

# CARE OF HEALTH IN SPRING PARTICULARLY NEEDED

## Disease Costs Canadians Appalling Sum Each Year, So Why Not Fight Disease?

One-Third of What It Costs To Be Sick Spent On Public Health Measures In Fighting Germ Diseases Would Prove Wonderful Boon To Canadian Nation.

A cow a year apiece to be sick—nine million cows a year—is what it costs Canadians to have the diseases that afflict us. More than four-fifths of all this cost is due to infectious diseases—diseases caused by germs and spreading from one person to another.

Let us understand one another. This bill of \$270,000,000 a year that it costs Canada to be sick, is not the cost of tuberculosis in cattle or hog cholera in swine, or any loss of grain or corn from rusts or borers—and it is equal to the value of a herd of cattle 9,000,000 strong at \$30 a head. Now stop and think. If we lost every year 9,000,000 cattle in Canada, what would you do about it? Would not every resource of the government, ever farmer's club, every agricultural school be set to work to stop it—to save that \$270,000,000 a year? To save those 9,000,000 cattle? But \$270,000,000 is \$270,000,000 whether we lose it through cattle or through sickness! If we were losing \$270,000,000 worth of cattle every year, wouldn't it be better to spend \$270,000,000 to save them than to lose the money and the cattle too?

Pay To Be Well. Isn't it true, then, that it would pay us to spend \$270,000,000 a year and be well, than to spend that amount, as we do now, and be sick? But it would not cost \$270,000,000 to rid Canadians of most of the diseases that afflict us. If we spent one-third of what it costs us to be sick on public health measures, that is, if we spent \$90,000,000 a year, we would have the other two-thirds saved for paying off our national debt, reducing taxes to almost nothing, growing and flourishing as a nation in a way no other nation has ever done.

Can't be done? Well, listen. Public health never yet has had \$10 a head of population to spend on preventing disease. The provincial board of health has about 20 cents a head; most local boards of health have from 1 cent to 20 cents per head to spend. Even the Toronto board of health never has had more than \$2 per head for active public health work. No, we go on losing \$30 a head a year and we spend 1 cent to 20 cents a year in a futile, bootless, long-distance, negligent attempt at trimming off some of the longest branches of this loss! Now, it is up to you people to get rid of it and be done with this fantastic nonsense of spending \$270,000,000 a year for the pleasure of having

disease and death continually with us and among us.

What About Loss of Life?

How about the loss in lives, in sorrow, in pain, in suffering? We talk much about the war—we erect monuments to its heroes—we remember our heroic dead by endowing hospitals in their memory—and we do well. But the war did not cost us in costly lives anything like what sickness costs us.

In four years of war we lost 56,000 young Canadian boys, killed by the common enemy. But in four years of peace, tuberculosis and pneumonia—just these two—kill nearly half as many more than the war did! We have had the war only once—so far. But we have tuberculosis and pneumonia and typhoid and diphtheria and rheumatism and many others every year!

Rheumatism—is that an infectious disease too? Yes—not due to cold, or chill or any of those things. We now know rheumatism is due to germs—it is preventable, and we can get rid of it entirely—if we go to it. Well, there it is—now what will you do to help the government get rid of infectious diseases?

I will tell you.

1. Medical school inspection.

2. Public health nurses.

3. County health officers—full time.

4. And annual adult inspection.

If we inspect children annually to keep them well, why not the older folk too? Maybe the kids are worth more than the parents—some parents think so, anyway. But the older folk are worth something, aren't they? You grown-ups—aren't you worth keeping well? Is it only the children that need attention? All right—but if you are sick or die, what becomes of those same kids while they are growing up?

Annual adult inspection by your own family physician, then, is the best means of all to save Canada \$270,000,000 a year.

Must Show Love.

Lady Byng, the wife of our governor-general, stated recently that no one thing in Canada needs more active and intelligent consideration than this—"what shall we do about the feeble-minded children"—who, remember, will be feeble-minded adults in a few years more.

Crippled and deformed children—crippled in leg or hand, blind or mute or otherwise handicapped—to these our hearts go out. We are glad to help to send flowers to them, to help them across the street, to build hos-

pitals where their defects may be corrected.

But the feeble-minded—those crippled and deformed, not in leg or arm, but in mind—those cannot be helped—their defects cannot be corrected; and worse than all, many of them transmit their feeble-mindedness to their children.

