THE NEW PUBLIC HEALTH

QUESTIONS.

COMMENT.

good. So exactly in the case of small-pox-vaccination, except that smallpox vaccination does infinitely less harm than

per month from vaccination!
Improper Methods of Vaccination.

These may be classified thus:

1. No proper cleansing of the skin.

2. The vaccinator talking over the arm while the vaccination is being done, thus

while the vaccination is being done, thus throwing his mouth spray and therefore the bacteria of his mouth into the skin with the vaccine.

3. Scraping the skin over a large area until the blood flows.

4. Using instruments for scraping the skin that have been used on previous patients without being sterilized afterwards.

5. Not allowing the vaccinated area to dry properly.

Putting on caps or light bandages.

7. Patient scratching the vaccination

Proper Methods.

hol, to remove the soap; and ether finally.

1. Wash the skin with soap, then alco-

2. The vaccinator to "keep his mouth

Human Vaccine and Cow Vaccine.

in every instance they have proved

or by mail at 25 cents a box from The

Medicine Company,

"CAUSE"

dry properly.

oustule as it develops.

shut" while vaccinating.

The Advertiser Bureau of Public Health. Conducted by Institute of Public Health. (The Public Health of Western University, London). Established and maintained by the Ontario Government

eady for use in the body.

Public Health Faculty of Western University, care The Advertiser, London, Ont." Private questions, accompanied by a stamped self-addressed envelope, will receive prompt answers. Medical diagnosis or treatment for individual cases cannot be prescribed.

Q .- I would like to hear what you have to say on the subject of "mastication?" I have read that Gladstone, the "Grand Old Man," who disestablished the Church of Ireland, and never got home rule for Ireland, believed in chewing every piece of meat thirty-two times. Have you ever tried It? I have, and do you know I used

thing, no doubt, but what is proper chew- matter. ing? Fletcher, the great amateur apostle of teeth, advocates chewing all food, even soup! Wiley, the great professional apostle of pure food, says, meat should be bolted whole, in chunks. Dr. Thomas Aikins, the great Canadian surgeon of thirty years ago, always inspected his patients teeth first before he did anything else, on the principle that if they had not good 'grinders' they could not stand operations; and many a time he insisted on installing a set of false teeth before he would consider removing a tumor.

How Much Do Animals Chew? Now, the real truth probably lies, as usual, between the extremes. Animals that live purely on vegetables chew these to the finest point; some as in the cow, 'chewing the cud," which means simply that they bite off and swallow their food whole first; then when they have a good stock accumulated, they go off quietly somewhere and bring it up again to be pulverized thoroughly before it is really

Let Me Send You A Treatment of My Catarrh Cure Free



C. E. GAUSS Will Take Any Case of Catarrh, No Matter How Chronic, or What Stage It is in, and Prove ENTIRELY AT MY OWN EXPENSE,
That It Can Be Cured,

Curing catarrh has been my for years, and during this time over one million people have come to me from all over the land for treatment and ce. My method is original. I cure disease by first curing the cause. Thus my combined treatment cures where all else fails. I can demonstrate you in just a few days' time that my method is quick, sure and complete, because it rids the system of the poisonous germs that cause catarrh. Send your name and address at once to C. E. Gauss, and he will send you the treatment referred to. Fill out the

FREE.

This coupon is good for a package of GAUSS COMBINED CATARRH CURE sent free by mail. Simply fill in name and address on dotted lines below, and E. GAUSS, 5773 Main St. mail to C. E. Marshall, Mich.

To Cure Catarrhal Deafness and Head Noises

Po sons suffering from catarrhal deafness and head noises will be glad to know that this distressing affliction can be succest tilly treated at home by an internal med line that in many instances has affected a complete cure after all else has failed. Sufferers who could scarcely hear a watch tick have had their hearing restored to such an extent that the tick of watch was plainly sudible seven or watch was plainly audible seven or eight inches away from either ear.
Therefore, if you know someone who is

troubled with head noises or catarrh, or catarrhal deafness, cut out this formula and hand to them and you will have been

and hand to them and you will have been the means of saving some poor sufferer perhaps from total deafness. The prescription can be prepared at home and is made as follows:

Secure from your druggist 1 oz. Parmint (Double Strength). about 75c worth Take this home, and add to it ½ pint of hot water and 4 oz. of moist or granulated sugar; stir until dissolved. Take one tablespoonful four times a day.

