Ontario and the measures designed for improvement of this work in force in England, might with certain modification be employed to advantage by the local government of the province.

The Ontario system is briefly as follows: Each city, town, village and township has a local board of health and a medical officer of health. There are upwards of 900 of such local health governments in Ontario. In but eight of these, including the principal cities, can there be said to be an efficient health service. In all the others the organization consists chiefly of a part-time medical officer of health, who is a practising physician, with, as a rule, but small remuneration and subject to the various well-known disabilities of such a local officer. Little money is provided for public health purposes and what little is expended is frequently used at the wrong end, in the cure, rather than in the prevention of unsanitary conditions. The public receives little or none of the instruction so necessary to the advancement of sanitary measures.

There are, of course, notable instances where the local health officer despite the difficulties under which he labours, gives a much better service than might be expected. But as a rule the administration is poor, the funds for public health work scanty and the personal application of the principles of hygiene neglected. The former chief medical officer of the Local Government Board in England in speaking upon this subject in reference to England and Wales, says "The inefficiency of the smaller sanitary authorities has been frequently exposed. There are in England and Wales 1727 sanitary authorities not including 82 county boroughs. The total of 1809 compares with 317 education authorities and 635 boards of guardians. No one has suggested that the efficiency of the work of either educational or relief authorities is lowered by the relatively large areas and population served by them, and every line of evidence points to the opposite conclusion."

In Ontario, in dealing with the subject of local school management of which there are often as many as a dozen to 20 in a rural municipality the Premier (as Minister of Education) has struck the keynote in his recommendation that local school areas should in the interest of efficiency and economy be combined. The same principle holds true in respect to local public health administration. Opportunity should be allowed for the local units of a county to combine for sanitary purposes.

The townships, towns and villages of Ontario annually spend in the aggregate considerable sums of money for this purpose, without much to show for it. The figures for the year 1924 show that there is spent on the salaries of part-time medical officers of health about \$100,000.00 and for public health work in places with a part time organization about \$200,000.00 or a total of \$300,000.00. For places with full-time health organizations the salaries of the medical officers of health aggregate about \$44,000.00 and for public health work apart from this salary bill the sum of \$1,053,696.60.

The total for local public health administration part-time and full-time in Ontario reaches the sum of approximately one and one-half millions of dollars (\$1,500,000.00).

Outside the eight cities with satisfactory health administration, there is, with certain exceptions, little value gained for the expenditure of this large sum of money.

Much of this expenditure is wasted or at least misapplied. There is no concerted effort to control diseases such as cancer, tuberculosis or the venereal diseases. There is no adequate pre-natal care of mothers and infant mortality and the incidence of tuberculosis range high. The medical inspection of school children is only beginning and education of the public in the principles of hygiene, without which no administration can successfully operate to the best advantage, is sadly needed. Government expenditures, for example, in the care of the tuberculous poor is steadily advancing being higher by \$125,000 for the last year than that for 1923, despite the fact that year by year the government spends increasing amounts in the work of the Department of Health.

Return to the question of how local health administration may be

improved. The experience of England, Wales and Scotland and of the United States has shown that the small town, village and township health unit is too small to bear the financial burden of a full-time public health organization and these countries are rather rapidly adopting the plan of Combining Municipalities for public health purposes. In Great Britain the unit is called a "combined area." In the United States the county is usually the unit. In Ontario where many of our countries are large in area one-half of a county might form the unit, or, where adjacent counties are small two or more might be combined. The aggregate funds now spent might be utilized in the employment for the area of the full-time organization. A notable example of such a combination is to be found at Windsor (Essex Border Municipalities) where under the direction of an energetic, well-trained medical officer of health there may be seen one of the most efficient health departments to be found on the continent and where a couple of years ago virulent smallpox, instead of spreading, as it did in other communities, was limited to 67 cases.

Little legislative amendment is needed. Permission might be given to counties to substitute county control for the existing municipal health administration using the combined resources of the municipalities for this purpose. Instead of an army of 900 or more health officers, we would eventually have perhaps 60. These men would embrace public health work as their daily business and give to that business the supervision and enthusiasm at present lacking, and which is necessary to the success of any undertaking.

