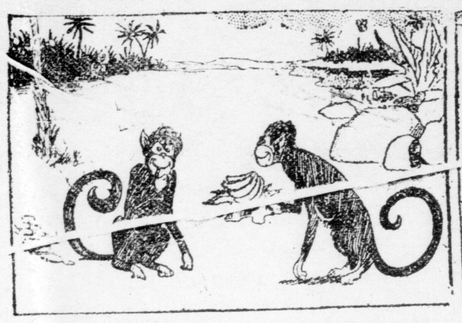
ANCIENT AND MODERN COURTSHIP—A TALE OF TRANSMIGRATION



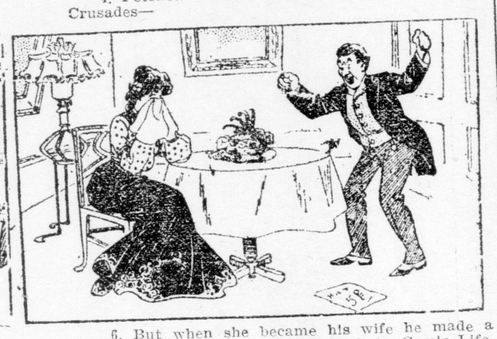
1. He brought her sweet bananas as a simian—

2. Kept her in lotus-flowers in their Egyptian reincarnation—

3. Supplied her with slaves in the Roman times—

4. Fetched her rich Oriental Stuffs from the Crusades—

5. Presented her with costly sedan-chairs in colonial days—



6. But when she became his wife he made a frightful fuss about a new spring hat.—Comic Life.

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.

G. R.

Will staying in bed for a day or two at the beginning of a cold help to break it up? G. R.

Answer. — It is generally believed that staying in bed, when this means, or is combined with good rest, good food, a clearing out of the bowels, a hot bath, and a strong sweating, in brief, a general shaking up of the body and its circulation, will "cure" colds. This is so seldom systematically done, however, and colds themselves are so given to continuing or stopping short of themselves, whether treated or not, that it is very hard to say if this treatment, or any other, really accomplishes anything beneficial.

There are probably at least thirty kinds of colds and as each may be mild, moderate, or severe, you can easily see that there are at least ninety combinations to be tested. If one could locate five thousand colds, including all these varieties, and leave them quite untreated; and then find five thousand more people, also with the same selection of colds, and give them this treatment, one would be able to say, from the carefully tabulated results, taking into account the age, sex and habits of the whole ten thousand, whether the treatment materially shortened the cold or not. Suppose the five thousand untreated averaged a week; and the treated, three days; then, if all other considerations were about the same in both groups, it would be reasonable to say that the treatment had shortened the attack by four days. Of course this experiment has never been performed, nor anything comparable to it, and so there is no way of knowing whether or not any one of the five hundred methods for treating colds are any good or not. Moreover it is a rule in medicine that the more treatments there are for any one disease, the less valuable the individual treatments prove themselves. It is easy to see that this rule is founded on fact, for when we know any really efficient treatment, we naturally use it to the exclusion of the others.

An infectious cold is much like measles or scarlet fever, etc., in that it runs more or less a certain course, despite all treatment; and the most that medicine can do at present is, just as in scarlet fever, not to cure, but to prevent the developing of the worst features, avoiding or combatting secondary infections, and watching for obvious damage to the various organs, so as to provide as early as possible compensations for such damage. Few people take the trouble to have such supervision rendered by physicians even for measles or scarlet fever or whooping cough. Still fewer do it for colds. Hence, from lack of material to study, medicine knows but little of the great tide of colds that flows through the population annually.

There are 50,000 people in London, which means at least 100,000 colds annually. Not one per cent of these colds receive medical study or real medical care. (Of course, this is quite apart from the colds that are really something more, grippe, asthma, hay fever, bronchitis, pneumonia, etc.)

Colds cost at least $25,000 a year in London, for extra handkerchiefs, cough medicines, etc., and, counting "loss of business," and other deprivations that go with them. Germs are expensive "luxuries" indeed! "Cold germs" alone cost Ontario annually at least a quarter of a million dollars in hard cash, if every person has but one cold a year, and loses only ten cents on its account! Everyone can figure for himself that this estimate is exceedingly low. H. W. HILL.

