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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 direct plain message to the public often carries weight when more elaborate methods of publicity fail. Simple statements tersely told, strike the imagination.

"Hygiene can prevent more crimes than any law," is one of these. Why is this message effective. Because it stimulates thought, and when once the public begin to think seriously about any subject, that subject becomes a topic of interest, the newspapers get hold of it and many avenues of publicity result in consequence.

Many a man or woman on reading the remark, "Hygiene will prevent more crimes than any law," will be tempted to ask what the word hygiene means. A good opening for education results, for "hygiene" is very comprehensive and includes both personal and community well-being and everything that promotes this well-being. In some way and by some manner we have got to get health messages across to the average, ordinary man or woman. The reason for this is plain. There are so many people of this kind. There are a few highbrows and a few house-breakers and automobile thieves, once in a while a desperado who will not even stop at murder, but the great majority of people we come in contact with from day to day are just plain ordinary people with an average amount of common sense. Many of these good people "come from Missouri," that is, they have got to be shown. Some circumstances or experiences in their lives have perhaps given them the impression that little of good can be done by hygiene or all that it represents. If you can prove to them that they are wrong—not by preaching long-winded sermons, but by a few facts, they will soon become your friends and supporters in the good health crusade.

I was talking to a Toronto alderman a few days ago and he thought people were just as healthy before any of these up-to-date methods of public health propaganda were introduced. It seems strange that an alderman should say this with the record of the Toronto Health Department so obvious to everyone. Why, the infant mortality rate alone has been cut in half in Toronto during the past ten years. Typhoid fever has been practically abolished, communicable diseases have been very much reduced in numbers, and the milk supply is practically all pasteurized. The general surroundings have from a health standpoint been very much improved and yet one of the aldermen does not think that much has been done. He does not know what is going on in health work. Education along health lines is what he needs, and as soon as he becomes acquainted with the work and aims of the health department he will be a far more useful servant of the people.

How can hygiene prevent more crimes than any law? Because it raises the standard of citizenship. It removes as far as possible those influences and circumstances that lead to a low state of moral conscience; it makes people more nearly normal and hence not so likely to commit crimes against society.

Nearly every criminal examined has had little or no training from a hygienic standpoint. Their upbringing has been at fault. They have not had the advantages of discipline in the home; they have grown up like weeds and developed bad habits and a bad outlook on life.

Hygiene tends to remove all influences that will prevent a man or woman from leading a normal, healthy life. It is one of the finest words in the alphabet.



A Honeymoon  
Willie Bee's idea of a honeymoon.

A Common Experience.  
"It is a fact," said Stittler, "that my wife is able to dress on comparatively little money."  
"What!" exclaimed Blittler, also a married man, "Come now! What do you mean by comparatively little?"  
"I mean on little compared with what she thinks she ought to have."

If you are doing good work, don't worry; somebody will find it out.

## Be Safe!

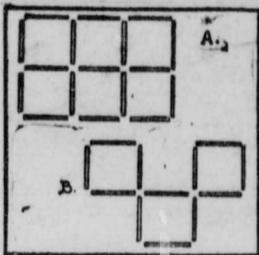
Don't wait for someone to be in pain to get Kendall's Spavin Treatment in the house.  
For all external hurts and pains — for all muscular troubles.

Kendall's Spavin Treatment makes good.  
KENNEDY MFG. CO., December 23, 1911.  
"I have used your Kendall's Spavin Cure for over eleven years and found it one of the best I have ever used for all kinds of sores. (Signed) J. ZUMBAR."  
Get a bottle of your druggist's today. Regular for Horse Treatment—Refined for Human Use.  
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FLIES in the Kitchen?  
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For use with Sapho Powder  
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KENNEDY MFG. CO., MONTREAL  
Write for circular to  
Ontario Agent: Continental Sales Co., 24 Adelaide St. E., Toronto

## EASY TRICKS No. 83 The Mysterious Squares



Here is a puzzle with seventeen matches or toothpicks. Arrange them as in A. Call to your friends' attention the fact that you have arranged the seventeen matches to form six squares.

Their part of the trick is this: They are to take away five matches and leave three squares. At the conclusion of the trick all twelve remaining matches must be in use and none of the twelve must have been moved.

