

HEALTH TALKS.

The Physical Director as a Hygienist.
(By Wm. W. Hastings, Ph.D., President of Physical Education of the National Education Association, 1908 and 1909.)
(Continued.)

QUESTION OF RACE SUICIDE.

There is a tendency among some to smile at President Roosevelt's position on race suicide, but the situation is a serious one in this country as well as in European countries. The serious condition among the French, the continual decline in the birth rate among the native French people and the various efforts, legislative and individual, which have been made to stay this tide of physical degeneracy have been noted elsewhere. It is not generally realized that the conditions in England and the United States are becoming scarcely less serious. "According to a distinguished authority, the subject of the diminishing birth rate is of so great importance to the British Empire, that if the nation could see its true proportion it would be found to dwarf all other questions of the day." "The birth rate throughout the whole of the East, Russia, Japan, etc., is expanding. The percentage of yearly loss in the years 1894-98 is shown to be greater in England than in the other countries of Europe; the number of marriages does not seem to have declined. In Australia the decline is still more rapid, and the birth rate is now below that of any European nation. Mr. Karl Pearson, from careful study of the inheritance by children of the mental and moral as well as the physical characters of the progenitors, concludes, "The reason for the deficiency is that the mentally better stock of the nation is not reproducing itself at the same rate as of old, the less able and the less energetic are the more fertile. For the last forty years the intellectual classes of the nation, enervated by wealth or by love of pleasure or following an erroneous standard of life, have ceased to give in due proportion the men wanted to carry on the ever growing work of the empire." This statement might easily have been made of the United States. It is by no means a law of peoples that ancient kingdoms or peoples must decay. "Japan," says a native of that country, "is in no danger of race suicide; the mothers are not striking maternity as in other lands." The Hebrews, according to Dr. Taylor, are healthy and sound in their regard for marriage and the bearing of families. The artificial limitation of offspring is not practiced, but racially among the people with whom they dwell. They show no sign of real decay.

Not only is race suicide incurred wholesale by a poor heredity and by willful violation of the laws of sex, but also by a deplorable general ignorance of the laws of diet. Half of the human race die before they are five years of age. Forty per cent. of the mortality of infants in Great Britain is due to bad feeding. Practically the same percentage is obtained for France and for the United States. Artificial feeding of infants, according to Dr. Lister, is responsible for three-fourths of the mortality in children under twelve months of age. In Sweden and Norway where nearly all of the children are fed naturally the mortality is ten per cent. to thirteen per cent.; in lower Bavaria where artificial feeding is general, the rate is nearly fifty per cent. Says Sir James Crichton-Browne, "Could a general wholesome dietary be provided for all the children of the poor, one-half of the disease, pauperism and crime would have disappeared by the next generation." Our responsibility does not end with the care of the diet of childhood, although this is by far the most formative, the most constructive period. Few adults understand anything about suitable diet either for themselves or for their children. But the greatest responsibility falls to the Physical Director in the use of his influence to prevent the abuse arising from stimulants and narcotics. The consumption of alcohol is definitely correlated with the increase of criminality and pauperism.

LIVER COMPLAINT

The chief office of the liver is the secretion of bile, which is the natural regulator of the bowels. Whenever the liver becomes deranged, and the bile ducts clogged, liver complaint is produced, and is manifested by the presence of constipation, pain under the right shoulder, salivary complexion, yellow eyes, watery coated tongue and headache, heartburn, jaundice, loss of stomach, water brash, return of the stomach, etc.



LAXA-LIVER PILLS.
LIVER COMPLAINT.
Mr. Geo. Fawcett, Hamilton, Ont., writes: "Having suffered with liver complaint for years and tried all sorts of remedies, I was advised to try Milburn's Laxa-Liver Pills. I found that after taking two or three pills, I felt quite a new man, and can strongly recommend them to anyone."
Price 25 cents per vial or 5 for \$1.00, at all dealers or mailed direct by The E. Milburn Co., Limited, Toronto, Ont.

PREVENTION OF SOCIAL EVIL.

