

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.

A few days ago a letter reached me from a mother in the country, reading as follows: "Our baby, seven weeks old, had a rash from the heat. Would you kindly tell me what is best to do for it." This is a difficult question to answer by letter, and shows what Public Health officials have to deal with. In the first place the question should be answered by the family physician. He is the one to visit the child and determine what the cause of the rash may be. The mother may think it is caused by heat and she may be right, but it is better to have expert advice on the matter. There are rashes due to scarlet fever, incipient measles and various other ailments that have to be taken into account.

It is for reasons such as this that Public Health Education as far as Child Welfare is concerned, aims to impress on mothers the necessity of a thorough medical examination of their children regularly. Parents are too prone to diagnose complaints of children and label them this or that without any scientific investigation whatsoever. For instance, it is appalling to think of the number of deaths of infants and young children from diphtheria whose mothers were firmly convinced that the sick children had merely a "sore throat" or tonsillitis. Over 63 per cent. of the deaths from diphtheria in Ontario last year were among children under five years of age—that is, children of pre-school age who had not yet come under the supervision of school medical inspection. Minor defects of all kinds, moreover, go unattended to, and become chronic because either the parent did not notice the defect in the child or else did not regard it as anything serious. The idea of calling in a doctor is only as a last resort with some people, in fact, you will sometimes hear the expression "I don't think he is sick enough to send for a doctor."

The baby is not a toy or a plaything, but a great responsibility. Its health, growth and happiness depend largely upon you—the parent. Therefore you must avoid infection by keeping the baby away from anyone who is not perfectly well. What seems like a cold in the head may turn out to be measles or some other disease. Remember that measles and whooping-cough are serious diseases for young children. The older a child is when he comes down with them, the less is the danger of fatal results. The germs of disease enter by way of the mouth. Keep playthings and comforters, and everything that has not been thoroughly cleaned out of the baby's mouth. Do not let the baby crawl around on a dirty floor or dusty carpet. Place him on a clean sheet or blanket. Flies carry disease to babies. Screen the baby's room.

Keep flies away from the baby and his food at all times. Cover the crib or carriage with netting to keep out the flies and mosquitoes.

A healthy, good-tempered baby is one of the greatest joys of life. Wherever it goes, sunshine radiates from its presence and fills the most

drab and uninteresting situations with smiles and good-fellowship. A few evenings ago I was in a train coming to Toronto from Blackwater Junction and the compartment was filled with the ordinary crowd of tired, sleepy individuals one sees travelling at night after a long journey. Yawning, gazing listlessly at the notice prohibiting spitting in the train, or looking out into the dark of evening, everybody seemed to be looking on life as a commonplace, without a thrill. But into the train came a young man wearing the returned button, and with him were his wife and baby. That charming little mortal about fifteen months old was soon the centre of interest. Hardly had its mother got seated when it wheeled round in her arms and grabbed a newspaper which a man was listlessly reading in the seat behind. Instantly the man was alert with kindly interest. Not wanting to have the reader disturbed, the mother moved over to the seat facing, but a ruddy-complexioned old fellow was the next victim. The little tot promptly took hold of his ear and the weather-beaten stranger turned round startled. But when he saw that laughing little countenance he instantly reached over his horny hand and shook baby's outstretched palm. The child then noticed a lady across the aisle eating an orange and glued its eyes on the attractive fruit. With the mother's permission the lady gave a section of the orange to the child, and to show its appreciation, the little one allowed itself to be lifted on to the lady's knee.

All the time the baby was smiling and waving its hands at nearby people in the compartment, with the result that everybody was wreathed in smiles. That baby was a tonic—a genial travelling companion not only to its parents, but to every stranger it met along the way. Its father remarked to me that the baby was breast-fed from birth till it was over nine months old, which was very obvious.

To me, interested in the Welfare of Children, my admiration of this youngster was associated with a feeling of regret—regret that there should not be more of these healthy, happy babies in this Province of Ontario. They are optimists from birth and will grow to healthy men and women. How often we see the other extreme, the ill-nourished, pale and crying baby, handicapped in health from the moment it begins its earthly existence. It is a sorry spectacle and there is no need for many of these weaklings, if the mothers only knew and practiced mothercraft, particularly the great essential—breast feeding, coupled with proper care of the child during the early months and years of life. In the whole field of Child Welfare there is no more important first principle than this—having the child fed at the mother's breast. It is a slogan that should be preached from the housetops, from the pulpit and from every newspaper and avenue of publicity in this country.

Obstructed Vision.

Very Stout Old Gentleman—"Here, my lad, is a nickel for you. Now tell me if my shoes need polishing."