INTERESTED.

I have known physicians to prescribe for their patients with beneficial results, large quantities of milk, eggs, beefsteak, etc., which would upset the digestion of an ordinary person in health. Would there be danger in trying this remedy without medical advice? INTERESTED.

Answer.—Milk, eggs, beefsteak, etc., in large quantities cannot hurt anyone who is in health, so long as the digestion is not upset; all experiments in that direction are free to everyone who has the price.

But overfeeding in disease is quite another matter. You do not suggest for what disease or diseases you would try this prescription. Even in tuberculosis, there is no object in stuffing a patient, unless the patient can digest what is taken; then the overfeeding can hardly be pushed too far, and is probably a larger factor in the "cure." Many competent observers believe that the fresh air treatment of tuberculosis patients is of advantage chiefly in providing an appetite for the excess of food which ought always to be combined with it.

Everyone knows the effect of outdoor life, in increasing appetite, and in permitting people to digest almost anything nutritious despite very poor digestion when living indoors.

It is assumed by many medical men that "chronic rheumatism" (under which name several different affections masquerade) is due, sometimes at least, to excessive meat diet. When meat, milk, eggs, etc., affect the patient to his harm, of course, some other diet should be used.

If this seems a rather rambling answer, you must remember you have asker a rather rambling question. H. W. HILL.

HIPPOCRATES.

What are the primary seats of disease? HIPPOCRATES.

Answer.—The primary seats of disease! You must have been reading some of the dead and gone speculations of the Middle Ages, when men were absorbed in discussing disease instead of studying it at first hand. A curious muddle they made of it, their theories still showing in the language and nomenclature even of modern medicine, and largely influencing many curious old traditions that the non-medical mind is fond of treasuring.

To understand at all the medicine of a brief hundred years ago, and this becomes more necessary the further you go back, it must be remembered that it was only so late as Bacon's day, in Good Queen Bess' time, that mankind had the bright idea of looking to see what really did exist in Nature, instead of sitting still and weaving yarns about it. Remember that this idea was itself discussed for nearly two centuries before it was adopted in any kind of earnest in the latter part of the eighteenth century; remember that chemistry is so new that the existence of oxygen has only been recognized about one hundred years, although nearly half of the whole globe consists of it; remember that our own great grandfathers did not have any clear conception of what lightning is, or clouds; in brief that up to one hundred years ago even the best educated people were hopelessly ignorant, compared with our ordinary high school graduates, of all their immediate surroundings. It was in Elizabeth's reign that an "authority" of that day recorded solemnly his belief that water, in Italy, weighed four ounces to the pint less than in England, and thus, being lighter, it was more digestible probably because, he naively adds, it had more moisture in it! What valuable conception of any material thing could such a race possess? People then and earlier, not only believed that a bird existed in Africa which if totally destroyed by fire, could arise whole again from its ashes and fly away unharmed, but these beliefs were sacred to them, and he who doubted them was looked on (through some suet-brained twist of imitation-reasoning) as an atheist, and probably a traitor! One of the smaller bones of the body, at the lower portion of the spine, bears to this day the name, "Os sacrum," or sacred bone, because of the old belief that if a man were burned, this bone was always preserved. It never seems to have occurred to anyone of that period to take such a bone and see if fire was harmless to it! They preferred to repeat the old stories, believe in them, and teach them to their children, regardless of their truth or falsity. It was amongst such people that any sort of wild tale or legend might originate, provided only it was given a mysterious halo, was found in an old book, or told by an impressive stranger. It seems that the only things our forefathers refused belief to were things that were reasonable or probable or really and truly so. Thus it was that because Hippocrates speculated about disease four hundred years before Christ was born, therefore his speculations must be worthy of religious belief! So our forefathers repeated with unction and based their medicine upon the sayings of a man who had no better eyes or ears than they and could use them no better: they never thought of looking for themselves!

