#### THE NEW PUBLIC HEALTH

QUESTIONS. ANSWERS. COMMENTS. Conducted by Institute of Public Health, London, Ont

Questions should be addressed "The New Public Health," care The Advertiser, London, Ont." Private questions accompanied by a stamped, self-addressed envelope, will receive private answers. Medical treatment for individual cases cannot be prescribed.

CONSUMPTIVE.

tuberculosis germ? Answer.-Tuberculosis as a disease nas been known from the very earliest times. Medical historians believe that the disease was known to the ancient Egyptians, and that reference was made to it in portions of the Bible written about 1500 B. C. (Lev., xxvi.,

B. C., is classic, and there is no doubt as to its accuracy. The causative germ of the disease was first isolated and cultivated outside the body by Robert Koch in 1882.

16; Deut., xxviii., 22.) Hippocrates

description of the disease about 400

E. FIDLAR. W. B. (12 Years Old). I was at one of your lectures and I enjoyed it very much, but there was one question I did not understand. Why is the Indian subject to consumption more than the negro or the white man? W. B. (12 years old). Answer.-Thank you! As to not understanding why the Indian, who lives outdoors, has much more consumption than the white man, who

immunization or "getting used to it" account have developed? Again, actual records show that in the white race consumption has dropped bers or condition unless the lungs are 50 per cent, in the last one hundred affected; and not then until the lungs years. It would be an extraordinary thing, indeed, if 'gradual immunization," extending over 2,400 years of

last 100 years of the period! Another explanation is that among all peoples there were originally certain families who were much more without taking any precautions to pre-ready to yield to the disease than vent getting the germs from them), ready to yield to the disease than vent getting the germs from them), other families, and that these families the more sure consumption is to have now died out largely, among spread. the white race; but that the similar | White people know this better and Health, London, Ontario.

land for many a day.

poverty and brutalizing toil.

Nothing could be more

The Book of the Week

Ireland's New Genius

families among the Indians are occu-What is the earliest record of the uberculosis germ?

CONSUMPTIVE.

pied in dying out now. This argument has the same objection as the previous one: Why has the improvement ous one: Why has the improvement This applies equally well to "danamong the white race not taken place gradually instead of chiefly in the last 100 years? A generation lasts only

about 30 to 40 years. In a disease so widespread and deadly as consumption is, it could hardly take 2,400 years for the susceptible families to die out! But if it did, it seems evident that they would die out at a more or less even rate, not at a rate so slow during the the 23rd century, that consumption would not be materially decreased un-

til the 24th century!

person Remember this, too-every living now has at least 100,000,000 direct ancestors; father and mother (two), their fathers and mothers (four), their fathers and mothers (eight); that is fourteen already, only back to great-grandparents, and each of THEM had a father and mother, which makes sixteen more!! It would be pretty hard to sort out from the people now living those who had tuberculous ancestors and those who

had not! The explanation I believe in, worked lives indoors, this has puzzled many people.

One explanation is that white people have had consumption for so many out also independently by Benjamin as any other, by simply keeping out the advanced consumptives.

Other measures, like reducing the plant growing in the body. It will not hours of labor, increasing pay, giving thousand years that they have become grow anywhere in nature, except in "used to it," or partly immune; while the body. You cannot get maple seeds the germs cannot go from one to the anywhere except from maple trees. other so readily, preventing spitting on white man came to America, and are You cannot get the germs of consumption from anyone except those best way, the only way to get rid of Against this explanation of gradual who have the germ growing in them. the disease, is to prevent new cases cion or "getting used to it" You cannot receive the germs of condeveloping from the old ones; and consumption was a great sumption from those in whom they are that means providing places where the times, 2,400 years ago, and IS SO YET! How, then, could immunization growing. Now, the germs do not, as a people. rule, leave the bodies of those in whom they are growing in dangerous num-

begin to discharge the germs. Practically all the human tuberculosis in the world comes from con time, had no noticeable effect until the sumptives, just as all the maple seeds come from maple trees. The more careless that people are in associating with advanced consumptives (that is,

take more pains to avoid infection than

gerous occupations"; dangerous, that is, so far as catching consumption is concerned. No trade is "dangerous" in living in dirt and damp, deep under ground, do not have rate, not at a rate so slow during the first 22 centuries, and so fast during did not have it. So there is no one in published by the Macmillan Company, a mine who can give it to the new Toronto. Miss Coman, professor of hisminers.