The man who is afraid of scratching his hands will not gather many berries.

Haven't Got Time.

Opportunity tapped at a door. With a chance for the brother within.

He rapped till his fingers were sore, And muttered: "Come on, let me in. Here is something I know you can do, Here's a hill that you can climb." But the brother inside, very quickly replied:

"Old fellow, I haven't got time."

Opportunity wandered along In search of a man who would rise. He said to the indolent throng: "Here's a chance for the fellow who tries."

But each of them said with a smile, "I wish I could do it but I'm Very busy to-day, and I'm sorry to say That I really haven't got time."

At last Opportunity came To a man who was burdened with cares, And said: "I now offer the same Opportunity that has been theirs. Here's a duty that ought to be done. It's a chance if you've got time to take it."

Said the man with a grin: "Come along, pass it in! I'll either find time or I'll make it."

Of all the excuses there are By which this old world is accursed, This "haven't got time" is by far The poorest, the feeblest, the worst. A delusion it is, and a snare; If the habit is yours, you should shake it.

For if you want to do what is offered to you You'll find time to do it, or make it.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Mrs. W. Beesley, Millie Roche, Ont., writes: "I have used Baby's Own Tablets for the past eight months and would not be without them. I used them for indigestion and teething and my baby is cutting his teeth without any trouble whatever. I can highly recommend the Tablets to other mothers." What Mrs. Beesley says thousands of other mothers say. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach, thus driving out constipation and indigestion and making teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Cloud.

To be the cloud for which men pray When earth is parched by high sun's rays:

To be a breath of cooling breeze When cities choke for wind of seas; To be a dew on ripening grass When hot days o'er the meadows pass. It must be fine, it must be sweet, To heal the earth of withering heat!

To be a song when silence seems A pain, an ache, a void of dreams; To be a fragrance and perfume When lives are longing for a bloom; To be a kiss, a hug, a smile That hearts have hungered for the while— It must be fine to serve some end Of sweetness for a human friend!

To be a star when night is dark; To be a lyric when the lark Has flown to other haunts of life; To be a memory in some heart That has grown weary of the strife— It must be fine, O cloud, like thee To bring the cool breath of the sea; Or rose, to grace with beauty those Whose lives are empty of the rose!

Good Spirits.

There are three sorts of spirits—alcoholic, ghosts, and those that are a part of yourself. They are a health barometer, and indicate your state, physically and mentally.

Any medical man would corroborate the statement that it is unwise, if not dangerous, to get in low spirits, and as various causes produce that effect, it is as well to know what those causes are, and counter them. Forget not that what we call "spirits" is really our vitality, the life principle.

We feel depressed in spirits on a wet day because the air is laden with vapor, and has proportionately less oxygen in it. The air, too, is lighter than usual, and does not balance the air in our bodies. Hence the depression. The result is that we work with difficulty and less efficiency.

The remedy is to get out of doors and double the normal rate of breathing. That, as is evident, will pump more oxygen into the system, and the benefit is immediate. The "life" of the depression can be felt. And laugh! Laughter stirs up the whole system and releases stored nervous power or vitality. It may be urged that one cannot laugh if there is nothing to laugh at; but, as a matter of fact, a forced laugh will soon progress to a natural one. Try. You will get amused at yourself, and up will bound your spirits.

Finally, add to the quicker breathing and the laughter, a loosening of your clothing. Undo neck and wristbands and the like. That's the last little touch. As the proof of the pudding is in the eating try this threefold remedy the next time you are depressed from any cause, and you will find it a sure cure.

Great Britain was within 90 days of being starved during one period of the war, stated the Prime Minister of Australia recently.

PAINFUL NEURALGIA TORTURING SCIATICA

Both Come From the Same Cause—Thin, Watery Blood.

Most people think of neuralgia as a pain in the head or face, but neuralgia may affect any nerve in the body. Different names are given to it when it affects certain nerves. Thus neuralgia of the sciatic nerve is called sciatica, but the character of the pain and the nature of the disease are the same. The pain in neuralgia is caused by starved nerves. The blood which carries nourishment to the nerves has become thin and impure and no longer does so, and the pain you feel is the cry of the nerves for their natural food. You may ease the pains of neuralgia with hot applications, but real relief from the trouble comes by enriching and purifying the blood. For this purpose Dr. Williams' Pink Pills are strongly recommended. These pills make new, rich blood and thus act as a most effective nerve tonic. If you are suffering from this most dreaded of troubles, or any form of nerve trouble, give these pills a fair trial, and note the ease and comfort that follows their use.

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.