The work of public health depends chiefly on three factors, viz., sufficient funds, competent management, and a receptive public. Health and thrift like other qualifications for good citizenship are virtues which have to be appreciated, striven for and acquired by each individual for himself. But there must first be trained and competent management to lead the way, and the provision of reasonable funds for expenses. Public Health is purchasable.

John W. S. McCullough,  
Chief Officer of Health.

### When the System Is All Run Down

Often All That is Needed is a Tonic to Build Up the Blood.

There are many women who have been invalids or semi-invalids so long that they accept their condition as a life burden. They have endured broken sleep, stomach trouble, nervousness, headaches and weakness so long that they have given up hope of enjoying good health. In most of these cases a well chosen diet, fresh air and a tonic to build up the blood would do wonders. To all run-down, nervous people the experience of Mrs. H. J. Cameron, Watervale, N.S., will be of deep interest. She says:—"About two years ago I was in a miserable, run-down condition. I was unable to do my work, my head ached day and night, my nerves were all unstrung, and for three weeks I could not eat or sleep. I then decided to give Dr. Williams' Pink Pills a trial and got six boxes. By the time I had used half of them I felt much better, and when I had taken the six boxes I was as well as ever. I could work all day and not feel tired and have been strong and healthy ever since. I have never taken any medicine that did me so much good and will always highly recommend Dr. Williams' Pink Pills."

You can get these Pills from any medicine dealer, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**WILSON'S FLY PADS**

Kill them all, and the germs too. 10c a packet at Druggists, Grocers and General Stores.

Glencoe ratepayers defeated a by-law to spend \$25,000 on rebuilding the public school by a vote of 150 to 34 on Monday.

If one is anxious for something to read, and not particular about the subject or language, why not try Hansard?

### Cream to be Graded Next Year

THE CARE OF CREAM ON THE FARM

(By Geo. H. Barr, Director of Dairying)

GRADING cream and paying for it on a graded basis will be introduced in the creameries of this Province early in 1926. It is therefore important that cream producers become familiar with the standards for the different grades and plan how they can produce cream that will bring the highest price. Grading the cream and paying for it on a graded basis provides at once three markets for cream; one for special grade, one for 1st grade and one for 2nd grade cream. It is the farmers' privilege to produce cream to suit any one of these markets.

If he produces special cream, he will be rewarded by receiving the highest possible price. If he produces first grade cream, he will receive a slightly lower price. If a second grade cream is produced, a still lower price will have to be accepted. Off grade cream is of little value and should be returned. The care given the cream will decide which market it will sell in. Therefore the cream producer who makes proper arrangements for taking care of his cream will be rewarded by receiving a better price than the man who will not go to any expense in taking care of his cream. The grade standards and the differences in prices are as follows:

**Special Grade**  
This grade shall include any lot of cream which is clean in flavour, of uniform consistency and suitable for making butter of this grade. Its acidity shall not be more than thirty-one hundredths (.30%) of one per cent. at the time of being graded at the creamery where it is to be made into butter.

**First Grade**  
This grade shall include any lot of cream which is reasonably clean in flavour, of uniform consistency and suitable for making butter of this grade. Its acidity shall not be more than sixty-one hundredths (.60%) of one per cent. at the time of being graded at the creamery where it is to be made into butter.

**Second Grade**  
This grade shall include cream that does not meet the requirements specified for first grade cream; such as cream that is bitter, stale, musty, metallic or otherwise unclean in flavour, or has acidity of over sixty-one hundredths (.60%) of one per cent.

**Off Grade**  
This grade shall include any cream with a strong objectionable odor or flavour, such as gasoline, leeks, stable or such other flavours that may render cream unfit for making second grade butter.

**Spread in Price**  
A premium of (1) one cent per pound butter-fat shall be paid for special grade cream over first grade cream, and a premium of (3) three cents per pound butter-fat shall be paid for first grade cream over second grade cream.

Special grade cream will be produced when the cows are provided with pure water and clean wholesome feed, when the cream is cooled immediately after separating and kept cool until it is delivered to the creamery. The same care is necessary to produce first grade cream, except that it may not be necessary to cool it quite so much, or deliver it so often. It is impossible to produce either special or first grade cream unless it is properly cooled. In summer an abundant supply of cold water will do this—but we believe it will pay the cream producers of Ontario to provide a supply of ice for this purpose and use it in an insulated tank.