The first dose promptly ends the most distressing head noises, dullness, cloudy thinking, etc., while the hearing rapidly

The first dose promptly ends the most distressing head noises, dullness, cloudy thinking, etc., while the hearing rapidly returns as the system is invigorated by the tonic action of the treatment. Loss of smell and mucous dropping in the back of the throat are other symptoms that show the presence of catarrhal poison, and which are quickly overcome by this efficacious treatment. Nearly ninety per cent. of all ear troubles are directly caused by catarrh; therefore, there are but few people whose hearing cannot be restored by this simple home treatment. Every person who is troubled with head noises, catarrhal deafness, or catarrh in any form should give this prescription a trial. There is nothing better.

Important.—In ordering Parmint always specify that you want Double Strength; your druggist has it or he can get it for you; if not, send 75c to the International Laboratories, Box 1240. Montreal, P. Q., who make a specialty of the contraction of the can be called the contractions.

are provided with strong acids in the vaccination does infinitely less narm than the first attacks of scarlet fever or measles. If smallpox vaccination resulted in the number of deaths and damage that measles or scarlet fever result in, what a howl there would be! Yet a great many people who object to smallpox vaccination, (i. e., giving the child a light attack of non-infectious smallpox, death rate one in one million) will deliberately expose their children to measles and scarlet fever ("to stomach, which chemically pulverize, so to speak, the meat they swallow. Their teeth are built merely for tearing off the meat, not for chewing it at all. Man Intermediate. Mankind, living on both meat and vegetables, should and does compromise the situation. That is, he should chew vegetables very thoroughly, but meats he need not bother with so much. He must chew his vegetables when he bites a young children from measles or scarlet fever is so great that over 1,000 children die every month in North America from measles alone! Fancy if ten children died mouthful off first, because he cannot, like a cow, do it later: the latter half of the frequent advice to "chew well before you

But animals that live purely on meat

tried it? I have, and do you know I used up so much energy that after a few times I gave it up. My experience is that the less chewing I do the better I feel. Do you not candidly think that it is absolutely unnecessary to waste so much energy In trying to "digest" food before it gets into the stomach? PATRICK DONAHOE. What Is Proper Chewing?

A.—Properly chewing food is a great thing, no doubt, but what is proper chewswallow" is rather unnecessary, for you

Another reason for thorough chewing of vegetable foods is this: The nourishing part of most of them is either sugar or starch. The sugar dissolves in water and needs no attentions. starch. The sugar dissolves in water and needs no attention from the teeth. But the starch does not dissolve like sugar and the starch does not dissolve like sugar and the output of the salivary glands that open into the mouth acts on it to convert it into sugar, else it would not do us any good, but pass through the intestine as waste matter. These glands are situated one in front of each ear along the back of the jaw, and under the tongue towards the front.

waste matter. These glands are situated one in front of each ear along the back of the jaw, and under the tongue towards the front.

The openings of the first two glands can be seen quite readily by opening the mouth wide and looking at the inside of the cheek at the point (when the mouth is shut) which lies against the upper double teeth, about half way back from the mouth. These are the glands that are so prominent a feature of mumps when they swell up.

Man's body is not specialized like that of so many animals; it is a sort of compromise. He has not run all to hind legs like a kangaroo or all to nose like an elephant. He does not confine his meals to grass or meat or any one thing. His only remarkable physical features are his strongholds because he is a compromise, because Le is not specialized for extreme conditions. This is the place where the vegetarian and the other faddists all fall down. Man is no more adapted for a pure vegetarian diet than for a pure flesh diet; down. Man is no more adapted for a pure vegetarian diet than for a pure flesh diet; and since most vegetarians eat cheese, eggs, milk and chicken, they practically admit it while preaching something else.

Starchy foods of all kinds, which means all vegetables and most fruits, all cereals and the products of vegetables, fruits and cereals, should be very thoroughly chewed.

Meats, fish and all similar animal products of the contain little or no starch, and all similar animal products contain little or no starch, and all similar animal products.

Meats, fish a little or li rom the finer flavors more roughly and, for economy, thorough wing of vegetable matter may save a chewing of vegetable matter may save at it, make it open, very often, and produce great deal of the waste which now occurs through the undigested food passing through the body. Perhaps 10 per cent. of meat, but nearly 33 per cent. of vegetable food taken by the mouth may be lost to the body by insufficient digestion.

It, make it open, very often, and produce an open running sore.

Results.

The unvaccinated show 30 times as many smallpox cases and 180 times as many smallpox deaths as the vaccinated. Choose!

