



## SOAP AND WATER IN WAR SURGERY

Absolute Cleanliness is Now the Great Thing.

And Doing the Work Better Than Antiseptics.

The great advances made in war surgery furnish one of the strongest evidences of the importance of things which are often considered of comparatively little practical value. Some homely remedies are tried when other more complicated ones happen to be missing, with the unexpected result that they reveal a new value. It is rather remarkable that the keynote of modern surgery seems to be simplicity. One of the most hopeful signs of medical science to-day is to be found not so much in the investigation of new remedies as in the application of old ones with more skill and profounder knowledge.

Belief in the virtues of absolute cleanliness in surgery as represented by a thorough use of soap and water is coming into the foreground again. Although surgeons of the highest skill are using soap and water in the place of many antiseptics, they did so by a sort of instinct, for experiments to prove the utility of such a household remedy had not yet been published. It was obvious that antiseptics might

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St. John

kill germs, yet they did not necessarily remove dirt, and the most careful surgeons regard soap and water as the common defence against infection, and the thorough practice of scrubbing the best insurance against disease.

Since the invention of antiseptics the number has increased to such an extent that it is clearly impossible to use them all. Choice has become difficult. There has also been a fashion in antiseptics that, like other fashions, has passed away. In course of time it was found that the most powerful disinfectants were sometimes injurious and even dangerous, while all antiseptics have their special peculiarities, being effective against some germs and harmless or even beneficial to others.

The list of failures is long. In war surgery a dangerous antiseptic, even if effectual, was out of the question. There is little time in the field and dressing stations to take precautions against these dangers. Even in the hospitals the use of strong disinfectants involved additional labor by nurses and physicians, or else made it necessary for the hospital to employ a much larger staff than is usually possible at the front. During the recent campaigns in Flanders the pressure upon the doctors and nurses became so great that it was necessary to discard some of the most elaborate antiseptic methods and go back to simplicity and nature.

The result shows that cleanliness after all is one of the best antiseptics. This fact led to the regular use of solutions of soap and water in the British hospitals. The good effects, which are published by the highest

medical authority, are thus described by Captain J. D. Haycraft, of the casualty clearing station in France.

"Soap solution easily permeates and comes in contact with the whole surface of the wound. It acts as a mechanical cleansing agent, washing away all debris. It follows from this that the tissues themselves are able to deal successfully with any infection which is left behind without the aid of any antiseptic. These latter cases, when treated by soap solution, heal better than if an antiseptic is used."

To these advantages surgeons are able to add others. Healing of wounds goes on without much fever, and in most cases the men are convalescent in ten days. After a day or two the swelling of the flesh begins to subside, redness disappears and healthy skin begins to form. As a rule, it is not necessary to put in drainage tubes, for there is little discharge. Germs that ordinarily infest wounds



are driven out with the dirt and succumb to the natural influences of cleanliness and fresh air. This method of treatment is regarded in the light of a health cure, and that explains the agreeable sense of comfort and freshness which it seems to diffuse. In the last four months it has been regularly installed as a cure in the British hospitals. To the layman it seems as if such a remedy as soap and water, which means cleanliness, was justified by almost universal experience. It has been neglected, probably with a disadvantageous result, in these days of antiseptics, but it is to be hoped that its merits will be fully understood. Apart from the question of wounds and personal cleanliness, experience shows that there is little value in the ordinary methods of fumigation and disinfection unless soap and water and energetic use of elbows are first employed. And this remedy is one that everybody can use with safety.

Minard's Liniment: Relieves Neuralgia

Are You Right or Left Eyed?