Why did not the previous miners has to "quit." He leaves the mine and therefore cannot give it to the other But a stonecutter who has consumption can work at his trade until he drops. So the stonecutter with consumption does remain at work, and the new stonecutters catch it from

Every trade which is now "dangerous," because of the risk of getting consumption, could be made as safe

more room to each workman, so that the floor, etc., all help a little; but the developing from the old ones; and old ones may go, places where they cannot spread the germs to other

This is a long answer to a little boy, but it is a most important question, and I think you will understand it; if H. W. HILL.

#### ANNOUNCEMENT.

Postgraduate courses for Physicians, Dentists, M. O. H.'s, Bacteriological, Chemical, Public Health, May and June, 1913. Diagnostic and Analytic service as furnished heretofore by the Provincial Board of Health, April 14, 1913. Institute of

and surely to God, I know!

Wrote them beside the hot-plate,

under the chilling skies,

Some of them true as death is, some of them merely lies. of them very foolish, some them otherwise. Little sorrows and hopings, little rugged rhymes,

Some of them may be distasteful to the moral men of our times. Some of them marked against me on the Book of the Many Crimes. These, the Songs of the Navvy, bearing

the taint of the brute, Unasked, uncouth, unworthy, out the world I put. ed with the brand of labor, the

There are words in these poems loves to use "ye" in his verse, but years, doing about seventeen hours a which Kipling never knew: I daresay there is a spontanelty and color in day. In the summer time we used to many of them have never appeared in his work which mark him as the start work between five and six in the type before. Notice the diction in this greatest singer that has yet emerged morning and finish at eleven at night. first stanza of an extremely vivid

> Hashing it out like niggers on a two and a tanner sub,

an extra shift. And whiles we were plunging at banker and whiles we were studying thrift-

Tailoring, cobbling, and darning,

grubbed on a sausage and roll-Thrift on a fourpenny hour, a matter of nineteen bob, we glanced askew at the gaffer,

and stuck like glue to the job, We of the soapless legion, we of the hammer and hod. Human swine of the muck-pile, ever forgotten to God.

language and reflecting this mood, verse narratives of blood and tears taken to a town some eight or nine are sprinkled lyrics which contain melancholy, the same exquisite where I was one of what was termed smith's "Deserted Village" and so a flying squad. At first I received 19s. many other poems which have welled out of the warm Irish heart. This to £1. Out of this I paid 12s. for out of the warm Irish heart. This lodgings, leaving 8s. to spend foolishly poem, "Going Home," is one which which was very easily accomplished, any living writer might be glad to worked as a platelayer for a short own, and it is prophetic of the great

> going back to Glenties when th harvest fields are brown, And the Autumn sunset lingers on my little Irish town,

When the gossamer is shining, where the moorland blossoms blow, take the road across the hills tramped so long ago,
'Tis far I am beyond the seas, but

yearning voices call; Will you not come back to Glenties, and your wave-washed Donegal?"

young Celt began to scribble verses I've seen the hopes of childhood stifled by the hand of time, seen the smile of innocence become the frown of crime, seen the wrong rise high strong, I've seen the fair be-

> Until the faltering heart fell low, the brave become afraid-But still the cry comes out to me, the homely voices call, From the Glen among the highlands

of my ancient Donegal. Sure I think I see them often when the night is on the town, Braes of old Strassia, and

homes of Carrigdounas a foreword to his whole body of There's a light in Jimmy Lynch's house, a shadow on the blind. I often watch the shadow, for 'twas Mary in behind,

that sees it all, For I cannot help but dreaming of the folk in Donegal.

