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TOO MUCH SPEED.

Reason For the Increase of Heart Disease in Dominion.

The coming census will strikingly show how, while the death rate from some diseases has greatly fallen off, it has steadily and rapidly risen from certain other maladies during the last few years.

Most noteworthy is the fact that heart disease has leaped to the front as the foremost cause of mortality in Canada, taking in this respect the place formerly held by tuberculosis.

There are now as many deaths from heart disease in this country per 1,000 of population as were attributable to tuberculosis twenty years ago. In the meantime mortality from the latter plague has so far lessened that fewer than sixty persons die of it where it killed eighty in 1900. But heart disease takes nearly eighty lives to-day where in 1900 it destroyed fifty.

Heart disease fifty years ago was a relatively rare malady. It has now become exceedingly common. Why? Physicians say that the increase is due to the excessive "drive" of Canadian life. The strain to which the heart is subjected is too great.

It is the same way with apoplexy, the death rate from which has risen steadily and fast during the last twenty years. And the cause is the same. A blood vessel breaks in the brain, and there you have it. Four people will die of apoplexy this year for every three that succumbed to it in 1900.

Again, it is the same way with kidney trouble. Bright's disease will kill four this year for every three that died of it in 1900. Too much drive; too much strain. Heart and kidneys work together; what affects one will almost surely affect the other.

Three people will die of cancer this year for every two that succumbed to this fell complaint in 1900. As a killer it is gaining ground much more rapidly than heart disease. Already it destroys nearly half as many lives as the latter, and it is going ahead by leaps and bounds.

But cancer is a problem all by itself. Nobody knows what causes it, or why it should spread and increase in the way it does. It is a total mystery—which makes it all the more horrible.

The decrease of tuberculosis is due to improved sanitation, the malady being typically infectious. Typhoid (thanks chiefly to preventive inoculation, but also to sanitary measures) has so diminished that only one person will die of it this year for every four killed by it in 1900.

The death rate from diphtheria has declined by two-thirds during the same period owing to the use of a specific antitoxin. Pneumonia has just about held its own. It is a disease hard to deal with, frequently following measles, or "flu" or other sickness. Commonly its germs are present in healthy mouths and throats, waiting for a chance to make an attack.

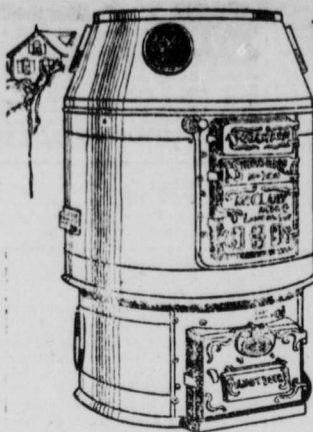
Education.

A professor of a Western University has evolved a series of test questions for the educated which he avows are the best evidences of a real education. If you can answer "yes" to each and all the questions you are truly educated, the professor says. Here are the questions:—

1. Has education given you sympathy with all the good causes and made you espouse them?
2. Has it made you public-spirited?
3. Has it made you a brother to the weak?
4. Have you learned how to make friends and keep them?
5. Do you know what it is to be a friend yourself?
6. Can you look an honest man or a pure woman in the eye?
7. Do you see anything to love in a little child?
8. Will a lonely dog follow you in the street?
9. Can you be high-minded and happy in the meanest drudgeries of life?
10. Do you think that washing dishes or hoeing corn is just as compatible with high-thinking as playing the piano or playing golf?
11. Are you good for anything yourself?
12. Can you be happy alone?
13. Can you look out on the world and see anything but dollars and cents?
14. Can you look into a mud puddle by the wayside and see a clear sky?
15. Can you see anything in the puddle but mud?

"Cold Feet" Saved Canada.

Investigation being made by the United States Senate Committee disclosed the efforts made in 1916 by Bernstorff and Albert on behalf of Germany to gain control of the marine war risk insurance business of the United States, the evidence of these activities being supplied by the Department of Justice and read into the records of Bruce Bielaski, the chief of the Department's Bureau of Investigation. Mr. Bielaski also made a reference to the activities in America of the German organization known as the Kriegsbund, from the ranks of which he said the German authorities had hoped to mobilize an armed force to invade Canada. The invasion scheme failed because of what may be termed "cold feet" on the part of the members of the War Brotherhood, who were expected to invade Canada.



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