

HEALTH EDUCATION

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Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldg., Toronto.

Goitre is an enlargement of the thyroid gland in the neck. It is somewhat prevalent in Canada and seems to affect a larger number of women than men. In India, however, where the disease is extremely widespread, just as many men as women are susceptible. It is also frequently seen in parts of Switzerland, the majority of those affected living in deep valleys. The immediate cause of the disease is not known but it seems to be associated with mineral products contained in certain drinking waters. The great trouble in arriving at any definite conclusion on this point is that the particular ingredients of the water that seem to cause goitre are some districts do not seem to have any such effect in other places. For instance, the carbonates and sulphates of lime and magnesia which are present in some waters and have been credited with being the cause of goitre, are not found in the waters of other districts where goitre prevails.

The disease is exceedingly common in India, and as a result of a very searching investigation of its cause in that country and elsewhere, the opinion is held that goitre is caused by a germ that obtains admission to the human intestine and there creates a poison or toxin which so influences the thyroid gland that it undergoes enlargement. It would thus seem as if the gland was overworked and consequently enlarged in trying to secrete an antidote for the poisons circulating through the system. For it is the function of the thyroid to pro-

duce substances known as antitoxins or antidotes that will neutralize poisons in the blood. This germ in the intestine is supposed to poison the system to such an extent that the thyroid gland becomes enlarged through the strain of overwork, just similar to enlargement of the heart.

Water can certainly be the means of communicating the disease, and certain wells in European countries are actually frequented, with this purpose in view, by men who wish to escape military service. As these waters are rendered harmless by boiling, the idea of a causative germ being in the water seems well grounded.

The goitre may be of the "simple" variety, that is mere enlargement of the gland itself, in contrast to the kind where pulsation is noticed in the swelling, and where the eyes are prominent or apparently bulging in their sockets. Cretinism or loss of function of the thyroid is often seen in children in countries such as India where the disease is prevalent. Death from goitre is rare. The patient should be removed from the affected area, or failing that the drinking water should be boiled before use. Great benefit has resulted from the use of the X-rays in this condition. Another remedy is iodine painted externally over the swelling and taken internally in the form of potassium iodine or tincture of iodine. In India biniodide of mercury is painted on the swelling, followed by exposing the neck for several hours to the rays of the sun. Pressure symptoms may require a surgical operation.

Slave-Holding Ants.

The ant is man's greatest rival in organization and industrial civilization. Before man knew enough to take to agriculture some ants of America were farming the soil. Their numbers are not so great in this country, nor are they particularly fierce, but in South America and in Africa ants are amazingly numerous and a danger to man.

The red ant is a typical soldier; he does nothing but fight. He has powerful jaws, and is generally strong, but he cannot get along without a slave to feed him. If he were left to feed himself, he would die. He continually raids the nests of weaker insects and brings them back as prisoners, thus solving the servant problem and keeping himself well supplied with attendants. There is a species of ant in Australia called the bulldog ant, because of its extreme pugnacity. It will fight anything and everything. If one of these ants is accidentally cut in half, one-half will actually fight the other half to the death.

That ants should be able to kill a snake may seem incredible, at first. When an enemy is sighted the alarm is given at once and the whole community of ants arises in a body. They set upon the reptile, striking their nippers into it at thousands of points. The attack is made with such enormous numbers that the snake has no chance of escaping. When the snake is dead the ants will tear off the flesh in small pieces, taking all away with them except the bones and skin.

A Flat Comeback.

Porter—"Miss, your train is coming."
Precise Passenger—"My man, why do you say 'your train,' when you know it belongs to the company?"
Porter—"Dunno, miss. Why do you say 'My man' when you know I belong to my old woman?"

Canada's War Memorial.

One hundred and sixty sets of designs for the proposed Canadian battlefields memorial were in the hands of the commission on April 15, the last day for receiving drawings. The competition was open to all architects, sculptors and artists in Canada. Judges are now to pass upon them.

Nine hundred and fifty of London's elementary schools are to be provided with war shrines in memory of old scholars killed in the war.

