# THE NEW PUBLIC HEALTH

The Advertiser Bureau of Public Health Information QUESTIONS. ANSWERS. COMMENTS. Conducted by Institute of Public Health, London, Ont.

Questions should be addressed "The New Public Health," care The Advertiser, London, Ont." Private questions accompanied by a stamped, self-addressed envelope, swers. Medical treatment for individual cases cannot be prescribed.

weighing only 40 pounds when dressed

is unfit for food because their trade has been in much heavier weight. Some

dealers in eggs do not believe in the

eggs would increase the sale of the bet-

sufficient No. 1 food articles for the

entire public' is not generally accepted

as a fact. At this time it would seem

well to consider the so-called 'rots and

spots' in the egg business: Rets and

spots' is a term used in the wholesale egg trade to indicate the eggs discard-

ed by the several wholesale dealers as

not suitable for their particular trade,

and the character of rots and spots' varies with the class of trade of the

dealer. It is a term that should not

be used collectively, for it is mislead-

ing and often used by food authorities

to give the impression that all are un-

fit for food. Such is not the case, for

being merchantable because cracked,

"All large cities which are the receiv-

on account of lack of demand has be-

rectly in the hands of the great con-

food, all of which, if properly super-

"A recent statement that 'there

er kind

The perennial subject of food inspec- of damaged food articles, and many tion is much misunderstood by the to the use of them for food. It is ingeneral public. The distinction between teresting to hear the different opinions inspection, which merely prevents sale among the various dealers in foods on of pure but low-grade material at high-grade prices is often confused with the that the use of good matured veal, grade prices, is often confused with the inspection which purports to eliminate

harmful adulterations and disease, The protection of the pocketbook is tection of the public health. In the United States the effect of the muchvaunted Federal meat inspection service, which applies only to inter-state and export meats, is that the highest grade meats, which can pass this inspection, are shipped out, and the local consumers get the "leavings," which, as a rule, do not pass any in-spection at all. Any one wishing to sell animals for food, send for such inspection only those animals they feel sure about; any animals they fear may be seized and condemned they send to the local market, where there is no inspection, or a less rigid one.

It must be remembered that the adulterations of food, about which there is so much talk, are usually quite harmless, except that they make the consumer pay a good price for an inferior article. In the case of meat, even disease is little to be feared since meat is cooked before eating. Ordinary milk, because usually consumed raw, is a much more serious carrier of disease than the worst meat, since the latter is almost always cooked.

Dr. Alexander Burr, of the Boston Health Department, writing December, 1912, makes statements well understood amongst professional public health men, as representing the New Public Health principles on this sub-ject. His admirable article is in part as follows:

"There is at present so much consideration being given to the subject of 'Pure Foods' throughout the country, much of which is sensational, that it would seem well at this time to define the difference between the so-called pure food laws, a term which is of comparatively recent origin, and the old-established law prohibiting the sale or unwholesomeness.

The board of health, in the enforcement of the food laws, is called upon to act with judgment, for its duty should be the conservation of food articles as well as the condemnation of articles unfit for human food. In these times of high cost of living all articles fit for food should be saved, and the reason for such a suggestion is readily seen at certain times of the year when there is a large destruction of valuable food articles in consignments.

"There is too much condemnation of valuable foods based on too technical arbitrary standards, and sentimental reasons. Take, for instance, the rules and regulations in force all over the country, for the condemnation slaughtered animals infected with tuberculosis. Many fine cattle and swine, infected with this disease in the organs, are condemned as unfit for food, the carcass consigned to the grease tank; when it is recognized and admitted today by the leading scientists that meat in contradistinction to milk is not a source of trans mission of tuberculosis from animal to between the The contrast thorough rigid examination of tuberculous animals at the time of slaughter, the management claims that there has resulting in the exclusion from conthough the meat was cooked and, as above stated, not recognized as a source the absence of any inspection of swine truly opera singers with records behind of transmission of disease to man, and for the detection of trichinosis, relying them which would put to test the most entirely upon the cooking of the meat of our grown-up mummers. The Pollard to prevent its spread to man, is inter- Juvenile Opera Company, composed of for thorough consideration of our pres-

ent standards. "Sentiment is becoming an exceedingly great influence in the question of rules for food inspection. Certain conclusions are arrived at, they are disussed, and at each discussion receive added enthusiasm and momentum, and are ready to be absorbed by the general Queenie Williams, Willie Pollard, Eva conclusions, public, who accept such conclusions, believing them to be sufficient reasons for their adoption as regulations. Boards of health, whose work is the enforcement of legislative acts, in these times of limited appropriations and authority, should confine their work to such matters as really affect the public health, leaving the sentimental and aesthetic side of food questions to

