

FOLLOWS EXAMPLE OF NEW BRUNSWICK

Nova Scotia Is To Have a Proper Provincial Health Act

THREE HEALTH DIVISIONS

Provincial Inspector, Divisional Officers, Health Nurses and Clinics—Some Striking Statements

A bill which makes important amendments to the public health act passed its second reading in the Nova Scotia legislature last Wednesday. It provides for the division of the province into three general health divisions, the establishment of a health clinic in each county, the appointment of a provincial health inspector, three divisional superintendents, a superintendent of nursing services, and a public health nurse for every county.

In moving the second reading of the health bill, Mr. Armstrong said: "The administration of our public health act is now mainly in the hands of local boards, many of which have no medical member."

"The organization of these local boards is left to the medical health officer of the municipality, who is paid a small salary (generally \$100 a year), and who must depend upon his practice for a living. In time of great emergency—as in the recent influenza epidemic—it is impossible for the medical officer of a county to get local boards properly organized. Communicable diseases do not recognize boundaries of health districts, and imperfect administration of health laws in one district may mean much spread to other districts, with resultant discomfort and expense, suffering and perhaps death."

"The death rate of our province is considerably higher than it should be. Probably 20 per cent of our deaths are from preventable diseases. If the death rate could be reduced 10 per cent it would mean a saving of approximately 750 lives a year. A high death rate implies a high sickness rate, with attendant suffering, loss of time, loss of earnings, and interference with industry and business. Success in competition depends upon efficiency, which in turn depends largely upon health."

"Our infant mortality rate is high. Last year it was lower than for any previous year for which we have statistics, but was still 7 per cent higher than the rate of England and nearly double that of New Zealand. There is need for giving special attention to means by which this rate may be reduced."

"School children often suffer from easily remedied defects which hinder their progress in school work. Where medical inspection of school children has been carried on in our province, it is found that from 35 per cent to 40 per cent of the children examined have defects which should be remedied. Failure to detect and remedy these defects not only prejudices the future of these children, but has the effect of retarding work in all the classes and is thus responsible for a very considerable economic loss."

"It is agreed by authorities that it is most important to the whole future life of the individual that his health would be well established in the early years of life."

"Experience elsewhere has shown that most effective work in preventive medicine is done by health nurses in their

visitations to the homes of the people. "We have been backward in public health work in Nova Scotia. In most of the Canadian provinces, large staffs are employed and substantial progress has been made in reducing death and sickness rates. The scheme outlined is not nearly so elaborate as that in operation in most of the provinces, but is thought to be the most economical plan which could be adopted to place us on something like a parity with other provinces."

"With an organization such as is contemplated, particular attention would be given to tuberculosis and the conditions contributing to infant mortality; to the medical inspection and supervision of school children; and to the sanitation of camps, buildings, lumber and construction schools and industrial plants generally."

The following is a general outline of proposed health scheme:

1. Partition of province into three principal health divisions, as follows: Eastern Health Division—(Approximate population 156,000)—Counties of Victoria, Cape Breton, Richmond, Inverness, Guysboro and Antigonish.

Central Health Division—(Approximate population 186,000)—Counties of Pictou, Cumberland, Colchester and Halifax.

Western Health Division—(Approximate population 166,000)—Counties of Hants, Kings, Annapolis, Digby, Yarmouth, Shelburne, Queens and Lunenburg.

2. Establishment of a health clinic in each county.

3. Appointment of a provincial inspector of health, three divisional medical health officers, a superintendent of nursing services, and a public health nurse for each county of the province. (All of these to give their full time to their duties and to carry on their work under the general direction of the provincial health officer.)

Provincial Inspector of Health. (To be an expert in the diagnosis of tuberculosis and have special knowledge of the epidemiology of the communicable diseases.)

Duties.—1. To attend at county clinics as often as possible—probably at least once in every two months, to examine cases of suspected tuberculosis, and advise as to treatment.

2. To investigate any undue prevalence of an infectious disease in any part of the province, with the object of determining the original source of infection and instituting measures to prevent further spread.

3. To maintain a general supervision and direction of the county health clinics, and to study means by which their usefulness may be extended.

4. To receive reports and undertake such special duties as may be required by the provincial health officer.

Divisional Medical Health Officers. Duties.—1. To supervise and co-ordinate work of local medical health officers and local boards of health.

2. To maintain touch with county health clinics of divisions, especially with reference to cases of communicable diseases.

3. To visit the public schools in their respective divisions directing attention to the sanitary condition of the school buildings and the object of determining for physical defects requiring correction or treatment.

4. To maintain a sanitary supervision over lumber camps, construction camps, and other places where employees of industrial concerns are quartered in considerable numbers.

