

HEALTH EDUCATION

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

If ever direct evidence was needed to prove that the general health and physical development of the people are below par, the late war supplied that evidence. In England, Canada and the United States it was estimated that of the hundreds of thousands of young men who were volunteered or were drafted for active service, one-third were unfit to bear arms against the enemy, and had either to be rejected or else utilized for less urgent work at the base.

This article is not by any means an argument favoring military training, or compulsory service such as was the case in Germany before the war. It is solely to point out the dramatic fact revealed by medical examination of recruits, that a large percentage of young men who should be physically and mentally fit, are far from it, the regrettable part of this unfitness being that it is largely due to defects that could have been avoided or put right during childhood and early youth.

Prompted by these alarming statistics and impressed with the great necessity of having some organized scheme for helping the present generation of children to grow up healthier and more free from defects than that of the grown-ups of to-day, the Provincial Board of Health have recently commenced making searching examinations into the physical and mental condition of children of pre-school and school age throughout Ontario, and the results so far obtained are distressing. In many of the schools in rural districts where no medical examination of children had previously been made, defects were found in a large proportion of the children who were believed by their parents and teachers to be well and physically fit. The urgency of having these children receive proper medical and nursing attention is emphasized by the fact that most of the defects could be rectified if attended to early, before they have had a chance to become chronic and interfere with the child's health and normal growth. This is a serious state of affairs, and some means must be devised to deal with it comprehensively. The only solution seemingly would be to bring the entire childhood of the nation under medical supervision. How to bring this about is the problem

confronting all Public Health workers at the present time. The question is a tremendously big one, and has many aspects. In the first place the care of the child must begin actually before birth. On first thought this seems an impossibility, but with the establishment of a network of ante-natal clinics all over the country, the foundations of such a scheme would be laid. These clinics must be so widely established that they will touch every class of people in the community, but first of all there will have to be a campaign of education conducted in such a way as to demonstrate the great usefulness of these ante-natal clinics in child welfare work.

The general health of the prospective mother, her freedom from disease, the kinds of food she eats, the amount of exercise she takes, the little illnesses and indispositions which she may be subject to—these must all be thoroughly investigated. Sometimes a slight headache or swelling of the feet, seemingly insignificant, may be the direct forerunner of serious trouble that may prove fatal either to the mother or infant at the time of childbirth. There is a tendency for the average young woman who has never been told of the possible seriousness of seemingly trifling ailments during this critical period of her life to disregard these danger warnings and not consult a doctor at all.

It is to overcome this lack of knowledge among prospective mothers that the ante-natal clinics are being established. There is every hope that the public will soon begin to realize how great a benefit to themselves and to their offspring it will be to have specially trained doctors and nurses at these clinics where prospective mothers may go for advice, knowing that each individual case will be gone into thoroughly, and appropriate treatment recommended.

Ante-natal clinics have already been established in Toronto, Hamilton and London. By degrees they will be opened at every centre of population throughout the province, and from their good results will undoubtedly follow when the public begin to realize how much they can do to improve the health and happiness of the mothers and children of this generation, and of the generations to come.

Mlle Roches, Timmins, Prescott, Morrisburg, Brantford, Russell, Rosseau, Tavistock, and Hamilton. When will your community become a Boy Scout town?

THE HEALTHY MAN HAS THE BEST CHANCE

Is Always Full of Life and Energy—Failures Are Weak and Bloodless.

Some men seem to have all the luck. If there are any good things going these men seem to get them. If they are business men they are successful; if they are workmen they get the foreman's job. They have the power of influencing people.

The same is true of women. Some have the charm that makes men seek them out; others are neglected. But this is not luck. It is due to a personal gift—vitality. Men and women of this sort are never weak, puny invalids. They may not be big, but they are full of life and energy. The whole thing is a matter of good blood, good nerves and good health. Everyone would wish to be like this and the qualities that make for vitality and energy are purely a matter of health. By building up the blood and nerves, sleeplessness, want of energy, weakness of the back, headaches and the ineffectual sort of presence which really comes from weakness can be got rid of. Dr. Williams' Pink Pills have made many weak, tired men, vigorous, and many pale, dejected girls and women, rosy and attractive, by improving their blood and toning up their nerves. If you are weak, low-spirited or unhealthy, try Dr. Williams' Pink Pills and note their beneficial effect.

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Mere Sound and Fury.

A lank, disconsolate-looking person stood on the steps of the town hall during a political meeting. "Do you know who's talking in there now?" demanded a stranger briskly, pausing for a moment beside him. "Or are you just going in?"

"No sir; I've just come out," said the man decidedly. W. F. Brown, M.P., is talking in there.