"Much comment is made on the use

#### HERE IS GOOD ADVICE TO TAKE

T WILL HELP THOSE WHO HAVE KIDNEY AND BLADDER TROUBLE.

There are other "old enemies" Gimilar to the ones mentioned in this testimonial. Kidney and Bladder Troubles are always enemies to good health. As soon as you start to take GIN PILLS these ailments begin to disappear. It is the same in cases of Lumbago, Sciatica and like complaints This letter illustrates the benefit of

Winnipeg, Jan. 6th. "I have been a sufferer from Lumbago for some years past and during Christmas week had a very acute attack which confined me to the house. About the latter part of April, I met your Mr. Hill and mentioned my complaint to him. He advised me to take GIN PILLS. I have been taking them at intervals during the early part of the present winter, and up to date have had no return of my old trouble —in fact, I feel better than I have for years and think that my old enemy has vanished for good and all.



Canada, Limited, Toronto.

## Replies to Questions

A .- 11. You describe your physica symptoms and ask for advice. No physician can possibly make a diagnosis or prescribe treatment in a given case without careful personal examin The only hones ation of the patient. advice which any one else can give you is to see a physician, and have a thorough examination made.

A.-12. Your questions as to after treatment of a case of appendicitis could not be answered safely except by a physician who had personal knowledge of the case. The same applies equally to the use of a special laxative, the dose, etc.

As to seeds of tomatoes, berries, etc., roducing appendicitis or stirring up a econd attack, there is very little, any, danger from such sources, This was the old teaching, but as experience grew, it was found that many things found in the intestine and taken for seeds were not seeds at all. Seeds olay at most a negligible part. Constipation and indigestion are much more serious contributory causes.

all 'rots' are not 'spots' and 'spots' are rarely 'rots,' Many of the best storage and new laid eggs find their way into cost of living question. There are many have an appreciable effect on the high the classification of 'rots and spots,' not stores in all large cities that handle such goods, and the retail price is such and certainly are, suitable for food that many families are able to enjoy when properly handled. not if no such stores existed and they ing centres for food articles from long were compelled to buy only the first

distances and also the distributing grade. "There centres for large sections, must have a considerable amount of food arriving damaged food articles and also in damaged condition, also food which of articles of slightly inferior grades from which that suitable come damaged by age. Such goods, for food could be separated, but while being salable direct to certain this should be performed under the suconsumers who would properly care pervision of hoards of health. Anyone for them, are not suitable to put diwith experience with food inspection knows that there are times when plenty sumers, but should go to licensed of food articles which are not suitable handlers of such articles, who will pro- to sell direct to the consumer because some are unfit, and also certain articles perly prepare them for consumption. some are unfit, and also certain articles "Reference in this connection is which are not salable for table use in "Reference" in this connection is which are not salable for table use in "Reference". made to the rehandling of vegetables, their present condition, when properly cause of disease, decay, decomposition fruits, figs, nuts, raisins, prunes, eggs separated and prepared under superand many other valuable articles of posed are again put in perfectly satisvised when rehandled, can reach the factory condition for food." consumer in good condition, and must



Pollards All Next Week. The Pollards are coming again. This time the youngsters will present a new line of operas and musical comedies, and never been in the whole 27 years of Polsumption of generalized cases, even lard supremacy a better Pollard company -which is saying a lot. The kiddles of old have blossomed out into really and esting and should serve as a reason youngsters, will be seen at the Grand Opera House all next week, presenting "The Toymaker," "The Mikado" and "Sergeant Brue." There are 50 Pollard artists this season. Among the members of the present company who have made names for themselves here on previous "Pollard" visits, are Teddy McNamara Pollard, May Pollard, Nellie McNamara, Dottie Brown, Daisy Wilson, Leslie Donaghey, Pattie Hill and many others.

