

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

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

This is a topsy-turvy world. Prize-fighters as a rule get better paid than college professors, while school teachers who should be regarded as the most valuable type of citizen we have, often get little more than a living wage. Social reformers are emphasizing the importance of home influence, while the blaze of lights on our moving-picture theatres often show off lurid pictures of devilry and crime. Many good citizens are convinced, and they have scientific backing for their beliefs, that the moving picture films in many cases are responsible for a youth leaving the parental roof and embarking on a career of crime.

We cheered our heroes as they marched off to war, and yet we now see hundreds of these glorious men marching the streets in search of work, and unable to get it. What is wrong with our social system? Are we becoming bankrupt in our ideas for carrying on the work of the nation? Is our present economic system going to stand the test, or is it weighed in the balance and found wanting, as feudalism was, and some of the earliest systems that have now been relegated to oblivion?

Are we going to get people educated enough to know the common, ordinary principles of hygiene and right living? We are, but there is much yet to be done. Even in preventing outbreaks of communicable disease, it would seem as if many people did not concern themselves. Listen to this received recently from a Medical Officer of Health, "The Scarlet Fever epidemic in our town has been due to lack of control in the first place because people did not call a doctor, and so were not quarantined, and the children were not kept out of school. In fact, two children were sent home with the rash already out on them."

Yet one would think that practically everybody would be willing and anxious to control communicable diseases, and that they would know the value of quarantine or isolation. It would seem as if too little instruction has been given in these vital matters of life and health. Even to the matter of playgrounds, there is not enough attention paid, for the belief is growing that a good deal of the unrest and crime in our great cities to-day, apart from the distress of unemployment, is at least partially due to the lack of recreation grounds and open spaces such as parks. The situation in Toronto is not quite so acute at present as it is in many cities of the Old Land, but we can take a lesson from their mistakes. One thing is certain that the overcrowding in housing conditions must be relieved for it is one of the greatest menaces to health, morals and good citizenship that confronts us at the present time.

E. V. Buchanan, General Manager of the London Public Utilities Commission, who recently gave an address in Toronto on "Open spaces and their uses," says:

"All our large cities are faced with the playground problem, and we should interest ourselves as much as possible in the reservation of land for public parks and boulevards. If we fail to guide our children into the realm of pure sportsmanship it could not be expected that they would develop a love of fair play in after life. It is not as much to develop record-breaking athletes that we should de-

sire as to develop a love of sport for sport's sake."

The question of expenditures for Public Health is one that crops up each year when the estimates are being struck, often resulting in much discussion and questioning. Anyone conversant with Public Health activity wonders why there should be any question as to the money expended on work of such vital importance to the community, but it is because those who make the inquiries have not been conversant with all the reforms that Boards of Health are trying to carry out. For instance, take the matter of communicable disease alone. It would be difficult to estimate what money is saved to the public by the system of notification, quarantine and disinfection of cases of communicable disease, and yet the comparative cost of carrying out these methods of prevention is but trifling. Very much more, however, remains to be done as the economic loss due to needless or preventable sickness will show. Estimates based on the cost to the country of communicable diseases and preventable sickness indicate an annual cost to this Dominion of over \$100,000,000. For the month of May, 1921, the number of cases of communicable disease reported in Ontario was 2,403, with 414 deaths. For May, 1920, there were 3,743 cases reported, with 606 deaths. These diseases included measles, scarlet fever, diphtheria, measles, whooping cough, typhoid, tuberculosis, infantile paralysis, cerebro-spinal meningitis, influenza and pneumonia. The number reported, however, is only about one-third of the actual cases of infectious disease which occur, there being a large number of the minor reportable diseases which do not come to the attention of the physician. If to this estimated prevalence of sickness due to preventable diseases were added the cases of illness arising from various hazardous employments, from faulty housing conditions, from overcrowding, from neglect or lack of intelligent care in keeping the body and mind active and clean, the amount of disease from causes that are purely avoidable would reach enormous proportions. Moreover, the money cost of these diseases and illnesses necessitates a reckless and heavy outlay.

Neglect of the public to report mild cases is one of the main obstacles in the way of a substantial decrease in the prevalence of the various types of communicable diseases. As a result the terrible expenditure in combating these outbreaks goes on apace, when with a little judicious outlay in educating the people in health matters and preventive hygiene, including the value of vaccines and of precautionary measures such as notification, quarantine, etc., of cases of infectious disease, much money could be saved.