Why Men Fail.

Men fail for various reasons, little and big.

Most men fail because they are lazy.

To be lazy means—to be late, to be slovenly, to be a poor economist of time, to shirk responsibility.

It means to say of anything that is clamoring to be done: "No, I'm not going to do that, because it isn't my work."

Laziness is at the back of most of the lesser reasons for failure. The minor causes and derivatives from that one great major cause.

It is so easy to dream in the sun and let the world go by; to dawdle and procrastinate, till one wakes up—too late.

Late and lazy are, in fact, first cousins.

If you are late, you waste other people's time as well as your own.

Lazy people have all the time there is, and yet they haven't time to be polite. They disdain the forms of ceremony that sweeten life.

They are grouchy, surly, gruff. It pains them to be pleasant, to say thanks and to smile.

Therefore they remain underlings. There is plenty of room at the bottom for the boy who never has learned to be polite.

To be deferential is not to be servile. It is merely to be decently respectful.

The biggest men are the most unassuming and the most unpresuming.

It is the insignificant people who puff themselves up with a false and foolish pride and are forever orating from the flimsy and slippery platform of their own touchy dignity.

Failure is generally elective. It rests with the man himself to decide whether he cares enough for success to pay the price.

Domestic Economy.

Maid—"Please, sir, missus wants you to telephone for the plumber, 'cos she's dropped 'er diamond ring down the bath-pipe."

Master—"Tell your mistress not to be ridiculous—I'll buy her another diamond ring."

Canada has water power equal to 20,000,000 horsepower; 90 per cent. is still running to waste.

A Swiss has arrived in Paris after travelling round the world on a bicycle. He covered 35,000 miles, and took seven years.

Britain's Next Premier.

Austen Chamberlain's recent elevation to the leadership of the Government Party, or rather, of the Conservative element, means he is assured of the succession of Mr. Lloyd George in the premiership, in the event of the latter retiring through ill-health, or else in case of any break up of the coalition, and the refusal of the Unionists, and especially of the Tories, to give their approval to some of the progressive measures of the present Prime Minister.

There was a close and intimate friendship between Mr. Lloyd George and A. Bonar Law, who preceded Mr. Chamberlain, especially during the last three years. Mr. Bonar Law was full of admiration for the Premier, as the man who was more responsible than any one else for Great Britain's victory in the late war, and was most loyal in his devotion to him. That intimacy does not exist between Mr. Bonar Law's successor and Mr. Lloyd George. Nor is Mr. Chamberlain likely ever to obtain such a hold upon his Tory followers as Bonar Law, who on several occasions, by means of his quiet powers of persuasion, was able to prevent them from deserting the Lloyd George administration.

The question is being asked as to whom the Prime Minister really wished to have in Bonar Law's place. He alone seems to have known of the Conservative leader's impending resignation. Assuredly if Lord Robert Cecil had known of it, he would not have crossed the floor of the House two months ago to throw in his lot with the opposition. While it is equally certain that Winston Spencer Churchill would have declined to undertake his official trip to Egypt and to Palestine had he had any inkling that Bonar Law was about to vacate his leadership. It is more than probable that Mr. Churchill would have been elected, if he had been on the scene instead of away in the Levant; while Lord Birkenhead would have had a very good chance if he had remained in the House of Commons as Attorney-General, under the name of Sir Frederick Smith, instead of yielding to the lure of the Woolstack and of the lord High Chancellorship.

All these men would have been able to furnish to the Conservatives, who constitute the overwhelming bulk of the Unionist party; a greater degree of inspiration and enthusiasm, and possess magnetism and qualities of leadership far superior to those of Austen Chamberlain. They made the mistake of their lives, the one in leaving England, the second in accepting the Lord High Chancellorship, and the third in crossing the floor of the House; mistakes which cost them the virtual right of succession to the premiership.

