

## 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 Bldgs., Toronto.

(Continued from last issue.)

The temperature during the rash period varies from 100 deg. to 102 or 103 deg. according to the severity of the attack, and almost as soon as the temperature drops to normal the papules begin to break, resulting in the so-called desquamation. After this stage the progress of the disease towards convalescence is uneventful, if particular care is taken to ward off the complications which sometimes arise in scarlet fever cases and bring about serious results. The most dreaded of these complications are nephritis (inflammation of the kidney) and inflammation or suppuration of the middle ear, the latter accompanied by much pain and causing a rise in temperature. Kidney trouble can be best avoided by keeping the patient in bed for at least two weeks after the rash has disappeared and reserving the diet strictly to fluids. Rheumatism sometimes intervenes in scarlet fever, usually in the legs, and causes much pain. It requires careful treatment. During the second or third week of the disease, if convalescence is proceeding normally, the patient usually develops a healthy appetite and complains about the insufficiency of the diet provided. It is at this stage that the doctor in charge has to be firm with the patient as a too early resumption of solid food is liable to bring on kidney trouble.

Complications such as inflammation of the middle-ear are especially serious on account of the possibility of deafness resulting, and must be given earnest attention by the physician in charge. The throat congestion can be relieved by antiseptic gargles, warm applications, etc., which the doctor will specify.

It was formerly believed that infection was spread by the loose particles of skin during desquamation, but this theory is no longer held, it having been definitely proved that it is from the nose, throat or ear discharges that others become infected. To allow a patient therefore to leave the isolation hospital or place of quarantine, it is first necessary to see that the tonsils no longer appear enlarged or inflamed and that any discharge from the nose, throat or ears is completely dried up.

All the desquamation should also

have disappeared from the body, hands and feet, and in addition the patient on the day of leaving the hospital, should be given an antiseptic bath and have all his clothes put through a sterilizer before being allowed to mix or come in contact with other people, whether children or adults.

Although all discharges from nose, throat or ear may have cleared up when the patient leaves the hospital, even a slight discharge of this kind recurring a day or two later may cause a "return" case, that is, a case occurring as a result of coming in contact with the returned patient. Parents should be on their guard when the convalescent child comes home lest it develop "coryza," or a slight "running of the nose," for this is usually the cause of further outbreaks, other members of the family or neighbors becoming infected through fondling and caressing the child on its return from hospital.

Some cases of scarlet fever show little or no rash and indeed little appearance of illness, nevertheless these cases are dangerous to others and should be isolated for the full period of six weeks. The reason for this is that even the slightest discharge from the nose or throat may transmit the infection although the illness is hardly noticeable. Mild or "missed" cases of this disease are the chief cause of all the epidemics that occur, they being just as infectious as the more severe cases.

A. T. asks how to relieve chronic constipation. Answer: Diet and exercise are the two most important things to deal with. Do not eat too dry food. Drink plenty of water. Use fresh fruit and vegetables every day. Avoid aperient medicines as much as possible. Take sufficient exercise, preferably out of doors.

J. P. R. asks if a child who previously had whooping cough should be allowed to go to school if another member of the same family has whooping cough. Answer: There is no need for the well child to be kept at home, providing it is not allowed to come in contact with the patient. The previous attack would make it practically immune to whooping cough and it is only by direct coughing or the discharges getting on the clothing that transmits the disease.

has now a contemporary in "Scouting," a similar paper published by the Saskatchewan Provincial Council. Both are greatly appreciated by those for whom they are published and are already wielding a big influence in co-ordinating the work of the Boy Scout Movement throughout their respective provinces.

Persons interested in the Wolf Cubs the junior branch of Scouting—will be glad to know that a new booklet describing their work is now available from Provincial Scout Headquarters, Bloor and Sherbourne Sts., Toronto, upon application.

### Selling Young Trees.

A boy in northeastern Ontario built up an original and profitable business by taking orders for shade trees.

