

SIR WILFRID LAURIER GUEST OF HONOR AMONG HIS POLITICAL OPPONENTS



PROFESSOR A. T. DELARY, TOASTMASTER; PRESIDENT FALCONER, ONE OF THE SPEAKERS; SIR WILLIAM R. MEREDITH, CHAIRMAN, AND ONE OF THE GUESTS; SIR WILFRID LAURIER; SIR WILLIAM MULLOCK, WHO ENTERTAINS SIR WILFRID WHILE IN TORONTO; HON. W. J. HANNA, ONE OF THE SPEAKERS.

HOME RULE Door To Negotiation Still Is Open

Speech by Sir Edward Grey

Must Come Nearer, British Secretary for Foreign Affairs - The Case Concisely Stated in Bradford Address

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INFANT MORTALITY What Has Been Done in New Zealand

Lecture by Dr. P. Tenby King

In Lecture Doctor Who is Authority Tells How the Death Rate Among Little Ones May Be Reduced

Dr. P. Tenby King, who gave a very interesting lecture in the Hulme Town Hall last night on "Health and Fitness," is recognized in New Zealand as the chief authority on the prevention of infant mortality. Not quite eight years ago he began on his own account health mission among the households of Dunedin. It was so successful that with- in two years an organization—the Society for the Health of Women and Children—was formed to extend the work. This movement has produced some remarkable results. Branches have been formed all over New Zealand, and the effect of spreading information about the maintenance of the health of women and the care of infants has been a great reduction in the infant death rate of the colony. For the seven years ended 1907 the infant death rate for Dunedin was eight per cent. It now only 2.87 per cent. And the mortality for the whole of the colony is only five per cent. The infant death rate in St. Petersburg in 1910 was 28 per cent, and that in Manchester for 1910-12 the rate was 18.5 per cent. The governor of New Zealand, Lord Plunket, and his wife took a great interest in the movement, and in 1912 the minister of public health, recognizing that the society was performing a bene- ficent public function, decided that the work should be still further extended. It was arranged that Doctor King should be released from his other official duties in order to undertake an extensive lecturing tour throughout the whole of New Zealand. This year Doctor King was sent to represent the colony at the Eng- lish-speaking conference on infantile mortality and child welfare in London. Since that conference Doctor King has been on the continent to acquire infor- mation about the conditions there, and he is now performing a similar work in Great Britain, where he is also taking advantage of any opportunity to tell the public what is going on in New Zealand in order that advantage may be taken of the knowledge so obtained. The lecture last night was arranged by the sanitary committee of the Manches- ter Corporation, and Councillor Jackson, the chairman of the committee, in open- ing the proceedings, said England had a great deal to learn from some of the colonies about the care of child-life. The question was one of the most impor- tant of public health work, and was all the more serious because of the ever- increasing birth-rate. Legislation had done a good deal to society in this mat- ter, and administration by public author- ities could do very much more. Some Practical Hints Dr. Tenby King first described how the New Zealand society had obtained the co-operation of the newspapers in publishing a weekly "Our Babies" col- umn, the information in which was sup- plmented by experts whenever mothers wrote for more details. It was often said that the worst diseases of mankind were consumption and cancer, but, in his opinion, the greatest were poorly de- veloped jaws and breathing passages and decaying teeth. Those could be avoided by giving the little ones plenty to do even in their youngest days, and by putting into their bodies deep breaths of fresh air and well-chewed food. It was important that babies should have kick- ing exercise two or three times a day, but the question of feeding was of even greater importance and had a great bearing on the prevention of mental diseases. The brain of a child practi- cally ceased growing after the third year, and if the baby was not fed naturally it meant decreased brain power in later life. There was a great difference be- tween milk, as there was no artificial food which would supply the necessary materials in the same way as the mother's in adults lactation. It was often the result of improper attention during childhood, and the best way to get rid of it was to have three honest meals a day and only three, to go early to bed and to get up early, to habituate the skin to plenty of fresh air exercise, was wrong to suppose that many chil- dren were born idiots; the fact was that

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FOOD IN FEEDING

Careful investigations had shown that children did not require food oftener than once in four hours. In Chicago it was laid down municipally that a child should not have food oftener than five times a day; in Germany and in many parts of the continent the standard was six times a day, and it was the same in New Zealand. The hours of feeding ought to be the same every day, and nothing ought to be given at night. If the baby did happen to cry at some o'clock in the morning it should be given some boiled water. If it woke up the next night it should be given boiled water again; it would not be such a fool as to wake up the third night and everyone in the house would be assured of his or her proper rest. He advised that careful attention should be given to the amount of food given each day, for over-feeding was as injurious as starvation. This was especially the case with flesh- forming foods, because the waste from it was more poisonous than that from other forms.

