

THE NEW PUBLIC HEALTH

The Advertiser Bureau of Public Health Information.
QUESTIONS. ANSWERS. COMMENTS.
Conducted by Institute of Public Health, London, Ont.

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

PHILO.

In his answer to the question about the killing of clothes-moths, Mr. Dearness gave the preference to carbon bisulphide, in cases where cure is more urgent than prevention. Will he kindly give the details of the method of its application?

PHILO.

Answer.—Carbon bisulphide (or disulphide), even a cheap commercial grade, is an excellent insecticide for clothes-moths. Whether or not it is the best depends on circumstances. The liquid form in which the drug is purchased, when exposed to the air, gives off heavy poisonous fumes. Their weight being more than twice that of air, causes them to descend, thus making them the best-known insecticide for the Mediterranean flour-moth or other insects infesting grain or seeds in bulk. In granaries about one pound of the liquid is used for each ton of grain, and the utmost care is taken to keep the inclosure as nearly airtight as possible for from 36 to 48 hours. Shorter exposure is ineffective.

Moth-infested articles may be placed in a trunk and a soap-plate containing a small amount of the liquid laid on them before the lid is closed. Or they may be "dressed" in a closet, and plates containing the liquid placed on top of them before the door is shut and the keyhole and seams plugged. Keep lid or door closed for a couple of days. If applied long enough and strong enough this gas will kill every insect in all the stages. Fumigation with sulphur or formaldehyde candles requires similar care.

The inflammability of carbon bisulphide should be kept in mind by persons using it. The contact of a lighted pipe or cigar is sufficient to cause an explosion. The scarcely avoidable breathing of its gas for a moment when one is setting the liquid or opening the closet is not injurious; continuing to breathe it for several minutes produces peculiar, cool, tingling sensations or even intoxication. Prolonged breathing of it would, of course, be very dangerous if not fatal.

NEUROTIC.

What is the cause of so much nervousness in Canada, and what influence is it going to have on the next generation?

NEUROTIC.

Answer.—The term "nervousness" is widely understood but difficult to define. Perhaps we may consider it to mean a general excitability of, and a weakness of control over, our emotions and over our reactions to sensations of pain, noise, etc. Nervousness in this sense is characterized by irritability of temper, rapid changes of decision, purposeless muscular activity, lack of concentration and so forth. There is no definite evidence to show that nervousness is more frequent in Canada than in other countries. It is more speculation to suggest causes of such nervousness, but the following

explanations are ventured in the hope of giving some information.

The nervous system is built up of groups of nerve cells having opposite actions. For example, there is a group of cells governing muscles which bend the arm, and there is another group of cells governing muscles which straighten the arm. These nerve centres, as these groups of cells are called, may act alternately or simultaneously. In the latter case a slight motion of the arm may result, though there is a tremendous expenditure of muscular development. This is the basis of muscular development taught by certain systems of physical culture. In these actions of the brain we ordinarily describe as mental processes, there is evidence of similar oppositions. We can start or initiate a train of thought, and we can stop it. The power of inhibition is one of the most highly developed functions of the mind, and there are diseased mental states in which it is excessive. The power of inhibition is one of the most highly developed functions of the mind, and there are diseased mental states in which it is excessive. The power of inhibition is one of the most highly developed functions of the mind, and there are diseased mental states in which it is excessive.

With this conception of the nervous system being composed of antagonistic forces we should conclude that in health there is an even balance between them. True there are variations that are quite within the normal; for example, there are those extremely active, energetic, quick-tempered people who have ordinary inhibitive power; but a greater than ordinary inhibitive power; and again there are those shy, retiring, self-critical people in whom initiative power is normal, but counteracted by a too highly developed inhibitive power. Real "nervousness," however, would appear to be the result of weakness of inhibition brought on by (a) lack of proper exercise of this function; (b) fatigue of the nerve cells from overaction. There is no reason why we should not develop our nervous system by exercise in the same way that we train our muscles, and as a matter of fact, a good part of what is usually considered as muscular training is, in reality, a training of the nerve cells governing the muscles.

That there are types of nervousness due to lack of exercise of inhibition is, I believe, evidenced by the success of so many cults of faith-healers, in which by skillful stimulation of the will, the inhibitive powers are exercised and developed. On the other hand when inhibition is called into play too frequently, as for example, in excessive concentration, a fatigue of the nerve cells actually occurs and a true "nervousness" supervenes, which can only be counteracted by rest and good nutrition. A woman brought up in the lap of luxury may show as much nervousness as an overworked businesswoman, the former from under exercise of will power, the latter from over exercise of the same faculty.