"The Bird of Paradise." Symbolism and psychology go hand in hand in the beautiful romance of Hawaii which in "The Bird of Paradise" Richard Walton Tully has woven out of pure sunshine, the swish of the murmuring sea, the haunting melody of the Ukalele and the languor of the latitude where life itself is one happy, never-ending dream. 'The Bird of Paradise' comes direct from its Garrick Theatre, Chicago, success to the Grand Opera House for one perform-



50c, a box—6 for \$2.50—money back if not satisfied. Sample free by writing National Drug and Chemical Co. of St. the Crand Chemical Co. of St. the Crand Chemical Co. at the Grand all next week.



with the Pollard Opera Company, at the Grand all next week.

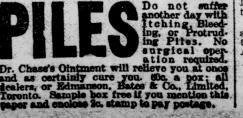
#### "I MEAN TO FIGHT ON"

Continued From Page Thirteen.

carrying laboriously uphill the last few columns out of the Gladstonian quarry. There has been a little intoday—(applause)—that will help the cart over the rut. In Ulster a Scotchman, a Presbyterian, a Protestant, by race, by blood, by disposition, has been elected for Protestant Uister to support the cause of self-government for the whole of Ireland -(applause) - and unless I am very much mistaken-and if I am Mr. T. P. O'Connor will correct me-the majority for Ulster at the present moment is in favor of home rule. (Applause.) It comes as a pleasant contrast to a vote in another place. Laughter.) If you chain a dog he is less dangerous, but he is more sav--but, still, it is not very long, and ve pass the kennel all right. (Laugh-

The Work Ahead.

"We have got another bill to pass on-the Welsh disestablishment bill. (Applause.) Next year I hope and believe we shall have a plural voting hill—(applause)—and then we will have an education bill. (Hear, hear.) I do not say we will be quite at the end of our mandate. (A Voice. "No.



Minard's Liniment Company, Limited:

Finding the lump again forming in my throat, I bathed freely with MINARD'S LINIMENT, and, saturating a cloth with the liniment, left it on all night. Next morning the swelling was gone, and I attributed the warding off of an attack of Quinsy to the Iree use of MINARD'S LINIMENT.

Written by Berton Braley and Drawn by J. Campbell Cory for The Advertiser NOW OF COURSE YOU'LL NEVER MENTION TIT TO A LIVING SOUL!



The Gossip Crew

"AND SWEAR THEMSELVES TO SECRECY."

There's very little they approve, much to say "Mrs. B." and "Mrs. A." Of scandal which they much deplore, But help to spread from door to door.

The gossips whisper at their tea And swear themselves to secrecy, Then, when the juicy bit is told And on their eager tongues is rolled, They sample it and find it good And tell it to the neighborhood.

a land bill.") I do not believe mandate of the Liberal party is exhausted. Its mission is not complete As long as there remains in this land poverty, wretchedness, and misery due to preventable causes, the mission of built up its glory, and upon whom we Liberalism in the state will last until have got to depend in the future the very last of these cause is removed. (Hear, hear.)

"Foremost among the tasks of Liberalism in the near future is the above a state of semi-starvation. regeneration of rural life and the emancipation of the land of this country from the paralyzing grip of a tively discourage the capital, enterprise effete, and unprofitable system. and brains invested in its development. I should like to say a word if I might about that. The land is the greatest, it is the most eseential, of our national assets. It is common ground that at the present moment it is not used der a system which positively discourto the best advantage in the inter- ages prosperity among its cultivators. ests of the community, and we are which saps the independence and unfapidly reaching a point where the dermines the vitality of the majority. bad complexion, nervousness and degross waste of our national resources of human energy, of human life and opportunity involved in the perpetuation of that system means national weakness and national peril.