CHILDHOOD INDIGESTION

Nothing is more common in childhood than indigestion. Nothing is more dangerous to proper growth, more weakening to the constitution or more likely to pave the way to dangerous disease. Fully nine-tenths of all the minor ills of childhood have their root in indigestion. There is no medicine for the little ones to equal Baby's Own Tablets in relieving this trouble. They have proved of benefit in thousands of homes. Concerning them Mrs. Jos. Lunette, Immaculee Conception, Que., writes: "My baby was a great sufferer from indigestion, but the Tablets soon set her right and now I would not be without them."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Six Foot Devil Fish on Incoming Ship.

A stowaway on the steamship Caronia, which arrived at New York recently from Liverpool, was a devil fish of over six feet in length which was hurled upon the forward deck of the steamer during a storm, when the vessel was near a point off the coast of Ireland known as "The Devil's Home." The giant fish grasped John Taggart, the ship's carpenter, with one of its tentacles. Taggart put up a vigorous battle and, assisted by several sailors released himself. He suffered only a few scratches. The fish was then despatched and its carcass taken below to the ice box.

Minard's Liniment Relieves Distemper

Oil-Burning Locomotives as Used in England.

In England, the London and North-western Railway Co. has converted some of its coal-burning locomotives into oil burners. The fire box has been lined with fire brick, and "scrab" oil burners, of the type in which the oil is atomized by a jet of steam, have been installed so that there are three burners in a row across the fire box. The burners are supplied with oil by means of a pipe line running from an oil tank, with a capacity of 1,000 gals., which is installed in the tender, in the space which used to be occupied by the coal. Adjacent to this tank is a heater, through which the oil passes on its way to the burner, and in which it is warmed sufficiently to make it flow readily through the reducing valves, and to atomize freely.

The one great passion of the Japanese is hot-water bathing, and no country in the world can rival Japan in the matter of hot springs.

THE FATEFUL YEARS FOR EVERY WOMAN

How to Overcome Troubles That Afflict Women Only.

So far as a woman's health is concerned, probably the most fateful years in her life are those between 45 and 50. Many women enter this period under depressing conditions, through overstrain in household cares, or a neglected condition of the blood, and so they suffer heavily.

Among the commonest symptoms at this time are headaches, pains in the back and sides, fever flashes, palpitation, dizziness and depression. It is well to know that these variations of health can be relieved by home treatment. What women stand in need of all their life, but never more so than in middle age, is rich, red blood. As a tonic for the blood and nerves, Dr. Williams' Pink Pills are always useful, but especially will they help women at this time. Among those who have found benefit through the use of Dr. Williams' Pink Pills is Mrs. J. A. McDougall, Rhodena, N.S., who says: "I was greatly troubled with nervousness, palpitation of the heart, dizziness, and a generally run down condition. It was only with difficulty that I could do my work, and although I had been taking medicine for some time I did not improve. Finally a friend advised Dr. Williams' Pink Pills, and I got a supply and began taking them. The result more than met my expectations, and I am feeling better than I have done for years, sleep well, eat well, and do my household work much more easily. In my case the pills certainly did what you claim for them."

Dr. Williams' Pink Pills are sold by all dealers in medicine, or you can get them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Scouting Notes.

Scouting is now world wide.

Japan has recently taken up the work.

The leading educationalists of Great Britain and the United States support it.

The leading men of Canada are behind the game.

Scouting is to supplement present boy activities, not to supplant them.

The activities will fit with Sunday Schools, Day Schools, Church Boys' Clubs, and can also be made a community work if desired. Its results are sure if properly applied.

Scouting is no longer an experiment or a fad. Its twelve years' history has more than demonstrated its worth-whileness.

Several hundred thousand Canadian boys and young men have been Boy Scouts sometime during their career and will be and are better men because of the training they received.

There is a junior movement for boys between the ages of eight and twelve years known as the Wolf Cubs.

Over thirty thousand Canadian boys are now members of the "Great World Brotherhood of Scouts" and their number is increasing every day.

If you are interested and feel that Scout training should be made available to the boys of your community, a letter addressed to the Executive Secretary, The Boy Scouts Association, Bloor and Sherbourne Sts., Toronto, will bring you full information.

