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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 Spadina House, Spadina Crescent, Toronto.

Let our thoughts turn for a few minutes to the problem of the preservation of child life, especially of the white races among our native-born population. In considering this problem the most advisable way is in all probability to look at the subject from the standpoint "Is it worth while?" Those who know, think that it is worth while, and they have facts and figures to back up their beliefs.

In the first place, this Dominion, and even the Province of Ontario, needs more settlers of the right kind. Now there are two kinds of settlers that increase our population—those that come to our shores as immigrants and those that are born here—our own children. A record of efficiency tests was made in the United States during the war to test the physical and mental efficiency of drafts of recruits required for war service. A comparison of the mental capacity of these recruits was made with similar recruits from Canada, and it was found that the Canadians were superior in intelligence to even the white records of the United States army. What is the reason for this? One reason is that in the United States there is a heavy influx every year of immigrants from South Eastern Europe and other parts of the earth. There is also a large negro population, native born, but this latter group need not be considered here, for their mentality ranks far below that of the whites. To be specific, the mean mental age of the negro drafts in the United States army was 10.37 years. That means that the intelligence of the average negro soldier is that of a boy a little over ten years of age and a little less than an average boy of eleven years. On the other hand, the mean mental age of the white drafts in the United States army was 13.08 years and that of Canada 13.29 years.

Now, a comparison of these figures with the actual age of the boy himself would seem to indicate that after a certain age, the average youth ceases to learn anything that would qualify him as being called intelligent.

Either that or his rate of mental progress during his early years is so slow that at puberty, that is when he grows up to young manhood, he has no more actual sense than a boy of 13 years. There is something wrong here. If your country is going to be great, if it is going to take its place among the leading nations of the world a high standard of mentality should be aimed at. The fact that Canadian recruits show superior intelligence to those of the United States might be due in some degree to the fact that a large percentage of the immigrants who come here are of British stock and consequently of a higher mentality standard due in part to heredity, environment and the system of universal education which prevails in the old country at the present time.

No figures are available at the moment to compare the intelligence of the average native-born Canadian boy or girl with those of their race and kin across the seas, but it is safe to say that Canada would hold her own in any fair test of this kind. It behooves us therefore as Canadians interested in the welfare of our country, interested in every condition that will tend towards producing a healthier and more intelligent race of people, to do all in our power to reduce infant mortality in Canada and to have facilities for the proper feeding and upbringing of the rising generation so that this country can point with pride to the physical and mental status of its native-born population and feel assured that in health, mentality, physical fitness and in social conduct, Canada can proudly take her place as one of the foremost countries as regards efficiency and progress among the nations of the earth. To reach this ideal, much work is yet necessary, and when we know that the prevailing rate of infant mortality in Ontario at the present time is, roughly speaking, one hundred per thousand, which means that one child out of every ten born, dies before reaching twelve months of age, we have some idea of the problem confronting us.

RED HOT JULY DAYS HARD ON THE BABY

July—the month of oppressive heat; red hot days and sweltering nights; is extremely hard on little ones. Diarrhoea, dysentery, colic and cholera infantum carry off thousands of precious little lives every summer. The mother must be constantly on her guard to prevent these troubles or if they come on suddenly to fight them. No other medicine is of such aid to mothers during the hot summer as is Baby's Own Tablets. They regulate the bowels and stomach, and an occasional dose given to the well child will prevent summer complaint, or if the trouble does come on suddenly will banish it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The timid man never creates anything. He who would make must dare.



She—"Everybody says you can hardly keep your head above water."
He—"Well, that's only when I'm on dry land."

Is it true, as a cynic asserts, that we cordially praise only those men who rise without overtopping ourselves?

Minard's Liniment for sale everywhere

EASY TRICKS

No. 58
The Clothes Brush



For this trick you'll need a clothes brush and a friend. Say to your friend:

"You think you are observing, don't you? Then, perhaps, you will tell me how many times I brush your back with this clothes brush."

No matter how observing he is, he will be wrong. The chances are that the laughs of those who are looking on will acquaint him with the fact that there is "a trick about the trick," before you have brushed his back more than once or twice.

The fact is that you do not brush his back with a clothes brush at all. While you appeared to be doing this, you were brushing his back with your hand while you were brushing the front of your own coat with the brush. If you will try this you will discover that it is impossible to tell, when the strokes of the hand and the strokes of the brush are simultaneous, whether the brush or the hand touches the back.

(Clip this out and paste it, with others of the series, in a scrap-book.)

House Mottoes.

Formerly it was a custom in some parts of England to put mottoes over the entrances to houses. Many of these were very quaint.