A left-eyed person uses the left eye alone in all cases where it is not necessary to use both eyes—as in using a spyglass or microscope—either closing the right eye, or paying no attention to what is seen by it. Furthermore, the left-eyed person, when reading with both eyes open, pays little attention to what the right eye sees. Now, it may seem difficult to prove this, as both eyes usually see the same thing, but it can be proven very easily in the following way:

With a sharp lead pencil punch a hole in a large card and hold the card between your face and the table on which you have placed a small coin. Move the card about rapidly in all directions until you catch sight of the coin through the hole; then hold the card still and shut one eye; then open that and shut the other. If you are right-eyed you will see the coin only when the right eye is open, if you are left-eyed you will see it only when the left eye is open. This test will not succeed if you move the card very slowly (unless you are blind in one eye) for you will then see the coin when the hole is in line with it and either eye, but when you move the card quickly you catch the rapid glimpse of the coin with your favorite eye so to speak, but not with the other one, which you are accustomed to neglect. This habitual neglect of one eye is so common and so complete that many a person has for years been nearly blind in one eye without knowing it.—Exchange.

## KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera, infant, diarrhoea, dysentery and stomach troubles are rife at this time and often a precious little life is lost only after a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if the trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## MEMORIALS TO DEAD.

Curious Ceremonial of the Serbian People.

It is not quite accurate to entitle this ceremony a funeral, for it is not that, but we have in English no one word or two words with which to express the meaning. In order to secure complete accuracy, it would have been necessary to head this sketch with the words, "Ceremony Performed by a Serbian Family on the Anniversary of the Death of One of its Members," and no newspaper copy reader would pass a title like that, writes a correspondent.

It is the custom of the country to remember the dead on the anniversary of death by a pilgrimage to the graveyard, with all appropriate ceremonies. A morbid custom, and one that might be productive of endless

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and needless grief, according to our ideas, but the Serbs are a hard race and face their sorrows without covering them. All of the family files to the cemetery, accompanied by close friends and headed by priests. Flowers are laid on the grave, prayers are offered and the women weep. The virtue of the dead are extolled and he is addressed and apostrophized.

This part of the ceremony over, the company sit down to a meal that they have brought with them. The affair takes on the aspect of some grave social occasion. Wine is drunk and much food is eaten. It is customary to tell all the anecdotes and incidents relating to the dead man that those present can remember. Even bits of the past that have a humorous turn are not barred. It is in some sort a bringing forth of his whole memory and setting him again before days that were hiding the thoughts of him from view.

It is interesting to speculate on the meaning of this unusual practice, and on the human tendency that gave it birth and keep it alive. It seems to root in the old human dread of being forgotten completely. As these people do it unto the dead, so they expect their children and their relatives to do unto them, and they cherish the custom as a fountain that will keep their own memory green when their time comes.

## EQUAL.

(Louisville Courier-Journal.)  
"Things which are equal to the same things are equal to each other."  
"I realize that when two scandal-mongers get together."

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. One Hundred Dollars reward is offered for any case that Hall's Catarrh Medicine fails to cure. Send for circulars and testimonials. F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 7c. Hall's Family Pills for constipation.

## FASCINATING

Is the Study of Wireless as Used On Planes.

There is no more fascinating study in all wireless science than the application of radio transmission to aircraft. The equipment of airplanes and balloons, is already so efficient that messages may be sent between ground stations and aircraft at great altitudes almost as conveniently as one telephones. Marconi has prophesied that "the day is just around the corner" when all aviators must be wireless operators as well.

An observer who goes aloft to spot the fall of shots usually flies or patrols the air at a height of from 4,000 to 6,000 feet. An airplane usually flies in a figure eight in order to keep his objective point, where the shots are falling constantly, in sight, says F. A. Collins in Boys' Life. If he is in a free balloon he may be tethered by a long rope, while a dirigible may hover in much the same position for some time. Such patrolling is done both day and night, since the flash of the guns reveal their position. Such scout work is, of course, extremely perilous, since the wireless aviator is the target of aircraft guns and the prey of enemy aircraft.

