

PREVENTABLE
SICKNESS
AND DEATH

The Duty of Provincial,
Municipal and Town Gov-
ernments—England's Ex-
ample.

(Halifax Chronicle.)

Economists have for many years been
arguing attention to the immense finan-
cial loss which is incurred through pre-
ventable sickness and death. Some of
the large life insurance companies have
taken this to heart, and have roundly
made an elaborate provision for the super-
vision of the health of their insured has
effected a tremendous reduction in death
claims, and has thus added largely to
their profits.

Old England has shown to the world
what may be accomplished by properly
organized work on behalf of the public
health. In the decade 1871-80 the gen-
eral death rate of England and Wales
averaged 21.8 per thousand of popula-
tion. This rate has since been steadily
coming down, until for 1919 it was but
13.8 per thousand. The infant mortality
rate for the decade 1880-1900 was 150
per 1,000 births. This rate, too, has shown
a consistent decline until, in 1919, it was
89.0. The English life table of 1910-12,
as compared with the table for 1871-80,
shows an increase in the average expecta-
tion of life amounting to ten years for
males, and to eleven years for females,
and of this saving 64 per cent. is credit-
ed to the better control of communicable
diseases.

In a recent address by the director of
the Bureau of Child Hygiene of the New
York City Department of Health, it was
stated: "Twelve years ago the death
rate of babies in New York City was
144 per 1,000 births; last year it was
83 per 1,000 births, a reduction in the
baby death rate of 43 per cent. When
we began our work of saving babies in
1909 our slogan was 'fifty per cent. of
the deaths under one year of age are pre-
ventable.' They have been reduced by
48 per cent., and it seems probable that
the full measure of the programme will
be realized within the near future."

If such results can be obtained else-
where, there is no reason why they
should not be obtained in Nova Scotia.
The last report on the vital statistics of
this province showed that the general
death rate was 17.8 per thousand of pop-
ulation, and it has been computed that
the infant mortality rate was 112.4 per
thousand births. A comparison with
previous years does not indicate that
we have been making any progress in re-
ducing these rates. We are thus not
only losing a very large number of
people who should be saved to us, but
we are being definitely handicapped in our
competition with other countries where
life is being conserved, and where the
amount of sickness is being correspond-
ingly lessened, and where, quite obvi-
ously, the average of physical efficiency is
being increased.

A new health programme has recently
been inaugurated in Nova Scotia, the
initial stages of which are being great-
ly facilitated by Red Cross co-operation.
The report of the work of Red Cross
public health nurses shows what a field
there is for intensive work on the im-
provement of the public health of the
province. These nurses have only com-
menced their work, and it may be as-
sumed that they will soon broaden the
scope of their activities. Our people
owe a great debt to the Red Cross for
the generous part they have taken in
this advance, but it is obvious that this
society should not be expected to carry
indefinitely a burden which properly be-
longs, in due proportion, to the provin-
cial, municipal and town governments.

For the sake of our future citizen-
ship we must not only aim at a saving of
life, which will be compared to that
attained by other countries, but we must
see that the conditions which account for
our high mortality rate are corrected so
that the rising generation may be reared
under circumstances which will assure
them the fullest opportunity for the best
physical, mental and moral development.

Fur Coats
at unheard of prices
at M. R. A. Ltd.

January sales disclose startling values
now to be had in the balance of the
Fur Coat stocks at this store. Now is
your chance for an enormous bargain
if you have the slightest need for a Fur
Coat, Neck Piece, or Muff—no better op-
portunity than is offered you here just
now will be forthcoming for you to buy
it.

For some weeks, coats have been sell-
ing at cost prices at this store. We have
only 32 left, all in fashionable shapes
and of reliable quality and excellent work-
manship; they are in every way desir-
able and reliable for this final clear-
ance these coats have been marked at
prices that bring them "well below their
cost prices."

The wonderful values shown in our
advertisement will be in effect tomor-
row.