With digging tools, luncheon and some fishing tackle or a gun, he would go to the woods along a creek two miles away, or to the river. There, while he hunted or fished, he kept his eyes open for straight, well-shaped trees, from six to ten feet tall and sometimes taller, and when he found good ones, he dug them up carefully, hauled them into town and set them out for his customers. For every tree he received from one dollar to five dollars, according to its size and kind. For rock maple, white ash and beech he charged a higher price than for soft maple or elm, because they were harder to find. Sometimes he tramped miles to find a particular kind of tree, and wherever he went, he was always on the lookout for species that he could not find in his own neighborhood.

He always asked the owners of the land on which he found the trees for permission to take them, and few withheld it. Sometimes they asked him to take only certain kinds of trees, or trees from certain parts of the woodland. Usually when he offered to pay for the trees the owners refused to take anything, and he never had to pay more than twenty-five cents for a tree. Often he was allowed to do some odd job in return for it. At first the boy paid for the use of a team and wagon by working for the man who owned them; but when his father bought a motor truck, he used it on Saturdays. He usually planted his trees in the spring, to get the best results.

He also dug and set out wild ferns, mosses, grasses and plants, for which he received from ten to twenty-five cents apiece. At his suggestion, many people planted wild-flower beds, and he became so expert in making trees grow that people often hired him to set out fruit trees, vines, shrubs, berries and rare plants from nurseries. For that work he usually received thirty-five cents an hour. When a park was laid out near the square, he furnished the trees, set out plants and

planned the mounds and the wild flower and fern corner.

### Birds Are Forest Policemen.

Insects have done and are doing a great deal of injury to the forests of Canada. The forest services, federal and provincial, are carrying out protective measures, and the federal department of agriculture has a staff of entomologists who devote all their energies to his work. Many ingenious methods are being devised, but the public will be most interested in one thing that stands out in these investigations, namely, that the preservation of bird life is one means of reducing the numbers of forest insects. There may be some birds which do not eat forest insects, but generally speaking it is true that, the more birds, the fewer insects. Canadian boys and young men in the past have been too prone to go into the woods with a gun and shoot at everything in sight without thinking of the injury they might cause. Canadian forests are fine places for healthful recreation, but let those who go into them be careful not to burn them up and not to destroy unthinkingly the non-game birds which are forest policemen. Let the young people shoot as much as they like, but with a camera, not a gun.

### GLAD HE TRIED THE TONIC TREATMENT

Through Its Use Strength and Vigor Was Restored.

To be tired after exertion is natural. Rest and food restore the body to normal after such fatigue. But to be tired all the time is a symptom of an anaemic condition that will not be corrected until the blood is built up.

Such an anaemic condition is so gradual in its approach and generally so lacking in acute pains that it is often difficult to persuade the sufferer to do anything for it. But it is not a condition that corrects itself. If the blood is not enriched the trouble will increase. The nerves will be undernourished and neuralgic pains will follow. Digestive disturbances often result from thin blood, sleep is disturbed and a general breakdown may occur.

Mr. Wilson Johnson, Nineveh, N.S., says: "A few years ago my system was in a badly run down condition. My nerves seemed always on edge, and I found myself so weak that I could hardly do any work. I suffered from headaches and from pains in the back and under the shoulders, and was often so sleepless at night that when morning came I felt as tired as when I went to bed. I was taking medicine all the time, but it was doing me no good. Then I read the testimonial of a man whose condition had been similar to mine, and who strongly recommended Dr. Williams' Pink Pills. I decided to give this medicine a fair trial, and when I had taken six boxes I felt much better. I continued taking the pills until I had taken six more boxes, and I can only say I am glad I did so, as I am now enjoying the best of health, and I advise all men who feel run down to give these pills a good trial."

Dr. Williams' Pink Pills can be obtained from 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.

### Large Taking of Whitefish Eggs.

The Dominion Fisheries Branch reports that upwards of 50,000,000 whitefish eggs have been placed in the Smoke Island hatchery, Lake Winnipegosis. These eggs were collected at the mouth of the Waterhen river, which carries the discharge of Lake Winnipegosis to Waterhen Lake, thence to Lake Manitoba. With Lake Winnipegosis freezing early in November, the greatest difficulty was experienced in securing the eggs, the tug and outfit finding it necessary to winter at the egg-collecting camp. The collection of 1920 is treble the quantity collected the previous year.