IMPORTANCE OF FRESH AIR

Speaking of the importance of fresh air, Doctor King condemned the use of baby carriages with patent leather hood and of cots or anything which would imprison the air over the baby's face. He also spoke strongly against the practice of covering cradles, so that the air cannot circulate freely, and that of placing babies in front of the fire, espe- cially immediately after bathing. As to the place in which a cot should be put in the mother's bedroom, he advised that it should be on the opposite side of the window from the mother's bed. It was of great importance that the windows should be thrown wide open, but it was permissible to have a screen inside the room to prevent a direct current of air from passing over the bed. If women would avail themselves of the open air, the windows were thrown wide open, if they took the best food which the money available would supply, he was certain that in the majority of cases the children would be all right. That applied in great cities as much as in the country, for the poisoning of the air was mainly done inside the rooms.

THE FEEDING OF CHILDREN

One of the greatest curses, he said, was the tendency to feed children on "pap" food. Children needed some- thing hard upon which to work their jaws, and by a gradual process they would be able to take oatmeal and apples with benefit. The lecture was illustrated by many lantern slides. Some of them illustrated the great improvements made in New Zealand by proper feeding after chil- dren had appeared to be hopeless weak- ings or cripples through parental ignor- ance.

THE ELITE

The elite were considerably mystified when their washerwoman whirled by in a splendid limousine, and not a little nettled because she was so well dressed. "Since we do not, as matters of social usage, pay our laundry bills, how do you command such luxuries?" "Why, by saving the soap wrappers to be sure," the washerwoman explained in the best of temper.—Puck

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Advertisement for Neilson's Chocolates. Text: "You will give Chocolates on Christmas. It does make a difference whose Chocolates you will give to your family or to your friends. You will want to give the Chocolates made by the very best maker. When you choose Neilson's you pay a nice compliment to the recipient of your gift, for the best Chocolates made are— NEILSON'S CHOCOLATES. None who know these delicious confections dispute their claim to be the finest quality Chocolates. Sold by leading druggists and confectioners everywhere." Includes image of a chocolate box.

Advertisement for Burdock Blood Bitters and Beecham's Pills. Text: "BURDOCK BLOOD BITTERS CURED A BAD ATTACK OF ECZEMA. All skin diseases such as Eczema, Salt Rheum, Tetter, Rash, Boils, Pimples, and Itching Skin Eruptions, are always caused from the blood being impure, which condition, and it is impossible to eradicate them from the system unless you purify your blood into good shape. This you can very easily do without the slightest trouble by using Burdock Blood Bitters. It drives out all the humor from the blood, and makes it pure and rich, and not only are the unsightly diseases removed, and a bright clean complexion produced, but the entire system is renewed and invigorated at the same time. Mrs. G. A. Day, Somerville, N.B., writes: 'I had a severe attack of Eczema. I tried several patent medicines as well as the medicine of a physician, but they seemed to make the disease worse. I was advised to try Burdock Blood Bitters, and I did so with the result that in two weeks time the sores began to disappear. I continued to take it until I had had three bottles and they worked a complete cure.' THE World's Remedy You make no risky experiment when you use occasionally whenever there is need—the most universally popular home remedy known—Beecham's Pills, which have stood the test of time with absolute success and their world-wide fame rests securely on proved merit. BEECHAM'S PILLS relieve the numerous ailments caused by defective action of the stomach, liver, kidneys and bowels. Cleansing the system, they purify the blood and tone body, brain and nerves. Beecham's Pills act quickly; they are always safe and reliable, and you may depend upon it they will benefit you. Sold everywhere. In boxes, 25 cents. Especially every woman should read the directions with every box." Includes image of medicine bottles.

YOU'LL SLEEP MORE SOUNDLY

If You Keep Healthy With Dr. Morse's Indian Root Pills

The man or woman with a good appetite, sound digestion, and bowels and kidneys working right, is never troubled much with sleeplessness. It is when the bowels become constipated and the liver and kidneys sluggish that the trouble begins. Lazy liver and constipated bowels quickly bring on biliousness, indigestion and sick headaches, making a sound, refreshing night's sleep impossible. Or the inactive kidneys allow the blood to become loaded with uric acid, which causes rheumatism, with all its sleep-destroying tortures.

Dr. Morse's Indian Root Pills, taken regularly, induce sweet and dreamless sleep by keeping all these organs active and regular. The headaches disappear, the digestion becomes good again, the blood is purified and perfect health returns.

Dr. Morse's Indian Root Pills have been a favorite household remedy in Canada for over half a century, and they are in daily use throughout the world. Being purely vegetable they are safe for young and old. Made by W. H. Comstock Co., Ltd., Brockville, Ont., and sold by all dealers at 25c. a box.

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