

THE NEW PUBLIC HEALTH

QUESTIONS. ANSWERS. COMMENTS.
Conducted by Institute of Public Health
(The Public Health Faculty of Western University, London.)

Questions should be addressed to "The New Public Health," care The Advertiser, London, Ont.
Private questions accompanied by a stamped, self-addressed envelope, will receive private answers. Medical diagnosis or treatment for individual cases cannot be prescribed.

Question.—Explain the existence of foul odors? If they mean no danger to life, why are they offensive?

NORMAL.

Answer.—This is the most puzzling question I have had for a long time. It seems to me that you must believe that foul odors are a sort of sign of disease, a warning hung out to make us avoid danger. You argue, if I understand you, that if a thing is dangerous, it will smell nice; if it is dangerous, it will smell bad; therefore, if a thing smells bad, it must be dangerous! I presume then that you had smell from rotting garbage, say, or from a sewer, or a manure pile, or a tannery, must indicate disease and death lurking there!

Let us see first if the rule holds. What makes an odor "pleasant" or "horrid"? Chiefly association of ideas; thus, if a certain smell is associated in your mind with delightful things, that smell is pleasant to you; if with disagreeable things, it is unpleasant to you. The smell of soft coal smoke is intensely disagreeable to people in whose minds that smell is chiefly associated with fog and smut, dingy houses and soiled laundry. To others—to myself, for instance—the smell of soft coal smoke recalls early boyhood days, full of happiness; therefore, it is agreeable to me.

The man who loves the country rejoices in the country smells—the city smells make him sick. The real "town-bird" dislikes his nostrils and sniffs in gladly the smells of the city when he gets back from a "beastly slow time" in the country. We hate garlic; to the garlic-loving people, a whiff of garlic paints the most pleasurable home joys, and they naturally revel in it. Rochefort cheese smells like very ancient boots; but to be associated with that cheese, soft glances and all the glimmers of the banquet and the joy of the club, "Ludlow" is a Scandinavian delight. It is no proof that this resistance can be overcome. It is a fact that we have been taught that ventilation might have something to do with pneumonia, colds and tuberculosis, but the further we go, the more fallacious these ideas seem to be. Ventilation has a great deal to do with comfort, efficiency, vigor, etc., but very little to do with diseases due to germs.

PRIZE CONTEST—RULES.

1. Only one question to be answered; any question of the four may be selected.

COMPILES STATISTICS OF SCHOOL CHILDREN'S DISEASES

Director of London Institute of Public Health Prepares Comprehensive Report of the Health of School Pupils.

"The Infectious Diseases of 8,900 Children" is the title of a paper read by H. W. Hill, M. B., M. D., D. P. H., director of the London Institute of Public Health, before the section of Public Health, at the annual meeting of the American Public Health Association, last September, published in the American Journal of Public Health, and now reprinted in pamphlet form. Through the co-operation of the teachers in the public and separate schools of London and the mothers of the city, the director has secured information from the mothers of the city regarding the diseases from which their children suffered last year. It was an original idea on the part of Dr. Hill, and his paper contains a great deal of information of interest to Londoners and parents and others.

Mothers Supplied Information. Tables prepared by Dr. Hill show that the mothers connected with 23 local schools reported on 8,900 children; in more than one-half the schools the returns were 80 per cent. or more of the enrollment, and in three schools did the returns fall below a hundred, straight-forward, direct replies were received, and not more than 5 per cent. of the total number of children were reported upon.

20,983 Disease Attacks. The total number of attacks of infectious diseases reported for 8,900 children was 20,983. The eight diseases tabulated were chickenpox, diphtheria, German measles, measles, mumps, pneumonia, scarlet fever and whooping cough.

In the Collegiate Institute the attack rate was 3.43, as against the similar attack rate for the remaining children of 2.25, or about 50 per cent. higher, depending on the greater average age of the Collegiate Institute children.

Girls Most Susceptible. Tables of information regarding the pupils of Worley road, Rectory street, St. Mary's and St. Martin's, and the Collegiate Institute show that out of totals of 839 boys and 835 girls, the girls showed a higher attack rate, reaching an average for the total of the eight diseases of about 7 per cent. This is not due to any one disease, as the tendency for the girls to run higher was marked in nearly all the diseases.

Out of the total number of boys, 563 had had measles, 367 chickenpox, 337 mumps, 463 whooping cough, 153 scarlet fever, 90 pneumonia, 64 diphtheria, and 81 German measles. Of the girls, 599 had had measles, 271 chickenpox, 338 mumps, 503 whooping cough, 159 scarlet fever, 78 pneumonia, 77 diphtheria and 98 German measles. Pneumonia was the only disease which had been more prevalent among boys than among the girls.