"All right, sir. I'll take the case. I work while you sleep—a 10-cent box where the engines go, the feel assured that I can get you just from your druggist means your head tice." "If that's the best you can do I clear, stomach sweet and your liver

#### How the Americans Won Land Beyond

The story of how Americans won the square which served as a corral for the land beyond the Mississippi is an en-grossing narrative. It has all the ele-fight in case of need. The camp fires ments of romance; it is an Odyssey with were built outside the corral, and there as rich a flavor of adventure and as pic- the sentries paced their watches. The turesque a setting as Homer's tale of freight wagons were similar in design to ancient enterprise. Scores of journals the old-time conestogas, though of larger this sense, unless the people already and books, some of them dating back to proportions. A cover of stout Osnaburg in it have consumption, and unless 1800, treat of this big subject, but it is canvas was stretched over the top frame carelessness in passing the germs on safe to say that the whole story has to keep off rain and dust. They were as to new workmen exists. Coal miners, never been told with greater thoroughness, or with more skill, than in Kathconsumption, arine Coman's two-volume work, "Econtory in Wellesley College, was given four years' leave of absence in which to enhave it? Because no consumptive in an advanced state could be a miner. Work necessary to the writing of this game for meat. The trip usually took if a miner contracts consumption, he valuable book. Although she has been five or six weeks, and when they arrived obliged to refer to political and diplomatic in Santa Fe it was the big day of the features of her story, the author tells us year for the Mexican city. The traders in her preface that her purpose has were always able to sell their goods at a ather been to suggest the underlying profit of 100 per cent, but they had to economic condition that determined the give one-third of the profit to corrupt ofutcome of war and treaty and race com- ficials and another third went in cuspetition and to reveal the bread-and-butter struggle that must ever result in this trade were over; so many traders the survival of the fittest. She is of the went into it that the Santa Fe market opinion that the capable, energetic set-tler should take possession of Canaan, carry the goods on to Senora, and even even if the original owners, Hittites and to California before they could be sold. Amalekites are unwilling to give up their But during those earlier years what fights claim. The American frontiersmen had with Indians, what hardships, what bufvery little compunction for the claims of fall hunts were enacted along that old Mexico or of the Hudson's Bay Company; trail which is hidden by rich corn fields they saw what they wanted and they today! went in and possessed the land or the fur trade Miss Coman attempts to justify this policy of grab in these words: 'The great estates of the Spanish regime, cultivated by forced labor, and the trade nonopoly maintained by the Hudson's Bay Company stiffed normal development; but the American ideals of free land, free labor and equal opportunity struck so deep in this propitious soil that they could not be dislodged."

> Questionable as these ethics may be the interest of this moving story canot be denied. Whether the author describes the secularization of the miss'ons of New Mexico, the enterprise of the fur traders of St. Louis, the acquisition of Oregon, the Mormon migration to California, the seizure of Texas from begins Mexico, or the trouble that followed upon the introduction of slavery into the territorles, she is handling epic material and that we feel that we are looking upon a wonderful moving picture of life that has been but never more can be.

> > And yet there is one country described n this book that seems to be in just about the same condition today as in the was swayed by a corrupt government in 1813, just as it is in 1913. It was because i its internal weakness that 20,000 enerprising American settlers were able o wrest Texas from the grasp of Santa Anna in 1841, and even at an earlier date, when the first American traders made the overland journey to Santa Fe, they found that Mexican officials were entirely unscrupulous and always soiled with graft. Miss Coman's description of those early days when trade was opened up between St. Louis and Santa Fe appeals to me with as much force as any part of her work. It is a story that is tolerably new to the majority of Canadians and, I doubt not, to many American readers. For this reason I wish to devote the rest of my space to this particular topic.

On a recent visit to Baldwin, Kansas, travelled on the Santa Fe Railroad Later I had the pleasure of standing or Kansas hillside one day to be shown the old Santa Fe trail across a valley that is now beautifully cultivated corn land. At the roadside I saw a block of their parts were more than the tion to note the roll associaand pioneers had passed along this way to Santa Fe. It was left to Miss Coman's book, however, to inform me as to the adventures those daring spirits met with along that early trade route to New Mexico. As early as 1821 an Indian trader named Hugh Glenn got through to Santa Fe and was well received, Mexico having declared her independence of Spain and being eager for trade with the people of the United States. Another American, William Becknell, of Boone's Lick, took a pack train overland and sold his calicoes and other goods at an immense profit. From this year other hardy traders made the same 700-mile journey Usually they joined forces for greater protection against Indians and also twenty years," says Miss Coman. the Santa Fe expedition was an annual event to businessmen of St. Louis. The start was made in April when grass was fresh and water abundant. Every night encampment was an impromptu barricade The wagons were drawn up in a hollow

# FEEL BULLY? TAKE CASCARETS TONIGHT

Gently Cleanse Your Liver and Sluggish Bowels While You Sleep.

Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath-always trace them to torpid liver, delayed fermenting food in the bowels or sour, gassy stom-

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickning headache. Salts, cathertic pills, oil and purga-

tive waters force a passageway for a day or two—res—but they don't take the poisons out and have no effect upon the liver or stomach.

Cascarets immediately cleanse and remove the regulate the stomach, sour, undigested and fermenting food

and foul gases, take the excess from the liver and carry out of the system all the conscipated waste matter and poisons in the bowels. Cascaret tonight will surely

scientifically packed as a perogue, for there must be no displacements on the long, rough journey. So skillful were the men of the trail at this delicate business that cottons, silks, china, glass and hard ware reached Santa Fe in as sound con dition as if the goods had been conveyed over the smoothest eastern post roads.

#### "COFFEE-TEA" AS A REFRESHING BEVERAGE

"Coffee-tea" sounds as though i might be some concoction made from oth tea and coffee, but in reality any coffee berries in it. It is made solely from the leaves of the coffee bush.

As everyone knows, tea is made from he leaves of tea plant, and coffee across the plains, the rush of gold-seekers is from the ground berries of the coffee plant. But the fact that a beverage of many merits is made from steeping the coffee leaves just as tea leaves are presents it to us with such a fine sense of proportion and with such grace of style tea."

be that portion of coffee that lessens carly decades of the nineteenth century. efficiency if taken in too great quanti-Mexico was indulging in revolutions and ties. At the same time the coffee leaves contain nearly as much theine as real tea and far less tannin, the sults. It must be admitted that it is agreeable to the taste educated by tannin being the objectional part of bitter, far more bitter than either genuine tea and coffee to those not

the leaves is made just as with tea, It has been suggested that this people who are unable to drink ordinand a notably aromatic beverage re-coffee-tea, while by no means quite so ary tea or coffee might get used to it.

### THIS FINE OLD GENTLEMAN ANSWERED 187 LETTERS IN The Great Mississippi | REGARD TO "FRUIT-A-TIVES"

People in All Parts of Canada Wanted to Know More About These Wonderful Tablets Made From Fruit Juices.



N. JOUBERT, ESQ.

"I heartily recommend "Fruit-a-tives" to all who suffer from Constipation there is no tea in it. Nor are there and the painful consequences-Piles. I am now over 74 years old and suffered I for over 26 years with Constipation and Piles, I tried all kinds of remedies, saw the doctors and took their medicines but nothing cured me. About four years ago I tried "Fruit-a-tives"-found they were doing me good. Then I procured an additional supply and was much gratified at the wonderful good they did me. After taking four boxes I felt well-my bowels were regular and the Piles had disappeared.

My wife was troubled for three years with Asthma, and Eczema on the hands, which made her hands almost useless. The doctor gave her several ointments to use, none of which had any effect. He also advised her to use rubber gloves (she wore out three pairs). I persuaded her as a last resort, to try "Fruit-a-tives." The effect was marvellous. Her hands are cured and the Asthma has also left her. We both attribute our present good health to N. JOUBERT, Grande Ligne, P. Q. "Fruit-a-tives."

Whether it was the fine, honest, straightforward face that inspired cong This drink may never become popu-fidence or the simple language, which rang true as a silver bell, that made lar, but there are many advantages so many people think over this letter, is hard to say, But the fact remains claimed for it. In the first place, it is that one hundred and eighty-seven persons have written Mr. Joubert to insaid to be far less harmful than quire more fully about "Fruit-a-tives." And this delightful old gentleman either tea or coffee. It contains who is now 74 years old—happy in his release from pain—grateful for his scarely any caffein, which is said to cure took the time to answer every inquiry. Take his advice and try "Fruit-a-tives."

50c & box, 6 for \$2.50-trial size, 25c. At dealers or sent postpaid on receipt of price by Fruit-a-tives, Limited, Ottawa.

strong coffee or strong tea, but people used to it, may become an important who have tried it for a while claim article of diet, since it is really won-

The dried leaves resemble tea to a they get used to it and like it better derfully refreshing and restorative in remarkable degree. An infusion of than either straight tea or coffee, its effects, and it is also believed that

## Make your Car sure-footed

Men buy Goodyear Non-Skid Treads because they have overcome the faults common to other skid-preventing treads.

