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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.

Once in a while our set ideas about efficiency receive something of a shock. In a large industrial plant, one of the chief aids to efficiency is the good health of the workers, and in these days of strenuous health propaganda, one would expect to find every means taken to safeguard the health of the workers. A few days ago I visited one of the largest industrial plants in the world. Here, thought I, would be efficiency reduced to a fine art. Every cog would be oiled and

running smoothly, and every workman would be on the job. This was actually the situation as far as production was concerned. There was no delay in the output of the product. The workings of the various departments was a model of efficiency and co-operation. The thousands of workmen were all busy at their respective jobs and each man knew his own particular work well and was doing it well.

But from the standpoint of health, it was a different matter. As I passed along from department to department, there were many conditions noticeable that could be improved upon from the health standpoint. To begin with, there was the question of varying temperatures. Now it is very difficult to maintain a uniform temperature in different parts of the workshop, especially one where there are furnaces and ovens. The point is that the material for such work should be stored in the room where the furnace or blow-pipe is, so that the workmen do not need to go and transport the unfinished material to the scene of operation. This is exactly what I saw happening. Men working before a hot fire had to get from a distance the iron bars which were to be heated. In several cases they were required, in getting the material, to pass through a cool, even draughty corridor, leaving them liable to catch colds, pneumonia, lumbago and such troubles directly injurious to health, and even to life itself, if serious complications should set in. Not only that, but the expense of having men sick and delaying the output of the factory, was a distinct economic disadvantage apart from the actual danger to health. As for the lighting facilities, they were, to say the least, very inadequate, and the use of various kinds of artificial light was a source of great eye-strain. One of the essentials of good hygiene in a workshop or factory is freedom, as far as possible, from obnoxious gases or odors. The presence of these gases was at once noticeable on entering the plant and must surely prove injurious to the health of the workers. Even the washing facilities were very inadequate and scores of men left the plant grimy and dirty rather than waste the time in waiting their turn to get at the wash basins. The cloak rooms also were far too small and not properly arranged to suit the convenience of those having to make use of them. These superficial observations were made in the course of a brief visit to the plant in question, one of the finest and most up-to-date industrial concerns in the country, from a commercial point of view, the resources behind it being unlimited. It shows, however, that far greater interest will have to be taken by em-

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players and employees alike, if the health of the workers is to be adequately safeguarded.

Why He Knew.

Samuel Partridge once published an almanac in London, which had a great circulation in England. It was especially popular among the farmers, because it predicted the weather a year in advance.

One day, while Partridge was making a trip in the country, he took dinner at an inn, and when about to resume his journey, the hostler warned him that it was about to rain. Partridge paid no attention and set out, but soon returned, having been drenched by a heavy shower.

He was so impressed by the hostler's weather wisdom that he offered the man a crown to tell how he could predict with so much certainty.

"Easy enough," was the reply. "We have Partridge's Almanac here."

"Ah, yes, to be sure," said Partridge, smiling. "I had not thought of that."

"And that man," went on the hostler, "is such a liar that when I saw the almanac set down to-day as fair, I knew it would rain."

Partridge paid the crown in silence.

PALE ANAEMIC GIRLS

Find New Health Through the Use of Dr. Williams' Pink Pills.

There must be no guesswork in the treatment of pale, anaemic girls and children. If your daughter is languid, has a pale, sallow complexion, is short of breath after slight exertion or on going up stairs, if she has palpitation of the heart, a poor appetite, or a tendency to faint, she has anaemia—the medical name for poverty of the blood. Any delay in treatment may leave her weak and sickly for the rest of her life. Delay may even result in consumption, that most hopeless of diseases. When the blood is poor and watery give Dr. Williams' Pink Pills coupled with nourishing food and gentle out-of-doors exercise. The new, life-giving blood which follows a fair use of Dr. Williams' Pink Pills stimulates the nerves, increases the appetite and brings the glow of health to pale cheeks. Mrs. W. E. Armour, Havelock, Ont., says:—"My little girl got into a very poor state of health. She was weak, very much run down and as the doctor did not seem to do her any good, I thought I would try Dr. Williams' Pink Pills. After taking six boxes of the pills she got nice and rosy and strong again. I would recommend Dr. Williams' Pink Pills to anyone weak and rundown."