VACCINATION.

Q .- ! read about compulsory vaccina-Q.—I read about computatory vaccination. What are the proper measures used to have vaccination done in a healthy and satisfactory manner? Do you think that healthy cow vaccine would be safer to healthy cow vaccine would be safer to healthy is considered so great that cow healthy is prow used almost exclusively. healthy cow vaccine would be use than, perhaps, unhealthy human vaccine is now used almost exclusively.
H. W. HILL. What Is Vaccination? vaccine?

A.—Vaccination against smallpox is the process of having a mild attack of modiied smallpox to protect yourself against having a severe attack of the unmodified

smallpox later on.

It is based on the world-wide principle that we know at present only two ways to escape infectious diseases; first, by to escape infectious diseases; first, by avoiding the infection; second, by overcoming it after it enters the body. The
third method, the basis of the New Public Health, is to abolish infection, so that
we shall not need to avoid it or to overcome it. This has been done, practically,
in the case of leprosy in Europe and
America. But for all the other infectious
diseases, the first or the second are our
escapegards at present.

stomach is out of order of his bowers
need regulating, no other medicine
will have such prompt or beneficial
petals. or tied daintily to stems, to
sweethearts all over the big city. The
clerk was tired and a trifle cross as
she approached the trembling old man
and asked what he wanted.

"What is the price of the flowers?"
was his vague query. The clerk automatically repeated the prices.

safeguards at present.

Explanations.

Everyone knows that immunity to Everyone knows that infinitity to measles can be gained only by having an attack of measles; immunity to scarlet tever only by having an attack of scarlet Tablets are sold by medicine dealers attack of measles; immunity to scarlet fever only by having an attack of scarlet ever, and so on. The first attack may be light or severe, but that does not matter; the protection against subsequent attacks conferred by the first one is equally

Brockville, Ont.

New York, Feb. 20.-While Charles

Seymour Whitman, New York's fear-

less young district attorney, is prose-

cuting police grafters and city treas-

ury "boodlers," Mrs. Whitman is equal-

ly active as a leader of the suffrage

forces. When the suffragists gave a

ball recently, Mrs. Whitman stood

guardian by a big Salvation Army kettle and sold tickets. With a drumstick she attracted attention to the ket-

tle into which the price of the tickets

was dropped.

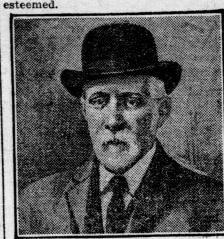
SUFFRAGETTE HAS A NEW WAY TO

ATTRACT ATTENTION TO

FAILING FAST

Captain on Great Lakes Restored to Health by "Fruit-a-tives."

For thirty years. Captain Swan followed the Great Lakes. He has now retired and lives at Port Burwell where he is well known and highly



H. SWAN, Esq.

Port Burwell, Ont., May 8, 1913. "A man has a poor chance of living and enjoying life when he cannot eat. That was what was wrong with me. Loss of appetite and indigestion was brought on by Constipation. I have had trouble with these diseases for years. I lost a great deal of flesh and suffered constantly. For the last couple of years, have taken 'Fruit-a-tives' and have been so pleased with the results that I have recommended them on many occasions to friends and acquaintances. I am sure that 'Fruit-a-tives' have helped me greatly. By following the diet rules and taking 'Fruit-a-tives' according to directions, any person with dyspepsia will get benefit

"H. SWAN." 'Fruit-a-tives" are sold by all dealers at 50c a box, 6 for \$2.50, or trial size 25c, or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

A BUNCH OF VIOLETS

A St. Valentine Day Story.

It was a bunch of violets, and them stood in a little straggling and in the florist's window, wact, the window struments should be used; needles are best, and a new one for each patient is the proper thing.

5. Let the vaccine dry in; if, after fitteen minutes, it is not dry, remore the surplus with sterile cotton.

6. Sew a piece of clear scerilized cloth nations, artistically arranged and insimplies with sterile cotton.
6. Sew a piece of clossic scrilized cloth for the undergays of feeve, so that it lies over the scrain or punctures or scratches, loth are dry shirt and the night shirt. The purcture of scratches or oftener, it it worries the patient.
Vaccination is not infectious unless the pustule is broken and the contents transferred to a cut or a scratch. The pustule, if left alone, is hard and firm and does not break. A cap over it will soften it, make it open, very often, and produce an open running sore.