The marvellous accuracy of heavy gun fire when directed in this way is well illustrated in the case of the German cruiser Konigsberg, which was wrecked by British monitors. The German ship, which was a great menace to shipping, had taken refuge



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In East Africa. The British fire was directed at a target miles away, completely hidden by tropical jungle. Salvoes were fired at one minute intervals. The first shots went wide of the mark, but, following the directions from the wireless man in an airplane above them, shells were soon dropped within 400 yards of the enemy. The next shot was spotted as 200 yards over and 200 yards to the right. The next was only 150 short and 100 to the left. The seventh shot hit the ship and in the next eight shots seven struck deadly blows.

Minard's Liniment Cures Burns, Etc.

## Household Hints.

In laundering fine muslins, collars and waists, use one tablespoonful of granulated sugar and a pint of water in rinsing water instead of starch.

If, when making coffee, a little salt is added before pouring in boiling water it will improve the flavor.

In making custard pie do not beat the eggs more than just enough to have them mix with the milk.

When baking ham baste it often with sweet cider.

In making crab-apple jelly put in a handful of cloves at the start. It is rare and skin them out before pouring the jelly in the glasses.

Save your paper bags and slip them over your jars of fruit, writing on the bag the name of the fruit, and twist the top of the bag tight. This makes the fruit keep better.

To prevent bluing from streaking the clothes mix one desert-spoonful of soda in the bluing water.

If jelly refuses to set grate a carrot in the mixture and cook 10 minutes. There will be no flavor of carrots in the jelly.

When boiling onions, turnips or cabbage that have a strong odor, boil at the same time some vinegar with spices in it. This will destroy the vegetable odor.

Minard's Liniment Cures Dandruff.

## Lord Palmerston's Dinner.

Lord Palmerston was a remarkable feeder, as shown by this account of his table work when he was 80 years of age:

"He ate for dinner 70 plates of turkey soup. He was then served very simply to a plate of cod and water sauce. He then took a pate, afterward he was helped to two very grand-looking entrees. He then despatched a plate of roast mutton. There then appeared before him the largest as to my mind, the nearest piece of ham that ever figured on the table of a nobleman, yet it disappeared just in time to answer the inquiry of his butler, 'Snipe, my lord, or pheasant?' He instantly replied, 'Pheasant,' thus completing his ninth dish of meat at 11 o'clock."

This was Lord Palmerston, who lived and worked like a horse till he was 81, and would doubtless have poured scorn upon the scientific slops and gruels offered to old men in our day. Palmerston was one that was nourished by his vitals and would fain have maintained—New York Post.

## Facts for Health Seekers

To Ponder Over

Nearly every disease can be traced to clogged or inactive stomachs, livers or intestines. Indigestion, biliousness, headaches and insomnia all emanate from this cause. Keep these organs in working order and you'll have continuous good health. No case was ever treated with Dr. Hamilton's Pills and not cured; their record is one of marvellous success. Dr. Hamilton's Pills are very mild, yet they cleanse the bowels promptly and establish healthy regularity. You'll eat plenty, digest well, sleep soundly, feel like new after using Dr. Hamilton's Pills—one a dose—25c a box everywhere. Be sure you get the genuine Dr. Hamilton's Pills, in a yellow box always.

## Yawning Fish.

Did you ever see a fish yawn? Mr. Richard Elnrist, an English biologist, tells us that yawning is a common habit of cod, salth, cobbler, plaice and various other kinds of fish. From his description the piscatorial yawn is very much like the human yawn, except that it is done under water. He says: "From numerous observations I am led to think that this action of fishes is a real yawn, and serves the true physiological purpose of a yawn; that is, flushing the brain with blood during periods of sluggishness. The conditions conducive to yawning are a slight increase in temperature, and, I suppose, the accompanying diminution of oxygen."—Popular Science Monthly.

Health Preparedness.  
Uncleanliness means disease and disaster, and since disaster is not what we are looking for, why not pay more attention to the demands of good sanitation?