The girl or boy who has lost an arm or leg, or who has become a cripple through infantile paralysis or otherwise—such when they marry, have perfectly well, sound children—such defects are not hereditary. We all know this to be true.

Result of Accident.

Some cases of feeble-mindedness are like this—those cases in which the child is born bright but becomes feeble-minded as the result of an accident or disease. In these cases the children such a feeble-minded person may have will not inherit that feeble-mindedness.

About one-third of all our cases of feeble-mindedness are of this kind—that is acquired after birth by a child born normal—and in this one-third of the cases the children do not inherit the disease.

But in two-thirds of our cases of feeble-mindedness, neither disease nor accident is responsible, but the child is born feeble-minded because one or both of his parents is feeble-minded. Mr. Baker, city clerk of London, Canada, refused a marriage license to two feeble-minded persons who insisted to marry. He knew that they would produce feeble-minded children. He was severely criticized for so doing by some people, but the majority of us believe he was quite right.

Why should we allow more feeble-minded children to be born? If you have poor stock born amongst cattle or pigs or chickens you can kill them off. But we cannot do this with feeble-minded children—the only thing we can do is to prevent the marriages of feeble-minded people who are sure to have such children.

Watch Immigrants.

We want immigration into this country of good British stock—but beware of introducing here the feeble-minded whether British or otherwise. This is a matter which concerns the farmers very vitally—and the boys and girls of today also for they will be the adults of Canada before long. If you let feeble-mindedness grow and flourish and be imported into Canada now, what kind of population shall we have here for your children to deal with when they are grown up? The Dominion and the provincial boards of health, the department of education, the Women's Institutes are interested in this immensely important matter of feeble-mindedness. From one to three per cent of the population now is feeble-minded. Two-thirds of them are of the hereditary class. Help us to check the further increase of this our most serious disease.

SPARTA LADIES' AID CLUB RAISES \$1,000 FOR CHURCH

Special to The Advertiser.

Sparta, April 20.—The Ladies' Aid of the Methodist Church held their monthly meeting yesterday at the home of Mrs. Richard Yelland. Mrs. Joseph Turrill, the president, presided. The president and treasurer were

appointed to present a report at the congregational meeting to be held April 30.

Rev. Dr. Husser was asked to preside during the election of officers for the coming year which resulted as follows: President, Mrs. Isaac Turrill; 1st vice-president, Mrs. (Dr.) Kilgour; 2nd vice-president, Mrs. Sel-

land; treasurer, Mrs. W. F. Smith; secretary, Mrs. Albert Fishleigh; parsonage committee, Mrs. Joseph Turrill and Mrs. Glavin; pianist, Mrs. (Dr.) Elliott; assistant pianist, Mrs. Earl Burton; auditors, Mrs. W. A. Henderson and Mrs. H. T. Marshall;

social committee, Mrs. Richard Yelland and Mrs. Robert Fishleigh. The treasurer reported the total of about \$1,000 having been raised during the past year.

WARDSVILLE CLUB MEETS.

Special to The Advertiser.

Wardsville, April 19.—The local W.

C. T. U. met at the home of Mrs. Parnell Tuesday with a good attendance. Mrs. Duff, provincial organizer, gave a fine address and new members were received.

A county membership certificate and pin was presented to Mrs. E. O'Malley by the local union.

## Our Business Is Service

OUR FIRM IS A PUBLIC SERVICE ORGANIZATION

We exist and grow by performing a service to the public.

Our routes are in charge of trained, courteous salesmen. We have selected them for their ability to give satisfactory service to our customers.

The quality of our milk and cream is the best obtainable, being pasteurized and handled under the most sanitary conditions.

Our deliveries are starting on summer schedule, which gives you an early-morning delivery of MILK, COFFEE CREAM, WHIPPING CREAM AND BUTTERMILK.



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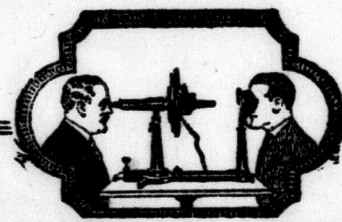


## Every Waking Moment

Your eyes are the servants of your ambition to achieve success in life. If they fail, your chances diminish and the handicap is often difficult to overcome. Do not delay getting our examination, for delays are dangerous and sometimes far-reaching in their effects. Our experts will be only too pleased to consult with and advise you free of charge at any time that may suit your convenience.

