

HEALTH EDUCATION

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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.

Mentally defective people in large numbers are roaming at large throughout the province, spreading disease and reproducing their own defective kind. Abundant proof of the seriousness of this situation has been obtained in Toronto and other cities by social service workers who are making extensive investigations along the lines of mental hygiene.

Hereditarily plays a big part in this condition of defective mentality, for although there are exceptions, it is nature's habit to reproduce in kind. How then can this state of affairs be rectified? A scheme based on Medical Examination to prevent mentally defective people from getting married is being thought out, but this would only deal in part with the problem, as the question of illegitimacy has to be considered. Many of the illegitimate children born have mothers who are distinctly below the par of average mental capacity, as social service workers find out in dealing with such cases. This, no doubt, applies also to many of the fathers of such children, and a tremendous task thus confronts those who are endeavoring to improve the condition of humanity both mentally and physically.

One point, however, that should be emphasized is that whatever part heredity plays in the child's mental condition at birth, its mentality no less than its physical make-up, can be improved by scientific cure and feeding during the early months and years of its life. The human brain develops very rapidly in infancy and childhood, much more rapidly than the body, and hence the urgent need for sufficient nourishment of the right kind, during this critical stage of human life. At five years of age, about the time when a child begins to go to school, its brain capacity has to a certain extent already been determined. For this one can readily see how important is a scheme of child welfare that will include the supervision of infant feeding from the time the child is born and so counteract in some degree any defects of heredity.

School children with low mentality are a great hindrance to those who are normal. Not only do their habits and actions tend to lower the morals of other children, but the class work is hindered by the co-mingling of the two grades of intellect. There should be in every school district a special class for mental defectives who could be dealt with separately by a teacher specially trained in mental hygiene. These children would include those who are dull or slow-witted, those who are thievish, those who are always getting into mischief which seems to take them unawares. The classes of school children might indeed be further graded by scientific methods, and progress noted as the result of special training.

For children of school age and older, there is not at present a sufficient number or variety of institutions to accommodate the cases varying from mental defects to imbecility. For imbeciles and definitely feeble-minded there is provision made—public opinion has recognized the necessity for it, but for the higher grade of mental defectives who in many respects are bright and seemingly intelligent, nothing has been done. And yet this class of people is almost as definite a menace to the community as is the criminal. The Toronto Psychiatric Clinic, conducted by a group of physicians, psychologists, and others who take a scientific interest in mental abnormalities, is being conducted at present in the out-patient's wing of the Toronto General Hospital. The cases come from the Public Schools, the Juvenile Courts, Industrial Homes and various other institutions throughout the city, and provide excellent clinical material. But this only touches the fringe of what is to be done. The problem is provincial; indeed, it is a national and international problem. Science can go so far, but public opinion must be awakened to come to the support of science before very great advances can be made. Besides the problem will have to be approached from the preventive as well as the curative side, and many difficulties will have to be surmounted.

The ambition of Mr. J. G. Balsillie, the Australian wireless wizard. Mr. Balsillie recently stated that he caused rain to fall when the sky had been for days past, innocent of clouds. For the purposes of the experiment box-kites were sent up in the air to a height of about 6,000 ft. Attached to each kite was a specially-invented terminal which made contact with the atmosphere. This terminal was also electrically connected to a flexible wire, which was attached to the ground apparatus. Exactly how the result was obtained is Mr. Balsillie's secret, but it is a fact that after six hours cloud formation began, and rain finally descended. In a country like Australia or Egypt, where rain is very scarce, this great invention should prove a boon of immeasurable value. Professor Belin, a distinguished radio scientist, recently transmitted, by wireless, pictures of the Olympic Games from Antwerp to Paris. The apparatus used was designed by himself. Photographs are often sent over the ordinary land telegraph line, and the transmission of wireless photos presents no special difficulties. Quite recently Professor Belin's apparatus for sending photographs by the land line was adopted by the Surete de Paris—the Scotland Yard of France. The instrument will be used for the transmission of finger-prints of suspected persons. So if a man is arrested in Paris it will be possible to send his finger-print to London and Rome for identification. The exact position of the boundary-line between South and West Australia will be fixed by wireless—if it has not been done already. The position of the longitude is obtained by the use of time-signals sent out by a high-power station. Many of the great observatories are engaged in a re-determination of the

longitudinal divisions of the earth's surface by means of time-signals.

Guiding Ships Through Fogs.