"What about?" asked the stranger.

"Well," continued the man, passing his hand across his forehead in a puzzled manner, "he didn't say."

The heaviest annual rainfall in the world occurs in Assam, India, where a precipitation of 800 inches is on record.

Minard's Liniment for Garget in Cows.

TOMMYS WHO HAVE STAYED BEHIND

LAST OF THE B.E.F. HAVE LEFT FRANCE.

But There Are Many Who Have Taken French Wives and Settled There Permanently.

The British Army has officially left France, but quite a few of those who served in it are still there and, what is more, many of these have no intention of returning to the land of their birth, says a London paper.

Usually it is the old, old story. Tommy has found favor in the eyes of a fair maid of France, and has settled down in his wife's country. He has become Monsieur Thomas Atkins, and his children are growing up to speak French perfectly and English with a slight foreign accent.

In the beginning, Tommy is seldom welcomed as a son-in-law. French family life is very exclusive, and marriages are generally arranged within a very limited circle of acquaintances. Also, there are often difficulties on religious grounds, for the wife is as certain to be a Catholic as the husband is likely to be Protestant.

But once the marriage is an accomplished fact, Tommy is loyally accepted as a member of the family.

Sometimes Marie or Louise has not come empty-handed to her husband. She may have a substantial sum of money, or a little cafe of her own, or a shop or a small farm, and so the one-time soldier finds it the natural and easy thing to become a cafe proprietor, or a farmer.

Better Than the Dole.

Whatever his precise occupation may be, his wife is a most valuable helpmate and partner, for it is the custom for French women to help their husbands in business to a much greater extent than in England.

It is in the sea coast towns that the man who has stayed behind is most in evidence—in such places as Calais, Boulogne, Dieppe, Havre, and Cherbourg, but he is also to be found inland in Rouen, Arras, Amiens, St. Omer, and other towns, the names of which will never be forgotten by the British Army.

He seems to have a particular partiality for the cafe business and as a rule he makes a success of it.

Let us pay a visit to one of these cafes in Boulogne or Calais. Sometimes it bears the obviously British name of the proprietor, or it may be called the Prince of Wales Bar, or some such un-French appellation. Advertisements of well-known English beers and stouts still further proclaim the nationality of "mine host," and perhaps there is an invitation to "Stop here for a good cup of tea."

You will get a warm welcome from Monsieur Atkins. He will talk freely about his new life. Yes, he is very comfortable, he will tell you, and he is sure he has done a good thing for himself. Better here than at home, where he might be walking the streets and drawing a dole as one of the 1,500,000 unemployed. No, he has no intention of going back, unless some day for a holiday and to see his people.

The Lure of the Tea Cup.

How does he get on with the language? you may ask. There is no difficulty there, he will tell you. He can talk enough now to get on, and he understands practically everything that is said.

French is an easy language to get a smattering of, but a very difficult one if you want to know it really well.

Presently Madame Atkins will join us. She is a typical French woman, with her nicely dressed hair, somewhat aquiline features, and extraordinary neatness of attire, especially about the feet. She speaks a "leette English," perhaps better than her husband does French. It is pleasing to observe that she is obviously very proud of her big soldier-husband.

Business is pretty good, they say. In the evening their place is quite a resort for others who have stayed behind. In the summer time, of course, they did very well; there were so many British visitors about who appreciated very much a place where they could get a good cup of tea at a reasonable price and also talk freely in their own language. There is not much doing in the daytime, but come back in the evening, they say, and see the other British.

So back again in the evening we go, and find about a dozen people sitting and having refreshments at the small table. In due course we have a talk with some of them. Two young fellows, engineers by trade, are employed by an English firm which is buying up old war material and converting it to various uses.

The pay is not equal to Trade Union rates at home, they tell us, but there is good prospect of steady work for a long time to come, which is more than they could have at home at the present moment. The bulk of their fellow-employees are French, the French authorities limiting the proportion of Englishmen to twenty-five per cent. of the total.

Teaching Frenchmen Football.

Two others of the company have clerical jobs with the War Graves Commission, while yet another is a football professional playing with a French team. He is not the only man who has stayed behind in this

capacity, he said. One club alone in the Pas de Calais has no less than four British professionals. The pay is 200 francs (about \$20) a week, with a guaranteed job at their own trade.

How about the standard of French football? Not very high as yet, was the reply. The Association code has not made the same progress as the Rugby game, in which France actually beat Scotland on her own ground last winter.

However, they are coming on. They use their brains, but they have not the same control of the ball as British players have. If only they had more opportunity of seeing really first-class play, progress would be quicker.