5. To maintain sanitary supervision over industrial and other establishments with the object of securing proper hygienic conditions for all employees.

6. To maintain a sanitary supervision over the premises and conduct of all establishments in which foodstuffs of any kind are produced, prepared or marketed.

7. To render such special services and reports as may be indicated by the provincial health officer.

Superintendent of Nursing Service. Duties.—1. To select and assign health nurses to the various nursing districts.

2. To supervise and direct the work of the health nurses.

3. To study the records of the health clinic, tabulate returns, and render such reports and perform such special duties as may be required by the provincial health officer.

Health Nurses. The health nurses will be assigned to districts, marked out as nearly as practicable by county boundaries. Each nurse will have her headquarters at the

HOLY GEE, MY HEAD FEELS GOOD TODAY! Pain Over Eyes is Gone, Headache Cured, Catarrh Relieved!

This is the Common Experience of Those Who Breathe the Vapor of Catarrhazone

Remember this, Catarrh can never be cured or even relieved by a cough syrup, a spray, or tablet treatment. Trouble is these remedies slip quickly over the sore irritated membranes, drop into the stomach and do little else but harm digestion. It's different with "Catarrhazone" inhaled. Every breath sends healing balsams to the inflamed tissues. Tightness, soreness and inflammation are cured by healing plus essence. "The mucus in a throat is strengthened, huskiness is cured. Nothing is so simple, so convenient, so nothing to cure as Catarrhazone. The dollar outfit includes the inhaler, costs \$1, and is guaranteed to cure. Small size 50c, trial size 25c, all dealers, or The Catarrhazone Co., Kingston, Ont.

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589 Casgrain Street, Montreal.

"In my opinion, no other medicine is so curative for Constipation and Indigestion as Fruit-a-tives."

"I was a sufferer from these complaints for five years, and my sedentary occupation, music, brought about a kind of Intestinal Paralysis, with nausea, Headaches, belching gas, drowsiness after eating, and pain in the bowels."

"I was induced to try 'Fruit-a-tives' now for six months, I have been cured well." A. ROSENBERG.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

county health clinic, where she will be in attendance on clinic days. When not occupied at the clinic she will travel about, visiting homes where her services may be needed to give instruction in home nursing and home hygiene and in the measures to be taken to prevent the spread of infection. Her visits will, therefore, be largely educative, but she will be expected to investigate homes where infection is suspected to exist and where a physician is not in attendance and to take appropriate action if she finds that the suspicion is well founded.

She will also make visits as frequently as possible to the school buildings in her territory, and apply her knowledge in the examination of school children for the more common of the physical defects, noting her findings for the information of the divisional medical health officer, and acting upon his instructions.

Health Clinics. Special attention at first to tuberculosis and cases of infant mortality.

To be headquarters of health nurse and of the provincial inspector of health.

Equipment of these clinics will be simple, but sufficient for purposes of diagnosis and proper keeping of records. Such clinic will be stocked with leucocytes, with antitoxins, vaccines, cups, and with antitoxins, vaccines, etc.

Later on it is hoped that subsidiary health clinics will be established in the offices of all physicians, holding an appointment as local medical health officer.

These clinics persons suspected to be suffering from tuberculosis will be referred, who will be examined by the provincial inspector of health.

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Pale Cheeked Women Told About Restoring A Rosy Complexion

A few years ago the girl with pale, drawn cheeks, scarcely knew what to do in order to restore her fading appearance. At that time there was no blood food medium made that really would put color and strength into systems that were more or less worn out.

Today it's different. The blood can be quickly nourished, can be made rich, red, and healthy. All you have to do is take Ferrone Tablets with a sip or two of water after meals. The effect is almost magical.

Mothers, look at your children. Are they ruddy and strong—do they eat and sleep well, or are they pale, weak, and anemic?

Take your own case—is your blood strong and rich? Have you that old-time strength and vigor, or are you somewhat under the weather?

FERRONE will supply strengthening elements you require. It is a blood-forming, nourishing tonic that makes every ailing person well.

FERRONE is a marvelous remedy. It contains in concentrated form certain rare qualities that especially fit it in cases of anemia, poor color, thin blood, tiredness, and loss of weight.

Every day you put off using FERRONE you lose ground. Get it today, sold in 50 cent boxes by all dealers, or by mail from the Catarrhazone Co., Kingston, Ont.

Careless Shampooing Spoils The Hair

If you want to keep your hair looking its best, be careful what you wash it with. Don't use prepared shampoos or anything else, that contains too much alkali. This dries the scalp, makes the hair brittle, and ruins it.

The best thing for steady use is just ordinary mulsified coconut oil (which is pure and greasyless), and is better than anything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get mulsified coconut oil at any pharmacy, it's very cheap, and a few ounces will supply every member of the family for months.