In skating, as in no other sport, man has succeeded in imitating the flight of birds, especially of the birds that soar and float, like gulls, hawks and vultures. A good skater will move for hours without apparent effort, and with no violent motion of arms or legs. He progresses, as the bird does, by constantly changing the equilibrium of his body. To perceive the likeness and the beauty of it, watch a group of skaters from a point high up in some lofty building, where closed windows shut out the sound of the steel on the ice, and the only impression comes through the eye.

For Rheumatism, Neuralgia, Gout, use

## BAUME BENGUÉ

for quick and sure relief.  
BEWARE OF SUBSTITUTES.  
THE LEEMING WILES CO., LTD.  
MONTREAL.  
Agents for Dr. Jules Bengué  
RELIEVES PAIN

## NEWS

The Toronto Hospital for incurable insanity with its 1,200 inmates and Allied Hospitals, New York City, offers a three years course of training to young women having the required education, and desirous of becoming nurses. This hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

### New Citizens for Canada.

With a population of less than two persons to the square mile compared to England's six hundred, with only five per cent. of her rich agricultural land in the West under cultivation, with a heavy national indebtedness and only a few people to pay the interest in the form of taxes, the reason why Canada is hungry for immigrants can readily be understood. Immigration is the human rain without which Canada must parch and wither up.

If Great Britain had a large surplus of farmers and farm hands, Canada might not have to invite immigrants from any other source. But Great Britain is not so much an agricultural as a merchant and manufacturing centre, and every year grudges more and more the farmers or farm hands who leave her Colonies for the Dominions. She is quite willing to send out countless city folk in the hope that they may be transformed into farmers in their new environment, but she has fewer farmers to spare than many other countries from which Canada in the past has drawn excellent settlers. This is illustrated by the homesteaded entries. From 1897 to 1919, only eighteen per cent. of the British immigrants made entry for homesteads in Western Canada as compared to twenty-seven per cent. of the American immigrants and twenty-nine per cent. of the foreign born from Continental Europe.

In certain parts of Europe where there is a genuine land hunger, there is not enough land to go round. Five or six acres per family is all the land available in certain parts of Belgium, and even on that the thrifty Belgian frequently brings up a family of ten. The great immigration of Ukrainians from Central Europe which has given Canada nearly 300,000 of her Western farm population was due to the constant subdivision of farms which were only fifteen acres to start with. These Ukrainians have become a great asset to Canada, and have at their own expense erected four large colleges for higher education. Then again we owe our fine stock of seventy thousand Scandinavian settlers to the lack of sufficient land in Sweden, Norway, Denmark and Iceland.

Have these foreign born made good Canadian citizens? Read "The Education of the New Canadian," by Dr. J. T. M. Anderson, of Saskatchewan, and you will say "Yes!" In one or two groups at first there was opposition to the learning of English, particularly among the older people, but now it is difficult to find sufficient teachers to meet the demands of the schools. And it is not only in the schools where you find the foreign born. More than half the students at the University of Manitoba are of foreign parentage. You find children of the foreign born as leaders in the professions and in the Cabinet of at least one Provincial Government.

Canada is after all only repeating on a larger scale the welcome to and the assimilation of the foreign born which has characterized the history of the Mother Country. The Flemish weavers and the Huguenots who found refuge in England, are but a few of the foreign born immigrants who helped to build up British industry. Canada's chief industry is agriculture, and her agricultural prosperity is due in no small degree to the thrifty and industrious new Canadians who have come to the wide acres of the West from the over-crowded lands of Europe, and whose children to-day are proud to speak English and to sing "The Maple Leaf Forever."—A.B.

