

# HEALTH PRESERVATION MOST IMPORTANT-WATCH IT

## IT'S HEALTHY TO DIG A GARDEN



NOW IS THE TIME TO START.

Get one of our catalogues or let us help you with a selection of seeds.

**Dominion Seeds, Limited**

119 Dundas Street

9 Market Square

## Keep Your Children Healthy

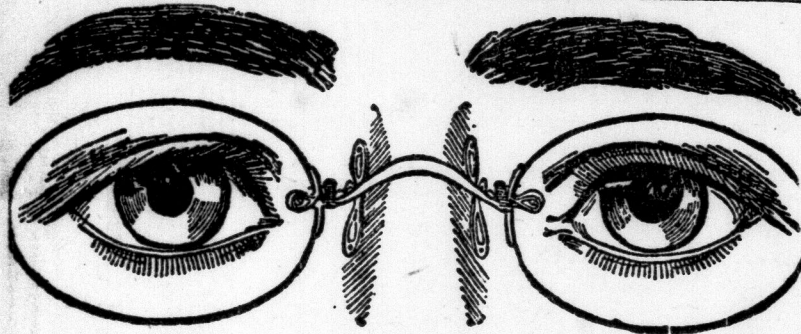
Live boys and girls these days appreciate baseball.

## GLOVES and BALLS

The real leather kind that wear well. We are noted for reasonable prices.

**James McCormick**

LONDON'S LEADING LEATHER GOODS STORE.  
395 TALBOT STREET, OPP. THE MARKET.



## Good Eyesight Is Precious

Upon it depends in the largest measure your health, your happiness and your ability to command social as well as commercial success. It cannot be replaced under any circumstances or with any consideration, even precious jewels or fine gold. So guard it jealously and give to your eyes the expert attention they demand from time to time.

Examination gladly given free. Phone or call for an appointment.

Expert Work **F. STEELE** Moderate Prices  
OPTICIAN  
210 DUNDAS STREET — PHONE 4414-W  
Also at St. Thomas.

## Swatting the Filthy Fly May Help Save Your Life; Man's Most Deadly Enemy

Toll of Deaths in Ontario Due To Disease Germs Carried By Flies Greater Than That Taken By Many Other Agencies. Now Is the Time To Insure a Summer Free From Flies.

Published by the Provincial Board of Health, Ontario.

Flies are the filthiest and most dangerous enemy of man. Every summer they kill more people in Ontario than are killed during the entire year by murderers, lightning, storms, cyclones, mad dogs, poisonous reptiles, angry bulls and other vicious animals combined. How do they carry it? By carrying the germs of typhoid fever, dysentery, infantile diarrhoea, tuberculosis, smallpox and many other diseases to our food. It is the only objection to calling the ordinary houseflies "filthy flies" is that it might leave the impression that typhoid is the only disease they carry, while in reality they spread the bacteria of all intestinal diseases.

**Life History of Flies.**  
Female flies lay from one to four, or even five lots of eggs, and about one hundred and twenty eggs at a time. They always lay the eggs in filth of some kind. About 95 per cent of all flies are bred in manure. When manure is not readily available, the female fly lays her eggs in garbage, human excrement, decaying vegetable matter, slops, trash, rubbish or almost any other available filth. In early spring or late fall these eggs develop into full-grown flies in from twelve to sixteen days, while in warmer weather it takes only about eight to ten days.

**Flies' Habits of Eating.**  
Immediately after hatching into a full-grown fly, his first impulse is to feed. He usually gets his initial meal right at his birthplace. He is never particular about the kind of food he eats. It matters little to him if it is manure, garbage, human excrement or something else. He rarely establishes permanent quarters, however, at his birthplace. Shortly after birth he takes his initial flight to some near-by kitchen or dining-room. Should screens at the windows and doors embarrass him, he is willing to take a few meals at the open garbage pail while waiting his chance to get into the house.

Flies are prodigious eaters. They have been known to devour nearly half their weight of food at a time. Furthermore, they like to eat at very brief intervals during daylight hours. And here follows one of the most dangerous, as well as nauseating features about flies. Their digestive processes are extremely simple and the food they eat passes through their bodies with the greatest facility. Many substances eaten by flies pass through their digestive tracts unchanged by their weak digestion. As a result, after a fly has dined on tuberculous sputum or typhoid dejecta, analyses of the resulting fly-specks show the presence of the live germs of these diseases.