PORKER TURNS ON
SLAUGHTERERS AND MAKES
THEM TAKE TO TREES

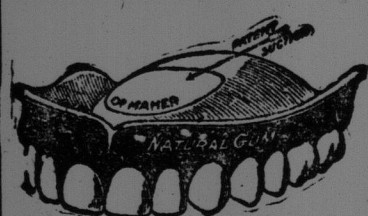
Atlantic City, N. J., Jan. 11.—A 500-
pound porker slated to be slaughtered
refused to become the object of sacrifice
on the farm of Dr. William Rath, a
local dentist, at Farmington today and
compelled the doctor, his father-in-law,
Stanley Grove, and other members of the
family to take to trees to escape its
fury.

The family were unarmed and were
compelled to remain hidden in the trees
for half an hour. Finally neighbors at-
tracted to the scene observed shotguns
and brought down the maddened animal.

On Jan. 16, 500 gallons of whiskey will
be used to sprinkle the streets of Al-
buquerque, N. M. There is some little
competition among the men for the pos-
sion of driver of the wagon, but the
women are planning a delegation to ride
stop to be sure that the liquor is used
for nothing else than laying the dust.

Comfort Your Skin
With Cuticura Soap
and Fragrant Talcum

PAINLESS
EXTRACTION Only 25c.



We Make the Best Teeth in Canada
at the Most Reasonable Rates.
Boston Dental Parlors
Head Office: 527 Main St.
Branch Office: 35 Charlotte St.
Phone 483.
Dr. J. D. MAHER, Prop.
Open 9 a. m. Until 9 p. m.

LOCAL NEWS

Gibson & Co. have Broad Cove Coal.
Phone 2636 or 594. 1-12

Call up the Exide Battery Service for
Winter Storage. 1-12

Call up the Exide Battery Service for
Winter Storage. 1-12

FREE VOCATIONAL CLASSES.
Course in Chemistry.
A practical course for Drug Clerks and
Minard's Liniment For Garget in Cows.

English "Crown Ducal" Ware

A beautiful ornamental line of Vases, Jardiniers, etc. Pink
roses on a solid black background. Also a Chintz design, unique
in shapes and colorings.

O. H. Warwick Co., Limited
78-82 King Street

workers in Sugar Refineries, Pulp Mills,
Candy Factories, etc., including General
Chemistry, Elementary Qualitative and
Quantitative Analysis, together with the
study of the manufacture of various
products.
Course in Architectural Drawing.
For ambitious carpenters, masons,
plumbers, steamfitters, cabinet makers
and others in building and construction
trades, consisting of drawings of de-
tails of buildings and simple house
plans.
Course in Electricity.
1. Elementary electricity and electrical
wiring.
2. Currents, dynamos, motors, op-
eration and care of electrical machinery,
etc.
Enroll immediately. Office, corner of
Dorchester and Hazen avenue. Tele-
phone M. 4200. 1-12

HARD COAL
Gibson & Co. have all sizes hard coal.
Phone 2636 or 594. 1-12

Minard's Liniment For Garget in Cows.

LOCAL NEWS

The New Brunswick Electric Power
Commission yesterday issued a call for
tenders for 400,000 feet of spruce or hem-
lock for the development work at Mus-
quash. Delivery is to be made by March
10.

Mr. and Mrs. Alexander McManus, of
Lakeside (N. B.) have received from the
militia department, Ottawa, a silver
cross and ribbon in memory of their son,
Pte. Freeman J. McManus, 108422, 1st
Canadian Mounted Rifles, who on
June 2, 1918, in the great war, died for
king and country.