Let us by all means give our active support and influence to all Public Health organizations who are laboring to reduce the toll of sickness and death, and make this world a happier and healthier place to live in. The progress and greatness of a nation depend on the good health and education of its people. Without good health nothing avails, and no effort should be considered too laborious to improve the public health and well-being. The money spent on Public Health work is money invested, and the more informed the general public becomes as

to its purpose, the more will expenditure for this worthy motive be increased.

Ten Millions Instead of Nine.

The Canadian people expect that when the complete census returns are published they will disclose a Dominion population of nine million souls. The increase is gratifying. Some who would see their country making yet more stalwart strides are not satisfied, however. To an inquiring mind it occurs to ask what would be the effect on Canadian economics if the population were greater, say ten millions. What, in brief, would be the effect of a million suddenly added to Canada's population, the increment of a million immigrants of that splendid type Canada has been attracting to her shores since the termination of the Great War. To take only three cardinal points of Canadian national economic life.

In the western provinces there are approximately 300,000,000 acres of good arable land which have never known the plough and are unproductive. If the entire million immigrants went on the land and each took a homestead it would settle and render productive more than half of this tremendous area and multiply four times the west's present agriculturally producing area.

Canada has a national debt of 2,349 millions of dollars, which is slowly being paid off by nine million people. The per capita debt is approximately \$261. Add a million tax payers to the country's population and it drops at once to \$235.

The whole nation is worried by the deficit on the government railways for which no solution has yet been found. Expert statisticians have estimated from carefully worked out figures that each new Canadian settler is worth in revenue to the Dominion railways the sum of \$746.33. Add a million to Canada's population and the \$746,000,000 contributory revenue wipes out the railway deficit for all time.

And this is not visionary. Why should Canada's population not be ten millions? Overseas the most desirable people, in a proportion Canada has never previously experienced, are looking towards Canada and its offering of new homes and enviable citizenship. This favor is the result of the country's economic disturbance. It will not be the last. Now is the time for Canada to seize the opportunity presented and hold out the hand of welcome to a million new citizens.

GUARD THE CHILDREN FROM AUTUMN COLDS

The Fall is the most severe season of the year for colds—one day is warm, the next cold and wet and unless the mother is on her guard, the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are mothers' best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose of the Tablets will prevent colds, or if it does come on suddenly their prompt use will relieve the baby. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Forest Surveys by Airplane.

One of the officers of the Dominion Forestry Branch reported after his first airplane survey trip: "This was my first opportunity to inspect from the air any extent of green timber, and I was amazed at the detail which it was possible to cover in the time allowed by a single flight over the territory. There was no difficulty whatever in distinguishing clearly every species of trees on the ground."

Ask for Minard's and take no other.

A Forest Tragedy.

He left his camp-fire burning to see if the lookout man would pick it up. He did.

He thought this would be a good test to see if the district ranger was on the job.

He was.

He wondered if a fire would burn very fast in the dry forest.

It did.

He thought he could get away before the ranger could catch up with him.

He couldn't.

He thought he could bluff the judge at his trial.

He didn't.

He wondered if the judge would have the nerve to sentence him to jail.

He did.

He wondered if he will put out his camp-fire the next time he is in the forest.

HE WILL.

—John D. Guthrie.

Wanted "the Present."

Charlie had been to school that morning for the first time. When he came home his mother said to him:

"Well, Charlie, how did you like school?"

"I like it well enough, but I haven't got my present yet."

"Your present?" queried mother.

"What do you mean?"

"Why, teacher said when she saw me, 'You may sit here for the present, little man.' But I sat there all the morning and didn't get a thing. Perhaps I'll get it this afternoon."

Character is power. Hang this motto in every school in the land, in every home, in every youth's room. Mothers, engrave it on every child's heart.

MUCH ILL HEALTH DUE TO BAD BLOOD

If the Blood is Kept Rich and Red You Will Enjoy Health.

More disturbances to health is caused by weak, watery blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment and you may be troubled with insomnia, neuritis, neuralgia or stasia. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders try building up the blood with Dr. Williams' Pink Pills. These pills have a special action on the blood and as it becomes enriched your health improves. The value of Dr. Williams' Pink Pills in cases of this kind is proved by the experience of Mr. D. J. McDonald, North River Bridge, N.S., who says: "For some years I suffered severely with headaches, pains in the back and a run-down condition. At times the pain in my back would be so bad that I would sit up in bed all night. From time to time doctors were treating me, but did not give me more than temporary relief. And then one day when I was suffering terribly a neighbor came to see me, and urged me to try Dr. Williams' Pink Pills. After taking two boxes I felt relief. I got five boxes more and before they were all gone I felt as though they were giving me new life, as in every way they built up and improved my health and strength. I am now working as a baker in a pulp mill, ten hours a day and feeling none the worse after my day's work. I say with pleasure that this condition is due to Dr. Williams' Pink Pills."