As might be expected, since flies are great feeders they deposit correspondingly large quantities of excreta. A single fly confined in a paper box has been found to produce fifty specks in the course of 24 hours. The reason even more flies are not visible is that they are largely liquid and frequently almost colorless. Many authorities now believe that there is far more danger from disease germs that pass through flies' bodies than from those that are entangled on their feet and legs.

One of the most important things to know about flies is the distance they fly from their breeding places. Unfortunately, this is one of the things about which little definite information is to be had. The conclusions obtained from experiment and general observation indicate that if there is an abundant food supply at or near their breeding places they do not have a very great tendency to fly far from such a place. With favorable environments and poor accommodations abroad flies usually remain within a few hundred yards of their breeding places. Ordinarily they appear to leave their breeding places in all directions, like the rays of light from a lamp, so that the farther one goes from their original source the

rarer they become. If on the other hand home comforts are poor for the fly, and they find that elsewhere one basis of food supply and friendly shelter follows hard upon the other, they may leave their original breeding places for considerable distances. Under such conditions they have been known to go a half mile further in search of food and shelter.

Now, by far the greatest objection to flies comes from the fact that we know conclusively that, besides being a discomfort and carrying disease as already indicated by discharging their vile, disease-laden excreta either directly or indirectly upon our food. This is not only the most disgusting, but by far the most dangerous feature of the typhoid fly. We might get used to their annoyance, and some of us could probably forget their filthy habits, but this death-dealing feature is too important to be passed by lightly.

**The Real Purpose of Flies.**  
It used to be urged that flies performed the useful office of scavengers. This argument no longer holds. We now know that while they do consume filth and germs, they almost invariably return and deposit them on our food as part of their own dejecta. But, you ask, are flies utterly useless? No, indeed. They serve a purpose. Flies cannot breed without filth, and the more filth the more flies. One of the purposes they serve, therefore, is that of an index to the sanitary condition of the town, of the community, of the home, in which they are found. When we learn to appreciate the fly in his true light we will prevent his breeding by abolishing his breeding conditions. That is the lesson of the fly. The real purpose of the fly, therefore, is to serve as a perpetual tormenting, disgraceful reminder of our own filth, and the lesson he will eventually teach us is one of cleanliness.

**How To Make Flyless Home.**  
Where no community effort is made to fight flies, it takes the ingenuity and resources of the entire household to the utmost to keep itself even reasonably free from these dangerous, dirty pests. A great deal can be accomplished, however, even under these circumstances, and particularly so if no horse stables, other barns, open privies, or other places having accumulations of unremoved filth, exist within a hundred yards or more of the house. One of the secrets of any successful fly fight is to begin early in the season and keep it up all year. A few flies killed in the winter and early spring will prevent thousands in midsummer.

The first step to be taken in fighting flies in individual homes is cleanliness. All filth about premises, such as manure, garbage, faecal matter, or decaying or fermenting matter of any kind, should be screened, removed or destroyed to prevent the breeding of flies. Eternal vigilance is the price of cleanliness.

The next step of importance is to screen the house so that stray, traveling flies can not gain admission or obtain food or shelter. Make sure that your windows fit the windows closely, particularly at the top, as otherwise great numbers of flies will find their way into the house. When opening a screen, door or window, always chase the flies away first. It goes without saying that such doors and windows should not be kept open longer than necessary.

The next step is to destroy all flies that gain admission to the house. The best way to do this when there are comparatively few flies, is to use the ordinary five or ten-cent fly swatter. It is well to have several in the house or one in each room, so that one is always handy when a fly is found. A few fly swatters in the house where there are small boys or girls to wield them will work wonders, particularly if small prizes are offered for flies swatted. The use of sticky fly paper is another excellent means of catching flies in the house. It is very efficient, particularly where there are too many flies to swat easily. Its efficiency will be greatly improved if, instead of being laid down flat it is so placed that it will have one or more raised portions. Flies much prefer to alight on some elevation rather than on a plain flat surface. Some objection is raised against sticky fly paper, because of its liability to be misplaced or blown against objects or onto the floor. Carefully pinning or weighting it overcomes this objection to some extent.

**Good Health Depends On Good Meats**  
When you use **ANDERSON'S MEAT** you eat the best.  
**Andersons**  
THE BIG PURE FOOD STORE

Fly traps as a rule are rather unsatisfactory and are rarely effective in the house, because only a few flies are admitted to a well screened house, and when for any reason a large number of flies have gained admission to a room it is always desirable to kill them off quickly. This may be easily done by closing the doors and windows and dusting pyrethrum or Persian insect powder around the room. Similar effects are obtained by burning the powder. This soon stupefies or kills the flies, although it is harmless to people. The flies should then be swept up and destroyed. Be sure to use only fresh powder and keep it well covered in a tight can when not using as it rapidly deteriorates.