You can get these pills through any dealer in medicine or by mail postpaid at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Composers and Old Instruments.

The marvel of the classic sonatas for the piano is increased for us when we remember the defective instruments for which they were written, and on which they were first played. In Beethoven's day, for example, the piano had a compass of only five and a half octaves and but little tone. Mozart's piano was an octave shorter than that. It is surprising what these two great men did with the piano which was all they had. Similarly it cannot be doubted that the extraordinary development of piano-music beauty made by Chopin was due in some measure to those improvements in the instrument during the nineteenth century, of which he was able to take advantage.

Slightly Muddled.

After the usual Saturday-night romp, the children gathered in the drawing-room for some music. They sung several songs, but at last it was eight o'clock. Then mother said:

"Now, children, choose a hymn to finish up with, and then you must all say good-night."

"Let's have 'Ere Again Our Sabbath Close,'" said little Elsie, as she turned over the pages of the big hymn-book.

"Well, I think that would be more suitable for to-morrow night," replied mother, with a frown.

The child looked puzzled.

"But you always do air our Sabbath clothes on Saturday night, don't you, mother?" she asked.

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Mixed His Calling.

Client: "Didn't you make a mistake in going into law instead of the Army?"

Lawyer: "Why?"

"By the way you charge, there would be little left of the enemy."

Minard's Liniment Relieves Pain.

Dry for Nine Years.

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ISSUE No. 48—24.

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Rome is to be modernized. The slums of the Italian capital are to be cleared away, a large programme of new building is to be undertaken, and there is even to be an underground railway system.

But perhaps the most striking of all the plans for bringing the Eternal City up to date is the scheme for a mammoth skyscraper, which is to have eighty-five stories as against America's highest of fifty.

The height of the Woolworth Building in New York is 750 feet, while the Eiffel Tower goes 234 feet higher. But the Italian project, if it materialises, will beat both these. Its tower, which will rise in telescopic perpendiculars from a base of twenty stories high, is designed to top 1,135 feet.

Five thousand offices, a great amphitheatre, a concert hall, a theatre, and extensive galleries are all to be housed in this world-beating skyscraper.

Minard's Liniment for Rheumatism.

No Such Place.

"Where did the car hit him?" asked the coroner.

At the junction of the dorsal and cervical vertebrae," replied the medical witness.

And the burly foreman rose from his seat.

"Man and boy, I've lived in these parts for fifty years," he protested, ponderously, "an' I never heard of the place."

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Chatham, Ontario.—"I started to get weak after my second child was born, and kept on getting worse until I could not do my own housework and was so bad with my nerves that I was afraid to stay alone at any time. I had a girl working for me a whole year before I was able to do my washing again. Through a friend I learned of Lydia E. Pinkham's Vegetable Compound and took four bottles of it. I gave birth to a baby boy the 4th day of September, 1922. I am still doing my own work and washing. Of course, I don't feel well every day because I don't get my rest as the baby is so cross. But when I get my rest I feel fine. I am still taking the Vegetable Compound and am going to keep on with it until cured. My nerves are a lot better since taking it. I can stay alone day or night and not be the least frightened. You can use this letter as a testimonial and I will answer letters from women asking about the Vegetable Compound."
—Mrs. CHARLES CARSON, 27 Forsyth Street, Chatham, Ontario.

Mrs. Carson is willing to write to any girl or woman suffering from female troubles.



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Bathe freely with Cuticura Soap and hot water, dry and apply Cuticura Ointment to the affected parts. For eczemas, rashes, itchings, irritations, etc., they are wonderful. Nothing so insures a clear skin and good hair as making Cuticura your every-day toilet preparations.

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Young girls, old girls, plain girls, pretty girls—don't we all know those days before the mirror when, with a sigh, we turn away and say,

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On those days when our skin looks bad and won't get right—our noses won't powder—our eyes are dull! We all know them. But wise women watch their skin and at the first sign of something take the best remedy—a dose of

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