Captain James Turnbull, commander
of the Canadian Pacific Ocean Serv-
ices liner Metagama, has been promoted cap-
tain in the royal naval service, accord-
ing to a Canadian Associated Press cable-
gram from London received 1st night.
Captain Turnbull's many friends in this

Reduced!
Well We'll Say So

O'Coats and Suits
Ready Tailored

\$65 and \$60 for \$45.
\$55 for \$40.
\$50 and \$45 for \$35.
\$40 for \$30 and \$25.
\$35 for \$25 and \$22.50.
\$28 and \$25 for \$20.
Please don't compare this
with any other of its kind.
There might have been in
quantity—but not in quality
—at their prices. Their
tailoring is as near perfection
as possible—their style is
correct and new.

ALL OVERCOATS, Ulsters,
belt back and belt round
models, box coats, Chest-
fields, slippers and form-
fitters are included.

ALL SUITS, including
fancies, blues, blacks, greys,
tuxedos and full dress.
Trousers and white dress
vests at 20 p. c. discount.

Broadened Silk Mufflers Half
Price—now \$1.00 to \$3.75.

GILMOUR'S
68 King Street

port will learn of this new honor with
great pleasure.

The regular meeting of the Farm Set-
tlement Board was held yesterday after-
noon in the government rooms, Prince
William street. Harvey Mitchell, deputy
minister of agriculture, F. E. Sharp,
secretary of the board, and William Kerr,
superintendent of the Soldiers' Settlement
Board, were present. Matters of a
routine nature were discussed.

Quality
Groceries
At Lowest
Prices

Robertson's

New York, Jan. 10.—Eamon de Val-
era used at least two boats and a sea-
plane on his trip to Ireland, according
to disclosures made here.

It is declared that he departed from
this country either on December 21 or
22, being picked up outside of territorial
waters by a yacht which had made the
trip from Ireland for the purpose of
transporting him home.

NOT CREDITED AT OTTAWA

Ottawa, Jan. 10.—The suggestion that
Lord Burmah is to be the successor to
His Excellency, the Duke of Devonshire
is not given credence in official circles
here. The term of the Duke of Devon-
shire expires on November of this year
and nothing is known as to who his
successor will be.

Brown's Grocery
Company

80 Brussels St. 'Phone 2666
Cor. King and Ludlow Streets
'Phone West 166

FLOUR

24 lb. bags Flour, all kinds. \$6.40
24 lb. bags Flour, all kinds. \$7.70
10 lb. bags Flour, all kinds. \$1.15
15 oz. pk. Red Ribbon Raisins. 29c
1 lb. Boxes Mixed Peas. 55c
Excellior Dates, per pkg. 19c
4 lbs. New Mixed Nuts. \$1.00
1 lb. Pulverized Sugar. 15c

SHORTENING

20 lb. pails. \$4.35
10 lb. pails. \$2.25
5 lb. pails. \$1.10
1 lb. blocks. 25c
Pure Fruit Syrups, per bottle. 35c
2 pkgs. Minute Tapioca. 25c
22 oz. Bottle Mixed Pickles. 35c
22 oz. Bottle Chow. 35c
22 oz. Pure Gold Tapioca. 25c
2 pkgs. Pure Gold Chocolate. 25c
2 pkgs. Corn Flakes. 25c
Oranges, per doz. \$1.00, 85c, 65c
Choice Mince Meat, per lb. 25c

CANNED GOODS

Peas, Corn and Tomatoes, 17c tin.
Per doz. \$2.00
California Peaches, Pears and Apricots
tin 35c, per doz. \$3.85
Van Camps Beans, tin, 16c, per doz. \$1.85
Van Camps Soup, tin, 16c, per doz. \$1.85
Van Camps Spaghetti, tin 23c, per
doz. \$2.90
2 Tins Fine Diced Chicken for. 25c
2 Tins Pilchards for. 25c
2 Tins Brunswick Sardines for. 25c
2 Tins Jutland Sardines for. 21c
Scotch Herring in tomato sauce, tin. 22c
2 Tins Biscuits Paste for. 25c
2 Tins Devilled Ham for. 25c
Carnation Salmon 22c tin, per doz. \$2.50
Best Red Salmon 33c tin, per doz. \$3.75
Guernsey French Peas tin. 25c & 35c
Dearborn's Perfect Baking Powder, 1
lb. tin. 20c
1/2 lb. tin. 12c
2 Tins Snap for. 35c
Large California Seedless Sun-kist
Oranges, doz. 70c
3 Rolls of Toilet Paper. 25c
2 pkgs. Lux. 25c
3 pkgs. Lifebuoy Soap. 25c
Cakes of Surprise, Gold or Sunlight
Soap for. 29c
Finest Shell Walnuts lb. 60c
Rough Tobacco, 13c fig. 2 figs for
25c-1 lb. for. \$1.00
1 lb. Tin Lipton's Coffee. 55c
3 pkgs. Lifebuoy Soap. \$1.05, per
gal. Take it with you at. 95c gal.