Second grade cream will likely be produced when the cows are allowed to eat highly-flavoured feeds, when the separator is washed only once a day, or not that often, when the utensils used are not properly washed and sealed, when the cream cans become rusty, or when the cream is not cooled sufficiently. Metallic flavour is usually caused by keeping the cream in rusty cans and allowing it to become sour.

Off grade cream will be due to the cows eating leeks, or exposing the cream or milk to odours from the stable or a gasoline engine.

Wholesome feed and pure water for the cows—clean separators and utensils and cooling the cream quickly to under fifty degrees will eliminate any danger of second grade cream. The colder cream is kept, the longer it will keep sweet. Warm cream should never be mixed with cream already cooled.

Worms feed upon the vitality of children and endanger their lives. A simple and effective remedy is Mother Graves' Worm Exterminator.

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RELIEVE THE RESTLESS CONDITION BROUGHT ON BY THE PRESENCE OF WORMS AND RESTORE THE CHILD TO NORMAL HEALTH.

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There is no poisonous ingredient in Holloway's Corn Remover, it can be used without danger or injury. m

### Bible Thoughts for This Week

July 25  
HAPPY IS HE THAT CONDEMNETH NOT HIMSELF IN THAT THING WHICH HE ALLOWETH. —Romans 14:22.

July 26  
JESUS SAID UNTO HER, I am the resurrection and the life; he that believeth in me, though he were dead, yet shall he live; And whosoever liveth and believeth in me shall never die.—John 11:25.

July 27  
THE KINGDOM OF GOD cometh not with observation; Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you. —Luke 17:20, 21.

July 28  
IN THE BEGINNING WAS THE WORD, and the Word was with God, and the Word was God. All things were made by him; and without him was not any thing made that was made.—John 1:1, 3.

July 29  
SERVE THE LORD with gladness come before his presence with singing. For the Lord is good; his mercy is everlasting and his truth endureth to all generations.—Psalm 100:2, 5.

**A. (Drug)**  
Nervous, Star, Consula, Examina, Office ov, Hours: M, Friday

**PAID**  
Wall Pa, Ask us a, Thorough, St. Clair

**CANADIAN N**  
TIM  
Trains leave follows: GOIN, Accommodation, Chicago Express, Detroit Express, Chicago Express, GOIN, Ontario Limited, Chicago Express, Accommodation, G. E. McTAGGAR, ME, DR. A. C. JOHN, (Successor to Office—Dr. New corner Main and Postgraduate of Chicago postgraduate 35w, C. W. SAWYER, Watford, Ontario, Residence—Ontario, Hours—8.30 to 9.30 7 to 8 p.m. Sunday, DR. G. N., Licentiate General Medicine, Member of University of Toronto, Successor to Dr. Hours: 8.30 to 9.30 7 to 8 p.m. Sunday, Office, Residence, Phone 32, DENT, GEORGE HICKS, University, L.D.S., Dental Surgeons, Bridge and Crown and Porcelain work, and employed to prepare teeth. Office—Opposite Store, Main st., G. N. HOWDEN, Graduate of the University of Toronto, Dental Surgeon of University of Toronto, Latest and Most of Anesthetics and Methods of Attention to Crown and Office—Over Dr. Saw Watford, Ont., VETERINARY, J. MCGILLICUDD, Surgeon, Honor Graduate, Veterinary College, especially. All diseases animals treated on ciples. Office—Two the Guide-Advocate Office—Main street, one do Siddall's office, INSURANCE, THE LAM, FARMERS' MUTUAL INSURANCE CO. (Established in JOHN W. KINGSTON, JAMES SMITH, ALBERT G. MINIEL, THOMAS LITHGOW, GUILFORD BUTLER, JOHN PETER MEVIC, JOHN COWAN K.C., J. F. ELLIOTT, ROBERT J. WHITE, F. ALEX. JAMESON, P. J. McEWEN, W. C. WILLOUGHBY, Watford, ROY E. McPHEDRAN, Agent for Warwick and Praises this Asthma grateful user of Dr. J. Asthma Remedy finds remedy that will give relief for thirteen years. he other help. Years of neing may be prevented by wonderful remedy at the ng of trouble. Its use cost is slight, and it can almost anywhere.