Equally significant and far reaching is the recent organization in New York and Chicago for the prevention of the spread of the social evil. Nothing has been more powerful in the production of racial degeneracy than sexual impurity. The great nations of the past who have fallen attest this fact: the weak nations of the present attest it. "The present growing slackness of public morals is due to the lack of education and to mistaken ideals of individual liberty and of the sacredness of the home. To give the right education along these lines we must have facts not fancies, we must get rid of 'rascally niceness' and a false sentimentalism and realize that the power of reproduction is the highest function of man and the hope of the evolution of a finer race." You ask how a Physical Director is to help in meeting these evil conditions. By becoming possessed of absolute facts along these lines: by being willing to part with them; by attempting to influence legislation wherever needed; by public lectures and talks in the right quarter. If congestion of population is responsible for so many ills, why not preach the doctrine of suburban homes, big lawns and gardens, and make a further demand upon rapid transit. This ideal is not visionary. It will be realized as soon as people entertain as sane an ideal for the improvement of the human stock and the development of their children as they now have for the raising of fine horses and hogs.

TOBACCO CHEWING AND CLEANLINESS.

(Gulick on Hygiene.)
Last winter, on a very cold day, a friend of mine met a farmer who had just driven in from the country, and he saw a brown icicle a quarter of an inch long hanging from each end of his mustache. It did not make the man look handsome, and it showed what he had been doing. Several years ago I knew an old man who had been quite a dandy when he was young, but even then he chewed tobacco. He was so careful and neat about it, however, that no one thought he did it for a moment, not even the woman he married. Still as he grew older he grew careless too, and when I knew him he was such an untidy old man that he showed every one of the chewing signs. His dreadful tobacco breath matched the looks of his few wretched teeth, and the stains on his shirt front looked as if they came from the brown edges of his twisted mouth. An old man who is not tidy is certainly one of the most unattractive things on earth.

A plug of tobacco is brown and dry, and it is pressed into a square, hard block which men carry around in their pockets. When they hold it in their hands or bite off a piece it does not look as if it could do any more harm than a piece of chocolate but thousands of young men have grown into untidy old men because they have used it. The places where they do their chewing are no cleaner than the men themselves. Indeed, they match them exactly. Ask your father to take you to such a place for a moment sometime. Perhaps it will be a crowded room in the city, or a country station, or a back-alley store. Whatever it is, look at the floor. In such places you will see great damp spots which tell the story at once. Men who gather in such places generally use tobacco, and everybody knows that men who chew have to empty their mouths constantly. The tobacco makes them do it. For this reason, wherever a tobacco chewer sits or stands, there you see the sign of his occupation. The floor shows it and the spittoon shows it, though the man himself is not often ashamed. Ladies who walk that way have to hold up their skirts to keep them clean, but he keeps on with his untidy work of spitting tobacco juice. There is one great difference between the man who chews his plug and the cow that chews her cud. The cow is neat and clean about it and the man is not. The cow does not soil the floor or use a spittoon; she has no brown spots at the corners of her mouth and her breath is sweet and clean.

Spitting is so disgusting that even the word itself is disagreeable and we hate to use it. Still there is no other word that is quite so easy to understand. A few years ago those who used tobacco were a nuisance everywhere. No law had been made to check them, and people who wanted to keep clean put spittoons in every public place, in railroad stations and business places, in beautiful homes, in the House of Representatives, in the courthouse where the judge sat, and in the jail where the prisoner went. There were spittoons all over America, and every one of them was untidy. Yet for years this was all that could be done.

Some people do not understand why you and I object to their use of tobacco and they think that if they need to empty their mouths often, we should not try to stop them. The truth is that we object to the man and to what he does because we cannot keep the air clean when he is around. Often a spittoon is tipped over, and what is left on the floor dries

after a while. It is trampled on, turned to powder, blown into the air and you and I cannot help ourselves; we have to breathe it. We have to take into our clean lungs the dried tobacco juice that has come from the mouth of the unclean tobacco chewer.