Blood, phlegm, black bile, yellow bile, these were four "fluids of the body" which Hippocrates thought he knew to be the essential constituents of the body. He was a brilliant man, and, for his day, a thinker, but he was without chemistry or physics, without a microscope: without the opportunity for the ordinary training of an ordinary first year medical student of today. These four fluids were his "primary seats of disease," and as these four fluids drifted about the body and jangled themselves together (in Hippocrates' mind—remember the circulation of the blood was not discovered until two thousand years later!) they, by their various combinations and struggles produced disease! No one can get a clear idea of it all, for Hippocrates had, and could have had, no clear idea of it himself, any more than a savage speculating on the construction of a locomotive, seen once at a distance. It is said that the natives of India believed for a long time that locomotives were driven by a mysterious, demon conjured into the boiler by some powerful magician. Just such were the primary seats of disease—mere names for nonsense. What could be expected of the medical knowledge of even a much later generation which believed a mother was a mere incubator and solemnly legislated that she was no blood relation to her child? This statute was in force in Great Britain for a considerable period in the seventeenth century.

The primary seats of disease, in modern medicine, is a phrase without meaning. The body is composed of hundreds of different structures, and very many fluids, and is a thousand times more complicated than Hippocrates ever guessed. Practically all of these structures may be diseased and every one of the fluids may be recognizably affected. H. W. HILL.

ASTHMA.

Is asthma classed with lung diseases? How many kinds of asthma are there? ASTHMA.

Answer.—Asthma, primarily, and in its pure form, is a nervous affection which for lack of a better way of putting it, may be compared to a sudden cramp of the lungs, due perhaps to causes not unlike those which produce cramp of the muscles of the leg or arm. The trachea (wind-pipe,) the upper end of which forms the "Adam's apple" at the front of the throat just below the chin, is a tube, eight or ten inches long, which divides at the lungs into two tubes, one for each lung. These tubes then divide and subdivide like gas pipes in a city, becoming smaller and more numerous until they end finally, not in a gas jet, but in a little chamber, the air-cell (alveolus.) The object of all these pipes is to lead the air from outside into the air-cells, where the oxygen of the air is surrendered to the blood which surrounds the air cells in a fine network of delicate little bloodvessels: and to carry from the air-cells the carbon dioxide which the body has produced in its burning, and wants to get rid of. The body from this standpoint is a slow burning furnace. The lungs supply the draft, and also act as a chimney for the "smoke." There is no visible smoke however, as from real factories, for the human engine burns so to speak, with a blue flame. All the carbon the ordinary factory wastes in black smoke is, in the body, burned up to the last speck, leaving the body in the invisible form of carbon dioxide.

Now, these air-pipes are not rigid, like our real gas or water pipes. They are not only flexible, like rubber tubes, but also can enlarge or diminish in diameter by means of muscles which run round them in rings. When these muscles relax, the tubes widen: when the muscles contract, the tubes diminish in diameter. In health, this ability to change the sizes of the air-pipes is very useful. We are not conscious of it, and cannot control it as we can say our arm muscles. It is one of the numerous automatic devices of the body. But, like all automatic arrangements, if anything goes wrong with it, there is trouble. Asthma is the result of the muscles contracting irregularly, unnecessarily, suddenly, at the wron gtime, and especially too much.

Of course, the lungs suffering from asthma are not unlikely to give germs of various kinds a chance to develop that they might not otherwise have had, and therefore asthmatics sometimes suffer from real lung infections, in addition to the asthma.

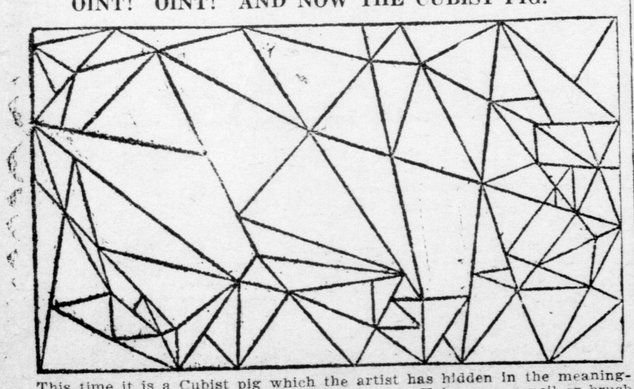
The question of how many kinds of asthma there are depends entirely on how you classify the attacks. This is true of all diseases. In one sense there is only one kind of asthma, that is, the only true asthma is a cramp of the muscles of the air-pipes as above described, sometimes accompanied by a sort of internal "hives" affecting the mucous membranes: in another sense, there are many kinds, each due to a different cause, producing similar effects.

