

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.

Preparedness is the watchword of the day—of the hour. This old world is changing with such kaleidoscopic effects that no nation or individual can tell what a day may bring forth. What is to be done to meet any emergency that may arise? What can be done? It is to prepare ourselves, to brace ourselves to meet whatever comes. For this battle of life we must feel fit, our health must be good, we must live naturally among healthy surroundings. We must see that the health of ourselves and our children is being maintained by the practice of personal hygiene, and moderation in everything. All this must be accomplished at once. Education is needed and this education must be done as elaborately and persistently as possible, to hold the attention and lasting interest of all classes of society.

In the front rank of the forces in this Province that are diffusing health education is the Provincial Board of Health. Just what the Board is doing in whole as well as in part is concisely shown at the Canadian National Exhibition this year. In the Government Building the exhibit of the Provincial Board of Health has been planned to include or indicate all the branches of Public Health activity: the fight against venereal diseases and other communicable diseases such as tuberculosis; the efforts being made in the interests of the workers, and the promotion of industrial hygiene; the ramifications of the Provincial Board of Health's laboratory services; the registration of births, marriages and deaths; and last but not least the Division of Maternal and Child Welfare which is laboring to produce a healthier childhood in this province. A special exhibit has been prepared showing the advantages of

milk as a food, and demonstrating many of the up-to-date devices for keeping the milk supply clean and free from infection.

The fact is becoming more and more realized that if people are to be impressed with the importance of health education they must be taught while young, so that they can form health habits. It is not knowing how to live right, so much as practicing "right living" that counts.

By a program which includes talks by physicians and nurses, demonstrations by health clowns and by marionettes, the Child Welfare Division diffuses important information on Public Health in an up-to-date and practical manner. The subjects taught are directed especially to the children, but grown-ups will also realize the importance of the lessons that are being conveyed.

By attractive lighting effects the location of the Provincial Laboratories and Venereal Clinics already established throughout the province are shown, and other electrical devices on hand include an attractoscope, and Public Health messages flashed intermittently to arrest the eye of the passerby. Sanitary Engineering progress is also demonstrated in a practical way. The exhibit of the Division of Industrial Hygiene is entirely new and unique in design. It shows two paths, one leading to good health and happiness, and the other to ill-health and misery. All the steps along these paths are lighted by electricity, and warning are exposed showing the inevitable result at the end of the journey.

Altogether the Provincial Board of Health's exhibit in the Government Building at the Exhibition this year is an attraction that should not be missed.

centuries have rendered the task by no means an easy one.

The Solemn Presence of Death.
No matter what our various religions may be, writes Lieut. Colonel T. R. St. Johnston, there is no doubt that all of us feel nearer to our gods in the solemn presence of death. When that strange thing we call the soul has been sent free, we onlookers feel that somehow, in the neighborhood of the scene, the gods have in some mysterious way been brought for a brief space into more intimate contact with us, that there is for a few moments something awe-inspiring in the very atmosphere.

With primitive man this local mystery remained for days, and sometimes for months. Though the corpse was inanimate, the soul, that link with the gods, hesitated to leave the neighborhood. The dead man knew all that was going on, and if the ghost were offended in any way we betide the offender. With many peoples the ghost, if that of an ancestor, would be helpful if properly approached and propitiated; with others it was always a menace, to be got rid of if possible. This accounts for the two broad distinctions of the people who kept their dead with them, and of those who thrust them away.

Williams, one of the early observers of customs in Fiji, stated that on the tenth day the women were privileged to rush about with whips and beat the men; in Cook's "Voyages" it is said that in Tahiti relatives of the corpse might go about in masks and beat people; the Maoris and the Hawaiians could plunder and ravage in the village for a brief time after a death.

Professor Rivers considers that all this is due to the belief that the ghost of the dead man is still prowling about and must be allowed to enter anybody, and do whatever he will without let or hindrance. All over Fiji I used to notice houses left deserted and empty for a considerable time after the death of the owner, sometimes till they decayed and only the posts and beams remained. This was, I found after some pressure, due to the reluctance of the relatives to invade the house "occupied" by the ghost of the dead man, till it was estimated that he had finally departed.

In Africa certain tribes get over this difficulty, and "puzzle" the ghost, ensuring that he shall not find his way back, by blindfolding the corpse and taking it off for burial through a hole made in the side of the house, rather than through the door. And in Fiji, too, in the case of a large and valuable house, economy sometimes won the day, and rather than let the house rot, they used to adopt a similar method. Williams noting that a Tui Cakau was removed through a hole in the house-wall, though he could not give a reason for the curious custom.