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

The Boy Scouts.

Whenever a real need exists, sooner or later something is found to meet it. A real need existed for something to fill with wholesome activity the spare time of boys—and the Boy Scout Movement developed to meet it. This organization, which has spread so amazingly during the last few years, has many claims to consider, but none so fundamental as this basic principle of keeping the boys so busy doing useful things that there will be no time for them to engage in harmful activities. The thing about the Boy Scout Movement that has surprised many people is the fact that it works. People had become accustomed to consider boys as being naturally mischievous and destructive, to look upon the period of adolescence as a time of tribulation, like the teething age of babies, which must be borne with patience and resignation. "What!" they exclaimed. "Make boys want to do useful things? It just can't be done!" Then the Boy Scout Movement came along and did it.

Scouting has been a success because it was built to fit real boys and not mythical animals. The Boy Scout plan goes right into the realm where boys live and brings them the food their spirits crave—a code of honor, romance, mystery, adventure. Now that the job has been done, it is easy to see that it is a very simple thing—nothing at all but making an interpretation of life that a boy can warm up to and understand.

First of all, a Boy Scout must make the Scout Promise. That's a perfectly natural thing. The Knights of the Round Table swore an oath or promise and so did the pirates that sailed the Spanish Main. So the Boy Scout pledges himself:

On my honour I promise that I will do my best:

1. To do my duty to God and the King;

2. To help other people at all times;

3. To obey the Scout Law.

The Scout Law referred to in the promise covers ten points: trustworthiness, loyalty, helpfulness, friendliness, courtesy, kindness to animals, obedience, cheerfulness, thrift, and purity in thought, word and deed. These are sturdy virtues that appeal to the spirit of chivalry that lives in the heart of every boy, and when enhanced by the sacredness of a solemn promise they have gripping appeal that works wonders in the growing of character. With these virtues firmly planted in a boy's mind and a habit of his daily life during his formative years, there is little danger of his forsaking them entirely in his later life.

These virtues are made vital by a programme of activities which gives the boy opportunity to put them into actual practice. The details of this programme, and information as to how it may be put into actual operation in any community where there are boys make most interesting reading for persons who have the welfare of boys at heart. These details may be had upon application to the Secretary of any local Boy Scout Association, or direct from the Ontario Headquarters of the Movement, Dominion Bank Chambers, Bloor and Sherbourne Sts., Toronto.

Next to Gibraltar, Malta is the strongest fortress in the world.

Classified Advertisements.

WANTED—YOUNG LADIES OF food education to train as nurses. Apply Welland Hospital, St. Catharines, Ont.

BITS OF HUMOR FROM HERE & THERE



Quite True.

Reuben—"Longfellow said that in this world a man must be either anvil or hammer."

Glyn—"He was wrong. Some men are neither; they are merely bellows."

Our Leisure Class.

"You have no leisure class in America," said the Englishman. "Oh, haven't we?" returned the American. "Did you ever see one of our plumbers at work?"

Tactfulness.

A speaker who thought very favorably of his own tactfulness was asked to deliver an address, and started as follows:

"My dear friends; I shall not call you ladies and gentlemen; I know you too well."

Willie Wasn't Asked Again.

Mrs. Jones was entertaining some of her son's little friends.

"Willie," she said, addressing a six-year-old, who was enjoying a plate of cold beef, "are you sure that you can cut your own meat?"

The child, who was making desperate efforts with his knife and fork, replied, "Yes, thanks. I've often had it as tough as this at home."

And It Couldn't Be.

Artist (to profiteer)—"There you are, sir, I've painted you a full line of ancestors, and I'll warrant you that none will know they are not genuine. This is your father, that's your grandfather, this your great-grandfather, and—"

Profiteer—"Hold on! Good heavens, man, you've made my great-grandfather a much younger looking man than I am!"

Watch Them Hustling Along.

One or two stories have been told of hustling American tourists "seeing the world." Here's another:

A tourist dashed up to the British Museum in a taxicab, ran up the steps, and said to the man in uniform at the door:

"Still got the Elgin marbles?"

"Yes, sir; of course, sir," replied the attendant.

"All right. How about the Assyrian winged bulls near the lunch-room?"

"They're still there, sir."

"German air-raiders during the war didn't damage your fine mummy display upstairs, I hope?"

"No, sir; not at all, sir. But won't you step inside, and look around for yourself, sir?"