At last, however, some cities have passed laws against spitting. Better yet, these laws are printed in large letters and pasted up in railroad stations and in electric cars, so that now people cannot empty their mouths everywhere whenever they please. In some cities men are fined or put in prison for spitting on the floor of trains and stations and other public places.

What I am going to tell you now isn't very important, but it is interesting. There are tribes in Africa that eat their enemies if they get a chance, but I have been told that these cannibals do not like the flesh of a man who has used tobacco. They say it has a dreadful taste. Perhaps it tastes as his breath smells. It is not necessary for us to know this, for there are no people in America who eat human flesh.

POET'S CORNER

ETUDE REALISTE.

I.
A baby's feet, like seashells pink,
Might tempt, should Heaven see meet,
An angel's lips to kiss, we think,
A baby's feet.
Like rose-hued sea-flowers toward the heat
They stretch and spread and wink
Their ten soft buds that part and meet.

No flower-bells that expand and shrink
Gleam half so heavenly sweet
As shine on life's untrodden brink—
A baby's feet.

II.

A baby's hands, like rosebuds furled,
Whence yet no leaf expands,
Ope if you touch, 'tho' close upcurl'd
A baby's hands.
Then, even as warriors grip their brands,
When battle's bolt is hurl'd,
They close, clenched hard like tight-ening bands.

No rosebuds yet by dawn impearl'd
Match, even in loveliest lands,
The sweetest flowers in all the world—
A baby's hands.

III.

A baby's eyes, ere speech begin,
Ere lips learn words or signs,
Bless all things bright enough to win
A baby's eyes.

Love, while the sweet thing laughs and lies,
And sleep flows out and in,
Lies perfect in them Paradise.
Their glance might cast out pain and sin
Their speech make dumb the wise.
By mute glad godhead felt within
A baby's eyes.
—Swinburne.

COMPLETION.

When I shall meet God's generous dispensers
Of all the riches in the heavenly store,
Those lesser gods who act as recompensers
For loneliness and loss upon this shore,
Methink, abashed, and somewhat hesitating,
My soul its wish and longing will declare,
Lest they reply, "There are no bounties waiting;
We gave on earth your portion and your share."
Then shall I answer: "Yea, I do remember
The many blessings to my life allowed,
My June was always longer than December;
My sun was always mightier than my cloud,
My joy was ever deeper than my sorrow,
My gain was ever greater than my loss;

COULD NOT GO TO WORK BACK WAS SO WEAK.

Backache is the primary cause of kidney trouble. When the back aches or becomes weak it is a warning that the kidneys are liable to become affected.

Head the warning; check the Backache and dispose of any chances of further trouble.
If you don't, serious complications are very apt to arise and the first thing you know you will have Dropsy, Diabetes or Bright's Disease, the three most deadly forms of Kidney Trouble.
Mr. James Bryant, Arichat, N.S., was troubled with his back and used Doan's Kidney Pills, he writes:—"I cannot say too much about the benefit I received after using three boxes of Doan's Kidney Pills. I was greatly troubled with an aching pain across the small of my back. I could not go to work and my back was so weak I would have to sit down. It would go away for a few days but would always return. I was advised to try Doan's Kidney Pills and I must say they completely cured me."
Price 50 cents per box or 3 boxes for \$1.25 at all dealers or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

GILLETT'S PERFUMED LYE

CAUTION.

Put a strong glass on the label and examine it closely every time. Always look for the name "Gillett's."
Like all good articles, which are extensively advertised, Gillett's Lye is frequently and very closely imitated. In some instances the imitators have actually copied directions and other printed matter from our label word for word. Be wise, and refuse to purchase imitation articles for they are never satisfactory.

Insist On Getting Gillett's Lye

and decline to accept anything that looks to be an imitation or that is represented to be "just as good" or "better," or "the same thing." In our experience of over fifty years in business we have never known of an imitation article that has been a success, for imitators are not reliable people. At the best the "just as good" kinds are only trashy imitations, so decline them with thanks every time.

