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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.

A striking statement—one that provides food for thought—was made recently by Rev. Dr. E. I. Hart, pastor of Sherbrooke Street Methodist Church, Montreal. In referring to the high rate of infant mortality in Quebec as compared with New York, Toronto, and other cities, Dr. Hart said that babies do not interest some types of politicians, because the babies have no votes.

Can this be true? Is it a fact that there are to-day politicians in the public life of Canada who care not for the welfare of those who have not a vote to cast at an election? It is hard to think that such a state of affairs could exist, and yet indifference to the

subject of Child Welfare appears to be much in evidence in high places.

Up till a very few years ago the Dominion Government had not voted any money at all for the great work of Child Hygiene, and yet money was voted to improve the breeds of cattle, sheep, pigs and even chickens. Thousands of dollars were spent annually in bringing emigrants to this country from Central Europe, many of whom were not the most desirable type, and yet not a penny was voted for the care and improvement of the best settlers this or any country can hope to have—the native-born child. All over this province at the present time there is a crying need for child welfare work. The infant mortality in many sections of this province is deplorably high—in one or two places it has mounted up to over 200 deaths per 1,000 births. Just think what this means! Two babies out of every born never reach the first year of life.

Something must be done to reduce this awful wastage of human life, for it can be reduced. It has been reduced in other countries, it can be reduced in Canada. Public Health Education is gradually forging its way into the homes and hearts of the people, for it is only by education that the people can know how to reduce the death rate among infants, how they can have the large percentage of physical defects corrected in young children, thus paving the way for a healthier manhood and womanhood in the generations to come. The principles of hygiene must be taught in the home, in the schools, in the lecture hall—anywhere that people can hear. The community nurse, the public lecture, the moving picture, the Child Welfare Clinic, the health article in the newspaper, the display poster graphically pointing out the way to health—all must be commandeered and put into active service if a real effective campaign for child welfare is to hope for success.

C. D. of Thornhill asks what is the cause of shingles.

There are many causes, some of which are tuberculosis of the lungs, the internal use of arsenic, cold, debility, and in women, pregnancy. Apart from the conditions just named, the disease may be symptomatic of various affections of the nervous system such as general paralysis of the insane, tabes dorsalis, meningitis, etc. Oftentimes there is no apparent cause for this disease.

Early symptoms are shivering, slight fever and pain in the area supplied by the nerve roots involved. Keep up the body resistance to disease, and the general health good.

As for specific treatment the patient should consult his doctor. Our aim in this column is the prevention of disease rather than its cure.



Not Complaining.

The boy stood on the burning deck. Whence all but he had fled; "With coal and wood so high, this suits me pretty well," he said.

It should not be left solely to lawyers to work with a will.

Promise is good; intention is better; performance is best.

Minard's Liniment used by Physicians.

EASY TRICKS The Sagacious Card

No. 24



Tell your friends that in the playing card world, the joker is a natural detective. Prove it in this manner:

Ask a spectator to select any card from the pack, to look at it and to place it on the top of the pack. Ask him to cut the cards wherever he likes and to put the lower cut on the upper. Ask him to do this several times until he himself does not know where the card he selected is to be found.

Explain that you will ask the joker to disclose the identity of the selected card. Look through the pack, find the joker and hold it to your ear, pretending that the card is whispering to you.

"Ah! The joker says that you selected the ten of diamonds."

That is correct. The secret is simple. Observe the bottom card of the pack. The spectator puts his card on the top. When the cards are cut, the card you observed will precede the selected one. No matter how many times the cards are cut the two cards will be in that relation to each other. When you look through the pack for the joker, look for the card you observed. The following card will be the selected one and you are ready for the finish of the trick.

(Clip this out and paste it, with others of the series, in a scrap-book.)

NEW BLOOD NEEDED IN THE SPRINGTIME

Try Dr. Williams' Pink Pills as a
Blood-Improving, Health-
Restoring Tonic.