The huge station at the Eiffel Tower, Paris, plays an important part in this work.

To ships at sea these time-signals are invaluable. Chronometers can be checked to a great degree of accuracy, and a captain with a faulty chronometer is like a bicycle without a handle-bar.

A ship lost in a fog can find her exact position by wireless. A series of direction-finding stations are now in use along our coasts, and a ship, by sending out signals, enables cross-bearings to be taken by the shore stations, who determine the direction from which they are sent by means of a movable aerial. When the aerial is in one position signals are strong, when in another they are weak, so in the end the aerial can be pointed in the direction of the ship.

Wireless concerts are, of course, every-day affairs. By the aid of the valve-detectors it has been possible for wireless engineers to construct apparatus capable of sending and receiving the sound of the human voice, and, in fact, any sound whatever, from the barking of a dog to the squalling of a baby in its bath.

And where will it all end? We are progressing by leaps and bounds in wireless research. The day when wireless will be as common as the ordinary telephone is well within sight. Just the removal of one or two more little problems, and the human voice will be sent all over the world.

"Will it ever be sent to Mars?" is a common question.

Scientists disagree on this, but the majority say "No," and give excellent reasons, the chief one being that wireless waves always follow the curvature of the earth's surface, and therefore cannot be sent, however powerful the transmitter, perpendicularly from the world to such a distant planet as Mars.

SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are growing children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Old Grey Wall.

Time out of mind I have stood
Fronting the frost and the sun,
That the dream of the world might endure
And the goodly will be done.

Did the hand of the builder guess,
As he laid me stone by stone,
A heart in the granite lurked,
Patient and fond as his own?

Lovers have leaned on me
Under the summer moon,
And mowers laughed in my shade
In the harvest heat at noon.

Children roving the fields,
With early flowers in spring;
Old men turning to look
When they heard a bluebird sing.

And travellers along the road,
From rising to setting sun,
Have seen, yet imagine not
The kindness they gazed upon.

Ah, when will ye understand,
Mortals—nor deem it odd—
Who rests on this old grey wall
Lays a hand on the shoulder of God?
—Bliss Carman.

Minard's Liniment for sale everywhere

Wisps of Wisdom.

To forget a wrong is the best revenge.

To become an all-round man, be on the square.

Elbow grease is warranted not to soil the hands.

Trifles make perfection, but perfection is no trifle.

Indolence leads to idleness, and idleness to iniquity.

Ignorance is a substitute for bliss, but a very cheap one.

The most troublesome load to carry is a bundle of bad habits.

The best of us may fall in the mud, but no one need stay there.

It is not the man who knows the most who has the most to say.

Those who make the best use of their time have most time to spare.

He who can suppress a moment's anger may prevent a day of sorrow.

It is better to put your shoulder to the wheel than your back to the wall.

Next to saying the right thing at the right time comes the art of keeping quiet when there is nothing to say.

A smooth sea never made a skilful mariner, neither do uninterrupted prosperity and success qualify for usefulness and happiness.

Never tell evil of a man, if you do not know it for a certainty, and if you know it for a certainty, then ask yourself, "Why should I tell it?"

FREQUENT HEADACHES

A Sure Sign That the Blood is Watery and Impure.

People with thin blood are much more subject to headaches than full-blooded persons, and the form of anaemia that afflicts growing girls is almost always accompanied by headaches, together with disturbance of the digestive organs.

Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this effectively, and the rich, red blood made by these pills will remove the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment, and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition every symptom of the trouble will disappear. There are more people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Two Parsimonious Talkers.

"Well," said Ovid Langley, "maybe there is another town where there are two men as little given to talking as Si Herriek and Jim Baldwin, but I doubt it."

Mrs. Langley looked up from her knitting. "What they been doing now?"

"I dropped into the hardware store this afternoon after a pound of nails, and while I was there Si came in. He was carrying a tea-kettle that needed soldering. Jim came up to wait on him, and Si just pointed to the spot that needed fixing.

"Without saying a word, Jim took the kettle and went off into the back room, and Si sat down and began to read the newspaper. After a time Jim came back and handed the kettle to Si. It had 'twenty cents' marked on the side.

"Si pulled out a quarter and gave it to him, and Jim put his hand into his pocket, took out a handful of change, picked out a nickel and handed it to Si; and Si went away, carrying the kettle. And, by Jiminy, neither of 'em had said a word."