Number of Attacks Vary. In the majority of schedules prepared by Dr. Hill the number of attacks, with the exception of the eight diseases considered, the number of children reported upon. Thus the 816 children reported upon through Aberdeen school had survived 1,573 attacks of the eight diseases considered. This included 420 cases of measles, 420 cases of chickenpox, 230 cases of mumps, 230 cases of whooping cough, 230 cases of diphtheria, 230 cases of pneumonia, 230 cases of scarlet fever, and 230 cases of German measles.

smells good; after a full meal, roasting turkey may be amenable!

Question.—Does bad ventilation assist disease germs? TORONTO.

Answer.—Certain germs grow only in the absence of oxygen; some, only in its presence; most of them grow either way, but prefer oxygen. Most disease germs that grow in our bodies must as a rule belong to the class that require or at least, desire, a good oxygen supply for our bodies are full of oxygen all the time. So much is this true that the tetanus (lockjaw) germ cannot as a rule grow or produce its poisons if it is put into a cut or puncture in the body by itself, because the oxygen prevents it from developing. When other germs are put in with it, however, if these other germs are able to use the oxygen fast enough to give the tetanus germ a chance it may develop. That is why tetanus (lockjaw) seldom develops when pure cultures of tetanus germ are inoculated experimentally; but if some other germ is mixed with the tetanus germ—a germ capable of using up oxygen—the typical spasms are produced. Bad ventilation, as we understand it now, affects the body, not by reducing oxygen or increasing carbonic acid, but by surrounding the body with too much heat and humidity. If you meant to ask if a person suffering from too much heat and humidity is more likely to contract infectious diseases than one who is not, I can only say that we have no evidence of it that will bear investigation. If it were true, then all infectious diseases ought to flourish chiefly in summer and die out in winter. Exactly the reverse is true; and the hot humid Southern States are quite free of certain infectious diseases like scarlet fever and diphtheria, that flourish in the comparatively dry and cool northern parts of the continent.

It is true that people vary much in their resistance of disease, but there is no proof that this resistance can be overcome. It is a fact that we have been taught that ventilation might have something to do with pneumonia, colds and tuberculosis, but the further we go, the more fallacious these ideas seem to be. Ventilation has a great deal to do with comfort, efficiency, vigor, etc., but very little to do with diseases due to germs.

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ANNOUNCEMENTS. The arts department of the Western University has thrown open to the public a course of 25 lectures on public health, held every Wednesday at the Western University building, St. George street, at 4:30 p. m. Registration fee, \$1; no other charge.

Clubs, societies, associations, etc., are invited to form regular classes from their memberships for systematic courses in public health subjects and number of lectures to be arranged. Fees nominal. Such courses will be held at the Institute of Public Health. Free single addresses on public health may be arranged for by any club, society, etc., in Ontario with the director.

Subjects.—School Hygiene, Flies, Sewage Disposal, Contagious Diseases, Tuberculosis, Typhoid Fever, Ice, Water Supplies, Ventilation, Overcrowding and Housing, Infant Mortality, Sex Hygiene, German Measles, Vaccination, Food Poisoning, Patent and Other Drugs, Handling of Epidemics, Rural Hygiene, etc.

COULD NOT EAT—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 esteemed.



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 my case for many years. Loss of appetite and indigestion was brought on by constipation. I have had trouble from these diseases for years. I lost a great deal of flesh and suffered constantly. For the last couple of years I have taken 'Fruit-a-tives' and have been so pleased with the results that I have recommended them to many occasions to friends and acquaintances. They have helped me greatly. By following the diet rules and taking 'Fruit-a-tives' according to directions any person with dyspepsia will get benefited."

QUESTIONS TO BE ANSWERED. Think hard to see just what is really asked. Don't answer something that is not asked.

1. In what way are flies dangerous to health?
2. What is a germ? Tell all you know about them.
3. What are the best ways to keep healthy?
4. Why should you keep your hands clean?

CHAIRMAN DENIES ANY DESTRUCTION OF STREETS

Claims That No Friction Is Caused Between Civic Departments.

Chairman Philip Pocock, of the water commission, who is a strong opponent of the hydro-waterworks separation idea, denies that the streets of the city are being torn up by the commission with resulting friction between the commission and the city council.

"The commission is only permitted to open up a street when a main break and the requirements are urgent," said Mr. Pocock to The Advertiser, "and we haven't had such a break since I've been on the commission. In order to lay new mains we have to secure the permission of the city engineer, and the street has to be put back again in condition satisfactory to that official."

CREDITABLE NUMBER

Souvenir Number of Canadian Jewish Times, a Most Readable Publication.