Scope of Land Inquiry. "A short time ago a number trained investigators were called together for the purpose of inquiring into the condition of life in the rural districts, and the effect of land tenure upon our industries both in town and country, and upon the lot of the people engaged in those industries.
"We have examined into the lot of

the rural laborer, into his housing acemmodation, into his wages, their sufficiency or otherwise to provide him and his family with the bare necessities of life, into the cultivation of the land, the conditions under which whether those conditions provide a satisfactory system for obtaining the best out of the land, from the agricultural, industrial, or social point of view. We have inquired into the waste which is attributable either to game, lack of enterprise, insufficiency f labor, defects in the quantity of labor available, how far these defects may be due to insufficient food or defective housing. We have inquired into the causes of the steady migration and the increasing emigration from the rural districts, and to what extent they are accounted for by the hardship of the laborer's lot.

'We have conducted an inquiry into the land monopoly in the towns, into the way in which landowners as a whole have exercised the great powers conferred upon them, owing to the scarcity of land in populous areas, over the well-being of the community those districts, into the extent to which that monopoly is crippling industry and business, the effect it is having on the housing of people in the owns, upon their rates, and generally upon the amenities, the well-being, the health and the happiness of the people in town and country alike. Startling Results.

"And the reports are in. They have been examined and tabulated and they will soon be issued, and speaking and it is the first interest of every inquite deliberately, quite calmly, I vendustry and every trade to see that the ture to say that those results are startling. When these reports are published they will prove conclusively that there are hundreds of thous-least I have compelled a discussion. A ands, if not millions, of men, women great Conservative landowner came to and children dependent upon the land me the other day—I do not think he in this country, engaged in cultivating will mind my repeating what he saidit—hard-worked men and women who and said, I have no doubt that when are living under conditions with re- your proposals come out I shall congard to wages, to housing, as well as demn them. (Laughter.) I have no to hours of labor, conditions which doubt I shall be very angry with your ought to make this great empire hang methods and that your language will its head in shame—(applause)—that be intolerable. (Renewed laughter.) All such things could be permitted to hap-"This is the richest land under the that for some time." sun, rich in natural resources. This is age-(prolonged applause)-but there not a barren and sterile wilderness. s always this satisfaction about it: There is no more fertile land under the He can bark and snarl; but you know sun, and there are plenty of accumulat- and the ineptitude of this system when ne can only bite the length of his ed resources here to develop these natchain. (Applause.) It is much longer than I wish to see it. (Applause.) I shall prove by unchallengeable facts that this country to put the matter right. (Cheers.) The contributions made by that this rich country, rich as the world the Conservative party in their recent has ever seen, does not provide—I will speeches to the solution of the problem not say adequate, I will not say suffi- show that they have no notion either of cient-it does not provide decent homes

Some time ago I had a bad attack of Quinsy, which laid me up for two weeks and cost a lot of money.

When gossips' tongues begin to move Thus harmless things are magnified, Though not a gossip thinks she lied And often lives are ruined, too. By reason of this gossip crew, Which snoops around with open ears

> Yet though all gossip brings but ill, And one should bid such talk be still When scandal talk about doth flit, We listen to each word of it; A little gossip, now and then, Is relished by the best of men.

And taxles everything it hears.

the | for the laborers engaged in an occupation which is vital to its very existence (Hear, hear.) It does not pay themthis rich, proud empire-it does not pay them, its children who in the past against every foe-it does not pay them enough to keep themselves, their wives and their children through life (Hear, hear.) The land of Great Britain is held under conditions which posi-

> More Food Without Food Taxes. "This land which ought to be rearing virile, healthy, independent, prosperous people, is let out and engaged un-This we can substantiate by overwhelming, irrefutable evidence. It is a immediate attention of every man who loves his native land, of every man humanity in despair. (Applause.) The and much more highly paid and better fed, better housed and better-circumstanced labor. That is a fair summary of our reports from the rural districts.

"But the land question does not end that cultivation is being pursued, in the country. (Cheers.) The evils of the present system are not confined to our villages. It depresses the healthy grewth of the towns and the industrial areas as well. Hundreds of thousands of villagers have fled during the past thirty, forty and fifty years into the towns to seek refuge from the thraldom of the land system, and yet it has pursued them very often into the darkest alleys. It has driven healthy countrymen into the labor market to depress wages, where they create unemploy ment, and where they suffer from the very low wages and precariousness of have helped to create, to swell more the surplus of labor which they prothe only combination by which they can (Cheers.) obtain some measure of redress fo their wrongs.