In asking the cause of "nervousness" you probably wanted someone to agree with you by stating that it is due to the modern "high-tension" life. This is a widespread belief amongst medical men, and at least one good alienist is of the opinion that the very active people of today are using up the supply of nervous energy stored up by their forebears during a more easy-going life. If this be true, the children of nerve-exhausted parents will not have a very good start in life. But if the exhaustion is more or less a temporary condition it does not seem likely that it would seriously affect the next generation. If this nervousness is a detrimental to posterity, then as far as the human species as a whole is concerned, it seems likely that the difficulty will solve itself, perhaps by the return of nervously-constituted persons by the elimination of nerve-exhausted families by a diminished reproduction.

production. It is not a question to worry over if we ourselves practice and train our children to practice the old maxim of "moderation in all things."

ADHERENT.

What is your idea regarding patent medicine? Do you believe in using other people's prescriptions?

ADHERENT.

Answer.—Medicine, patent or not, are of two classes: Those which contain "drugs" having no real action upon the body, and those which contain drugs which have a definite action. In the former case the purchaser of the medicine, patent, or not patent, is paying money for nothing at all; in the latter he is buying trouble. This is true of all drugs unless most skillfully selected for a definite purpose, in a particular case, by some expert physician, who knows exactly the effect his patient needs, and exactly the particular drug, dose, etc., which will or may produce that effect.

To take into the body a drug that has no action, is wasting time. It is an unloaded revolver, and even perhaps, but can do nothing. To take a powerful drug, not knowing really what its action is, or what action your body really needs, compares exactly with giving a loaded revolver to a plaything to a three-year-old baby.

An Outline of the Work in the Public Schools

[Miss Florence McDowell, St. George's School.]

GRADE IV.

While the average age of the children in grade four is ten years, there are few who do not reach this class until they are nearly fourteen when they are sometimes compelled to leave school.

The idea of giving them a fair start in life, is constantly kept in view and the work is made as practical as possible. They are encouraged to think for themselves, to investigate, to read the newspapers and keep in touch with current events.

The phonics have been well mastered and an average child in grade four can read intelligently, magazines and books from the Public Library.

Carefully selected passages from the Reader and elsewhere read to the class. Where there are doubts of the pupils are memorized. Nothing is memorized that has not some meaning for them, but it would be impossible to require that every selection should be fully understood. The poems which the children in this grade commit to memory, will often reveal a new and unexpected meaning and beauty in later years, and will be a source of keen delight and satisfaction.

Arithmetic.

Easy problems are begun in this grade. Much work is taken orally, which is of practical value to the child, such as buying two or three articles at the store and bringing home the correct change. Long division is taught and a thorough drill in addition, subtraction and multiplication taken. Where there are double grades in one school, frequent tests in arithmetic are made. This friendly competition is an incentive to each child to do his best for the honor of his room.

Geography.

It is with real delight that the children study the map of Middlesex, and take a broader view of "their world." They have probably watched an older brother or sister draw a map, and it has appeared wonderful, and now when they are able to produce a map of their own, it is new work, which they enjoy. Set definitions in geography are no longer taught, but the child is encouraged to use his own vocabulary to express his idea of natural phenomena. Picture post-cards and magazine illustrations are a great aid in this. In other lands are studied, and the sympathies of the Canadian children are broadened when they realize that they have many interests in common with the Japanese and Chinese. The games played at school are enjoyed by children the wide-world over.

History.

Books I-IV. Highroads of History are intensely interesting. The great

GERMANY'S BIG WAR FUND AND THE WASTE THEREOF

Gold Is Part of the Indemnity Paid by France at the End of the Franco-Prussian War—Other Nations Think It Unnecessary Waste.

The German war chest is as picturesque as it is mysterious, says a New York Sun writer. The \$30,000,000 which is to be increased to \$50,000,000 is stored away in the Julius Tower on an island at Spandau at the confluence of the Spree and Havel Rivers. The greater part of the island is made land.