Cardiac asthma is not asthma proper at all, although resembling it somewhat in some of the symptoms. H. W. HILL.

DIAGNOSTIC AND ANALYTICAL SERVICE.

As Furnished Heretofore by the Provincial Board of Health
Begins April 14, 1913.
INSTITUTE OF PUBLIC HEALTH,
London, Ontario.

OINT! OINT! AND NOW THE CUBIST PIG.



This time it is a Cubist pig which the artist has hidden in the meaningless angles of the picture. See if you can find it. Take your pencil or brush and water-colors and fill in the proper spaces and a squealing likeness will appear.

A FREAK COLT

Denfiield Man Has Animal Without Eyes or Nose.

[Special to The Advertiser.]

Denfield, May 23.— Mr. Albert Haskett, of Denfield, has a colt which is one of the most remarkable freaks ever seen in this district. The animal has neither eyes nor nose. The head is fairly well formed and is shaped a great deal like a man's, with the ears down on the side.

"What is the baby crying about?" "He dropped his ginger snap in his glass of water." "Well, that's the first time I ever knew any one to cry because they had a soft snap."—Houston Post.

WHAT IT MEANS.

"Has your health improved since you've had a motor?"

"Rather. I think I'd have a fine appetite now if I could afford to eat."

BISHOP WILLIAMS TO ORDAIN SEVEN

Young Men Will Be Made Priests of the Church of England.

[Special to The Advertiser.]

Windsor, May 23.—Bishop Williams, of London, will be here on Sunday to ordain seven young men to the priesthood of the Church of England. For a year these young men have been serving as deacons in different parts of the diocese. It is many years since such a service has been held here.

The candidates will be presented by Ven. Archdeacon Young, of London, and the special ordination sermon will be preached by Rev. C. E. Jeakins, of Clinton, Ont. It is expected that a number of other clergy will be present and will assist at the service.

Those who are to be ordained are: Rev. P. N. Harding, London, assistant at All Saints'; Rev. J. H. Hosford, Rev. C. O. Pherrill, Rev. W. A. Shipway, Rev. J. G. White, Rev. A. A. Trumper and Rev. G. W. Latimer.

FEDERAL TROOPS CAUGHT IN AMBUSH

One Hundred Reported Killed in Battle Near Sacramento.

[Canadian Press.]

Eagle Pass, Texas, May 23. — In a battle near Sacramento, in Northeast Mexico, one hundred federals were ambushed and killed by constitutionalists, according to reports brought here today by constitutionalist leaders who are gathering across the river from here for a military conference.

Carvo, a former follower of Orozco, led the federals at Sacramento. This victory gave the constitutionalists possession of all towns between Saltilo and Monclova. Huerta's opponents claim also to have captured the cities of Zacatecas, Parras and San Pedro de Colonias, near Torreon.

WEDDED SECRETLY

Details of Persinger—Gianelli Nuptials Were To Have Been Kept Quiet.

[Special to The Advertiser.]

New York, May 23.—Louis Persinger, of Colorado Springs, the well-known violinist, was secretly married to Miss Angela Gianelli, daughter of Mr. and Mrs. Charles A. Gianelli, of Brooklyn, last Monday, at the Church of the Ascension in this city by the Rev. John A. Bevington.

At present Mr. Persinger is at Colorado Springs, and Miss Gianelli admitted today that she was Mrs. Persinger, and said that the announcement was to have been made in the fall, when they will sail for Europe, where Mr. Persinger is going to give some concerts.

