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HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

"The past three years have seen the slaughter of man by man on a scale heretofore unknown except in the lively imagination of the Chronicler of the Kings of Israel."

These are the words of the late Sir William Osler, one of the greatest medical authorities of this generation. "We are, however, beginning to realize that it is Appollo, not Mars, who slays most in war," said Prof. Osler, "that Nature in the form of disease is more fatal to man than man with his weapons. The needless deaths of Peace far exceed those of the most disastrous wars. More people died of plague in two years in India than have been killed on both sides since the great war began. In 1915, while nine of our soldiers abroad died every hour to save their country, twelve babies died at home in the same time, to the scandal of their country."

"The knowledge of Nature's laws has enabled man to devise really magnificent ways of wholesale butchery; yet with a delicious inconsistency the same knowledge has taught him the science of her ceaseless warfare through disease, and has enabled him to win the greatest victory in the history of humanity. Even in war time man displays just as much hostility to a hostile nature as he does to the enemy in the field. Bitter experience has shown him that disease is more fatal than powder and shot. The new knowledge has enabled him for the first time to reverse the ratio between bacilli and bullets. Full details are not to hand for the Allied Forces, but we know that the destructive pestilences have played a minor, not as

heretofore the major, role. And it has been the same in the German armies in which the deaths from disease have been about 1 to 15 killed and died of wounds. The story of the conquest of the great infections is the brightest single chapter in the history of science. The humanitarian aspect appeals to our better feelings, and hopes for the betterment of the race have been centred about health and home and habits. There is a fly in the amber of course, and the vision is blurred (narrowed indeed to darkness!) as one looked in two directions—towards cancer and towards venereal disease. Against the latter a surge a great awakening has taken place. Among infections, venereal diseases stand alone. Against all others man wages a keen warfare. They present the remarkable and subtle combination of man and nature in an incessant and successful propaganda against the health of the nation."

Professor Osler has the fervent hope that venereal disease may soon be checked and controlled, as typhoid is at present. Speaking in 1915 he had before him the wonderfully low record of typhoid in the armies. "To realize the magnitude of the victory," said he, "one must have lived and moved and worked year by year in typhoid-stricken countries—helpless and hopeless without proper sanitary laws, or without the power to enforce them. To have succeeded within the memory of some who hear me in reducing the mortality of typhoid almost to the vanishing point is one of the greatest triumphs of modern medicine. It reads like a romance."

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.



It Always Works.

She (indignantly): And when I waded to you you paid no attention to me whatever!

He: But—er—how could you expect me to see such a tiny hand at that distance?

When a man wakes up to find himself famous it is a sign that he has not been asleep.

DEAF?

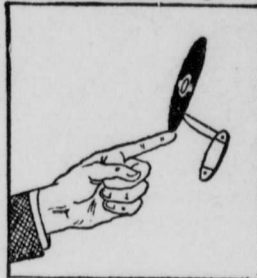
The Chinese produced "cultured" pearls years ago by inserting small shot or fragments of mother of pearl into the shells of freshwater mussels which they kept in tanks.

The Potter Ear Phone conveys to your ear a clear, healthy and natural sound. It is the latest achievement. Write for particulars to H. Potter Co., Ltd., 415-16 Ryrie Bldg., Toronto, Ont. Ask for the Potter Ear Phone.

EASY TRICKS

No. 55

The Balanced Cigar



Can you balance a cigar on the tip of your forefinger? Not for very long, perhaps, unless you make use of a little scheme that will add one more to your repertoire of pocket tricks.

The illustration shows how a pen-knife comes to the aid of the cigar. Stick the point of one of the blades of the knife into the cigar near the end. Open or close the knife until you have it in the right position to hold the cigar nearly upright.

The same trick can, of course, be done with a pencil instead of a cigar.

(Clip this out and paste it, with other of the series, in a scrapbook.)

The Teacher.

He never wandered far from his own town.

The little hamlet where he lived and died.

And yet his pupils traveled up and down

The whole wide world of town and countryside.

He sought no honor to adorn his name

Nor dreamed of crowns that tarnish and grow dim;

But those he taught achieved undying fame

And in their triumph hour remembered him.

He had not time to mould the wide world's life

Or take a hand in the affairs of state;

But others did he send into the strife

And through them helped to shape his people's fate.

He won no earthly riches for himself.

He had no time to waste in seeking gold;

But every day bestowed on him a pelf

Of love whose value never could be told.

—Clarence E. Flynn.

MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

A Big Book.

She—"And pray what do you carry that book with you for?"

He—"Oh, that is a book in which I just jot down my thoughts, you see."

She—"Isn't it rather large for that purpose?"

Keep Minard's Liniment in the house.

This Old Empire.

This old Empire of ours—in spite of her faults and in spite of her sins—loves justice, and loves mercy, and loves truth—when she truly sees the truth—and upon her rests a large part of the responsibility of leading the way up the steps of progress.—Sir Michael Sadler.

America's Pioneer Dog Remedies

Book on **DOG DISEASES** and How to Feed Mailed Free to any Address by the Author. H. CLAY GLOVER CO., Inc. 123 West 25th Street New York, U.S.A.

