

HEALTH EDUCATION

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldgs. Toronto.

Many people worry a lot about so-called bodily infirmities when there really is little cause for worry. What they need to know is that as the years go by the changed inclinations and requirements are natural, and needs of the body adjust themselves to new conditions. For instance one has often heard people complain about their inability to sleep as many hours as they used to do, and think in consequence that they must be on the verge of a nervous breakdown. Another will lament the fact that he cannot play baseball or tennis, although he was formerly an enthusiast at these games.

How to live at various ages is a matter of very great importance. The young person has more reserve power, more activity, and requires more food. Older people show less activity, sleep less and do not require so much food. Besides, they have to go more carefully and are inclined to avoid even necessary exercise.

However physically fit the best athletes may appear, they seldom show their best form after thirty. Very few of the players in the major leagues of baseball are over thirty years of age, the most notable exception, however, being Ty Cobb, the famous Detroit outfielder. In pugilistic circles Jack Johnson retained the world's championship when over thirty, but such men as these are the exception rather than the rule.

One reason why strenuous exercise is inadvisable after youth has passed, is on account of the blood pressure increasing as the years go by. That the kind of exercise one takes in middle life is of importance from a health standpoint is shown by insurance companies inquiring into this matter on issuing policies.

After all is said and done, youth is only old age deferred, and the strenuous life, the bubbling vivacity and almost ceaseless energy of youth cannot help but serve their purpose in bringing the physical part of our make-up to maturity, and as a natural consequence, provide time in after years for the development of the mind and the capacity for study and application in the making of a living.

At the adult stage of life, too, the demands of business and professional activity necessitates a considerable amount of exercise which takes the place of organized exercise and play

such as is indulged in by youth. Walking is one of the best exercises, and even in cities people should be encouraged to do more walking than from their place of business. The increasing popularity of golf and the opening up of municipal golf links in some of our large cities is from the health viewpoint a decided move in the right direction. In many of the Y.M.C.A. centres, too, modified exercises for business men have been arranged, which should be developed by the municipalities till indulged in by all the citizens who possibly can arrange the time.

People approaching the old age of life frequently complain of not being able to sleep well at nights, but it should be remembered that this condition is often not insomnia as it is the custom generally for old people to take naps through the day. With advancing years, care should ever be taken to avoid infection, there being a great tendency for old people to develop bronchitis and pneumonia. To guard against these it is advisable for aged folks to avoid crowded places and not get overheated or chilled. Sunshine is an excellent tonic at this time of life as it is at any stage of existence. When the heart's action shows signs of failing, rest is far better than medicines. Moderate exercise, graded to suit different ages, is one of the best adjuncts of health to all classes of the community, and for old people, especially those who have lived an active life, it is essential that they continue to take an interest in the affairs of the world and some interesting hobby or pastime that will keep their minds serene and enable them to get about and keep their blood in circulation. How often we hear and see instances of men who have had a busy life, retiring to seek a well-earned rest in their old age, and passed away a few weeks or months later when cut off from the interests and activities which kept their minds active and their bodily health sustained.

The old saying "Remain in harness," applied in moderation, is very often one of the guideposts to a longer life. Will the lady signing herself "Mrs. G. D., Bothwell, Ont.," kindly send stamped addressed envelope to Dr. Middleton at the Parliament Buildings, and he will reply personally.

larily delighted and under their hoods they giggled like schoolgirls and ate buns which had been purchased for them at the station. They were a bit annoyed when the crowd peered in at them through the windows, but they were so delighted with the buns that just before the train pulled out another large quantity was bought.

The Emir is going back to attend the Mohammedan festival at Mecca. "But I am coming back," he said, "and one of the things I am coming back for is to enjoy a day's hunting in England."

In all large cities in China are hotels patronized exclusively by beggars. France's population has decreased 2,500,000 since 1911, without reckoning Alsace Lorraine and Algeria.

Among the stores in a great Atlantic liner for one voyage will be 170,000 pounds of meat, 50 tons of potatoes, and 5,000 pounds of butter.

The Folly of Cheating Nature

Many people get the idea that they can keep their nerves on edge and their digestion upset year after year, and "get away with it." They sleep only half as much as they should—and never get properly and thoroughly rested.