Tokens of Remembrance.
In some islands the ghost is driven out of the house by the banging of drums. The general idea seems to be that the ghost keeps in close touch with the corpse so long as the latter remains in the bodily shape. But as the corpse decays away, so is the tie that binds the ghost weakened; thus, in Saa, in the Solomons, they facilitate this desirable object by applying water, so that the corpse may putrify and dissolve more quickly. This, of course, is done surreptitiously, as it is no more polite to hurry the parting

ghost than in our own land, but done if it is; and the same idea may be connected with the exposure, in many islands, of the body to the wind and the rain on a platform until decay has set in.

But may not the platform exposure also ensure that the Sun shall be present at the daily disintegration, the daily loosening of the bonds, and shall eventually draw up the soul of the dead to its own embrace?

After the flesh had withered away and the ghost had departed, there was no reason for keeping the bones exposed any longer, and usually they were buried or deposited in some safe place, the skull, however, being retained as a revered part of the deceased to give aid when called upon, and to give the people their due, often as a token of affectionate remembrance. The preservation of the bones of the "Saints" in the Roman-Catholic Church had no doubt the same origin.

It may be interesting to review the various methods appertaining to canoe exposure or burial. I use the alternative, as the actual burial of the whole canoe with the body in it has occurred within my own experience at Komo Island, in the Lau Group. The more usual way was to set adrift the body in a canoe at evening towards the setting sun, taking the frail barque far out beyond the circling reef, and watching it till it disappeared slowly into the darkness. Such procedure was followed at Savage Island, and in many of the islands of Micronesia.

"Journey of the Shades."
Everyone knows the old Greek story of Charon, the ferryman who rows souls across the River Styx. This tale is found in modified forms around the Indian Ocean, in Siam, and on to the Pacific, though in the latter regions the obol for payment was not placed in the hand of the dead because the idea of payment in cash for a service rendered was alien to the ideas of most Pacific Islanders.

There was a regular "Journey of the Shades" among the Fijians, and at one part the soul had to be ferried across a river. The Fijian dead were buried with a valuable "tabua," or whale's tooth, in their hand, but though this may have been regarded usually as a sort of currency, it is considered generally that in this particular instance the whale's tooth was intended to be buried at a pandanus tree en route, the successful hitting of the tree being a test of the widow's fidelity.

In the Fijian myth there is a curious likeness to one at Minahassa in Indonesia, in which there was a log for a bridge across a river during one portion of the journey. The log wiggles, and the ghost is either thrown off or has to turn back. In the Fijian version there is at one stage of the journey a serpent for a bridge, and the serpent wriggles, and is apt to throw off the unfortunate shade.

GUARD BABY'S HEALTH IN THE SUMMER

The summer months are the most dangerous to children. The complaints of that season, which are cholera infantum, colic, diarrhoea and dysentery, come on so quickly that often a little one is beyond aid before the mother realizes he is ill. The mother must be on her guard to prevent these troubles, or if they do come on suddenly to banish them. No other medicine is of such aid to mothers during hot weather as is Baby's Own Tablets. They regulate the stomach and bowels and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Mystery of Snow Images in Andes.

Weather scientists are puzzled about something, and they will thank anybody who can explain it. In the higher Andes of Argentina and Chile, within a very limited region, where there is a polar climate in which no human beings can dwell, the so-called Snow Penitents assemble.

The traveler comes unexpectedly upon a great throne of them, gathered on the barren slope of a mountain peak. Seen from a little distance, they have the appearance of a crowd of hooded monks, all in white and kneeling in serried lines. It is a remarkable illusion, for the "monks" are not human at all, nor alive. Each one of them is a block of snow or ice. But what is the meaning of this curious phenomenon? How are the snow figures fashioned? And why are they found in that particular region and nowhere else in the world? Nobody can say. One theory is that the fallen snow may be of uneven density, and that the powerful rays of an overhead sun first melt those parts of it around the denser spots, leaving the latter still frozen, to assume the form of snow men.

As the snow continues to melt water trickling down the blocks may help to deepen the surrounding hollows, while prevented from accumulating in the latter by the slope of the mountain. The arrangement of the white figures in rows may be explained by the slope, the water all draining in one direction. This, however, is only one of several theories offered in explanation of the "Snow of the Penitents," as it is called in that part of the world. The facts in the case are still undetermined.

The chimpanzee and the gorilla are born with brains as large as those of a new-born infant, but they do not develop after birth.