Most of the loose talk is started by fellows who are tight.

## ISSUE NO. 32, 1918

### HELP WANTED.

SHOEMAKER WITH TOOLS—NEW work and repairing. Reid Bros., Bothwell, Ont.

### MISCELLANEOUS.

BUY YOUR OUT-OF-TOWN SUPPLIES with Dominion Express Money Order. Five Dollars costs three cents.

CHOICE SILVER BLACK BREEDING BONES. Reid Bros. Bothwell, Ont., Can.

### FARMS FOR SALE.

FOR SALE—LOT 20, CONCESSION 5, Township of Vaughan; one hundred acres; large brick house; barn, 75 ft. by 32 ft., stone foundation; will accommodate 18 head of cattle; also stable for 6 horses; pig pen, hen house; 1/4 acres orchard; wire fence; fifteen miles from Toronto. T. H. Steele, Nashville, Ont.

160 ACRES, NEAR WEYBURN, RADVILLE, SASK. Clear, good level land; 2 miles from railroad; must sell; will sacrifice; 1/2 acre, worth \$25. H. H. Babb, 185 Indian Road, Main St., Toronto.

### AGENTS WANTED.

AGENTS WANTED—YOU CAN make it your county, with our fast selling Combination Cooker. One salesman makes \$35.35 the first month. Another agent sells 20 in two hours. Others cleaning up \$10 daily. No capital necessary. Goods shipped to reliable men on time. Territory going fast. Write quick to secure your field. Combination Products Co., 111 Main street, Foster, Que.

### EXECUTOR'S SALE

SAW AND CHOPPING MILL; ABOUT one acre of land; two miles north of St. Thomas, chopping mill has complete system rollers, steel plate grinders, corn sheller, elevators, etc.; sawmill has 50" inserted tooth circular saw, also butting or slab saw with shafting, belts, etc.; engine is Fairbanks-Morse oil or gasoline; rate 32 h. p.; this mill has made money; building is frame and could be moved; also good 30-acre farm with barn and brick house, about one-half mile from mill. Each property will be sold cheap to close an estate. Address: Sanders & Ingram, Barristers, etc., St. Thomas, Ont.

### FOR SALE.

FOR SALE—ONE NO. 11 VERY Black Diamond double deck Bradford oven; has been used very little and have no further use for it; Price \$450. J. M. Dooley, Guelph.

FOR SALE—CASH REGISTER—SIX-drawer—at exceptionally low price for quick sale. Goudies Limited, Kitchener, Ont.



## Mill Girls and Shawls.

The working women and girls of Lancashire and Yorkshire regard the shawl as a necessity, and especially is this the case in the colliery districts. A writer in an English monthly says:

"Domestic duties, performed in varying temperatures, on washing days and cleaning days, in the house or about the yard, are rendered safe under the protection of a shawl. The mill girl could scarcely get on without it. It shields her between the mill and home, winter and summer, in snow or rain. It is easily donned or doffed. It is the handiest of all articles of wearing apparel and, as made in England to-day, is moderate in cost. A warm soft shawl would save many a racking cough and stave off incipient pulmonary troubles. It is a tried and proved sanitarium."

Minard's Liniment for sale everywhere

## Wanted the Money.

The race was over, the flag hoisted and the crowd of fortunates who had backed the winner had gathered round the bookmaker to receive their winnings.

One vacant-looking individual, who was evidently "seeing life" for the first time, claimed \$5.

"What did you back?" asked the fat-faced man with the big waist, who was standing on a stool.

"Silver Cloud," replied the vacant one.

"Why, man alive," yelled the man with the satchel, "that horse turned back and finished at the starting post!"

"I know that," said the other. "But didn't I back the horse both ways?"

There was a dull thud on the greensward, and an anxious crowd gathered. The man with the big waist had fainted.—Exchange.

Many a soldier at the front has a close shave who hasn't time to use a razor.

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