Iong stemmed, and spicy, fragrant carnations, artistically arranged and inviting. But the bunch of violets had been ruthlessly thrown aside unnoticed. Young men and pretty girls admorated from without, and as if mesmerized by the seductive beauty, entered and bought their valentines, for flowers convey the message of the heart, when gaudy-colored cards would utterly fail. This year Master Cupid has said flowers should be the order of the day.

It was rather late in the long winter the contents of the long winter that seemed en eternity.

It was rather late in the long winter afternoon, when the old man limped slowly down the street. The sidewalks were icy, and his cramped limbs shook under him. He passed the window with scarcely a glance, and then the Vaccine from the arm of a healthy child violets from their corner saw him turn and retrace his steps. He peered in at the flowers, noted the tall, dignified roses, the brilliant carnations and the myriads of bloom, but when his eyes rested on the shrinking violets they lingered. Perhaps they suggested something, but who can tell? Maybe t was some dim memory that caused him to enter the store. The busy clerk **CURE SICKLY BABIES** came forward. All day long hundreds of Valentine orders had been rushing

If your baby is sickly, if his little in. Beautiful roses, bearing messages stomach is out of order or his bowels of love, had been whisked need regulating, no other medicine many a sweet nothing tucked in their effect as Baby's Own Tablets. Thous- sweethearts all over the big city. The ands of other mothers use no other clerk was tired and a trifle cross as medicine for their little ones. Con- she approached the trembling old man

Baby's Own Tablets for stomach trou- was his vague query. The clerk automatically repeated the prices. bles, vomiting and constipation, and "Guess I can't afford any today," he

replied, turning to go. The young lady hesitated a moment when her eye caught the lone bunch of violets. Perhaps it was the disappointed look on her would-be customer's face that found a sympathetic echo in her heart. "Would this handful of violets suit you?" she called more kindly, lifting the straggling bunch caressingly in her hand. are not very fresh, but cold

would brighten them up.' Then before the bewildered violets knew how it came about, they were whisked into tissue paper, swallowed up in a beautiful box, while a pretty card (the prettiest one the clerk could find) was tucked in, which read "To My Valentine." "They're for my wife," the old mar

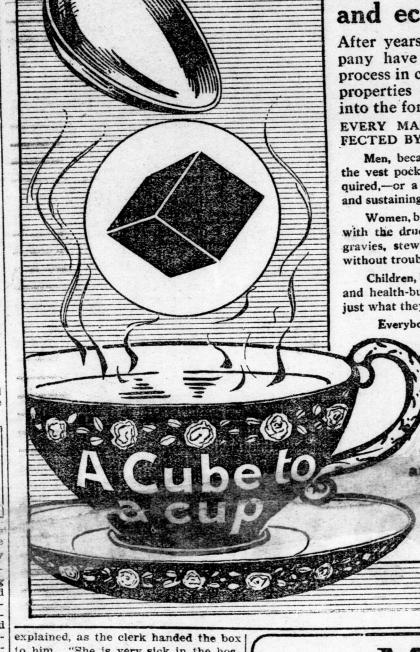
Nerves Are Sore and Painful

Neuritis. or inflammation of the nerves, is the most painful of nervous ailments. You may feel the soreness or tenderness throughout the body, or t may be confined to certain nerves. In the head it is called neuralgia; in the hips and legs, sciatica; in the face, ticdoloreux, and in the chest, intercostal neuralgia.

The application of dry heat affords relief from the lance-like pains, but the essential thing is to build up the exhausted nervous system by the persistent use of such a restorative as Dr. Chase's Nerve Food. You will have other symptoms to warn you of the depleted condition of the nervous system, and this is your opportunity to restore to the body the energy and vigor of health.

While this great food cure is instilling new vitality into the starved nerve cells it is also forming new, firm flesh and tissue, and, by noting your increase in weight, you can prove be-yond doubt the benefit being obtained by its use. This is Nature's way of curing diseases of the nerves, and it the only way to obtain lasting

Bureau of Engraving



ful of Food value

The New Food-Invention that has revolutionized the old ideas of convenience and economy

After years of experiment the Liebig Company have succeeded by a new scientific process in condensing the rich body-building properties of their famous fluid-beef Oxo into the form of handy Cubes.

EVERY MAN, WOMAN AND CHILD IS AF-FECTED BY THIS GREAT FOOD INVENTION.