CARLYLE TREBILCOCK

233 Dundas Street OPTICIAN Phone 2351



## We Are Against Disease and Death!

WE ASSIST YOU TO KEEP YOUR HEALTH

## London Board of Health

BUSINESS—Your Health.

ORGANIZATION—Mayor, Medical Officer of Health, Three Ratepayers.

EXECUTIVE—One M. O. H., One Contagious Nurse, Two Tuberculosis Nurses, One Venereal Disease Nurse, One Dairy Inspector, Two Sanitary Inspectors, One Plumbing Inspector, One Clerical Assistant.

SERVICES—Contagious Hospital Service, Smallpox Hospital Service, Tuberculosis Service, Venereal Diseases Service, Vital Statistics Service, School Epidemic In-

spection, Water Inspection—City Water Tested Every Week.

INSPECTIONS — Dairy, Milk, Plumbing, Restaurants, Hotels, Boarding Houses, Grocery, Butcher and Fruit Shops, Bakeries, Laundries, Lavatories, Stables, Junk Shops, Dumps, Sewers and Miscellaneous Nuisances.

ENFORCING—Meat Bylaw, insuring clean and disease-free meat; Milk Bylaw, insuring clean milk pasteurized or milk from tuberculosis-free cows; Plumbing Bylaw, insuring sanitary and efficient plumbing.

## Diseases Reported and Attention Given Last Year:

Diphtheria .....	126	Measles .....	17	Impetigo .....	686
Scarlet Fever .....	155	Whooping Cough .....	541	Scabies .....	228
Smallpox .....	47	Mumps .....	12	Ringworm .....	85
Tuberculosis .....	187	Meningitis .....	1	Conjunctivitis .....	74
Venereal Diseases .....	124	Typhoid Fever .....	5	Total .....	2,442
Chickenpox .....	202				

Sanitary Inspections, 7,000.  
Dairy Inspections, 700.

Milk Samples Tested Dec. 1,  
1921, to Sept. 30, 1922, 888.

## REPORT ALL COMMUNICABLE DISEASES PROMPTLY

New regulations for each province in Canada concerning communicable diseases will soon be in operation. The following diseases are now reportable to M. O. H. by attending physician and parents or guardian:

1—Anthrax	11—Erysipelas	23—Plague	32—Syphilis
2—Actinomycosis	12—Gonorrhea	24—Pneumonia, acute lobar	33—Tetanus
3—Botulism	13—Influenza epidemic	25—Bronchial or lobular pneumonia	34—Trachoma
4—Cerebro-Spinal Meningitis	14—German Measles	26—Puerperal Septicemia	35—Trichinosis
5—Chancroid	15—Glanders	27—Rabies	36—Tuberculosis
6—Chickenpox	16—Leprosy	28—Rocky Mountain Spotted Fever	37—Typhoid Fever
7—Cholera	17—Malaria	29—Scarlet Fever	38—Typhus Fever
8—Conjunctivitis, acute infec.	18—Malignant Oedema	30—Septic Sore Throat	39—Yellow Fever
9—Dysentery	19—Mallia Fever	31—Smallpox	40—Gonorrhea
	20—Mumps		41—Gonorrhea
	21—Paratyphoid Fever		42—Pellagra

## CO-OPERATE!

Report to the department any condition you think insanitary or unhealthy. Your report will be absolutely confidential.

W. S. DOWNHAM, M.D., D.P.H.,

Medical Officer of Health.

L. H. DOUGLASS, M.D.,

Chairman.

## —IT'S HERE!— THE PERFECT CAKE

Cake—delicious dessert—queen of sweets—chocolate, caramel, frosted or plain—pound cake, white cake, angel food or sponge—who can resist its appeal?

Serve it often as a dessert or to the children between meals—ours is more than a toothsome food.

Our cakes are the first word in quality and the last word in delicacy and richness. And in order to serve them in all the daintiness and attractiveness that befit their goodness, here's what we have done—When the cake comes from our oven we wrap it in paraffin paper with greatest care. This insures its delightful freshness, provides a protection against moisture and retains the deliciousness of the food.

We then place the cake in a container, chosen for the protection it affords and the handiness of its size. Traced about the box is a blue ribbon—symbol of the excellence and highest quality which we shall uphold.

And printed upon it is our guarantee of the purity and ideal conditions under which our cakes are baked.

## Fairful's Blue Ribbon Boxed Cake

Made in your favorite flavor, can be delivered directly to your door. Phone for our wagon and choose from the variety we make.

PURITY PRODUCTS LIMITED