Every man, woman and child needs new, rich, red blood at this time of the year. That is a scientific fact. All doctors know it. The blood grows thin and poor in the winter; there is not enough of it and spring shows the effect. Take notice and see how many people are pale and sallow at this time of the year. They complain of being easily tired, their appetite is poor, and they are often depressed and low-spirited. That is mother nature urging them to improve their blood supply; but often their digestion is weakened so that they cannot turn food into blood without help. Here is where modern medical science comes to the rescue. Dr. Williams' Pink Pills have a direct action on the blood and enable you to get full use of the blood-making elements in your meals. You soon feel their effect—your appetite improves, your nerves are steadier, color returns to the cheeks and lips, you have more vim and energy and can work with less fatigue. The above statements are borne out by the experience of Mr. J. P. Greschuk, Janow, Man., who says:—"Very recently I found myself in a badly run down condition. My stomach was quite out of order; I could eat but little and what I did eat did not appear to nourish me. I did not seem to have enough blood; my hands and legs were blue, and I had no strength to work. I tried several medicines but did not get good results. Then one day reading our newspaper I read about Dr. Williams' Pink Pills and decided to try them. I used a half dozen boxes, and now I feel well and strong, have a good appetite, and can do my work with ease. Naturally I have great faith in this medicine as a blood-making tonic."

Whether you are seriously ill, or merely feel easily tired and out-of-sorts, you should try Dr. Williams' Pink Pills this spring. They are sold by medicine dealers everywhere, or will be sent by mail at 50 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

London Women Serve Writs. In London women are frequently employed in serving writs. A pretty young woman is said to find doors open to her which to nearly every other sheriff's officer are shut fast. Of Ripon.

MONEY ORDERS. The safe way to send money by mail is by Dominion Express Money Order.

Below a temperature of forty degrees the clothes moth loses its vitality and ceases to feed upon furs, woollens, and so forth. Unless some other safe method of storage is at hand during the summer months, cold storage for valuable winter wraps is a true economy.

Minard's Liniment for sale everywhere. Off the coast of Japan the sea is yellow, and to the west of the Canaries it is a vivid green.

So keen is the elephant's sense of smell, that he can scent a human being at a distance of 1,000 yards.

The Shape of the Earth.

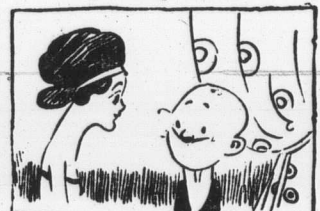
A French scientist finds in the great depths of the Arctic Ocean an argument tending to show that the earth is slightly topshaped, the protuberance corresponding to the point of the top being at the South Pole. This, he thinks, would explain the different results arrived at by the various measurements of astronomers and geodesists. The differences are very small in comparison with the entire bulk of the globe, yet they are readily appreciable, and one of the explanations that has been suggested for them is that the earth is tetrahedral in form. But the Frenchman thinks the topshape theory is preferable. The fact that to an eye looking at the earth from a point in space it would not sensibly differ in appearance from a true sphere shows how refined are the methods of science which enable men living on the surface of the globe to detect variations in its general contour.

THANKFUL MOTHERS

Once a mother has used Baby's Own Tablets for her little one she would use nothing else. The Tablets give such results that the mother has nothing but words of praise and thankfulness for them. Among the thousands of mothers throughout Canada who praise the Tablets is Mrs. David A. Anderson, New Glasgow, N.S., who writes:—"I have used Baby's Own Tablets for my children and from my experience I would not be without them. I would urge every other mother to keep a box of the Tablets in the house." The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach; drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are sold by medicine dealers, or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Children's Spring Song.

Come with us, and we will lead you Where the kingcup-lamps are gleaming. Come with us, and we will speed you To the windflowers silver-dreaming. We know where the blackbird nested (We have heard the foolish chiding). We have seen King-wren, gold-crested, In his mossbuilt palace hiding. Come with us, for we can tell you Where the painted orchids grow. All spring's secrets we can spell you. For we tracked her, and we know. Come with us, our footsteps follow Through the folded meadow-lands, Powdered thick o'er swell and hollow With the dancing cowslip-bands; All their fragrant tassels shaking Down the sun-warm fields they flock. Golden keys hung for our taking April's casket to unlock. Come with us, and we will show you Where the misted bluebells spread; Bluebell-seas to overflow you; Bluebell-lakes to cool your tread. Where the wild bee sips her chalice. Swinging o'er that honeyed tide, To spring's azure-moated palace Let the children be your guide. —Eva Dobell.



Adding insult to injury. She (contemptuously) — "You don't know how to love!" He — "Won't you let me practice a bit?"

The greatest of faults is to be conscious of none. The reason why you don't get on may be because you don't get up.

Boys - Girls



This Ball Outfit and other prizes, for Boys and Girls, given for selling a few dollars' worth of Government Tested garden seeds at 10c a pkg. We pay you cash also if you wish.