Minard's Liniment Lumberman's Friend

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.

Ocean Travel To-day.

We recently had occasion to go over to the "Old Land." Having had the pleasure of crossing in many of the famous ships of different lines, we, this time, selected the Olympic, of the White Star Line. We certainly made no mistake; indeed, we were so pleased with the accommodation provided that we planned our trip to return by the same ship, in the same cabin.

The Olympic, undoubtedly, represents not only the last word, but the very last syllable in ocean travel. She burns oil, and consequently the black smoke and tons of cinders, that usually render the promenade decks of the crack liners almost unusable, are conspicuously absent. She times her departure from the other side and the arrival on this side, always at the same hour, so that the traveller may absolutely rely upon keeping his dates almost to the minute—wind and weather making no difference whatever, as she has ample power and speed always in reserve, rendering her as dependable as the first-class express trains on land.

The Olympic, as everyone knows, did such wonderful service in the World War, in the transport of troops, carrying over 200,000 without the loss of a single life, or the slightest delay through derangement of machinery—a record of which Commander Sir Bertram F. Hayes, K.C.M.G., D.S.O., R.D., R.N.R., and Chief Engineer A. Ferguson, O.B.E., have every reason to be proud. Previous to her being taken over by the Admiralty in April, 1917, she had carried many thousands of passengers safely through the submarine-infested waters, and performed some gallant feats of rescue work, notably that of the entire crew of H.M.S. "Audacious," and the attempted salvage of the ship herself off the coast of Ireland.

It was hardly possible to imagine you were at sea, when seated in that great dining saloon, capable of accommodating 500 persons, and dining as luxuriously as it is only possible to do in the very finest and most famous restaurants in London, Paris or New York. The cheerful, willing service leaves positively nothing to be desired by the most exacting travellers.

The White Star Line, evidently intends to keep ahead too, for not only is the Olympic, of 46,439 tons, the largest steamship afloat in the world, but they are now building an even larger vessel, the "Majestic," of 56,000 tons, which will shortly take her place on the ocean ferry.—Toronto Truth.

The Changing Face of Chinese Cities.

A tourist on the trip round the world always stops at Shanghai, the principal port of China, and from it visits the show places of the provinces of Kiangsu and Chekiang. He sees rice paddies, the canals, the Yangtze, the temples and pagodas, but he may not realize that the smokestacks rising here and there in the calm of the Chinese landscape denote important cotton, flour and bean-oil industries that are the beginning of a modern industrial nation. In Canton, the changing face of the city—broad streets, great stores, hotels comparable to the best of their kind anywhere in the world—is more striking. Once the tourist understands what Chinese planning is capable of he cannot but wonder if awakening China is not destined to become one of the greatest nations of the world.

MONEY ORDERS.
The safe way to send money by mail is by Dominion Express Money Order.

The average man can lift one and a half times his own weight. The sun, if it were a hollow sphere, would hold a million globes as large as the earth.

A huge aerial torpedo, fired by the Germans at a French village, embedded itself nearly fifty feet deep in the ground without exploding; efforts to fire it since the Armistice have failed.



Quite Easy.

He—"I shall marry a girl who is my exact opposite."

She—"Well, you've got lots of chances. There are heaps of intelligent girls about."

The Reason.
Peggy—"Why don't you and your mummy go to the church that me and my mummy go to?"

Violet—"Cause we belong to a different abomination."

Descriptive.
He was to take her for a trip in his new yacht the next day, and she was questioning him about it.

"How awfully nice of you to name the boat after me!" she giggled. "What is she like?"

"Well—er," he answered, "she's not much to look at, you know, but she's very fast."

Not Now.
A member of one of the theatrical clubs tells of a stranded but still haughty leading man who was obliged to put up at a dilapidated country hotel. He glanced frowningly about the office, reluctantly signed the register, and took the brass key from the proprietor.

"Is there any water in my room?" he demanded.

"There was," replied the proprietor, "but I had the roof fixed."

A Puzzle.
One morning, when Billy woke up, he sat on the floor for some time gazing at his toes.

"Hurry up, Billy, you'll be late for breakfast," said his mother. "Why are you looking at your feet?"

"Well," said the boy, "isn't it funny that one of my toes is so much larger than the others; I had them all at the same time, didn't I?"

Harbor.
I drop my anchor in the bay. Where gentle little ripples are, And in the water and the sky, I glimpse the placid evening star.

Outside I watch the tall ships pass, Their thin sails dip and disappear, And I can watch them endlessly Nor fret because I linger here.

