

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.

One of the commonest causes of death among young adults twenty-five years ago was typhoid fever. Twenty-five years ago it was common for medical students during their hospital experience to see at least two or three wards always filled in the spring and fall months with typhoid patients. Today there is only one or two cases of typhoid in the Toronto General Hospital, and on enquiring it was learned that there are only a few such patients at any time of the year, except in particular cases. These "particular" cases are the result of neglect of the very precautions that have practically wiped epidemic typhoid off the map. In the great majority of cases of typhoid fever, the disease is transmitted by water. This is the common avenue of infection and if we take flies into consideration too, the whole problem of typhoid transmission will be practically solved as far as the general public are concerned.

It is very important to notice that there is an increase in the prevalence of typhoid or enteric fever during the summer and fall of each year. This disease is often spoken of as "vacation typhoid" and at least twenty-five per cent. of these cases occur among people who are either on their vacation or have just returned. This is particularly true where the holidays have just been spent in the mountains or at a lake resort where no proper sanitary precautions are taken. The water and milk supply are the chief sources of infection at summer resorts, but foods contaminated by flies or by handling raw vegetables washed in infected water or taken from fields fertilized with night-soil, oysters and various forms of shell-fish from sewage polluted waters, and bathing in infected streams, also cause typhoid infection. The drinking water supply is often contaminated by the privy contents leaking through porous soil or through cracks and fissures. For this reason the greatest care should be taken to keep the privy or latrine as far as possible from the well or pump where the drinking water is obtained. If there is the slightest suspicion that infection may get into the water, the water should be boiled and stored for use.

Since an increase in the number of cases of typhoid occur in the summer and fall, it is in spring that preventive measures should be taken. The surest method of protecting the individual against avoidable infection with typhoid fever is by inoculation with typhoid vaccine. This is attended with very little inconvenience and comprises the injection under the skin of dead bacteria on two occasions a week or ten days apart. The dangers of such inoculation is practically nil and yet the splendid results obtained by this simple procedure are in evidence wherever it has been tried and particularly so in the army where everybody is required to be vaccinated.

People should not depend on vaccination alone without taking all necessary precautions to avoid the disease. For this reason it is essential to see that the water supply is pure, that the milk is clean, that flies are suppressed, and that no refuse is left exposed, and that no persons who might be "carriers" come in any way into contact with the preparation of food. General cleanliness in the home and attention to personal hygiene also prevent the spread of typhoid.

But remember to get vaccinated at the earliest possible moment and make assurance of not catching the disease, doubly sure.

Disease germs can be distributed in

many ways. Sometimes a disease is communicable from one human being to another, sometimes they are even interchangeable between animals and men, and men and animals.

It is only by realizing how serious some of the diseases are and how easily they can be spread all over a community, that each one of us can do our little part to stamp them out or prevent them gaining headway.

Let us take a common disease—typhoid fever, and yet a very serious one. Nobody wants to take this disease, and certainly no right thinking person would want to see others take it. But very often the disease is spread about by thoughtless persons without the slightest idea of the harm they are doing. A family in the country may perhaps not have a very sanitary latrine or privy at their house, and flies may get contaminated and then find their way to food. The privy contents may contain germs of typhoid fever, probably from a "carrier," viz., a person who while not showing any active symptoms of disease, harbors a particular germ in their system and can thereby transmit the disease to others, usually by a contamination of drinking water, or by direct contact.

There may be sickness in the family, some one having fever and neglecting to call a doctor to have a proper diagnosis made and to have the patient removed to hospital. The person acting as nurse may get contaminated by actually touching the patient or the bedclothes, and then coming in contact with food. No one who has any symptoms of communicable disease or who is nursing a patient with communicable disease should have anything to do with the preparation or cooking of food. Again, a child may be taken home from an isolation hospital, after having had scarlet fever. Its nose and throat may be clean at the time of leaving the hospital, but a day or two later, nose or throat discharges may reappear. These discharges are very infectious, and yet mothers sometimes neglect to isolate the child, and others in the family or neighboring families contract the disease.