If you tire out easily, if you are getting pale and anemic, if your food doesn't digest as it should, would it not be well to stop and consider whether tea or coffee is having its effect on you?

The thein and caffeine found in tea and coffee are drugs, as any doctor can tell you. Is it any wonder that the steady use of these drugs sometimes causes serious damage?

If you really want to be fair with yourself, and give yourself the oppor-

tunity you deserve in order to do your best work, make up your mind to quit tea and coffee for awhile—and drink delicious, appetizing Postum instead.

Postum permits sound, refreshing sleep which builds strength, energy and endurance.

Order Postum from your Grocer today. Drink this hot, refreshing beverage in place of tea or coffee for 10 days and see what a wonderful difference it will make in the way you feel.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health
"There's a Reason"

The Eagle Eye of the Forest Airplane.

The use of airplanes in forest protective work is bringing to light some valuable features that had not been anticipated. Most forest fires are caused by the carelessness of human beings. If prospectors, hunters, campers, fishermen, and others who go into the woods for business or pleasure could be educated to be always careful with their camp fires, their matches and their cigarette stubs over half the load would be lifted from the shoulders of the fire fighters. This is the reason why the fire warning poster is probably the most important single factor in forest protection. And here comes in a little psychology in which the airplane figures. When a man camps at a place where a warning against the careless use of fire is conspicuously posted he is careful to put out his fire, but when he camps at a spot where he seems to be outside of the range of human touch or observation, he is apt to grow careless and fires are likely to follow in his trail. One of the Dominion Forestry Branch inspectors, in reporting on his first week's experience in observation from an airplane, records this fact that men camping in the woods or out from the city for a few days or a week-end are suddenly and effectively reminded of what they ought to do by the appearance of an airplane high above them, attending strictly to its business of patrolling the forest. This impression is deepened when the men realize that they and their camp have been seen from the airplane. Of this they are certain, when they see a message fluttering down to them through the air. They naturally watch where the paper falls and, if possible, get it. They find it a message reminding them that as citizens of Canada, they should assist the Forestry Branch and the Air Board in protecting their own property—the forest—by being careful with fire. As preventing fires is much more economical and effective than fighting fires, this feature of airplane patrol is of great importance.

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any one of these troubles may prove deadly if not properly treated. During the summer the mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Spider's Trap.

Have you ever seen a spider constructing his web? It is one of the most interesting and most beautiful sights in Nature. Having found a suitable place, he begins first to make the "spokes." The spokes are made of a different kind of material from the web proper—they are not sticky.

Now begins the real business of making the trap itself. Starting at one of the spokes, the spider gums down a thread, and then moves in a spiral direction, paying out the thread as he goes. It is gummed firmly down to each spoke, and it is provided with thousands of tiny drops of gum in between the spokes.

This gum, secreted by a special gland in the spider, holds captive any fly that touches one of the spiral strands.

Round and round goes the spider weaving the sticky net and spacing its meshes so that no fly can pass between them.

As soon as the trap is perfect, the spider takes up his position at its centre, laying each of his eight legs on one of the spokes. In this way he is able to feel at once the arrival of a fly in any part of the net. If he captures an insect too large to be dealt with summarily, he weaves a fine web round it, and does not come to close quarters until it is so securely bound that it cannot move a limb.

Raiding the Icebergs.

The danger from icebergs in the North Atlantic is becoming so great that a destroyer has been sent out by Britain to see if it is possible to disperse some of these floating masses by means of torpedoes.

Although this is a new development, iceberg-hunting is a regular part of the work of American Navy vessels. Each year vigorous raids on the ice-fields are carried out.

The International Ice Patrol, as the fleet is called, came into existence as the result of the sinking of the Titanic by striking an iceberg in April, 1912. Since then it has done much good work. On more than one occasion ships have been saved from danger by the patrol's wireless warnings.

The cost of the work is borne by all maritime nations using the Atlantic, in proportion to the number of ships sailing under their respective flags.

Says Sam: "Some fellows can think up twenty things Parliament ought to do for them, before they can think of a single thing they ought to do for themselves."

GOOD HEALTH CAN BE YOURS

If Your Blood Supply is Kept Rich and Red.

It is a waste of time and money to fight merely the signs of disease: in the long run you are probably worse off than when you started. What is far more important is that you should intelligently examine the various symptoms and trace the cause. When you remove the cause, health will be yours. For example, anemic people often endure months of suffering while treating its symptoms, such as indigestion, shortness of breath, palpitation of the heart and exhaustion after any small effort.