Robertson's

11-15 Douglas Ave. 'Phones
M. 3461, M. 3462
Cor. Waterloo and Golding Sts.
'Phones M. 3457, M. 3458
WHERE QUALITY COUNTS WE
WILL

Get Busy With
YOUR CAMERA

Special Finishing Prices for
January:
Any Size Print from Negative 4c
or Film
5c for Developing any 6 Exposure
Roll of Film.

WASSONS 2 STORES

Main Street and Sydney Street

Mill Remnants of Good Quality White Flannelette

30 and 36 inch—From 23c per yard up.
Fine Grey Cotton, 36 to 42 in. from 20c per yard up. All lengths.

245 Waterloo Street. CARLETON'S

A SPECIAL INVITATION

January 10th, 11th and 12th

MRS. A. G. HARDING, the well known expert in Household
Science and Food Economics, will give FREE Demonstrations
today of MAZOLA, the wonderful new Cooking and Salad
Oil from the heart of the golden corn.

MAZOLA

is having a phenomenal success all over Canada. For making
cakes, cookies and puddings it is better than butter at almost
half the cost. As a substitute for lard in shortening bread,
biscuits, crullers, doughnuts and pie crusts the results are de-
lightful. Can be used over and over again.

DO NOT FAIL TO SEE A DEMONSTRATION AT

T. DONOVAN & SON

WEST SIDE

DE VALERA USED SEAPLANE
AND YACHT ON TRIP

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1 lb. Tin Lipton's Coffee. 55c
3 pkgs. Lifebuoy Soap. \$1.05, per
gal. Take it with you at. 95c gal.

M. A. MALONE

516 Main Street. 'Phone M. 2913

MURINE A Wholesome, Cleanse-
ing Lotion—Murine for
Redness, Soreness, Granu-
lation, Itching and Burning
of the Eyes or Eyelids.
"Drop" After the Movie, Morning or
Night with your confidence. Ask Your Druggist
for Murine when your Eyes Need Care.
Murine Eye Remedy Co., Chicago.



Are you
naturally
attractive?

WHERE can you find a
more pleasing picture
than a group of young,
healthy, vigorous girls play-
ing tennis?

Alert, quick to think, and
quick to act, their faces aglow
with enthusiasm and radiant
with health.

How many there are, however, among our growing girls of whom this cannot
be said. You see them sitting on the side benches looking on, or rolling around in
a listless, careless manner, and, as a rule, irritable and nervous.

Nature intended women to be strong, and healthy and happy as the day is long.
MILBURN'S HEART AND NERVE PILLS have proved so beneficial in such
a multitude of cases, that they can be recommended without hesitation.

They give sound, restful sleep, tone up the nerves, make the heart beat regu-
larly and strong, create new red blood corpuscles, and impart that sense of buoy-
ancy to the spirits that is only possible when enjoying mental and physical vigor.

Mrs. Fred Lee, Almonte, Ont., writes:—"My oldest daughter was so
bad for over a year, with her heart and nerves, that she was compelled
to give up her work. I was very discouraged about her, as I had her
to two doctors, but they did not seem to do her much good. She could
not sleep at night, would have to walk the floor, and felt as if she
would go out of her mind. One day a friend told me to use Milburn's
Heart and Nerve Pills, and I cannot speak too highly of them. She
used three boxes and is feeling fine, and started back to work again
two months ago."