Mystery radiates from the treasure-house. It has always been said that the mere mention of Bismarck that the imperial military reserve fund of 6,000,000 sterling is kept in the Julius Thurm of the citadel of Spandau, which is only eight miles from Berlin has excited the curiosity of almost every foreign visitor in the German capital. But sightseers are not welcome within the fortified walls of Spandau, and there is record of but one American who has ever caught a glimpse of the interior of the tower.

The tower itself is an impressive structure, an officer of the German reserve, who was at one time stationed in the fortress of Spandau and who is now living in the United States. The tower stands in the midst of the citadel surrounded by barracks and officers' quarters, and it is not far from the great arsenal and the manufacturing of war implements. Directly about it is a small cleared square, which gives just enough room for the movement of the small company which does guard duty there. The tower is cylindrical and is built of heavy masonry, with nothing to relieve its massive effect. It rises about 35 or 40 feet from the ground and is almost as thick through as it is tall.

Triple Steel Doors. Entrance to the tower is made through triple steel doors, each guarded by a system of "simultaneous

Does any machinist try to fix a broken machine by standing near it in the dark and tossing into the mechanism anything he can reach? Only fools and children would do that with a machine worth, say, over a dollar. Your body is the only machine of the kind you have. When it stops, you stop. Yet many people who would not dream of trying to fix even a dollar watch will pour into their bodies any old "dope." Throwing the monkey-wrench into the harvester is wisdom itself compared with this.

Using up other people's prescriptions is a favorite trick of those who argue "medicine is good for the sick, it must be still better for the well"; as if, because water is good to deluge on a house fire, it is still better to deluge on a house that is all right!

If you have the faintest real notion of how drugs or medicines act, you know that all active drugs are necessarily poisons. It is quite evident that if a drug really affects the system at all (otherwise what use is it?) it, in some way, interferes with the heart or slows it—it does it by interfering with the natural condition of the body. If the natural condition of the body at the moment requires that the heart should be quickened or slowed, etc., for a little time, the expert physician, who alone can determine whether or not that action is really needed, can also decide how the choice of evils lies, and after due consideration, weighing the harm one drug or another may do against the advantage of the required action, may pick the drug that will do what he sees is necessary with as little harm as possible to the body. The misfortune is that most drugs, even the most powerful, act on the body all at once; but even if a drug had only one action, still you will see that it would be necessarily a poison, for if you kept on taking it, the long-term action, the action obtained would upset the whole body.

H. W. HILL.



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dier's back was turned. He was detained until the police could be summoned and was then taken before the authority, whom he had difficulty in convincing of his purpose.

Used for Prussians. The Julius Tower was first used by Frederick the Great as the Prussian war chest. The reserve held there was turned over to the empire when it was founded and the tower itself used for the storage of the \$30,000,000. The money has been kept in reserve to defray the expenses of the quick mobilization of the German army in case war should break out. It would pay for the horses and military supplies that are already contracted for in such an emergency.

ENGLAND'S QUEEN BUNGALOW.

Alexandra, Mother of King George, Owns a Pretty Cottage.

Dowager Queen Alexandra of England has become a bungalow owner. The house is at Snettisham and when the mother of King George is in that

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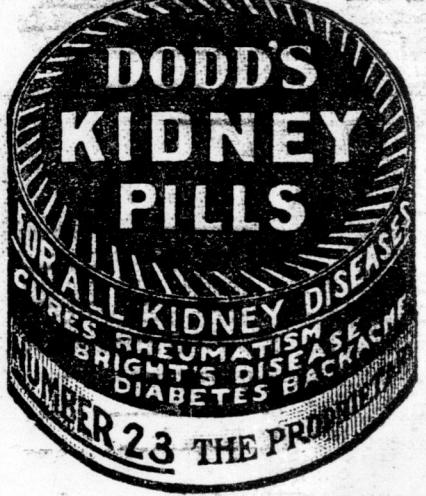
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part of England she stops at the bungalow. It is said to be one of the prettiest little houses in England, a country noted for its attractive cottages and manors.
At a distance it looks like a little country church, but as one draws near a pretty house is disclosed. Its peaked roof is not as flat as in the general run of bungalows, and the end walls are covered with a heavy coat of ivy like

most old English churches. The peak of the roof has the inscription, "Nisi Dominus," followed by letters signifying, "Alexandra, Dowager Queen." The first two Latin words form the motto of the city of Edinburgh, and are the beginning of a Latin version of Psalm 127, which in English is "Except the Lord build the house they labor in vain that build it."



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