Evils Traced to Source.

"Therefore, the evils ought to be traced to their source—the escaped ountryman and the town laborer that suffer together-who are crowded and crushed into the slums. But the evil does not end with the laboring class. The exactions of this system are inflicted upon the trader (hear, hear), the manufacturer, and the professional man. It spares no class, no section; every trade, business, and industry is crippled and hampered (hear, hear),

pen in any corner of its vest domin- this in hand. (Applause.) It will create lons, letting alone in this country, the in politics an agricultural atmosphere and (he said) I have been waiting for Mr. Law's Halting Policy.

"What you want is to call attention to the evils, the grievances, the wrongs, there is present the common-sense of the magnitude or of the urgency of the question. There is Mr. Bonar Law's Edinburgh speech with its faltering and perfunctory sentences about the land. "The only suggestion they have put forward in recent years was such a thoroughly bad one that they have

dropped it and they have got no other, out they fall back on the old plan of vague proposals for spending public money contributed by industrious peomuch higher than that of the landownmuch higher than that of the landowners. Public money for lightening the burden of the owner of land—that is not the remedy. The remedy is not to tax the people's food. (Hear, hear.) The phur, no injurious ingredients in PARISIAN Sage. Ask for PARISremedy, I say with respect, in my judg- PARISIAN ment is not to crush the land with the IAN Sage. weight of fresh taxation. Nor is it to increase the burden of taxation bearing counters

An Important New Novel By MARIA THOMPSON DAVIESS

#### The Melting of Molly For Eight Mouths the Best Selling Book in America

In Andrew the Glad Miss Daviess has written a charming love tale that is nearly

perfect in its way. The people are the delightful Southerners of modern fiction, who have retained the old time charm through all the vicissitudes of the days after the war and the more trying conditions of the new energetic South. The reader will like every one of them.



New Novel

McLEOD & ALLEN, TORONT', CANADA.

### MADAM! IF YOU DON'T FEEL RIGHT TAKE DELICICUS "SYRUP OF FIGS"

Waste-Clogged Bowels, Torpid Liver and Decaying Food in Stomach Cause the Sick Headache, Gas, Backache, Sallowness, Biliousness and Indigestion.

All women get bilious, headachy when the sour bile, clogged up waste and constipated — simply because they and poisonous matter have been gently don't exercise enough. They don't eat but thoroughly moved on and out of coarse food, or enough fruit and green your system without nausea, griping, vegetables. Those are nature's ways or weakness. Your head will be clear, of keeping the liver and thirty feet complexion rosy, breath sweet, stomof bowels active; but very few women ach regulated; no more constipation, employ them. The next best way is gases, pains and aches.

overcome with Syrup of Figs alone, and regular. Then you will always be There is no need to have sick head- well-always look and feel your best. ache, backache, dizziness, stomach sour and full of gases, bilious spells, sallowness, coated tongue, bad breath, pression. The surest and safest remedy is one or two teaspoonfuls of delicious you. The true, genuine, bears the name, condition of things which demands the Syrup of Figs. Try this tonight you'll feel splendid in the morning, for this on the label.

who has any heart to sympathize with so heavily upon our urban population. "Our noble president has done much land ought to produce twice what it is (applause) by his courageous and also producing in healthy, good food for the persistent efforts to do something tocommunity. You do not want 2s duty wards improving this condition of on corn. Even the Tories have discovered that, (Laughter and applause.) things. We must do more, (Applause in which the president joined.) I am My friend, Mr. Taylor, who is here delighted to hear that he agrees. We from Bolton, taught them that. (Ap- must do it immediately. It brooks no plause.) It ought to employ almost twice—if not more—as much of labor, well-being and to the life of the peowell-being and to the life of the people; it is vital to the strength and the safety of the state. The future of our native land depends upon the boldness and the courage with which we deal with the problem. Any party that shirks it is unworthy to guide the destinies of the Empire with its hundreds

of millions of subjects." "The Liberal party," the chancello concluded, "has only triumphed in the past when it displayed courage (cheers) equal to the opportunities and the obstacles with which it was confronted. Let us go forward with this task, with the same fearlessness and resolution which were displayed in tasks no greater by Gladstone, Bright, Cobden, Campbell-Bannerman (cheers) and all those great men whose portraits look down upon us from these walls." (Loud cheers.)
'Mr. Ellis Griffith, K.C., M. P., in the

employment, which they themselves course of an eloquent speech, remark have helped to create, to swell more ed: "Liberalism never stands still There is no coping-stone to Liberalism. duce, and renders almost impossible There are only stepping-stones."

