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The Home Doctor

Look After the Teeth

Physicians now claim that bad teeth are a fruitful cause of disease. Decayed teeth furnish a pleasant environment for the festive germ. A recent article in a medical magazine credits such diseases as typhoid fever, appendicitis and rheumatism in many instances to a bad condition of the teeth. Two years ago an experiment was made in Marion School, Cleveland, Ohio, to determine the effect of poor teeth upon the mental condition. It was found that children suffering from disorders of the teeth after being properly treated showed an improvement in their school work amounting to an average of fifty-seven per cent.

Health Training for the Child

I think it might be well to lay down a few rules that will apply to the child. No time can be better spent for the prevention of tuberculosis than in teaching cleanly habits to young children. It should be the constant aim of parents

15. Never cough or sneeze in a person's face. Turn your face to one side and hold a handkerchief before your mouth.

16. Have your own drinking cups whenever possible.

17. Breathe only fresh air day and night, simply avoid draughts.

18. Breathe, sit, stand and walk correctly. In so doing you will do more to prevent consumption than all the physicians combined. A good pair of lungs is the most efficient barrier to this disease.

19. Go to bed early, rise early, take plenty of physical culture, helping father and mother before and after school with the chores.

20. Study physiology to know how to use rightly and take proper care of every part of the body.

Playing

To learn to play, and indeed to play is an art, and one which is less known in this country than it should be. Older nations know how to play. In Canada we are not yet certain enough of our



Giants' Pot Holes of the Maligne George, Jasper Park.

and teachers to keep the hair, hands and nails clean, to prevent the picking of the nose and the scratching of the abraded surfaces. Sanitary instructions now being introduced into our public schools promise much for the men and women of tomorrow.

The following brief presentation of simple health rules was made by the Hawthorne Club, a group of tenement-house children in Boston. The twenty axioms are as follows:

1. Health is wealth.
2. Do not put pins into your mouth.
3. Do not hold money in your mouth.
4. Do not put your fingers in your mouth.
5. Do not put pencils in your mouth or wet them with your lips.
6. Do not wet your fingers in your mouth when turning the leaves of books.
7. Do not put anything in your mouth except food or drink.
8. Never spit on your slate or on the floor or sidewalk.
9. Do not pick your nose or wipe it with your hand or sleeve.
10. Keep your face and hands and finger nails clean.
11. Keep the interior of your body clean by allowing nothing to get into it except in pure food and pure drink.
12. Do not keep your rubbers on in school.
13. Do not sit with wet feet or damp clothing, resort to the stove or register until they are dry.
14. Do not swap parts of apples, candy, chewing gum, half-eaten food, whistles, or anything that is to be put into the mouth.

selves to do it. The foreigners in our midst know how. Go out to a public park on a holiday and observe the Norwegians dancing on the green to the accompaniment of songs that sound strangely like Grieg. Observe the newly arrived coster in a gathering of his kind in some quiet holiday place. Notice the Italian, the Hungarian, the Galician, the Icelandic, and even our despised Doukhobors. They have their songs, their dances, their games, their jokes old as their race. We admire the abandon of the French, but if we English-speaking Canadians attempted it, most of us would suddenly stop stock-still out of very self consciousness. The English coster on Hampstead Heath of a bank holiday can forget himself and his troubles in a certain uncouth way that signifies his faith in himself and his contentment with his station. This, for one thing, is the explanation of the true Canadian inability to play. He is continually thinking of the class—so-called—above him into which he hopes to graduate. The ribbon-counter girl apes the manner of the last supposed lady she saw. The clerk sees ahead of him the day when he can amuse himself as his manager does. We are self-conscious and, instead of playing, we search for excitement, that of the brilliantly lighted

Asthma Doesn't Wear Off Alone. Do not make the mistake of waiting for asthma to wear away by itself. While you are waiting the disease is surely gathering a stronger foothold and you live in danger of stronger and yet stronger attacks. Dr. J. D. Kellogg's Asthma Remedy taken early, will prevent incipient condition from becoming chronic and saves hours of awful suffering.