The Canadian Jewish Women's and Bazaar Souvenir number of the Canadian Jewish Times, of Montreal, is an extremely creditable publication, both from typographical and literary points of view. It is issued in commemoration of the fiftieth anniversary of the Baron de Hirsch Institute and the Ladies' Benevolent Society. It is well illustrated with photographs of officers of the Institute. A leading article is "The Jew—Real and Imaginary," by Mrs. Clarence I. de Sola, founder of the Daughters of Zion and president of the Jewish League of Jewish Women. All the articles are readable, instructive and possessed of considerable literary merit. The number is altogether a distinct credit to the Jewish people of Canada.

DUTTON.

Dutton, Dec. 6.—At the monthly meeting of the Dunwich Insurance Company seven applications for insurance were accepted.

The West Elgin Beekeepers will meet in the town hall this afternoon, when addresses by several representatives of the Ontario Beekeepers' Association will be given.

The Ministerial Association of Dunwich will meet at the manse, Wallace town, on Monday afternoon. A paper on "Science and Science" will be read by Rev. Mr. Kelly.

Quickly Stops Worst Backache

Makes Kidney, Bladder Disorders and Rheumatic Pains Vanish.

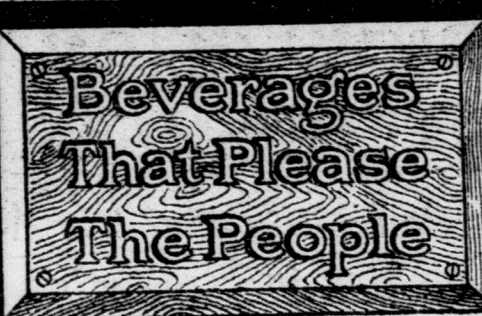
If you suffer with backaching kidney trouble; have disagreeable bladder and urinary disorders, or are tortured with rheumatism, stiff joints and heart-wrenching pains, you will be surprised how quickly and surely Croxone will relieve all such misery.

It soaks right in through the walls, membranes and linings, cleans out and strengthens the stopped up organs, neutralizes, dissolves, and makes the kidneys silt out and filter away the uric acid and poison from the blood, and leaves the kidneys and urinary organs, clean, strong, active and healthy.

It matters not how long you have suffered; how old you are, or what you have tried. It is practically impossible to cure kidney trouble without results, for it starts to work the minute you take it.

If you suffer with pains in the back or sides; if you are nervous, tired and run down; bothered with urinary disorders, or have any signs of kidney, bladder troubles or rheumatism, don't spend another needless day suffering. Secure an original package of Croxone today, and prove for yourself right now, as thousands of others have done, just how quickly it will end your misery.

Croxone is inexpensive, and every druggist is authorized to return the purchase price if it fails in a single case.



Prepare for the Festive Season!

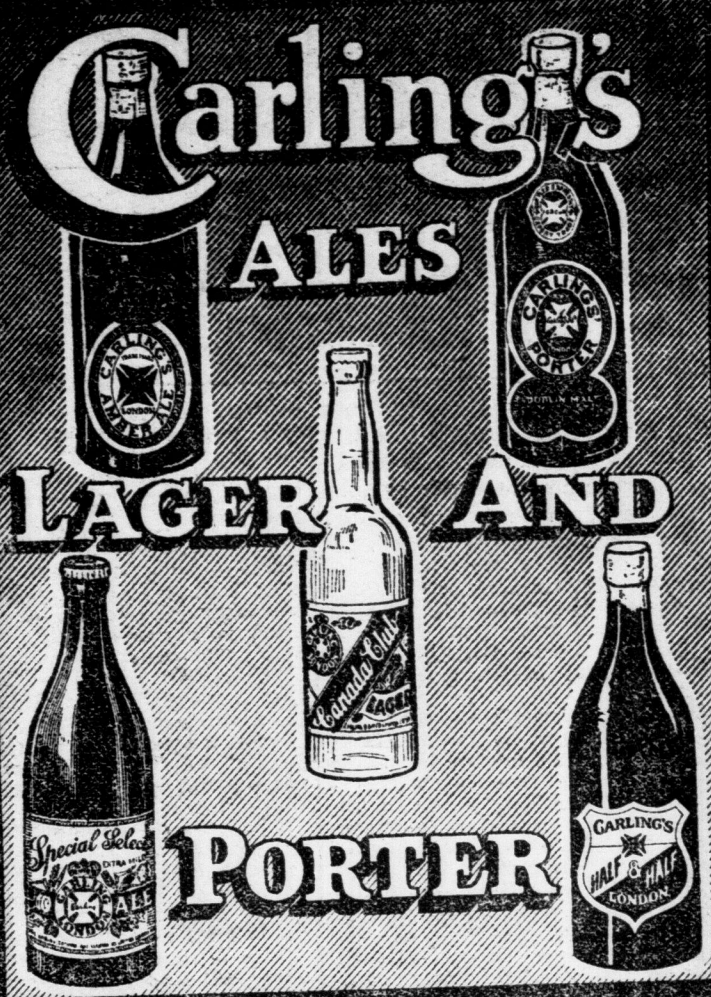
Once more the season of Merry-Making and Feasting approaches, so make ready.