Over one hundred and fifty Ontario villages, towns and cities have found in Scouting a solution for their "boy problem." Has your town yet done anything really constructive for its boys?

Ontario Rural Credits.

The province of Ontario has decided in favor of a system of rural credits to further agricultural development, and on the movement of the Hon. Manning Doherty, Minister of Agriculture, it has provided for the setting aside of \$500,000 for the purchase of bonds to be issued by the Agricultural Development Board for making long term loans on first mortgages on farm property. Provision is also made for short term farm loans and for the formation of farm loan associations in any township, incorporated village, or unorganized territory in the province of Ontario.

In this movement, Ontario is following the example set by Manitoba, where a system of rural credits has been in operation for some years, and has been responsible for loans aggregating \$2,039,000 and the bringing under cultivation of about 66,740 acres of virgin soil. Whilst based upon the act of the western province, that of Ontario differs from it in some respects.

It is provided that the capital stock of the association shall be made up of one share of par value for each member, and there must be at least thirty members. Subscribers shall be required to pay ten per cent. of par value at the time of subscription and the balance when called upon.

A board of seven directors, chosen by the Farmers' organization, the province, and the township, shall pass upon all loans which shall be in effect for the year in which they are issued and may be renewable. The loans will be available for the purchase of seed, feed, implements and livestock and the erection of silos. The rate of interest is not to exceed seven per cent.

BITS OF HUMOR FROM HERE & THERE

Not to be Deceived.
Mr. Newrich (examining a curio)—
"Two thousand years old? You can't kid me! Why, it's only 1921 now!"

Too Much Borrowing.
Neighbor's Son—"Dad wants to know can your wife come over and help with the butcherin'?"
"Well, I don't know! I haven't got that plow back your pa' borrowed of me six months ago."

Youthful Logic.
Teacher—"Thomas, will you tell me what a conjunction is, and compose a sentence containing one?"
Thomas (after reflection)—"A conjunction is a word connecting anything, such as 'The horse is hitched to the fence by his halter.' 'Halter' is a conjunction, because it connects the horse and the fence."

Filial Gratitude.
"My son," said the retired merchant, "when I was your age, instead of idling away my time and smoking cigarettes, I was laboring ten hours a day building rail-fences."
"I'm proud of you, dad," retorted the modern youth. "Had it not been for your pluck and perseverance I might be forced to do the same sort of work to-day."

Dangerous Place.
An Irishman visiting a friend in hospital began to take an interest in the other patients.
"What are you in her for?" he asked one.
"I've got tonsillitis, and I've got to have my tonsils cut out," was the answer.
"And you?" he asked another.
"I've got blood poisoning in the arm, and they're going to cut it off," was the reply.
"Heavens!" said Pat, in horror, "this ain't no place for me. I've got cold in the head."

Too Long a Swim.
An American tourist in Scotland took a great fancy to a handsome colt he saw and offered to buy it. The owner asked some questions and on learning that it was the would-be purchaser's intention to take Jock to America, he refused to part with the dog.

Just then an English tourist came along and he also made a bid for the colt, which, though less than the first offer, was finally accepted. The American was annoyed and when the Englishman had departed, he said, "You told me you wouldn't sell your dog."
"Na, na," replied the canny Scot. "I said I couldn't part w' him. Jock'd be back in a day or two, never fear. But he couldn't swim the Atlantic."

Minard's Liniment for Dandruff.

Five men can easily hold down a lion, but nine are required to hold a tiger.

ASPIRIN

"Bayer" only is Genuine



Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on Tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Drugists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacturing of Monoaceticacidester of Salicylicacid.

Satisfaction in both Cans

Imperial Mica Axle Grease contains just enough powdered mica to form a smooth, hard surface on the axle which relieves friction and enables grease to do its work better. It prevents hot boxes and scored axles, and outlasts other greases two to one.