### Forest Experimental Station.

The Dominion Government established about four years ago under the Forestry Branch of the Department of the Interior, a forest experimental station at Petawawa, Ontario. This is on a part of the military reservation that is not required at the present time for military purposes. The tract is admirably situated for the purpose, as it is a territory from which the timber has been cut in the past fifty or sixty years, and he new forest is coming on in various stages of growth and different kinds of trees. The tract resembles so much of the out-crover lands in Ontario and Quebec that the results of the experiments made in it will be applicable over a great extent of Eastern Canada. The experiments cover too wide a range to be gone into in a brief note, but, in a word, the result will be to show how quickly forests of different kinds of trees grow, and how best to handle a cut-over or burned-over forest area in order to get a crop of pine, or spruce, or birch, or any other desired tree ready for the saw. Already valuable information has been secured and this will be increased as each year goes by and the effects of the different methods of treatment become visible.

"Please," gasped Mrs. Newlywed excitedly, on giving her first order to the butcher—"please send me a pound of steak and some—some gravy!"

Life is constantly weighing us in very sensitive scales and telling every one of us precisely what his real weight is to the last grain of dust.—Lowell.

Minard's Liniment for Dandruff.

## BITS OF HUMOR FROM HERE & THERE

**Fast-Fleeting Day.**  
Teacher—"Robert, which is the shortest day in the year?"  
Bobby—"The day your father promises to give you a tickle afore you go to bed."

**An Irish Joke.**  
Some authorities are of opinion that the bagpipes were an Irish invention. An Irishman, discussing the matter with a Scotman, added insult to injury by saying: "Yes, the Irish invented the instrument and sold it to the Scots as a joke three hundred years ago. But they haven't seen the joke yet."

**Tommy's Choice.**  
The teacher had been speaking of unique and valuable collections of objects of art and interest, and spoke of the fabulous wealth that had been expended by some of the collectors on their particular hobbies.

Thinking to obtain some idea of the characters of the members of his class in this direction, he asked them what they thought they would like to collect if they had plenty of money.

Up went the hand of a boy who was noted for no particular brilliance—in fact, answers from him were very scarce on any subject; so this opportunity was seized by the teacher.

"Well, Tommy, and what would you collect?"

"Rents, sir," was the prompt reply. The lesson was changed, and that teacher is recovering from the shock.

### His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or perforation, or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York City, will be given a prompt reply.

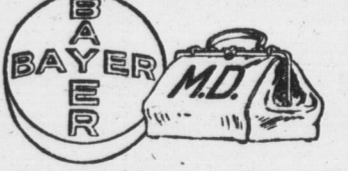
### What One of the Best Known Travellers in Canada Says.

"Now I am going to give you an unsolicited testimonial, as they say in the patent medicine advertising. Heretofore I have had a profound contempt for patent medicines, particularly so-called liniments. Perhaps this is due to the reason that I have been blessed with a sturdy constitution, and have never been ill a day in my life. One day last fall, after a hard day's tramp in the slush of Montreal, I developed a severe pain in my legs and, of course, like a man who has never had anything wrong with him physically, I complained rather belligerently. The good little wife says: 'I will rub them with some liniment I have.' 'Go ahead,' I said, just to humor her. Well, in she comes with a bottle of MINARD'S LINIMENT and gets busy. Believe me, the pain disappeared a few minutes after, and you can tell the world I said so."  
(Signed) FRANK E. JOHNS, Montreal.

America's Pioneer Dog Remedies  
**DOG DISEASES**  
and How to Feed  
Mailed Free to any Address by the Author,  
E. Clay Glover Co., Inc.,  
118 West 81st Street  
New York, U.S.A.

## ASPIRIN

"Bayer" only is Genuine



Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." 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 Monacocsaicidester of Salicylicacid.

## Classified Advertisements.

**Wool spun into yarn or blankets.** Georgetown Woolen Mills, Ont.

**AGENTS WANTED.**  
AGENTS WANTED: BLISS NATIVE Herbs is a remedy for the relief of Constipation, Indigestion, Biliousness, Rheumatism, Kidney Troubles. It is well-known, having been extensively advertised since it was first manufactured in 1888, by distribution of large quantities of Almanacs, Cook Books, Health Books, etc., which are furnished to agents free of charge. The remedies are sold at a price that allows agents to double their money. Write Alonso D. Bliss Medical Co., 121 St. Paul St. East, Montreal. Mention this paper.