It is not only the rank and file of the Army that is represented among the men who have stayed behind. Quite a few ex-officers have settled down more or less permanently in France or Belgium.

All along the battle-line one may find them running services of motor-cars for visitors who have come to view the historic ground, or to see the grave of a son, husband, or sweetheart. The leading hotel in Ypres is owned by a syndicate of ex-officers, and to judge by the prices charged it ought to be a profitable venture.

One of the hotels at Cherbourg, too, is run by an ex-lieutenant of the Motor Transport, whose wife and two pretty daughters ably assist him in its management.

The place is crowded with one-day sea trippers from Southampton and the Isle of Wight all through the summer months.

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Alfred Naud, Natagan River, Que., writes:—"I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Naud says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

French Anglers Use Mirror.

Some French anglers use a tiny mirror, which is adjusted just behind the morsel of bait. It is believed that when a fish sees itself in the glass it will conclude that some other fish is trying to carry off the bait and will make haste to secure the tempting morsel itself.

MONEY ORDERS.

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Sprayed by Air.

Of Swiss invention is a concrete mixer in which the cement is sprayed by air over a wet mixture of sand and stone while it is in motion.

Minard's Liniment for Distemper.

Lions and tigers kept in captivity require one day a week without food to keep them in good health.

Goodwill survives absence, if the last recollections are kindly.

If you lose your temper, don't look for it, unless you mean to keep it.

Mother! Move Child's Bowels With California Fig Syrup

Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.



Cuticura Shampoos Mean Healthy Hair

Especially if preceded by touches of Cuticura Ointment to spots of dandruff, itching and irritation. This treatment does much to keep the scalp clean and healthy and to promote hair growth.

Soap 25c, Ointment 25c and 50c. Cuticura Soap Sold throughout the Dominion. Canadian Depot: London, Limited, 34 St. Paul St., Montreal.

Small Cuticura Soap shaves without razor.

Indian Rajah Gives Up His Kingdom.

A tale of a kingdom relinquished for a little boy is told by The London Daily Express correspondent at Madras, India.

This is the extraordinary sacrifice made by an Indian prince, the Rajah of Pudukota, and behind the sacrifice lies a tensely human drama.

In 1915 the rajah fell in love with a beautiful Australian woman, Miss Molly Frink. He wooed her with all the ardor of an Eastern lover, begged her to share his throne with him, to be his rane. She accepted and they were married.

They returned to the rajah's country, which is situated in the Madras Presidency, and in 1916 a son was born. The father and mother are devoted to this boy.

With the coming of the son the first shadow fell across the happy couple's path. The government of India informed the rajah that they could not allow any one who was not of pure Indian blood to succeed him when he died.

Mother and father were heart-broken. Appeals were made to the authorities by his people, who have been ruled by his family for hundreds of years, but in vain.

The rajah, therefore, decided to give up his kingdom, with all the dignity and position that went with it, and live quietly in England, Australia and the Continent.

Within the last few weeks an agitation has been set on foot by his still loyal subjects to induce him to return, and a petition has been prepared and was to have been sent to the Viceroy of India.

The rajah and his wife have settled the question themselves by adhering to their determination not to return to the throne unless their boy is recognized as the heir.

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RESULT WAS A BIG SURPRISE TO HER

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Hasn't a Trace of Former Trouble Left and Feels Like a New Person.

"It was certainly a happy surprise to me when I saw Tanlac was restoring my health," said Miss Yvonne Roy, 3 Hotel de Ville St., Montreal.

"For a year and a half before I got Tanlac my health was simply awful. I slept so fitfully I gained no real rest and I woke up mornings feeling all tired out. My nervous system just collapsed and I would jump at any little noise. I frequently turned so dizzy and sick I could hardly stand the smell of food cooking. My condition seemed to get worse constantly and I worried all the time.

"Well, the first thing Tanlac did for me was to give me a splendid appetite. Then all my troubles gradually disappeared, my nerves got better and I could enjoy a good night's sleep. My whole system is now in excellent condition and I'm enjoying the best of health. Tanlac is certainly a wonderful medicine."

Tanlac is sold by leading druggists everywhere. Adv.

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THE racking, agonizing rheumatic ache is quickly relieved by an application of Sloan's Liniment. For forty years, folks all over the world have found Sloan's to be the natural enemy of pains and aches. It penetrates without rubbing. You can just tell by its healthy, stimulating odor that it is going to do you good.

Keep Sloan's handy for neuralgia, sciatica, lame back, stiff joints, sore muscles, strains and sprains. At all druggists—35c, 70c, \$1.40. Made in Canada.

Sloan's Liniment (Pain's enemy)

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