GOODYEAR NON-SKIDS GRIP. This perfect Non-Skid Tread, with its diamond-shaped blocks, its countless angles and edges facing in every direction, gets a firm grip of the road and adds much to the power and safety of the Riding over Goodyear Non-Skids will prove

GOODYEAR NON-SKIDS ARE SPRINGY. Heavy bars of rubber or uneven projections make hard, dead tires that jolt the motor and working parts of the car out of adjustment. that they are as springy and full

of life as plain tires.

Standard Rims GOOD YEAR



projections of hard rubber have been found to press in and bruise the fabric. The Goodyear diamond-shaped blocks are close together and wide at the base. Under pressure they spread out. The weight of the car is carried GOODYEAR NON-SKIDS ARE SKID-RESISTING TO THE END. When, after

down, the angles and edges of the side-blocks take up the work. GOODYEAR NON-SKIDS DO NOT OVER-HEAT. Most heavy tires heat up quickly.

Goodyear Non-Skids are air-cooled. The small blocks are separated by deep air channels which keep the rubber cool. WHERE can you get another such tread? AND this perfect Non-Skidding

Tread comes on a No-Rim-Cut, 10% oversize Tire-the tire that saves the waste of rim-cutting-the tire that gives extra TIRE MILEAGE.

Do you want to STOP SKIDDING? Do you want INCREASED MILEAGE?

Look up the Goodyear Dealer.



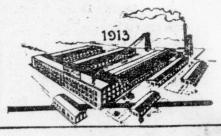
In the Fall of 1910 we bought out the Durham Rubber Company's Factory at Bowmanville, lock, stock and barrel, and turned it into a Goodyear plant.

That was less than three years ago. Ever since, we have had factory extensions on our own hands. The growth of our Tire sales has called for unusual growth at our factory. These figures tell the story; Floor space, 1911, 26,000 square feet

Floor space, 1912, 89,000 square feet No. of Employees, 1911..... 89 No. of Employees, 1912......596 In 1911 we made ..... 37,750 Tires In 1912 we made ..... 51,000 Tires Our present output is 500 tires

per day. When men watch tire mileage so closely, what does this rapid growth signify?

No-Rim-Cut Tires are giving extra mileage. They are making real reductions in tire cost.

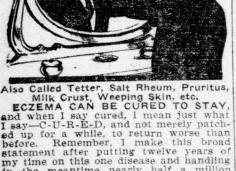




Head Office, TORONTO Factory, Bowmanville

Branches at Victoria, Vancouver, Edmonton, Calgary, Regina, Winnipeg, Hamilton, London, Toronto, Montreal, St. Johns 296 DUNDAS STREET, LONDON, ONT.

All kinds of Rubber Belting, Hose, Packing, Bicycle and Motor Cycle Tires, Truck Tires



I say—C-U-R-E-D, and not merely patched up for a while, to return worse than before. Remember, I make this broad statement after putting twelve years of my time on this one disease and handling in the meantime nearly half a million cases of this dreadful disease. Now, I do not care what all you have used, nor how many doctors have told you that you could not be cured—all I ask is just a chance to show you that I know wha. I am talking about. If you will write me TODAY, I will send you a FREE TRIAL of my mild, soothing, guaranteed treatment that will convince you more in a day than I or anyone else could in a month's time. If you are disgusted and discouraged, just give me a chance to prove my claims. By writing me today I believe you will enjoy more real comfort than you had ever thought this world holds for you. Just try it, and you will see I am telling you the truth.

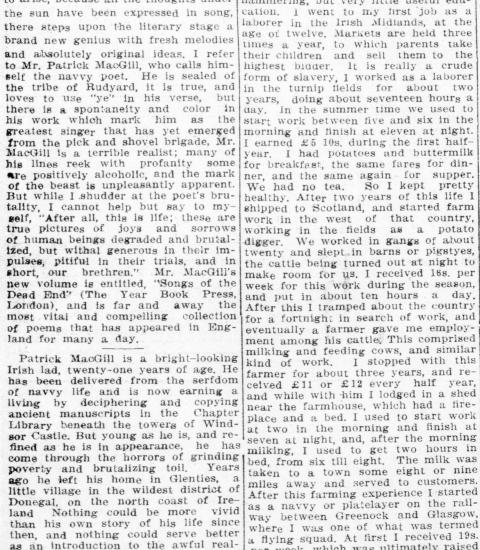
DR. J. E. CANNADAY,

1004 Court Block, Sedalla, Mo.

References: Third National Bank, Sedadalla, Mo. Could you do a better act than to send this notice to some poor sufferer of Eczema?