### Thoughtful Smiles.

A bad thing is dear at any price. A bad husband cannot be a good man. If you owe nothing, you know what you are worth. There are always more foolish buyers than sellers. No one is so wise but that he has a little folly to spare. Adversity is the balance in which to weigh your friends. It is a mistake to think that danger can be surmounted without danger. You should pay just as much for your experience as the resultant wisdom is worth.

### MONEY ORDERS.

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

### A Dubious Farewell.

The minister of a Scottish country parish, whose estimate of himself was not of the lowliest type, had accepted a "call" to a wider sphere, and was paying a few farewell visits.

"So ye're gann ta' leave us," said one of the oldest of his female parishioners, as he sat down. "What will we doe noo?"

### Penalty of Success.

No man desires defeat; and yet when all the balloting is o'er, The loser need no longer fret; The winner has to work still more.

Women are permitted to drive motor-buses in the streets of Tokio, Japan.

In some parts of Central Africa it is a mark of respect to turn the back upon one's superior.

## CORNS

Lift Right Off Without Pain  
Magic! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Doesn't hurt a bit. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and calluses.



## Cuticura Soap Shampoos Best For Children

If you wish them to have thick, healthy hair through life shampoo regularly with Cuticura Soap and hot water. Before shampooing touch spots of dandruff and itching, if any, with Cuticura Ointment. A clean, healthy scalp usually means good hair. Soap 25c. Ointment 25c and 50c. Tablets 25c. Sold throughout the Dominion, Canadian Depot: London, 214 St. Paul St. W., Montreal. Cuticura Soap shaves without razor.

## OUCH! ANOTHER RHEUMATIC TWINGE

Get busy and relieve those pains with that handy bottle of Sloan's Liniment

WHAT Sloan's does, it does thoroughly—penetrates without rubbing to the afflicted part and promptly relieves most kinds of external pains and aches. You'll find it clean and non-staining. Keep it handy for sciatica, lumbago, neuralgia, over-exerted muscles, stiff joints, back-ache, pains, bruises, strains, sprains, bad weather after-effects. For 39 years Sloan's Liniment has helped thousands the world over. You aren't likely to be an exception. It certainly does produce results. All druggists—35c, 70c, \$1.40.

## Sloan's Liniment

## SPRING WEATHER HARD ON BABY

The Canadian spring weather—one day mild and bright; the next raw and blustery, is extremely hard on the baby. Conditions are such that the mother cannot take the little one out for the fresh air so much to be desired. He is confined to the house which is so often over-heated and badly ventilated. He catches cold; his little stomach and bowels become disordered and the mother soon has a sick baby to look after. To prevent this an occasional dose of Baby's Own Tablets should be given. They regulate the stomach and bowels, thus preventing or banishing colds, simple fevers, colic or any other of the many minor ailments of childhood. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Boy Scout Notes.

Canada's capital city has the distinction of having more Scouts per capita than any other city of 100,000 or more people in America. If the Boy Scouts of Ottawa were to join hands they would be able to encircle a very large section of their home city.

To have saved three persons from death by drowning at three different times is an excellent record. It is held by Assistant Scoutmaster Edward Walker (19 years old and a Scout since 1911) of Grimsby. He was recently recommended for one of the highest Boy Scout decorations.

New Boy Scout troops are being formed in many parts of Ontario. The latest towns to register new Scout organizations with Provincial Headquarters at Toronto are Port Colborne, Manotick, Merrilton (two troops), Dunnville (a second troop), Whitby, Minden, Richmond, Fort William (a third troop), Trenton (a second troop), and about a dozen new troops in the cities of Toronto, Ottawa, Hamilton and London. Many other new troops are also in course of formation and will be chartered by the Provincial Council later.

"The Trall," Ontario's publication for Boy Scout Officers and Leaders.

**AUTO REPAIR PARTS**  
for most makes and models of cars. Four old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfaction or refund in full our motto. Shaw's Auto Salvage Part Supply, 923-921 Dundas St. Toronto, Ont.