One of the best is over a door at Montacute, Somerset:—
Through this wideopening gate
None comes too early, none returns too late.

On a porch at Beddington:—
To those who cross the threshold of this door
A hearty welcome, both to rich and poor;

One favor only we would bid you grant,
Feel you're at home, and ask for what you want.

To this may be added the following appropriate Shakespearean motto, on a house at Ditching Road, near Brighton:—
Come hither—come hither—come hither—
Here shall you see no enemy but winter
And rough weather.—"As You Like It."

And on the door leading to the library:—
Open locks, whoever knocks.—"Macbeth."

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.



A Business Mistake

Farmer—"Did you sell them potatoes and cabbages I had on that stand?"
Hired Man—"Sure I did."
Farmer—"Wal I bejiggered! Now we haint got no good samples 't show them ortymobeelists w'en they come by!"

Minard's Liniment used by Physicians.

Looking Forward.

Small Son—"Say, daddy, when people go to heaven do they become angels right away, or have they to pass a lot of stupid examinations first?"

Vultures are said to fly at times at a rate of more than a hundred miles an hour.

Keep Stomach and Bowels Right

By giving baby the harmless, purely vegetable, infants' and children's regulator.

MRS. WINSLOW'S SYRUP

brings astonishing, gratifying results in making baby's stomach digest food and bowels move as they should at teething time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.

At All Drugists

1896 No. 28—23.

SHIP OPERATOR OUT WITH FACTS

"Tanlac did so much for me a year ago that right now I am feeling even better than before I got sick," declared John Croymill, 8 Haldimand St., Quebec, P.Q. Mr. Croymill, a ship telegraph operator, is well known in Quebec, having been for four years operator at the Citadel.

"For two solid years I suffered from stomach trouble. My appetite was so poor I couldn't eat much, but even then, after meals, my heart palpitated so badly from the pressure of gas on my stomach I would be miserable nearly all day and couldn't half sleep at night. The result was I felt tired and worn out most of the time.

"It wasn't long after I began taking Tanlac that my appetite had a new start and the stomach trouble was losing its grip, and now I'm always eager for mealtime to come, nothing distresses me, I sleep soundly and feel fine all the time. Tanlac is a splendid, reliable medicine."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37 million bottles sold.

Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

The Irish Sea is nowhere more than 710 feet deep.

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BACK ACHED TERRIBLY

Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do."

—Mrs. J. R. McMAHON, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."

Classified Advertisements.

M. R. POSE, OWNER, A & POSTAL CARD Investment will save you \$1.75 each. Advance \$10. Immediate response necessary. Write Auto Specialty Co., Putnam, Ont.

ONE MAN-IN EACH COUNTY TO APPOINT agents to sell our "Mole Gas," a guaranteed product. It has given 500 miles. Bids on sight. \$50 monthly cash. Write quick. LeRoy Bros., Alexandria, Ont.

WASHINGTON HAND PRESS.

WE HAVE AN ENQUIRY FOR A WASHINGTON Hand Press that will take 8 pages of 1 column, long. Wilson Publishing Co., Ltd. 73 Adelaide St. W., Toronto.

Serious Mistake.

Host (to guest, a retired doctor)—
"And did you ever make a serious mistake in your diagnosis?"
Guest—"Yes, one serious one—I once treated a patient for indigestion and she could easily have afforded appendicitis!"

There are more women than men voters in Sweden.

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But you can Promote a Clean, Healthy Condition
YOUR EYES
Use Murine Eye Remedy
Night and Morning

Keep your Eyes Clean, Clear and Healthy.
Write for Free Eye Care Book.
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Excellent for Rheumatism, Neuralgia, Backache and kindred ills.

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ECZEMA IN RASH FOR 9 YEARS

On Scalp, Arms and Limbs. Lost Rest. Cuticura Heals.

"Eczema broke out in a rash on my scalp, arms and limbs. The itching and burning were terrific. My hair became lifeless and dry and fell out in handfuls. My clothing aggravated the breaking out, and I could not rest at night on account of the irritation.

"The trouble lasted about nine years. My mother tried many different remedies but they did no good. We began using Cuticura Soap and Ointment which completely healed me." (Signed) Miss Beatrice M. Closson, No. Sedgwick, Maine, Feb. 20, 1922.

Give Cuticura Soap, Ointment and Talcum the care of your skin.

Sample Each Free by Mail. Address: "Cuticura, Limited, 164 St. Paul St., W. Montreal." Sold everywhere. Soap 25c. Ointment 25c and 50c. Talcum 50c. Cuticura Soap shaves without mug.

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UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
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Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoacetylsalicylic Acid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Compound will be stamped with their general trade mark, the "Bayer Cross."