ONLY ONE ILLIMITABLE FUEL.

Professor Vivian B. Lewes, speaking on "Liquid Fuels" at the Royal Society of Arts, said in the near distant future they would be left face to face with the problem of what fuel to adopt, and when they reached that point then they would find there was only one illimitable fuel, and that came from the sun's energy. There was only one way to quickly

Only One "BROMO QUININE," that is Laxative Bromo Quining Cures a Coldin One Day, Grip in 2 Days

NO MORE DANDRUFF FALLING HAIR SCALP ITCH.

Men and women-do you want a splendid head of luxuriant hair free from scalp itch and dandruff? Do you want hair so bewitchinoly radiant that it compels the admiration of all who see it?

Do you want a scalp as immaculately clean and bright as a newlyminted coin? Do you want to use a hair dressing that will surely prevent baldness, that

always refreshes and invigorates and makes your entire head feel fine? Then spend 50 cents this very day and get a bottle of PARISIAN Sage ple whose burden of rates and taxes is at any drug store or toilet goods counter. Use it as directed and you

All druggists and toilet

delightful, fruity, Syrup of Figs.

Nearly all ills of women can be your stomach, liver and bowels clean It is simply a matter of keeping But get the genuine - the old reliable. Ask your druggist for "Syrup of Figs and Elixir of Senna." Refuse with contempt the so-called Fig Syrups sometimes substituted to fool California Fig Syrup Company. Loci

# AN OPERATION

How Mrs. Reed of Peoria, Ill., Escaped The Surgeon's Knife.

Peoria, Ill.-"I wish to let every one know what Lydia E. Pinkham's Vegetable



Compound has done for me. Fortwoyears I suffered. The doctor said I had a tumor and the only remedy was the surgeon's knife. My mother bought me Lydia E. Pinkham's Vegetable Compound, and today I am a well and healthy woman. For months I suffered

from inflammation, and your Sanative Wash relieved me. I am glad to tell anyone what your medicines have done for me. You can use my testimonial in any way you wish, and I will be glad to answer letters."- Mrs. CHRISTINA REED, 105 Mound St., Peoria, Ill.

Mrs. Lynch Also Avoided Operation.

Jessup, Pa.-"After the birth of my fourth child, I had severe organic inflammation. I would have such terrible pains that it did not seem as though I could stand it. This kept up for three long months, until two doctors decided that an operation was needed.

"Then one of my friends recommended Lydia E. Pinkham's Vegetable Compound and after taking it for two months was a well woman."-Mrs. JOSEPH A. LYNCH, Jessup, Pa.

Women who suffer from female ills should try Lydia E. Pinkham's Vegetable Compound, one of the most success. ful remedies the world has ever known, before submitting to a surgical opera-

FREE TO ALL SUFFERERS. DISEASES and the REMARKABLE CURS EFFECTED by THE NEW FRENCH REMEDY, No.1. No.2. No.3. THERAPION FOR YOURSESS Absolutely FREE. Na followup circulars.
MED. Co. HAVERSTOCK RD. HAMPSTEAD, I

regenerate the sun's energy to make it available for power, and that one way was alcohol. In vegetation they would find the energy absorbed by the plant from the sun through those wonderful chemical processes which built them up into the wood of the plant—that energy could never be again regen-erated as coal or oil, but into alcohol. The supply of petroleum is not the illimitable supply fondly imagined some time ago. The day will come when the supply will give out.

"Yes," said the energetic man, "I want the tariff reformed, and reformed quick!" "What points do you object to in the tariff?" "I don't know exactly. But I am sure it could be changed in a number of ways that would help my line of business."—Washington Star.

MINARD'S LINIMENT CURES DISTEMPER.