Another serious malady, typhus fever, may break out on account of personal uncleanness, the louse being the medium through which the germ of typhus is transmitted. Personal as well as general cleanliness is therefore conducive to good health.

Mosquito nets should be provided in the mosquito season, not only as a protection from these irritating pests, but on account of them sometimes transmitting the germs of malaria.

When infectious disease does break out in a house the residents sometimes object to having the house placarded, although by this means others who may take the disease are deterred from entering. Similarly there are many people who object to be quarantined, on account of personal inconvenience, although by having been in contact with a person suffering from infectious disease they are liable to spread it over the whole community.

It is not through ill motives that people neglect to use these health safeguards. It is simply that they do not know enough about the prevention or curtailment of diseases.

Of course there are many ways that germs are transmitted, which cannot be prevented by individuals. Two of these ways are by infected water and infected food. In Ontario the Provincial Board of Health has officials continually on the lookout for infection in food and water, and it is by co-operation between the people and

the Board that the province will be kept as free as possible from all preventable outbreaks of disease. Laboratory workers in every civilized country are carrying on researches in this great battle against disease germs. So many avenues are open for the distribution and spread of diseases that it is difficult even with our progressive legislation to prevent outbreaks, although we take energetic measures to control and stamp out such outbreaks.

How Codfish Are Tagged.

The United States Fisheries Bureau is catching codfish and releasing them with numbered aluminum tags attached to their tails, the object in view being to gain some definite knowledge about their migrations and the rate at which they grow. When a tagged codfish is caught again anywhere the fisherman will be expected to send the tag to Washington or to one of the bureau's stations with a memorandum stating the locality, etc. Then the number can be looked up and it will be known how far and in what direction the fish has meanwhile travelled. Also how much it has gained in size and weight during the interval.

The North Atlantic Ocean is after all only a large pond. In places there are shallows called "banks"—as, for instance, off the coast of Newfoundland—where, because the water is not very deep, the bottom is rich in molluscan, crustacean and other forms of marine life. Fishes flock to these banks to feed and there the fishermen gather great harvests. But the fishing may be overdone. On this account the halibut have almost disappeared from certain banks and fears are entertained for the maintenance of the codfish supply. Hence it is that during the last few years the U.S. Fisheries Bureau has been hatching codfish eggs by the hundreds of millions and planting the young "try."

How much good this has done nobody knows. But it is manifest that in trying to help the preservation of any species of fish every bit of information that can be gained regarding its life history is of value. Whence the usefulness of tagging the codfish.

WHEN BABY IS ILL

When the baby is ill; when he cries a great deal and no amount of attention or petting makes him happy, Baby's Own Tablets should be given him without delay. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus drive out constipation and indigestion; break up colds and simple fevers and make teething easy. Concerning them Mrs. Desire Theberge, Trois Pistols, Que., writes: "I am well satisfied with my use of Baby's Own Tablets. I have found them of great benefit to my baby when he was suffering from constipation and I can strongly recommend them to other mothers." The Tablets are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Few Centenarians.

Of a thousand persons only one reaches the age of one hundred years, while only one couple in eleven thousand live to celebrate their diamond wedding.

MONEY ORDERS.

When ordering goods by mail send a Dominion Express Money Order.

Perfect Confidence.

Jones—"Heaven bless him! He showed confidence in me when the clouds were dark and threatening." Robinson—"In what way?" Jones—"He lent me an umbrella."

Minard's Liniment Lumberman's Friend

Britain's Mystery Monument.

The most perplexing monument in the world is the great circle of mighty stones which we call Stonehenge. No one can say how they were placed in position, or by whom the work was done.

All we know is that the builders were early inhabitants of this country and that Stonehenge was a temple. The fact that it was a temple has enabled us to find the date when it was built.