"Well," said Mrs. Langley reflectively, "I guess if the truth was known there's a lot of talk goes on that ain't really necessary."

Smoke Screen Reappears Over London.

Smokeless, sootless and robbed of the weird atmospheric effects upon which many of its landmarks depend for their charm for three months, London has begun to regain its traditional aspect with the resumption of coal burning in many of the factories. The Pittsburgh-like tone is rapidly being restored; buildings which had begun to look white and colorful are once more being coated with soot, while the medley of smoke-stacks, steeples and gables, hard and distinct without their proper haze, are sinking back into the blurred outlines in which Whistler saw them.

The city had been exposed—a very un-Venetian Venice under cloudless skies and bright sunlight—since the first days of the coal strike. The older inhabitants gave sighs of relief when they saw the familiar indistinctness settle over the landscape. A gentleman in Kensington Gardens said yesterday, pointing to a confused pile of masonry situated near the Serpentine: "That building has been perfectly hideous all summer. The architect who designed it did not take the miners' strike into account." There is no longer ground for the complaint of strollers in Hyde Park that they had been sunburned during their stroll.

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Razor Wrinkles.

Numerous inventions have been devised with a view to lessening the agony of shaving.

Yet none of them will help as much towards giving an easy shave as a little ointment or cream applied to the face before lathering. Any cream of the greasy variety will do, but very little should be used, or difficulty will be found in making the soap lather.

For those with tender skins, cold or tepid water is recommended. By all means dip your razor in warm water—but use cold water for lathering.

Strip your razor after use, and then let it rest for several days. This is arranged easily in connection with a safety-razor, by making a small box with partitions to hold a separate blade for each day of the week. The blades shave much easier, and each blade lasts longer.

Minard's Liniment Relieves Neuralgia



Inherited—A Loose Tongue.

A schoolmaster wrote this brief criticism on a boy's report: "A good worker, but talks too much." When the report came back signed according to rule by the boy's father it bore besides the signature this feeling remark: "You should hear his mother!"

Generous.

Husband—"Really, dear, when I thanked you for your valuable birthday gift I had no idea that the bill would be sent in to me."

Wife—"Didn't I tell you at the time that I couldn't afford to be generous, you stupid dear?"

In the Suburbs.

The Heiress—"Yes, when I don't wish to accept certain men's attentions, and they ask me where I live, I say in the suburbs."

Mr. Selsure—"Ha! Ha! Ha! Excellent! But where do you live, Miss Brown?"

The Heiress—"In the suburbs, Mr. Selsure."

Plain Scotch!

Sandy and Mac were on a visit to London.

On the morning of their arrival they discovered that the washstand was without soap. After ringing the bell an attendant appeared and asked their wishes.

Sandy, habitually a fast speaker, remarked, "Sen up sape, lad; a wee bit sape, quick."

The attendant gazed open-mouthed at the two Scots. "Taint French, taint German, taint Welsh," he thought. "Wonder wot thew mean?" "Mon, cried Sandy, indignantly, 'can ye no understand plain Scotch?'"

Grasping at the last word like a drowning man at a straw, the Cockney fled. Later he returned with a bottle of whiskey and two glasses.

Didn't Show Training.

Daddy came home from the office early one evening, and mother had not returned from some friends whom she had been visiting for tea.

Little four-year-old Gwennie ran up to her father's side.

"Daddy," she cried, "I've been wanting to see you for a long time when mother's not near."

"Why, my little girl?" asked her father.

"Well, dad, answered Gwennie, 'please don't tell mother, because she's an awful dear, but I don't think she knows much about bringing up children.'"

"What makes you think that?" asked her father.

"Well," replied Gwennie, "she makes me go to bed when I am wide awake, and she makes me get up when I am awfully sleepy."

The amount spent on famine relief in India last year was \$5,700,235.

The publishers of the best Farmers' paper in the Maritime Provinces in writing to us states:

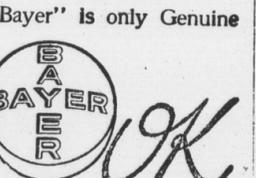
"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

COARSE SALT LAND SALT
Bulk Carlots
TORONTO SALT WORKS
G. J. CLIFF - TORONTO

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author,
E. Clay Glover Co., Inc.,
111 West 31st Street
New York, U.S.A.

ASPIRIN

"Bayer" is only Genuine



Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty-one years and proved safe by millions. Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacturer of Monoaceticacidester of Salicylic acid.