The apparent stomach and heart troubles are generally nothing more than the result of an insufficient supply of pure blood. This anaemic state may have followed some previous illness, or an attack of influenza; or it may have arisen from overwork, worry or too little fresh air. To obtain good health the simple and proper course is to build up the blood, but to do this you must select a reliable remedy with a reputation such as Dr. Williams' Pink Pills. These pills enrich the blood which carries nourishment to all the organs of the body and enables them to do the work nature expects of them. Thousands of men and women have proved this for themselves. One of these is Mrs. T. Flynn, R.R. No. 1, Erinville, Ont., who says: "Last spring I got into a badly run-down condition. I had no energy; work left me exhausted, and the least exertion would make my heart palpitate violently. I had often read of Dr. Williams' Pink Pills, and decided to give them a trial and get a half dozen boxes. I had not been taking the pills long when I felt a decided improvement in my condition and by the time I had used the six boxes I could do my household work with ease. I can strongly recommend Dr. Williams' Pink Pills to all weak people."

You can get these pills through any dealer in medicine, or by mail post-paid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Aqua Regia.

In the chemistry class we learned how acids act on different substances. Sometimes they make a mixture that explodes or bursts into flames. Sometimes they eat up the substance to which they are applied. Sometimes they act slowly, showing that they do not have much power over what has been exposed to their action.

In the course of our experiments the professor gave us a bit of gold and told us to dissolve it. We tried one acid after another, but none had any effect on the gold. We left it all night in the strongest acid we had, but in the morning it was just as it had been the night before: we might as well have tried to dissolve it in water. We tried combinations of different acids, but still the gold remained unaffected. Finally we told the professor that we thought gold could not be dissolved.

He smiled. "I knew you could not dissolve the gold," he said. "None of the acids that you have here will attack it; but try this," and he handed us a bottle labeled, "Nitro-muriatic Acid (Aqua Regia)."

We poured some of the contents of the bottle into the tube that held the piece of gold. And the gold that had resisted so easily all the other acids quickly disappeared in the royal water. The gold at last had found its master.

The next day in the classroom the professor asked, "Do you know why it is called royal water?"

"Yes," we replied; "it is because it is the master of gold, which can resist almost everything else that can be poured on it."

"Boys," said he then, "it will not hurt the lesson to-day if I take time to tell you that there is one other substance that is just as impervious as gold; it cannot be touched or changed though a hundred attempts are made upon it. That substance is 'the sinful heart.' Trial and affliction will not break it down; riches and honor will not soften it; imprisonment and punishment will not master it. Even education and culture will not dissolve the sinful heart and purify it of its dross. There is but one element that has power over it—the blood of Jesus Christ the Saviour, the aqua regia of the soul. Your souls are precious, infinitely more precious than the gold you have been working with. Do not trust your souls to the action of these other influences. They cannot touch or change them. But bring them under the blood of Jesus Christ and the sin of your soul will be dissolved away in the precious blood of the Son of God."

MONEY ORDERS.

Send a Dominion Express Money Order. Five Dollars costs three cents.

Panama perpetuates one of the greatest of geographic jokes on those who visit it. The direction of the canal from the Atlantic to the Pacific is from northwest to southeast, and the Atlantic end is actually farther west than the Pacific end. Another geographic puzzler is that from Portland, Maine, you must sail south of east to get by the tip of Nova Scotia.

A swarm of locusts have been known to land on a ship in mid-Atlantic, 1,200 miles from land.

Ask for Minard's and take no other.

BITS OF HUMOR FROM HERE & THERE

In Retrospect.

"How did you get that scar?"
"I got that jumping through a plate-glass window in London on Armistice night."
"What on earth did you do that for?"
"Oh, I don't know. It seemed a good idea at the time."

Her Come-Back.

The Savage Bachelor—"I don't see why a man should get married when a good parrot can be bought for thirty shillings."

The Sweet Young Thing—"As usual woman is at a disadvantage. A grizzly bear can't be bought for less than ten times that."

Mike's Share.

The time had come to dole out the day's rations, and in an Irish regiment the quartermaster and his assistant had been portioning them out in preparation for distribution.