Milburn's Heart and Nerve Pills are 50c. a box at
all dealers, or mailed direct on receipt of price by

The T. Milburn Company, Limited
Toronto, Ontario

Can You "Whip Your Weight In
Wild Cats"—Are You A Strong
Red Blooded Canadian?

That knows neither FEAR NOR FAILURE or a pale thin
watery blooded man—WEAK, NERVOUS AND IRRITABLE?

Think of the IRON FORCE, the grim determination and the MIGHTY COURAGE shown by the man
in this picture. A pale thin watery blooded man would have probably turned and fled and been de-
voured by the beasts, just as SUCH A MAN IS OVERCOME AND DEVoured BY REVERSES
IN BUSINESS, HARD TIMES, by an attack of ill health or disaster of any kind.

With an IRON WILL, backed by plenty of iron in your
blood, you are ready to tackle any job—nothing can stop
you—but without it, you worry,
fret and "stew," you are full of
excuses and lack of back but
you do not bring home the
"Cash." Don't try to "fool
yourself" into thinking you are
a "man of blood and iron" when you have
good reason to sus-
pect that you are not.

Consider the SIZE
OF YOUR BARK
BALANCE and
what SUCCESS you
have had in life.

In the West a few years ago, a strong
keen red-blooded man who was al-
ways ready to face any danger, who
never thought of FEAR OR FAILURE, was
often referred to as a man who could "Whip
His Weight in Wild Cats."

In those days historians even wrote of us as a nation of RED-
BLOODED CANADIANS but today about one person out of every
three is said to suffer more or less from emaciation or lack of
sufficient nourishment which is caused not by lack of food but
often by LACK OF SUFFICIENT IRON in the blood
to enable us to GET THE STRENGTH out of our food.

FOOD IS WORTH NOTHING UNLESS
YOU GET THE STRENGTH AND NOUR-
ISHMENT OUT OF IT. In fact it often hap-
pens that the more you eat the more you
starve as your digestive organs are unable
to handle much food, when your blood
LACKS IRON and you often think you have
stomach trouble when it isn't that at all—
it's the blood.

OUR PORKPATHEES ATE COARSE
FOOD, the husks of grain, the stems of
vegetables, and fruits which are RICH IN
IRON but modern cookery throws all these
things away—hence the alarming increase
in IRON STARVATION OF THE BLOOD
and its attendant ills.

Without iron your blood not only loses its
power to change food into living cells and
these but it can no longer
carry oxygen to your brain.
Without oxygen your
brain becomes dull
and heavy; your
memory poor; your
willpower weak; you
make bad decisions,
things always seem
to turn out wrong;
you are often over-
come by the slightest
trouble; and you are
often referred to as a
"man of straw."

WHEN HIS BLOOD LACKS IRON, WHEN
HE IS TAKEN OUT OF HIMSELF, WHEN
HE GETS UP FEELING TIRED IN THE MORNING,
SATISFACTORY RESULTS. At all druggists.

NUXATED IRON
ENRICHES THE BLOOD—GIVES
YOU NEW STRENGTH AND ENERGY

When you find
yourself nervous
and easily
unsettled; when you
can no longer do your
day's work without
bringing all feared out
your face pale and
your back and
drawn out
do not wait until
pieces and col-
lapse in a state
of nervous pro-
stration or until
your weakened con-
dition you contract
some chronic dis-
ease, but take NUX-
ATED IRON at once to
help enrich your
blood and revitalize your
worn-out system. It is entirely
different from ordinary metallic
iron which people usually take,
and which is made merely by
the action of strong acids on
small pieces of iron.

Beware of substitutes. Look
for the word "NUXATED" on
every label.
Your money will be refunded by the man-
ufacturers if you do not obtain perfectly
satisfactory results. At all druggists.