Men, because a tin of Oxo Cubes can be slipped into the vest pocket, and used whenever a hasty meal is required,-or a Cube spread on a biscuit is both delicious Women, because Oxo Cubes do away in great measure

with the drudgery of home-cookery. Soups, beeftess, gravies, stews, etc., can be made in a few minuteswithout trouble or inconvenience. Children, because Oxo Cubes are powerful nourishers

and health-builders, and being deliciously flavoured are just what they enjoy. Everybody, because a daily cup of Oxo makes you feel worlds better-your brain more alert,-

and your body stronger, and more capable of sustaining the cold and rigours of a hard winter. Oxo Cubes have a body-building power out of all propor-

tion to the amount taken Hos of 4, 10, 50. and 100 Cubes

LESSONS





In Your Own Home

Ninety-six lessons (or a less number, if you desire) for Piano, Organ, Violin, Banjo, Cornet, Sight Singing, Mandolin or 'Cello given free to make our home study courses for these instruments known in your locality. You get one or two lessons weekly, and your only expense during the time you take the lessons will be the cost of postage and the music you use, which is small. Hundreds of pupils write: "Wish had known of your school before." "Have learned more in one term in my home than in three terms with private teachers." Everything is so thorough and complete." "The lessons are marvels of simplicity, and my 11-year-old boy has not had the least trouble to learn." One minister writes: "As each succeeding lesson comes I am more and more fully persuaded I made no mistake in becoming your pupil."

Don't say you cannot learn music, but SEND COUPON (Letter or Postcard

We furnish a booklet that you would like to have. It gives much fuller information about our School, Faculty and Lessons than Lessons than we could possibly tell you in this limited

Write today, using attached coupon.

stood that this places me under no obligation what GUITAR MANDOLIN PIANO SIGHT SINGING BANJO Name..... Address..... (Instruments supplied when needed, cash or credit.)

U. S. SCHOOL OF MUSIC,
225 Fifth Ave., Box L. A., New York City:
Gentlemen—Please send me particulars of the
Free Scholarship offer. I desire to learn the instrument after which I have marked X. It is under-



WOMEN CURED AT HOME

Women's disorders always yield from the very beginning of the treatment to the mild, but effective, action of Orange Lily. Within two or three days after commencing its use the improvement becomes noticeable, and this improvement continues until the patient is completely cured. Orange Lily is an applied or local treatment, and acts directly on the womanly organs, re-

diseased parts. In order to convince all suffering women of the value of this remedy, I will send a 35-cent box, enough for ten days' treatment, absolutely FREM to each lady sending me her address. MRS. FRANCES E. CURRAH. Windsor. Ont. Recommended and For Sale by Anderson & Nelles, W. T. Strong & Co., H. J. Childs, W. H. Lister, and all other leading druggists.

And no expensive valentine with And no expensive valentine with words of love, or costly roses that found their way into the countless homes that day, with their hint of fealth, could have conveyed the loving sentiment that the handful of purple violets whispered to the sick-a-bed lady on St. Valentine's Day. Somehow, as she lay there, racked with pain, yet

smiled a greeting to the old man, as | bravely hiding it, the fragrant messenher frail fingers opened the box. The handful of violets found themselves such as this, long ago. Two bright crushed within the hands of the sick te arstrickled down her cheeks and fell woman, while she buried her soft lit- unseen among the violets. One frail tle face in their cool fragrance. "Vio-lets," whispered the sick-a-bed lady, "Oh, what beauties!" Then the bright her life partner, while a smile, bright card attracted her attention, and she as the summer sunshine transfigured said: "Why, so it is, St. Valentine's her face, and her weak voice called cheerily, yet so low that the old man had to lean down to catch the words,





For a time that seemed en eternity,

the violets travelled about. They were

jostled and shaken rudely, for many

times the old man slipped on the icy walk, and narrowly missed falling on

the treacherous streets. Finally they

reached the big hospital, and were

taken to the public ward, where the old

man deposited them in the hands of

the sick-a-bed lady herself.

Now the sick-a-bed lady was the lit-

tle old woman with white snowy locks,

and the kindest, jolliest face in the

world when it was not creased with

pain. Two dim eyes of a faded blue

Na-Dru-Co Laxatives

are different in that they

do not gripe, purge nor

cause nausea, nor does

continued use lessen their

effectiveness. You can

always depend on them.

25c. a box at your

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SOAP

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CUTICURA

use tends to prevent pore ging, pimples, blackheads, redness, roughness and other unwholesome conditions of the skin.