The assistant turned to the quartermaster and with a twinkle in his eye, said: "Aye please, sorr, there's a loaf short. Who'll I give it to?"
"Keep it yourself, Mike," replied the quartermaster.

Dangers of Intellect.

A worried mother living in the east side of New York wrote to her boy's teacher as follows:

"Please do not push Tommy too hard, for so much of his brain is intellect that he ought to be held back a good deal or he will run to intellect entirely, and I do not desire it. So please hold him back so as to keep his intellect from getting bigger than his body and injuring him for life."

Don't Call Me Names!

A tall, strong man walked into a shop.

"I want a set of lady's furs," he said.

"What kind?" asked the male salesman.

"That brown set in the window will do if it's not too dear," replied the tall, strong man.

"Oh, you mean skunk," said the salesman.

The poor salesman is still in hospital.

When raindrops are very large they have fallen from a low altitude; the smaller they are the higher the altitude from which they have fallen.

God's children were not made to grovel but to aspire; to look up, not down. They were not made to pinch along in poverty, but for larger, grander things. Nothing is too good for the children of the Prince of Peace; nothing too beautiful for human beings; nothing too grand, too sublime, too magnificent for us to enjoy.

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 boisterously. 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."
(Sgd.) FRANK E. JOHNS, Montreal.

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and How to Feed
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ASPIRIN

Only "Bayer" is Genuine

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. Drugists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

ONTARIO WOMAN GAINS 32 POUNDS

GIVES TANLAC CREDIT FOR FINE HEALTH.

Says She Only Weighed 98 Pounds When She Began Taking It.

"I only weighed 98 pounds when I started on Tanlac, but I now weigh 130 and am feeling like a different person," said Mrs. Frieda Brydges, 378 John St., North Hamilton, Ont.

"I underwent an operation four years ago and ever since then I have been in a very weak and rundown condition. My stomach was so upset that I could hardly eat a morsel of solid food and I got so thin people told me I looked like I was starving. I was very weak and my nerves were so unstrung that I could get but very little sleep at night.

"That was my condition when I got hold of Tanlac, but five bottles of the medicine have simply transformed me. Why, I have actually gained 32 pounds in weight and am feeling simply fine.

"I have a splendid appetite and can eat whatever I want and never suffer a particle from indigestion. My nerves are steady, I sleep well at night and am so much stronger that I can do my housework with ease.

"It is nothing less than marvelous how Tanlac has built me up and I take pleasure in making this statement for the benefit of others."

Tanlac is sold by leading druggists everywhere. Ad7.

Health from Sand.

One of the best ways of recuperating jaded nerves is to walk barefooted over a long stretch of sand. The nerves of the feet are slightly irritated by the sand grains, and the blood, being thus stimulated, circulates more freely.

Doctors say that, apart from the physical effects, the mental powers are greatly invigorated by the exercise. Their explanation is that the long stretches of sand, together with the absence of noise and other disturbances, have a soothing effect on the mind, which quickly responds to the treatment.

Minard's Liniment Lumberman's Friend

She Didn't Know Beans.

Grocer—"We have some very fine string beans to-day."
Mrs. Newbridge—"How much are they a string?"



Let Cuticura Be Your First Thought Always

When the first signs of pimples, redness, or roughness appear, smear gently with Cuticura Ointment to soothe and heal, then bathe with Cuticura Soap and hot water to cleanse and purify. Finally dust on the refreshing Cuticura Talcum, a delicately medicated, exquisitely scented powder. If used for every-day toilet purposes, Cuticura does much to prevent skin trouble.

See 25c Ointment 25c and 50c Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 244 St. Paul St., W. Montreal. Cuticura Soap shaves without razor.

OF INTEREST TO WOMEN

This is a Short Letter, But It Proves the Reliability of Lydia E. Pinkham's Vegetable Compound.

Bothwell, Ont.—"I was weak and run down, had no appetite and was very nervous. The nurse who took care of me told me to try Lydia E. Pinkham's Vegetable Compound, and now I am getting strong. I recommend your medicine to my friends, and you may use my testimonial."
—Mrs. W. J. Brady, R. R. 2, Bothwell, Ont.

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good old-fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, beneficial influence, and as it contains no narcotics or harmful drugs it is a safe medicine for women.

If you want special advice write Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read, and answered by women only.