National Slanders.

The origin of national slanders is a mystery. Someone starts them, others continue them, and the rest of us accept them as Gospel, and give them further currency.

Englishmen are alleged to be super-shy and reserved. Their life on an island is said to be responsible. Rubbish! They have been, and are, the biggest travellers of all the nations. If Englishmen were shy and reserved they wouldn't have been the pioneers in colonization, Empire-building, conquest, commerce, and the like.

As a matter of fact, the average Englishman is super-social, and if any proof of that is needed it is to be found in the fact that England is, par excellence, the home of sport. Sport demands sociability. Imagine a tennis boom among a "super-shy, reserved" people!

Scotsmen are alleged to be mean—unco' careful w' th bawbees. Thousands of jokes have been built up on that slander. But, as a matter of fact, the Scot, as all who have had to do with him know, is extraordinarily generous and kind-hearted. Ask the treasurer of any hospital! There's the test.

The Irish are doubly slandered. They are alleged to be a gay, witty race, care-free and careless. This is a slander. The Irish are a sad people. All their beautiful melodies are in a minor key. "Irish humor" doesn't really exist. The Irish are really intensely serious. And as to being "careless," it is a fact that they are thrifty, clean, and super-moral.

The French are supposed to be irresponsible and excitable. An obvious slander, which the Great War killed—or ought to have killed.

Then there is the "wily, unspeakable" Turk. For a fact, he is about as simple as they make 'em! The Dutch are alleged to be "stolid," and all that the term implies. It's a slander, for the Dutch are very much all there! The tale might be continued, but the result would be the same, whether dealing with the "cute" Yankee, the "emotional" Welshman, the "treacherous" Spaniard, or the "gay" Italian. Slanders all!

Lifeboat Made of Basket-Work.

A basket-work lifeboat seems very frail and delicate for the hard work of getting through rough seas to a ship in distress, yet a boat of this type has just been invented, and it is claimed that it gives greater safety than the usual kind.

The wooden framework of the boat is covered with a cork lining, and over that is laid an outer cover of woven cane. It is said that the new boat floats better than the boats now in use, and that it is impossible for it to sink.

The basket lifeboat is so light and springy that it is less likely to be crushed by swinging against the side of a ship or by the buffeting of the waves.

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

Making Volcanoes Work.

It is proposed that the heat from Kilauea, a volcano on the island of Hawaii, shall be made to provide electric light and power for every part of the island. This volcano has a perpetually active crater, and is an awe-inspiring spectacle for tourists.

A request has been addressed to the Legislature of Hawaii asking for the appropriation of \$30,000, which, with a like amount from the Hawaiian Volcano Research Association, will be used for borings and other preliminary work.

It is hoped that sulphur, copper, and other materials may be recovered from the gases of the crater, while it may be found possible to use the power generated to extract nitrogen from the air.

Minard's Liniment Lumberman's Friend

BITS OF HUMOR FROM HERE & THERE

Both Satisfied.

"So you resigned?" "Yes. I couldn't stand the way the firm treated me." "What did they do?" "Took my name off the pay sheet."

The Days Are Gone.

"Are you willing to work for \$30 a month and your board?" asked Mr. Cobbles. "Yes, sir," replied the applicant for a job as a farm hand. "But if you occasionally see me pause in my task of manureing the pigs to brush away a tear think nothing of it. I was paid \$10 a day during the war, and it wasn't much of a day at that."

Careful Father.

Young Harold was late for Sunday school and the minister inquired the cause.

"I was going fishing, but father wouldn't let me," announced the lad. "That's the right kind of a father to have," replied the reverend gentleman. "Did he explain the reason why he wouldn't let you go?"

"Yes, sir. He said there wasn't bait enough for two."

Thinking of Home.

A little lad of nine on entering one of our large fever hospitals was noticed by the nurse to be crying bitterly.

She, trying to find out the cause of his tears, said, "Well, sonny, why are you crying so?"

The little lad, between his sobs, replied:

"I am not crying, nurse, but my eyes are watering when I think of home."

That Man Is Happy—

Who values honor and good name above riches.

Who can enjoy the landscape without owning the land.

Who can face poverty and misfortune with cheerfulness and courage.

Who has a hearty appreciation of the beautiful in human life as well as in nature.

Who has a contented mind liberally stored with the knowledge that makes life interesting.

To whom plain living, high thinking and useful work constitutes real riches.

Who is conscious of his oneness with the One.

Who has a harmonious, happy home.

Who has learned how to neutralize fear thoughts and worry thoughts by their antidotes.