Ap.5,12,19,26

to send this notice to some poor sufferer of Eczema?



pulses, pitiful in their trials, and in short, our brethren." Mr. MacGill's make room for us, I received 16s. per new volume is entitled, "Songs of the Dead End" (The Year Book Press) twenty and slept in barns or pigstyes, the cattle being turned out at night to make room for us, I received 16s. per their parts were more than the whole, Dead End' (The Year Book Press, and put in about ten hours a day, London), and is far and away the After this I tramped about the country most vital and compelling collection for a fortnight in search of work, and of poems that has appeared in Engeventually a farmer gave me employment among his cattle. This comprised milking and feeding cows, and similar Patrick MacGill is a bright-looking kind of work. I stopped with this Irish lad, twenty-one years of age. He farmer for about three years, and rehas been delivered from the serfdom of navvy life and is now earning a Library beneath the towers of Windsor Castle. But young as he is, and re-

ago he left his home in Glenties, little village in the wildest district of Donegal, on the north coast of Irethan his own story of his life since then, and nothing could serve better as an introduction to the awful realism of his poetry, "I am," he said to week, which was ultimately raised an interviewer recently, "the eldest of a family of ten, and I went to the National schools at Glenties. I left at

of this young genius:-"All this time I had been endeavorng to educate myself, I joined various circulating libraries, and read the works of Carlyle, Victor Hugo, Rudyard Kipling, Bret Harte, and Mon-taigne. I treasured in my mind everything I read, as it opened a new world to me. I was very fond of Kipling and some people say that my style is

"Gleanings from a Navvy's Scrap Book." It aroused so much attention that a London editor offered the poe newspaper work, so accepted an offer

[By W. T. Allison, M. A., "Ivanhoe."] Just when all the critics have told the age of ten, and I always regard us that no new poet may be expected to arise, because all the thoughts under hammering, but very little useful edu-

from the pick and shovel brigade, Mr. I earned £5 10s, during the first half-poem, "Padding It.":MacGill is a terrible realist; many of year. I had potatoes and buttermilk his lines reek with profanity some for breakfast, the same fares for dinare positively alcoholic, and the mark ner, and the same again for supper. of the beast is unpleasantly apparent.

We had no tea. So I kept pretty

Everything sunk with our uncle, little

tality I cannot help but say to my

tality I cannot help but say to my

tality I cannot help but say to my tality, I cannot help but say to my- shipped to Scotland, and started farm Fifty and six were our hours and never self, "After all, this is life; these are work in the west of that country, true pictures of joys and sorrows working in the fields as a potato of human beings degraded and brutal-ized, but withal generous in their im-twenty and slept in barns or pigstyes,

ceived £11 or £12 every half year, and while with him I lodged in a shed living by deciphering and copying and white with anim I longed in a shed ancient manuscripts in the Chapter place and a bed. I used to start work place and a bed. I used to start work at two in the morning and finish at seven at night, and, after the morning come through the horrors of grinding bed, from six till eight. The milk was and grimiest toil, but here and there miles away and served to customers, that Celtic beauty, melodious and against the terrors of the desert. "For After this farming experience I started as a navvy or platelayer on the rail-way between Greenock and Glasgow, dreaming which lies behind Gold-

> time, and then went on a job at some things we may expect from the per waterworks, but after about 18 months waterworks, but after about to went back to the railway again. It was then that I started writing verse.

founded on his poems." While he was still a platelayer, the on scraps of paper. Two years ago he published a cheap volume entitled. a place on his paper, He did not enjoy

I've written in hut and model, deep in And often in the darkness, 'tis myself

for your doubts 'tis so, guess I'd better get another lawyer and bowels clean and regular for I am the person who writes them, or compromise."—Houston Post.