Strong Nerves

Pure organic phosphate, known to most druggists as Bitro-Phosphate, is what nerve-exhausted, tired-out people must have to regain nerve force and energy. That's why it's guaranteed. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

Mother! Give Sick Child "California Fig Syrup"

Harmless Laxative for a Bilious, Constipated Baby or Child.

Constipated, bilious, feverish, or sick, colic babies and Children love to take genuine "California Fig Syrup." No other laxative regulates the tender little bowels so nicely.

It sweetens the stomach and starts the liver and bowels acting without griping. Contains no narcotics or soothing drugs. Say "California" to your druggist and avoid counterfeits! Insist upon genuine "California Fig Syrup" which contains directions.



Prominent Business Woman Now Testifies

Mrs. Eva Watell, 101 Lower Bagot St., Kingston, Ont., a well known and progressive business woman, pays high tribute to the Tanlac treatment. Mrs. Watell owns and personally superintends one of the largest and most up-to-date grocery stores in this section of Canada.

taken Tanlac myself and know from my own experience that it is a wonderful stomach medicine and tonic. After I had suffered a long time from stomach trouble and got so run-down and nervous I could hardly attend to business Tanlac has made me feel like a new person. In fact, I feel fine all the time since taking Tanlac."

"I have sold lots of Tanlac here in my store," says Mrs. Watell, "and most everyone who buys it comes back with the highest praise. I have also

Tanlac is for sale by all good druggists. Accept no substitute.

Screen Bed.

A screened bed has been invented that can be hung outside of a window by chains or withdrawn upon a frame with which it can be moved inside a house.

The Jordan is the world's most crooked river, wandering 213 miles to cover sixty.

INFLAMMATION

Of muscles, ligaments or joints disappears quickly after a few applications of Minard's.

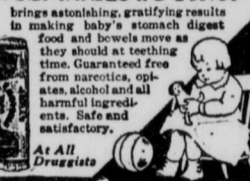


How to Prevent Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it chases away indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and \$1.00 Bottles.

Keep Stomach and Bowels Right

By giving baby the harmless, purely vegetable, infant and children's regulator.



STOMACH MISERY, GAS, INDIGESTION

"Pape's Diapepsin" is the quickest, surest relief for indigestion, gas, flatulence, heartburn, sourness or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diapepsin.

ASPIRIN

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product proved safe by millions and prescribed by physicians over twenty-three years for Colds Headache Toothache Lumbago Earache Rheumatism Neuralgia Pain, Pain

Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100 Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

There is no vice that has not its beginning in a lie. Ask for Minard's and take no other.

WANTED. STEAM ENGINE, 12x12 CYL. under. Reid Bros., Bothwell, Ont.

Use **MURINE** FOR **EYES** IRRITATED BY **SUN, WIND, DUST & CINDERS** RECOMMENDED & SOLD BY DRUGGISTS & OPTICIANS. WAIT FOR FREE EYE CARE BOOK. MURINE CO. CHICAGO, ILL.

GIRLS! HAIR GROWS THICK AND BEAUTIFUL

35-Cent "Danderine" Does Wonders for Lifeless, Neglected Hair.

A gleamy mass of luxuriant hair full of gloss, lustre and life shortly follows a genuine toning up of neglected scalp with dependable "Danderine." Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or fading hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.

CUTICURA HEALS SKIN TROUBLE

Eruption On Face. Itched and Burned. Lost Rest.

"A small, sore eruption broke out on the side of my face and kept spreading until it was the size of a quarter. It was rough and scaly, and at times I was most crazy with the itching and burning. I lost my rest at night, and my face was terrible to see."

"I tried different remedies without any benefit. A friend recommended Cuticura Soap and Ointment so I purchased some, and after using one cake of Cuticura Soap and one box of Ointment I was healed." (Signed) Miss Eleanor Beekman, Springdale, Mont., Jan. 19, 1922.

Rely on Cuticura Soap, Ointment and Talcum to care for your skin. Sample Each Free by Mail. Address: "Lyman, Limited, 244 St. Paul St., W. Montreal." Sold everywhere. Soap 25c. Ointment 50c. Talcum 25c. Cuticura Soap shaves without mug.

BACK ACHED TERRIBLY

Mrs. McMahon Tells How She Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Chatham, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for a run-down condition after the birth of my baby boy. I had terrible pains and backache, and was tired and weak, not fit to do my work and care for my three little children. One day I received your little book and read it, and gave up taking the medicine I had and began taking the Vegetable Compound. I feel much better now and am not ashamed to tell what it has done for me. I recommend it to any woman I think feels as I do." —Mrs. J. R. McMAHON, 153 Harvey St., Chatham, Ont.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has for nearly fifty years been restoring sick, ailing women to health and strength. It relieves the troubles which cause such symptoms as backache, painful periods, irregularities, tired, worn-out feelings and nervousness. This is shown again and again by such letters as Mrs. McMahon writes, as well as by one woman telling another. These women know, and are willing to tell others, what it did for them; therefore, it is surely worth your trial.

Women who suffer should write to the Lydia E. Pinkham Medicine Co., Cobourg, Ontario, for a free copy of Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women."