"No, thanks. I'll just take them as per catalogue," answered the tourist. "You see, I've got St. Paul's, Westminster, the Tower, the South Kensington Museum, the Wallace Collection to do this morning, before I catch the Oxford train, give the colleges the once-over, and catch a connection with the Stratford express so as to see Shakespeare's house before dinner."

ASPIRIN

"Bayer" is only Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine 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. Drug-gists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacturing of Monoaceticacidester of Salicylicacid.

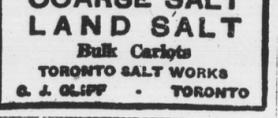


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America's Pioneer Dog Remedies

Book on DOG DISEASES

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ONTARIO WOMAN GAINS 32 POUNDS

GIVES TANLAC CREDIT FOR FINE HEALTH.

Says She Only Weighed 98 Pounds When She Began Taking It.

"I only weighed 98 pounds when I started on Tanlac, but I now weigh 130 and am feeling like a different person," said Mrs. Frieda Brydges, 378 John St., North Hamilton, Ont. "I underwent an operation four years ago and ever since then I have been in a very weak and rundown condition. My stomach was so upset that I could hardly eat a morsel of solid food and I got so thin people told me I looked like I was starving. I was very weak and my nerves were so unstrung that I could get but very little sleep at night."

"That was my condition when I got hold of Tanlac, but five bottles of the medicine have simply transformed me. Why, I have actually gained 32 pounds in weight and am feeling simply fine. "I have a splendid appetite and can eat whatever I want and never suffer a particle from indigestion. My nerves are steady, I sleep well at night and am so much stronger I can do my housework with ease. "It is nothing less than marvellous how Tanlac has built me up and I take pleasure in making this statement for the benefit of others."

Tanlac is sold by leading druggists everywhere. Adv.

The Seven Stars.

The Great Dipper, or "Seven Stars" of the ancients, has been a guide in the north for many centuries. It formerly occupied about the position the Little Dipper now has, but has been moved, due to the changing tilt of the earth's axis. Neither the dipper nor any other star in the sky has a motion visible to the naked eye. They all seem to move about the pole just as objects seem to fly back when we ride on a train. It is an optical illusion caused by the earth's spin.

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

It is the vain endeavor to made ourselves what we are not, that has strewn history with so many broken purposes, and lives left in the rough.—Lowell.

Minard's Liniment Lumberman's Friend



Trust Your Complexion To Cuticura

The majority of skin and scalp troubles might be prevented by using Cuticura Soap exclusively for all toilet purposes. On the slightest sign of redness, roughness, pimples or dandruff, apply a little Cuticura Ointment. Do not fail to include the exquisitely scented Cuticura Talcum in your toilet preparations.

Soap 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.

TOO ILL TO GO TO SCHOOL

Mother Tells how Daughter was Made Well by Lydia E. Pinkham's Vegetable Compound

Cobourg, Ont.—"Lydia E. Pinkham's Vegetable Compound was recommended to me for my daughter. She had trouble every month which left her in a weak and nervous condition with weak back and pain in her right side. She had these troubles for three years and frequently was unable to attend school. She has become regular and feels much better since she began taking the Vegetable Compound and attends school regularly. She is gaining steadily and I have no hesitancy in recommending Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine."—Mrs. JOHN TOMS, Ball St., Cobourg, Ont.

Standing all day, or sitting in cramped positions, young girls contract deranged conditions, and develop headaches, backache, irregularities, nervousness and bearing-down pains, all of which are symptoms of woman's ills. Every mother who has a daughter suffering from such symptoms should give Lydia E. Pinkham's Vegetable Compound a fair trial.

ISSUE No. 41—21.

Whose fault is it when your husband is cross at breakfast?

If you hit your thumb with a hammer you wouldn't blame your thumb for hurting.

Then why blame your husband whose nerves may have been pounded by tea or coffee, and whose rest probably has been broken by the irritation of the thein or caffeine it contains?

If you stay awake half the night you don't feel any too cheerful.

The thein of tea and the caffeine of coffee are known drugs. If their use is persisted in, sooner or later the nervous system may give way.

Then you may have insomnia, or disturbed sleep. Your nerves and tissues will be robbed of that stability essential for normal and happy living.

You can avoid this possibility if you'll stop drinking tea and coffee and drink instead, rich, pleasing Postum.

Postum is the delicious cereal beverage with a satisfying flavor. It affords the advantages of a hot drink, without the ill effects of tea or coffee.

Order Postum from your grocer today. Try it with the family for a few days, and see what a difference there'll be—how it will permit Nature to bring sound sleep and strong, sturdy, quiet nerves. Sold by grocers.

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.

Postum for Health There's a Reason