The best place for a fly trap is on the lid of the garbage can. Any lid, such as a barrel head or other covering slightly larger than the top of the can, may be used. Two strong cleats a half-inch wide are tacked to the lower side of this lid. This permits the flies to enter the can. The trap, which is one of the cone variety, is fastened over a three or four inch hole in the lid. Around the edge of the lid is tacked a narrow strip of cloth. This cloth curls into the place at which the flies enter the garbage can, and when they have finished feeding they will come out and but few will be observed flying around the doors, windows and porches.

**Special Methods of Fighting Flies.**  
Under special conditions somewhat different methods yield excellent results. For instance, in bakeries, stores or certain rooms where flies do not have access to liquids or moist foods, large numbers may sometimes be poisoned by using a solution of one tablespoonful of formaldehyde to a pint of sweetened water or milk. They will not drink a strong solution of formaldehyde. Formaldehyde gas itself has but little effect upon them. More flies may be induced to drink the formaldehyde and water if it is sweetened or if a piece of bread is dropped into a plate of the diluted solution and sprinkled with sugar. Other fly poisons may be used to good advantage, but there is frequently danger of children or pet animals becoming poisoned with the use of these poisons. The danger is considerably less in the case of formaldehyde, although care should be exercised where there are children. Danger of poisoning may be materially lessened if small quantities of the solution are used at a time and if it is placed out of reach of children. Good results are frequently obtained by using this poison just outside a screened window or door or on the porch, particularly just before a rainstorm or at other times when flies are especially troublesome.

**PLAN SCOUT RALLY.**  
Petrolia, April 20.—The boy scouts of Petrolia are anticipating a great time here May 24. It is expected that troops will be present from Sarnia, Forest, Florence and Strathroy.

In addition to an exhibition of scout technique there is being arranged a program of athletic sports.

## COUNCIL PROVIDES \$30,000 FOR ROADS IN BROOKE

Special to The Advertiser.  
Watford, April 20.—At the recent meeting of the Brooke Township council two important bylaws were passed, the first authorizing that all statute labor in the township be commuted, and the second providing for the necessary expenditures on the roads for the year as follows: \$15,000 for road construction and \$15,000 for maintenance and repairs. Another bylaw was passed appointing pathmasters, pound keepers, fence viewers and sheep and noxious weed inspectors for the township.

**REPORTS ARE FAVORABLE.**  
Special to The Advertiser.  
Wabash, April 20.—A congregational meeting was held Wednesday night in the Methodist Church and reports of the work done by the Epworth League, Beacon Light and Ladies' Aid Societies read by the various secretaries.

A report of the Sabbath School work was also presented.

## Good Eyesight Means GOOD HEALTH

Many illnesses are attributable to poor vision. Your nervous energy is being sapped up every minute you use your eyes, if they are not free from strain.

Our business is to correct the vision and prescribe glasses that will provide permanent relief from all those distressing conditions that spell pain, embarrassment, inconvenience and perhaps illness.

## London Optical Company

A. M. DAMBRA, Optometrist.

Phone 6180.

Dominion Savings Bldg.



MEADOW GOLD ICE CREAM  
At Your Dealer, or Order Direct.

**THE ONTARIO CREAMERY COMPANY**

129-131 KING STREET, LONDON.

PHONE 782.

## Doctors Prescribe Ice Cream—for Health

When You Buy Ice Cream, Ask For



It's as good as the best.

What more can we say?

Pure ingredients, frozen under the best sanitary conditions.

## EVERY WEEK IS GOOD HEALTH WEEK

—When—

## NEAL'S GOOD WHITE BREAD

has a prominent place on the daily menu.

Try one or more of Neal's delicious varieties and you'll learn why over half the people of London and district are Neal bread "fans."

**NEAL BAKING COMPANY, LIMITED**

Phone 1313-2173

BREAD FACTORIES AT LONDON, ST. THOMAS, WINDSOR, SARNIA.



For Your Health's Sake

## Pure Pasteurized Milk

is the best and cheapest food for children or adults.

We know our Milk is absolutely pure, and contains a maximum of healthful nourishment.

A telephone call will bring a Milkman to your door.

**SILVERWOOD'S LTD.**

Phone 6100