Imperial Eureka Harness Oil penetrates every fibre of leather, thereby excluding moisture, dust and sweat. It preserves harness, and prevents cracking and breaking of stitches. Harness that is treated with it lasts for years, looks well all the time and requires little reworking.

Ask your nearest dealer about these two high quality products. He has both in convenient sizes.

IMPERIAL OIL LIMITED
Power - Heat - Light - Lubrication
Branches in all Cities

Classified Advertisements.

AGENTS WANTED.

N RAT APPEARING LADY TO ACT as our representative. Introducing useful line of fast selling articles. Write Anderson Manufacturing Company, London, Ontario.

In No Hurry to Aviate.

A handsome, smart-looking young fellow in uniform was stopped on the streets of Baltimore one day a couple of summers ago by an equally young Negro who had formerly worked as chauffeur for the soldier's father.

"My, Mistah Jones," exclaimed the dandy, as he gave an admiring survey of the young man's uniform. "Yo' shore does look scrumptious in dat uniform!"

"Thank you, Joe," said the young fellow. "By the way, why don't you go in yourself? You are a good mechanic and would come in handy in an airplane. How would you like to fly among the clouds a mile high and drop bombs on the Germans?"

"I ain't in no special hurry to aviate," said the dandy. "When we is up about a mile high, suppose de in-jine stops and de white man says, 'Git out an' crank nigger!'"

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

The Honor of Thieves.

Soviet Russia again invites the world outside to become a receiver of stolen goods.

This time the plan is to take the art treasures rifled from the private collections and galleries of the nation and put them on the world market in exchange for food.

The Bolsheviks are adepts in disposing of that which does not belong to them. There is no question of the market value of these exquisite accumulations they desire to sell. But there is every question of the title.

At the very time that the commissars are telling the earth what a fine commercial system they have, they are giving it the poorest possible advertisement. There may be honor among thieves, but what respectable dealing can there be betwixt thieves and honest men?

Light up—or light out. A well-lighted store says, "Come buy"; a dismal one says, "Go by."

Minard's Liniment Co., Limited.

Sirs,—I have used your MINARD'S LINIMENT for the past 25 years and whilst I have occasionally used other liniments I can safely say that I have never used any equal to yours.

If rubbed between the hands and inhaled frequently, it will never fail to relieve cold in the head in 24 hours. It is also the best for bruises, sprains, etc.

Yours truly,
J. G. LESLIE.

Dartmouth.

America's Pioneer Dog Remedy
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author,
J. G. LESLIE, 113 West 21st Street
New York, U.S.A.

Miss Ella Johnson Tells How Cuticura Healed Pimples

"My trouble began as small pimples and in a few months they got worse and my forehead was just a mass of large pimples. They were hard and red and caused me to scratch, and I was disgusted for the time. They made me embarrassed when out in company. I tried castanea tea but it was of no help. I saw Cuticura Soap and Ointment advertisement and sent for a free sample. After using them I bought more, and when I had used one cake of Cuticura Soap and one box of Cuticura Ointment for about a month I was completely healed." (Signed) Miss Ella May Johnson, Box 65, Canaan, Idaho, March 9, 1920.

Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health often when all else fails.
Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion, Canadian Depot: Leman, Limited, 345 St. Paul St., Montreal.
Cuticura Soap shaves without soap.

You'll Take More Pleasure in the meal-time drink if, besides its fine taste, you know it makes for health.

POSTUM CEREAL

is a wholesome and satisfying CEREAL BEVERAGE

It has a rich, full-bodied flavor, but contains nothing that can possibly disturb nerves or digestion.

Quickly Prepared—Economical
Sold by Grocers Everywhere

Imperial Mica Axle Grease contains just enough powdered mica to form a smooth, hard surface on the axle which relieves friction and enables grease to do its work better. It prevents hot boxes and scored axles, and outlasts other greases two to one.

Imperial Eureka Harness Oil penetrates every fibre of leather, thereby excluding moisture, dust and sweat. It preserves harness, and prevents cracking and breaking of stitches. Harness that is treated with it lasts for years, looks well all the time and requires little reworking.

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