LONDON WOMAN IS MUCH GRATIFIED

GRATEFUL TO TANLAC FOR HELPING HER.

Now Free From Troubles From Which She Had Suffered For Three Long Years.

"I will always feel grateful to the lady in Toronto who advised me to take Tanlac," said Mrs. Gertrude Pugsley, 74 Colborne St., London, Ont.

"For three years I suffered from a general run-down condition, following a severe operation. I was in the hospital for a month and, after coming home, it was fully ten weeks before I could get around very much and then only with difficulty.

"I could neither eat nor sleep with any satisfaction and had very little strength. I was not satisfied with the way I was mending and decided to get something to build me up.

"I read a statement from a lady in Toronto about Tanlac and I wrote to her and she advised me to try it by all means. It certainly has been a godsend to me and I am glad I followed her advice, for I am a well woman to-day. I began to pick up from the very start and my strength gradually came back. I have a fine appetite, sleep soundly all night long and my work is a pleasure. I am grateful for what Tanlac did for me and I believe it will do the same for others."

Tanlac is sold by leading druggists everywhere. Adv.

Anzac's Hero Wreath Travels 12,000 Miles.

Premier Hughes of Australia placed a wreath on the grave of the unknown warrior in Westminster Abbey this week which came all the way from Australia, says a London despatch dated July 30. The flowers were fresh and blooming, although they had travelled 12,000 miles, having come to England packed in ice. Premier Hughes said they carried with them the spirit of the Anzacs to the empire's hero as the boys carried that spirit to the battlefields of France.

The wreath was made of the famous Australian wattle, red roses, carnations, violets and lilies. Thousands of persons went to the grave of the unknown hero to see the Australian Premier place the wreath there.

Canada has most extensive fishing grounds—5,000 miles on the Atlantic, 7,000 miles on the Pacific, and 220,000 square miles fresh water.



You Never Tire of Cuticura Soap

Because of its absolute purity and refreshing fragrance, it is ideal for every-day toilet purposes. Always include the Cuticura Talcum in your toilet preparations.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion, Canadian Depot: Lyons, Limited, 344 St. Paul St., W., Montreal.

THE MISERY OF BACKACHE

Removed by Lydia E. Pinkham's Vegetable Compound.

Meaford, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache, and I also had a female weakness, I felt dizzy and nervous, and was without energy. I had to force myself to do my work, and was always tired. Saw a Pinkham advertisement which induced me to take the Vegetable Compound, and my back gradually stopped aching and I felt lighter in spirits. I am recommending the Vegetable Compound with pleasure to all I meet who complain as I did."—MILDRED BROOK, Meaford, Ont.

Woman's Precious Gift

The one which she should most zealously guard is her health, but she often neglects to do so in season until some ailment peculiar to her sex has fastened itself upon her. When so affected women may rely upon Lydia E. Pinkham's Vegetable Compound, a remedy that has been wonderfully successful in restoring health to suffering women.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

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LATEST WONDERS IN REALM OF WIRELESS

INCREDIBLE THINGS ARE NOW POSSIBLE.

On Sea and Land Marvels Are Being Wrought by Marconi and Other Inventors.

How many people realize the wonderful fact that it is now possible to print by wireless telegraphy? And how many are aware that rain can be made by wireless; that the world can be surveyed by wireless; that photographs, and human speech, and the music of a full brass band can be sent radiating through space by means of the invention made practical by that modern wizard Marconi?

On paper it must look well-nigh incredible, but to the wireless expert it merely convinces that there are practically no limits to the possibilities of wireless development.

Instruments have been designed by which it is possible to send messages which have been "punched" on tapes in the Morse code by wireless, so that the receiving station automatically transcribes the Morse signals and delivers them printed in Roman characters to the waiting operator.

This result has been achieved by Mr. F. G. Creed, of the firm of Creed & Co., Croydon, England. In tests carried out a little while ago messages were received at a rate of 100 words a minute from a station as far away as Cologne.

What possibilities lie here! Perhaps newspapers will print their continental and country editions by wireless in the future.

A Rain-Making Wizard.

The making of rain has long been

No hot cooking
No trouble to serve

For breakfast or lunch, no food is quite so convenient or satisfying as

Grape-Nuts

Served from the package, with cream or milk—Full of splendid body-building nutrition. Its flavor and crispness charm the taste—a splendid summer food.

"There's a Reason" for Grape-Nuts
Sold by grocers