I who have sailed on many seas In sun and storm and storm and sun, Now stay in harbor quite content Though all my venturesings are done.

Yet if a passing ship should hail I think the eager heart of me Would turn from love of peacefulness And break because it was not free.

Good health, it is said, will become more prevalent in the future owing to the growth of the Boy Scout and Girl Guide movements.

For years I have never considered my stock of household remedies complete unless a bottle of Minard's Liniment was included. For burns, bruises, sprains, frostbites or chilblains it excels, and I know of no better remedy for a severe cold in the head, or that will give more immediate relief, than to inhale through the nasal organ.

And as to my supply of veterinary remedies it is essential, as it has in very many instances proven its value. A recent experience in reclaiming what was supposed to be a lost section of a valuable cow's udder has again demonstrated its great worth, and prompts me to recommend it in the highest terms to all who have a herd of cows, large or small. I think I am safe in saying among all the patent medicines there is none that covers as large a field of usefulness as does Minard's Liniment. A real treasure: good for man or beast.

CHAS. K. ROBBINS, Chebogue Point.

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DAVIS COMES OUT WITH THE FACTS

OFTEN FORCED TO LAY OFF FROM WORK.

Ontario Man Tells How Tanlac Restored Health—Feels Fine All the Time.

"This Tanlac is doing me so much good that I've come for another bottle and I should like to tell everybody about the wonderful way it has helped me," said Charles H. Davis, popular machinist, 12 Crosthwaite Ave., Hamilton, Ont.

"About a year ago my kidneys started to give me so much trouble that I often had to lay off from work for two or three days at a time. I had severe, nagging pains across the small of my back and frequent spells of weakness, when I hardly knew how to keep on the job.

"I lost all desire for food, frequently going a whole day without anything to eat, because my digestion was so upset that after a meal I would have severe pains in the pit of my stomach. I just felt tired all the time and was getting weaker every day.

"When I heard so many people talking about Tanlac I decided to try it, too. It gave me a fine appetite, and yet, after a hearty meal, I had no trouble with indigestion and have been getting stronger every day. I'm right on the job every day now and feel good all the time. I am glad of the chance to recommend such a splendid medicine."

Tanlac is sold by leading druggists everywhere. Adv.

Pay Day.
A man was digging by the side of the road when an elderly gentleman of an inquiring turn of mind stopped to speak to him.

"Well, my man," he began, "and what are you digging for?"

"Money," snapped the digger, as he paused for a moment in his work.

"Indeed!" came the astonished reply. "And when do you expect to find it?"

"Saturday morning," retorted the man.

Ask for Minard's and take no other.

Strict Vegetarian.

Ordering a copy of Tennyson's poems, a customer wrote to an English bookseller. "Please do not send me one bound in calf, as I am a vegetarian."

FACE WAS FULL OF PIMPLES

For Three Years, Hard and Awfully Sore, Disfigured. Cuticura Heals.

"I had been suffering with a pimply face for three years. My face was full of pimples and they were hard and awfully sore. They festered and dried up, and were scaly, and disfigured my face. They caused me to lose a lot of sleep, and were awfully itchy, making me scratch and irritate my face.

"I started to use Cuticura Soap and Ointment and I used two cakes of Cuticura Soap and two boxes of Cuticura Ointment when I was healed." (Signed) Clifford Yeomans, East Cheshelook, N. S.

Use Cuticura for every-day toilet purposes. Bath with Soap, soothe with Ointment, drug with Talcum.

Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion, Canadian Dept. Lyman, Limited, St. Paul St., Montreal. Cuticura Soap shaves without razor.

WOMEN OF MIDDLE AGE

May Pass the Critical Period Safely and Comfortably by Taking Lydia E. Pinkham's Vegetable Compound.

Regina, Sask.—"I was going through Change of Life and suffered for two years with headache, nervousness, sleepless nights and general weakness. Some days I felt tired and unfit to do my work. I gave Lydia E. Pinkham's Vegetable Compound a trial and found good results, and I also find it a very helpful Spring tonic and useful for constipation from which I suffer much. I have recommended Vegetable Compound to several friends, and am willing you should publish this."—Mrs. MARTHA W. LINDSAY, 810 Robinson St., Regina, Sask.

If you have warning symptoms such as a sense of suffocation, hot flashes, headaches, backache, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness, irritability, and dizziness, get a bottle of Lydia E. Pinkham's Vegetable Compound and begin taking the medicine at once. We know it will help you as it did Mrs. Lindsay.

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