Order a goodly supply of Carling's ALES, LAGER and PORTER—famous for more than 60 years as CANADA'S FINEST BRANDS.

Brewed exclusively by old English methods.

SPECIALLY SUITABLE FOR THE HOLIDAY SPREAD.

CARLING - LONDON



MURDERER OF ARNOLD IS STILL AT LARGE

Police Are Searching For Jack Krafcenko and Also Another Man.

[Canadian Press.]

Winnipeg, Dec. 6.—Although three days have elapsed since the Bank of Montreal at Plum Coulee was robbed and Manager Arnold killed, the desperadoes who perpetrated the crime have not yet been apprehended. The belief still persists that the men are hiding in Winnipeg or vicinity, and the search for Jack Krafcenko, suspected by the police, is kept up.

Officers of the morality department turned out at 2 o'clock this morning and searched the resorts in Franscona but found nothing.

Krafcenko has many friends in the city, who it is believed would conceal his presence. Another man is being looked for by the police in connection with the affair.

HOW TO CONQUER RHEUMATISM AT YOUR OWN HOME

If you or any of your friends suffer from rheumatism, kidney disorders or excess of uric acid, causing lumbago, backache, muscular pains; stiff, painful, swollen joints, pain in the limbs and feet; distress of right, itching skin of frequent neuralgic pains, I invite you to send for a generous Free Trial Treatment of my very reliable Croxone, with references and full particulars by mail. (This is no C. O. D. scheme.) No matter how many may have failed to get relief from other remedies, Croxone succeeds where all else fails. Croxone cleanses the blood and removes the cause. Also for a weakened, run-down condition of the system, you will find Croxone a most satisfactory general tonic that makes you feel that life is worth living. Please tell your friends of this liberal offer. Send today for large free package, to MRS. M. SUMMERS, Box 12, Windsor, Ont.

DIABETES

Cured With Sanol's Antidiabetes

No diabetes should fail to give this perfectly harmless and efficacious remedy a trial. It will prove to be a most satisfactory result. It has the unqualified approval of prominent physicians.

Price, \$2.00. Correspondence invited.

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Is where you can get all kinds of Electrical Novelties. Call and buy your Christmas presents.

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\$3.00



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To encourage the use of Electric Irons we are going to sell 50 only at \$3.00 each. These irons have a perpetual guarantee, and cannot be equalled in design or workmanship.

WOODEN pails and tubs are as much out of date as the sailing vessel or the first horseless carriage—and just as impractical.

Eddy's Fibreware

gives superior results—for less money

Pails, tubs, dairy utensils, etc., made of this material are light, tight and durable. They have no hoops to drop off—no seams to crack. And they out-wear the wooden articles many times over.

Just as good as Eddy's Matches.

THE SANOL MFG. CO., LTD., Winnipeg, Man.

King George's Navy Plug

10¢

KING GEORGE NAVY PLUG CHEWING TOBACCO

IS IN A CLASS BY ITSELF!

It surpasses all others in quality and flavour because the process by which it is made differs from others.—It is deliciously sweet and non-irritating.

SOLD EVERYWHERE: 10¢ A PLUG

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THE HOME BANK OF CANADA

ORIGINAL CHARTER 1864

Transact your business in the way of paying and receiving money through the Bank. Pay your current accounts by cheque, collect money owing you by drawing upon your debtor and make your remittances by money order.

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BRANCH OFFICES IN MIDDLESEX COUNTY: Ilderton, Thorndale, Melbourne, Komoka, Delaware, Lawrence Station.

By using Dr. Chase's Nerve Food you can restore to the feeble, wasted nerve cells the energy they have lost. It will take some effort on your part to give up worry and anxiety, but you should realize your serious condition. Rest and use this great food cure and you are bound to improve in health and vigor.

There is only so much energy in the human body. A few people have an abundance, but most have not enough. Hence the necessity of conserving vitality.

If wasted by mode of living, disease or worry there must be a reckoning, and trouble is sure to come. It may be headaches and weak, aching eyes; it may be nervous indigestion, or it may be merely lack of energy and ambition, and feelings of fatigue or helplessness. Of course, sooner or later, exhaustion of the nerves leads to prostration, paralysis or locomotor ataxia, but there is no need to let the trouble develop that far.

By using Dr. Chase's Nerve Food you can restore to the feeble, wasted nerve cells the energy they have lost. It will take some effort on your part to give up worry and anxiety, but you should realize your serious condition. Rest and use this great food cure and you are bound to improve in health and vigor.

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