If you have kept your eyes off B, you will find this to be a problem that is not very easy to solve. B, however, gives away the secret.

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

### What the Little Eels Missed.

A profiteer bought a luxurious country home and set about making it even more luxurious. Money of course was no object. One of his plans was to have a fishpond containing eels.

"But you can't keep eels in a pond," suggested his neighbor, to whom he had confided his idea. They have to go down to the sea every year, you know.

"Well, I won't have 'em, then!" exclaimed the profiteer. "I always takes the misus and the kids every year, but I ain't going to take no eels."

### MONEY ORDERS.

Remit by Dominion Express Money Order. If lost or stolen you get your money back.

### Strange Coincidence.

"Now, Tommy," said the teacher, "give me an example of a coincidence."

"Why—er," said Tommy, with some hesitation, "why—er—why, me father and me mother was both married on the same day."

### Milard's Liniment for sale everywhere

We cannot make progress towards perfection ourselves unless we earnestly seek to carry our fellowmen along with us.—Prof. J. C. Shairst.

The wrong road never brings you to the right place.

A newer and better Pump  
the **SMART TANDEM**  
Double Acting  
A silent, easy working and durable pump that definitely replaces the Wing Type model.  
Pumps all kinds of liquids. Can be drained to prevent freezing.  
Easy to prime and to repair with household tools.  
SEE IT AT YOUR HARDWARE STORE  
**JAMES SMART PLANT**  
BROCKVILLE ONT.

## SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are growing children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### A Maid's Idea of a Rug.

Mrs. Blake was exceedingly fond and proud of the valuable Persian rug that lay upon her parlor floor. When she engaged a new maid she brought the girl into the room and, pointing to the rug, said:

"When you clean the parlor, Mary, be very careful of this beautiful rug. It is very old."

"I can see it is ma'am," replied the maid sympathetically; "but I dare say we can make it last you the winter if we're careful."

### Milard's Liniment used by Physicians.

#### Her Intuition.

He, savagely (attempting to start car)—"This self-starter won't work! There is a short circuit somewhere."  
She (sweetly)—"Well, why don't you lengthen it, dear?"

The parent's life is the child's copy-book.

### America's Pioneer Dog Remedies

How to Feed  
**DOG DISEASES**  
and How to Feed Mailed Free to any Address by the Author.  
H. Clay Glover Co., Inc.  
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New York, U.S.A.



### Cuticura Heals Rashes

Bathe with plenty of Cuticura Soap and hot water to cleanse and purify. Dry lightly and apply Cuticura Ointment to soothe and heal.  
Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold throughout the Dominion, Canadian Depot: Lyman, Limited, 244 St. Paul St., W., Montreal.  
Cuticura Soap shaves without razor.

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## REMEMBER

Don't forget MINARD'S on the summer trip. The best remedy for Cuts, Bruises, Sprains.

**MINARD'S  
"KING OF PAIN"  
LINIMENT**

## MOTHER OF TWIN BOYS

Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Inflammation and Great Weakness

West St. John, N. B.—"I was in a general run-down condition following the birth of my twin boys. I had a great deal of inflammation, with pains and weakness. Finally my doctor recommended Lydia E. Pinkham's Vegetable Compound. He said that your medicine would be the only thing to build me up. I am sure he is right, for I am feeling much better and am gaining in weight, having gone down to ninety-three pounds. I was in bed for over a month, but am up again now. I have recommended the Vegetable Compound to my friends and give you permission to use my letter."  
—Mrs. ELMER A. RITCHIE, 82 Rodney St., West St. John, N. B.

There are many women who find their household duties almost unbearable owing to some weakness or derangement. The trouble may be slight, yet cause such annoying symptoms as dragging pains, weakness and a run-down feeling. Lydia E. Pinkham's Vegetable Compound is a splendid medicine for such conditions. It has in many cases relieved those symptoms by removing the cause of them. Mrs. Ritchie's experience is but one of many.

You might be interested in reading Mrs. Pinkham's Private Text-Book upon the "Ailments of Women." You can get a copy free by writing the Lydia E. Pinkham Medicine Co., Cobourg, Ontario.

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| Toothache | Neuralgia | Neuritis   |
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