Persinger was the sole performer at the embassy concert given in honor of former Vice-President Fairbanks in Berlin, where he drew special attention from Chancellor Von Bethmann Hollweg, who is a well-known lover of music.

MET AT BRUCEFIELD

Mrs. McMillan Elected President of New Mission Society.

[Special to The Advertiser.]

Brucefield, May 23. — A branch of the Home Mission Society has been formed here. Mrs. Kelly and Mrs. Young, from Goderich, were present, and helped to organize. About 25 young ladies were present. Mrs. (Rev.) Hall Woods was elected honorary president; Mrs. William McMillan, president; Miss Agnes Beattie, vice-president; Miss Emily Morrison, secretary, and Miss Mamie Swan, treasurer. It is the intention of the society to meet monthly. A dainty lunch was served at the close of the meeting.

"Don't you think everyone ought to look for the good in the world?" "Yes, but instead of looking for the good, they seem to be looking for the good things."—Houston Post.

CATARRH TRUTH

Told In a Simple Way

No Apparatus, Inhalers, Salves, Lotions, Harmful Drugs, Smoke or Electricity.

HEALS 24 HOURS

It is a new way. It is something absolutely different. No lotions, sprays or sickly-smelling salves or creams. No atomizer, or any apparatus of any kind. Nothing to smoke or inhale. No steaming or rubbing or injections. No electricity or vibration or massage. No powder; no plasters; no keeping in the house. Nothing of that kind at all. Something new and different, something delightful and healthful, something instantly successful. You do not have to wait, and linger and pay out a lot of money. You can stop it over night—and I will gladly tell you how—FREE. I am not a doctor, and this is not a so-called doctor's prescription—but I am cured and my friends are cured, and you can be cured. Your suffering will stop at once like magic.

I Am Free—You Can Be Free

My catarrh was filthy and loathesome. It made me ill. It dulled my mind. It undermined my health and was weakening my will. The hawking, coughing, spitting made me obnoxious to all, and my foul breath and disgusting habits made even my loved ones avoid me secretly. My delight in life was dulled and my faculties impaired. I knew that in time it would bring me to an untimely grave, because every moment of the day and night it was slowly yet surely sapping my vitality.

But I found a cure, and I am ready to tell you about it FREE. Write me promptly.

RISK JUST ONE CENT

Send no money. Just your name and address on a postal card. Say: "Dear Sam Katz, Please tell me how you cured your catarrh and how I can cure mine." That's all you need to say. I will understand, and I will write to you with complete information, FREE, at once. Do not delay. Send postal card or write me a letter today. Don't think of turning this page until you have asked for this wonderful treatment that can do for you what it has done for me.

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A Summer Necessity.

The Outing Suit—two button soft roll effect.

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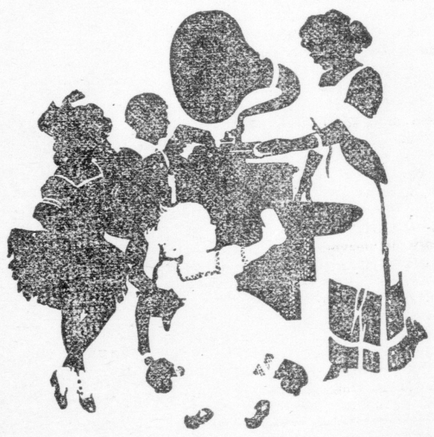

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Blue Amberol Records

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Farthest from an investment standpoint, because Blue Amberols will never wear or reproduce less perfectly than when new, and will never become injured by careless handling.

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TWO REASONS.

General Nelson A. Miles, during active service, one day received a telegram from a subordinate who was on furlough, but was expected back that day. The dispatch read:

"Sorry, but cannot report today as expected, owing to unavoidable circumstances."

The tone of the message did not please the general, and he wired back:

"Report at once, or give reasons."

Back came the answer from a hospital:

"Train off, can't ride; legs off, can't walk."

"Why station a policeman beside this park bench?" "It is newly painted." "He can't keep people from testing fresh paint." "No; but he can keep 'em in line."—Louisville Courier-Journal.

MINARD'S LINIMENT LUMBERMAN'S FRIEND.