A hibernating animal can be awakened from its winter sleep by being brought into a warm room. When again put into a cold place it immediately resumes its dormant state.

At the Yarmouth Y.M.C.A. Boys' Camp, held at Tusket Falls in August, I found Minard's Liniment most beneficial for sunburn, an immediate relief for colic and toothache.

Alfred Stokes, General Sec'y.

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

America's Pioneer Dog Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. E. Clay Glover Co., Inc. 115 West 31st Street New York, U.S.A.

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ASPIRIN

"Bayer" is only Genuine



Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty-one years and proved safe by millions. 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 Monoaceticacidester of Salicylicacid.

DRUG CLERK PUTS TANLAC TO TEST

PUT ME IN SPLENDID HEALTH, HE SAYS.

Feels It His Duty To Tell Others How It Has Helped Him.

"Tanlac has been of such benefit to me that I feel it my duty to make the facts known to everybody," said Herbert H. Knapton, well-known drug clerk, 15 Epworth Ave., London, Ont.

"As the result of an accident about three years ago I was laid up for seven weeks and got into a very run-down condition. My stomach was so upset that I had to go on a special diet because of indigestion and was also troubled with constipation. I had so much neuralgic pain in my shoulder that I could get no rest at night without taking sedatives to induce sleep."

"I must confess that I did not think Tanlac could help me, but a friend of mine was so benefited by it that I gave it a trial. I was both surprised and gratified by the result."

"It quickly gave me an excellent appetite and so improved my digestion that I could eat whatever I pleased without suffering any bad after effects and it also relieved my constipation."

"I haven't an ache or a pain in my body now and ever since I finished the third bottle of Tanlac I have enjoyed splendid health. I've been praising and recommending it ever since."

Tanlac is sold by leading druggists everywhere. Adv.

Forest Fires Burn the Future.

Every good citizen should know what forests mean to Canada, to his province and to his very home: and that every fire that burns in the forests is a detriment to the progress of civilization. Every boy and girl should have instilled into their minds the untold damage that may result from carelessness with fire in the woods. In destroying the forests we are not only damaging the present, but are literally burning up the future.

Ask for Minard's and take no other.

The French astronomer, Pons, discoverer of the comet that has aroused so much interest this year on the occasion of its periodic return to our part of the solar system, began his career as janitor of the Observatory of Marseilles. He discovered, in all, thirty-seven comets.

ITCHING BURNING ECZEMA ON FACE

In Blisters Was Disfigured. Cuticura Healed.

"Eczema started on my face around my chin. It came out in blisters and the itching and burning were very disagreeable. Sleep was out of the question and my face was disfigured so I wore a veil."

"I was treated and used different remedies but nothing would do any good. I procured a cake of Cuticura Soap and a box of Cuticura Ointment which soon healed me." (Signed) Miss Carrie H. Frisbie, Gray, Dry Mills, Me.

Try to prevent further trouble by using Cuticura for all toilet purposes. Soap 25c, Ointment 25c and 50c. Telcom 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal. ^{25c} Cuticura Soap shaves without mug.

LIFE WAS A MISERY TO HER

Says this Woman Until Relieved by Lydia E. Pinkham's Vegetable Compound.

Owen Sound, Ont.—"I suffered for ten years with female organic trouble, neuralgia and indigestion, and was weak and had such bad pains I could hardly walk or stand up at times. When I would sweep I would have to go and lie down. I could not sleep at night, and would wander around the house half the time. I tried everything but nothing did me any good, and the last doctor I had told me he never expected me to be on my feet again or able to do a day's work. One day one of your little books was left at my door and my husband said I should try a bottle of Lydia E. Pinkham's Vegetable Compound. I thank God I did, for it relieved me, and I am now well and strong. I think there is no remedy like the Vegetable Compound for anyone who has my troubles, and have recommended it to my neighbors. You can publish my letter for the benefit of those I can't reach."—Mrs. HENRY A. MITCHELL, 1767 7th Ave., East, Owen Sound, Ont.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

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First on the Appetite List

ONCE the crispness and charm of Grape-Nuts have been tested by the family, there's one item that stands prominently out in the marketing list thereafter.

That's Grape-Nuts.

The twenty hours of continuous baking have produced, from the natural richness of wheat and malted barley, a food that is uniquely sweet with sugar developed from the grains themselves, and whose crispness and flavor make a delightful appeal to every member of the family.

And Grape-Nuts is soundly nourishing—a great builder of health and strength.

Served with cream or milk, as a cereal for breakfast or lunch, or made into a pudding for dinner.

See that your marketing list includes this delicious, economical food, today. All grocers.

"There's a Reason" for Grape-Nuts