These early men were sun worshippers, and they laid out their temple so that at sunrise on Midsummer Day the rays of the sun shone directly upon the great altar in the midst of the circle. As the earth does not spin quite truly on its axis, but wobbles slightly, like a top that is nearly run down, the position of the sun at Midsummer is always changing slightly.

The rising sun does not now shine straight on the high altar on June 21st. We know the rate of the earth's wobble, and we can measure the difference between the present line of the sun's rays and the old one. This enables us to calculate that Stonehenge must have been built about the year 1500 B.C., or three thousand eight hundred years ago.

Wisps of Wisdom.

Men are known by the company they keep away from.

A promise should be given with caution and kept with care.

You cannot build a reputation on the things you are going to do.

If you have a minute to spare, don't worry a man who hasn't.

Truth is elastic, but don't stretch it unless you want it to fly back and sting you.

Prudent persons are like pins—their heads prevent them from going too far.

A POPULAR TONIC

One That Enriches the Blood and Strengthens the Nerves.

Proper food, fresh air and a good tonic will keep most people in good health. Hurried meals, indoor confinement in badly ventilated rooms and lack of exercise cause anaemia. In this condition Dr. Williams' Pink Pills are a popular tonic. They contain no habit forming drugs, and always have a beneficial effect through enriching the blood and strengthening the nerves. For growing girls, who become thin and pale, for pale, tired women and for old people who fall in strength, Dr. Williams' Pink Pills are an ideal tonic. Their benefit in anaemic conditions is shown by the ease of Miss Lucy A. Steeves, Hillsboro, N.B., who says: "Last spring I was in poor health, and completely run down. I had severe headaches, the least exertion would cause my heart to palpitate violently, my appetite was poor, and at times I had fainting spells. This went on for some months, and although I was taking medicine, I seemed to be growing weaker, and the least exertion would leave me worn out. Then on the advice of a friend, I changed the treatment to Dr. Williams' Pink Pills, and I have great cause to be thankful that I did so, as they have made a wonderful improvement in my condition. I can now work without fatigue, go upstairs without becoming breathless, and have gained in weight. I think these pills are an ideal medicine in cases like mine."

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.

What Boy Scouts Are Doing.

Two thousand, two hundred Boy Scouts from thirty-five different Ontario towns and cities participated in this year's Provincial Scout Rally at Toronto Exhibition. A veritable cloud burst broke over the Exhibition grounds at the very hour the assembled Scouts were to march past Provincial Commissioner W. K. George, but that did not deter the boys from carrying through their announced programme. It did delay them an hour—they could not be blamed for that—and it very materially reduced the number of their spectators, but otherwise everything passed off as arranged. Over five hundred of the eight hundred and fifty out-of-town Scouts were accommodated during their stay in Toronto in a special Boy Scout model camp, which was one of the big features of this year's Fair.

His Excellency Lord Byng, Canada's new Governor-General, has just been gazetted as the "Chief Scout for Canada," succeeding to this office upon the retirement of His Excellency, the Duke of Devonshire. And Lord Byng will be no "figurehead" chief. In England he has been an active Scoutmaster of a troop of boys in his own town, later was Commissioner of his County, and still more recently has been a member of the Imperial Headquarters Council of the Boy Scouts Association. He also wears the "Silver Wolf"—the highest decoration in Scouting—"And I earned it too," he said to a Canadian Scout official the other day, in reference to it. By this he meant it was not an honorary decoration, but one which he earned just the way an ordinary Scout would earn it.

Reports of over one hundred Boy Scout camps held in different parts of the province during the past summer have already been received at Provincial Headquarters, these camps caring for some five thousand boys. Out of Toronto alone there were forty-six camps attended by seventeen hundred Scouts. Although these camps ran full programmes of swimming, boating, water work, canoe trips and long, hard hikes, not a single serious accident marred the happiness of any one of them—a splendid testimony to the effectiveness of the Boy Scout scheme of directed recreation. And besides all the games and fun, and entertainment, the boys found time to qualify themselves for hundreds of Boy Scout badges and awards.