E. W. GILLETT COMPANY LIMITED
WINNIPEG. TORONTO, ONT. MONTREAL.

WE PRINT The True Witness Printing Co.

Letterheads, Billheads and General Commercial Work at the Right Prices.
IF PRINTED BY US IT'S DONE RIGHT.
An office thoroughly equipped for the production of finely printed work.
Phone Main 5072
316 Lagachetiere Street W., Montreal.

Time Proves All Things

One roof may look much the same as another when put on, but a few years' wear will show up the weak spots. "Our Work Survives" the test of time.
GEO. W. REED & CO., Ltd. MONTREAL.

JASPER'S SONG.

Who goes down through the slim green shallows,
Soon, so soon?
Dawn is hard on the heels of the moon,
But never a lily the day-star knows
Is white, so white as the one who goes
Armed and shod where the hyacinths darken.
Then hark, oh, harken!
And rouse the moths from the deep rose-mallows,
Call the wild hares down from the fallows,
Gather the silk of the young sea-poppies,
The bloom of the thistle, the bells of the foam,
Bind them all with a brown owl's feather,
Snare the winds in a golden tether,
Chase the clouds from the gipsy's weather,
and follow, O follow the white spring home.

Who goes past with the wind that chilled us,
Late, so late?
Fortune leans on the farmer's gate,
Watching the red sun low in the south,
With a plume in his cap and a rose at his mouth;
but oh, for the folks who were free and merry
There's never so much as a red rose-berry,
But old earth's warm as the wine that filled us,
And the fox and the little gray mouse shall build us
Walls of the sweet green gloom of the cedar,
a roof of broken, a curtain of whin,
One more rouse ere the bowl reposes
Low in the dust of our best red roses,
One more song ere the cold night closes,
and welcome, O welcome the dark death in.
—Marjorie L. C. Pickett, in Metropolitan Magazine.

DUNS SCOTUS, THE VICTOR.

Duns, Scotus, who is called the champion of the dogma of the Immaculate Conception, received orders from his superiors to defend this privilege of Mary against the attacks of the doctors of the Paris University. The pious and learned friar implored from the Queen of heaven the science and light necessary to establish on a solid basis the truth of his assertion. Casting himself on his knees before her statue he beseeched her aid in these words: "Deign that I may praise thee, O holy Virgin, and give me strength against thine enemies." It is related that the statue of our Blessed Lady inclined his head as a token that his prayer had been heard. Two hundred objections were made against his thesis. When his adversaries had

WHEN YOU BUY FLOUR

it is just as easy to get the BEST as to get the next best.
The most skillful baking can't make good bread out of poor flour, but any housewife by using

PURITY FLOUR

can bake bread that will come from the oven JUST RIGHT.
If you want "more bread and better bread," bake with Purity Flour. Try it to-day. At all grocers.



THIS IS THE LABEL
WESTERN CANADA FLOUR MILLS CO. LIMITED
MILLS AT WINNIPEG, GODERICH AND BRANDON

MANY BELLINI PAINTINGS STOLEN.

The recent theft of "The Madonna with the Divine Infant," by Giovanni Bellini, from the Church of the Madonna dell'Orto in Venice recalls the fact that the most celebrated works of Bellini have been destroyed, stolen or ruined. Thus, for instance, his paintings representing exhausted their arguments, Duns Scotus, by nothing less than a miracle, took each of their objections in turn, and replied thereto with such force and clearness, that he was proclaimed victor. In consequence of this brilliant thesis, the university decreed that the feast of our Lady's Conception should be kept henceforth, and that no one should be made doctor who did not swear to defend this dogma.—Franciscan Review.

Get this before you build. Tells why fire-proof metal material is cheaper from first to last—tells why one kind is the cheapest it's safe to buy. No matter what you mean to erect or repair, indoors or out, send for book. Ask nearest office.
Book
EDLAR People of Oshawa
Price 25 cents per vial or 5 for \$1.00, at all dealers or mailed direct by The E. Milburn Co., Limited, Toronto, Ont.