HOWARD-ORE COMPANY Toronto 66 Bond Street.

Send me FREE 30 packages of seeds and booklet of prizes. If I don't sell seeds I will return them at your expense. Name..... Town..... Box No..... SEND NO MONEY

Irresistible Eyes

are those which are bright and sparkling. Keep your eyes young and beautiful through the daily use of Murine. It has stood the test of time. At all druggists.

MURINE FOR YOUR EYES

America's Pioneer Dog Remedies

How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., 220 129 West 24th Street New York U.S.A.

ISSUE No. 15-23.

MRS. J. GILMORE DISCUSSES CASE

Despaired of Ever Getting Well, But Tanlac Entirely Ended Stomach Trouble, She Declares.

"I was just hopeless of being well again, when along came Tanlac, and to-day I enjoy the best of health. I will praise this medicine as long as I live." This grateful statement was made recently by Mrs. Janet Gilmore, 73 DeGrasse St., Toronto, Ont.

"For seventeen months I led a miserable existence with stomach trouble. My appetite left me and anyhow I was afraid to eat. Gas on my stomach pressed around my heart till I thought I would smother, and my nerves were so excited even the noise of the children playing nearly drove me frantic. I could get no restful sleep and it was next to impossible for me to do any housework."

"Then I started on Tanlac and the first bottle convinced me I had the right medicine. I now feel like a new person, without a single ailment. Tanlac has no equal."

Tanlac is for sale by all good druggists. Over 35 million bottles sold.

A Bohemian glass polisher has completed a clock which, with the exception of the spring, is made entirely of glass.

RHEUMATISM

Minard's Liniment is the old reliable relief for Rheumatism. Rub it in to the aching part and you'll see why two generations have crowned it King of Pain.



Bad Breath Overcome

"Bad breath is a sign of decayed teeth, foul stomach or unclean bowels." If your teeth are good, look to your digestive organs at once. Get Seigel's Curative Syrup at druggists. 15 to 30 drops after meals, clean up your food passage and stop the bad breath odor. 50c. and \$1.00 Bottles. Do not buy substitutes. Get the genuine.



Keep Your Hands Soft and White With Cuticura

The daily use of the Soap, with occasional touches of the Ointment, is very effective for keeping the hands soft and smooth. For red, rough or sore hands: On retiring bathe in hot water and Cuticura Soap, dry, and rub in Cuticura Ointment.

Soap 25c. Ointment 25c. and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Evans, Limited, 244 St. Paul St., W., Montreal. Cuticura Soap always without mug.

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LADIES WANTED—TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

Fresh water eels travel a distance equal to a quarter of the earth's circumference, about 6,000 miles, in their lives.



Rheumatic pain —less every year

Sloan's is rapidly making widespread suffering from rheumatism a thing of the past.

Millions can testify to the grateful relief it brings.

The moment you feel the first twinge of pain—apply Sloan's. Its tingling, penetrating warmth gives instant comfort. Before you realize it the pain disappears. Try it—you'll find many everyday uses for Sloan's.

Made in Canada. Sloan's Liniment—kills pain! For rheumatism, bruises, strains, chest colds.

WEAK, RUN DOWN AND AILING

Lydia E. Pinkham's Vegetable Compound Brought Relief When Other Medicines Failed

Port Mann, B. C.—"I took Lydia E. Pinkham's Vegetable Compound because I was tired and run-down. I had headaches and no appetite and was troubled for two years with sleeplessness. I tried many medicines, but nothing did me any real good. While I was living in Washington I was recommended by a stranger to take Lydia E. Pinkham's Vegetable Compound. I am stronger and feel fine since then and am able to do my housework. I am willing for you to use these facts as a testimonial."—Mrs. J. C. GREAVES, Port Mann, B. C.

Feels New Life and Strength. Keene, N. H.—"I was weak and run-down and had backache and all sorts of troubles which women have. I found great relief when taking Lydia E. Pinkham's Vegetable Compound and I also used Lydia E. Pinkham's Sanative Wash. I am able to do my work and feel new life and strength from the Vegetable Compound. I am doing all I can to advertise it."—Mrs. A. F. HAMMOND, 72 Carpenter Street, Keene, N. H. Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound.

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada of Bayer Manufacture of Monoacetic acid ester of Salicylic acid. Which is well known that Aspirin means Bayer Tablets. To avoid the risk of getting cheap imitations, the Tablets of Bayer Company will be stamped with their name and the name "Bayer" on the wrapper.