Hon. Manning Doherty, Minister of Agriculture, and Hon. Dr. A. S. Grant, Minister of Education, participated in an interesting Boy Scout function recently at Cochrane. In the course of an address to a crowd of 3,000 settlers gathered from all over the scattered Northland, Mr. Doherty referred to all the assets of the new country. "But there is one essential asset, and it is the greatest asset of all countries, of all districts and of all industries. That is the boy—the rising generation. There are many organizations to help the boy and which help his parents to help him, but the best is the Boy Scouts. I am very glad to see you have the Boy Scouts in the north and I am particularly proud to be in a position to ask the Hon. Dr. Grant, Minister of Education, to present the colors to the 1st Cochrane Troop." Dr. Grant then handed the new colors over to the Troop, after which the whole party left the platform.

The early Fall is the very best time of the year for the formation of new Boy Scout troops. Full information regarding Scouting, and with particular reference to organization work, may be had upon application to the Field Department, Boy Scouts Association, Bloor and Sherbourne Streets, Toronto.



Got His Wish.

Mrs. Magun—"I came across one of your old letters to-day, George, where you said that you would rather be in endless torment with me than in bliss by yourself."

Mr. Magun—"Well, my dear, I got my wish."

The Boy Scored.

The conjurer was producing eggs from a top-hat. He addressed a boy in the front row.

"Your mother can't get eggs without hens, can she?" he asked.

"Oh, yes," said the boy.

"How's that?" asked the conjurer.

"She keeps ducks," answered the boy.

Why They Quarrelled.

The lady of the house ushered the new cook into the dining room and began the usual interrogations.

"And now, tell me," she asked, "why did you leave your last place?"

"Oh, mum, it was something awful. I couldn't stop there on no account. The master and missus used to quarrel like cat and dog."

"How sad!" said the inquirer. "No wonder you couldn't stop; and what did they quarrel about?"

"Well, mostly," replied the domestic, "the way the dinner was cooked."

Pleased to Meet Her.

A minister told the story of a strapping fellow who brought his demure young bride to the manse for matrimonial purposes.

"According to my custom," said the minister, "I turned to the bridegroom at a certain part of the ceremony and said, 'John, this is your lawfully-wedded wife.'"

"In the excitement of the occasion, John turned in the direction of his newly-acquired partner and stammered, 'I'm pleased to meet you.'"

A Serious Question.

Little Douglas had been told that he must always wait patiently until he was served at meals, and not cry across the table or help himself.

One day, whilst dining at a neighbor's with his mother, the little fellow was accidentally overlooked.

He was very patient for a time, but at last he could bear the strain no longer. The sight of everyone feeding but himself was too much for the hungry child.

Leaning across to his mother, he said, in a loud whisper:

"Mother, do little boys who starve to death go to heaven?"

Unhappiness is often an illness, a cure for which may be found in rest or a change.

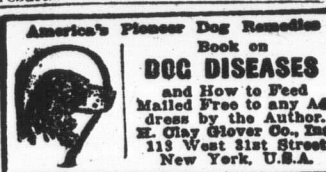
Rural Route No. 1, Mascouche, Que. The Minard's Liniment People.

Sirs—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago but they grew again till about three months ago I had one as large and shaped like a lady's thimble, on the very place where my hair should be parted, and it was getting so embarrassing in public that it was a constant worry to me.

About three months ago I got a bottle of your liniment for another purpose and saw on the label good for tumors. Well I tried it and kept it for exactly two months, with the result that it has entirely removed all trace of the tumor, and were it not that they had been cut off I have not been asked for this testimonial and you can use it as you see fit.

(Signed) FRED C. ROBINSON. P.S.—I am a farmer and intend using Minard's Liniment on a mare for a strained tendon, and am hoping for some results.

(Signed) FRED C. ROBINSON.



COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
G. J. CLIFF - TORONTO

ASPIRIN

Only "Bayer" is Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacid ester of Salicylicacid.

FOREMAN WHITE IS BACK ON JOB

FEELS LIKE ENTIRELY DIFFERENT PERSON.

Had Suffered Complete Breakdown—Tanlac Restored Health, He Says.

"I want to give a little history of my case just to let the public know what Tanlac has really done for me," said Edward White, 27 Caroline St., South Hamilton, Ont., a foreman for the Dominion Steel Company.

"Several years ago I suffered a complete breakdown and it was only when I got Tanlac that I recovered my health. We were making engines and were anxious to turn out as many as possible, so lots of time I worked night and day.

"Well, this finally got the best of me and I just had to go to bed and stay there for a number of days. This left me in such a bad condition that I had no appetite at all and was so weak that when I walked around I would just stagger. I tried treatments and all kinds of medicine, but failed to get any better and I began to think nothing would help me.

"However, Tanlac has built me up so in every way until I feel like an entirely different person now. My appetite is fine and I eat hearty at every meal. Why, I've gained eleven pounds in weight and am back on the job every night working as good as ever."

Tanlac is sold by leading druggists everywhere. Adv.

Sea-water contains certain ingredients, such as compounds of iodine, which make it useful as an internal medicine in certain illnesses.

Liverpool is now stated to be the coolest place in England, Hull and Newcastle-on-Tyne being second and third.

Ask for Minard's and take no other.

Experience is always teaching, and those who are no better are those who think they know better.

Classified Advertisements.

REPRESENTATIVES WANTED TO sell Dresswell Hand Tailored Clothes for Men. Big profits. No investment. State experience and send references with application. North American Tailors, Ltd., 366 Adelaide St. W., Toronto, Ont.

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



CUTICURA

PREVENTS FALLING HAIR

If your scalp is irritated, and your hair dry and falling out in handfuls, try this treatment: Touch spots of dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Soap. Absolutely nothing better.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Agents: Lyman, Limited, 344 St. Paul St., Montreal.

Cuticura Soap shaves without mug.

ABLE TO DO HER WORK

After Long Suffering Mrs. Peasey Restored to Health by Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I suffered with irregular periods, was weak and run down, could not eat and had headaches. The worst symptoms were dragging down pains, so bad I sometimes thought I would go crazy and I seemed to be smothering. I was in this condition for two or three years and could not seem to work. I tried all kinds of medicines and had been treated by physicians but received no benefit. I found one of your booklets and felt inclined to try Lydia E. Pinkham's Vegetable Compound. I received the best results from it and now I keep house and go out to work and am like a new woman. I have recommended your Vegetable Compound to my friends and if these facts will help some poor woman use them as you please."—Mrs. J. F. PEASEY, 387 King St., Toronto, Ontario.

If you are one of these women do not suffer for four or five years as Mrs. Peasey did, but profit by her experience and be restored to health.

ISSUE NO. 39—21.

Do you know what constitutes a strong constitution?

To have sound, healthy nerves, completely under control, digestive organs that are capable of absorbing a hearty meal, means you have a strong constitution! Your general attitude is one of optimism and energy.

But an irritable disposition, frequent attacks of indigestion, and a languid depression, indicate your system is not in correct working order.

Probably you are not eating the proper food. Probably the nutritious elements are not being supplied to your system in the proper way.

Grape-Nuts is the wholesome, delicious cereal that promotes normal digestion, absorption and elimination, whereby nourishment is accomplished without auto-intoxication. A mixture of energy-giving wheat and malted barley comprise the chief elements of Grape-Nuts. A dish at breakfast or lunch is an excellent, wholesome rule to follow.

You can order Grape-Nuts at any and every hotel, restaurant, and lunch room; on dining cars, on lake boats and steamers; in every good grocery, large and small, in every city, town or village in Canada.

Grape-Nuts—the Body Builder
"There's a Reason"