

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 will receive private answers. Medical treatment for individual cases cannot be prescribed.

The perennial subject of food inspection is much misunderstood by the general public. The distinction between inspection, which merely prevents sale of pure but low-grade material at high-grade prices, is often confused with the inspection which purports to eliminate harmful adulterations and disease.

The protection of the pocketbook is a totally different thing from the protection of the public health. In the United States the effect of the much-vaunted Federal meat inspection service, which applied only to interstate and export meats, is that the highest grade meats, which can pass this inspection, are shipped out, and the local consumers get the "heavies," which, as a rule, do not pass any inspection 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 subject. 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. 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 of food articles when unfit for food because of disease, decay, decomposition 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 of food should be saved, and the fit for food should be suggested 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 goods 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 of tuberculous animals. Many fine cattle and swine, infected with this disease in the internal organs, are condemned as unfit for food, the carcasses consigned to the grease tannery when it is recognized and admitted today by the leading scientists that meat in contradistinction to milk is not a source of transmission of tuberculosis from animal to man. The contrast between the tuberculous animals at the time of slaughter, resulting in the exclusion from consumption of generalized tuberculosis, as though the meat was cooked and, as above stated, not recognized as a source of transmission of disease to man, and the absence of any inspection of swine for the detection of trichinosis, relying entirely upon the cooking of the meat to prevent its spread to man, is interesting and should serve as a reason for thorough consideration of our present standards.

"Sentiment is becoming an exceedingly great influence in the question of rules for food inspection. Certain conclusions are arrived at, they are discussed, and at each discussion receive added enthusiasm and momentum, and are ready to be accepted by the general public, who accept such conclusions, believing them to be sufficient reasons for their adoption as regulations. The 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 others.

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HERE IS GOOD ADVICE TO TAKE

IT WILL HELP THOSE WHO HAVE KIDNEY AND BLADDER TROUBLE.

There are other "old enemies" similar 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 GIN PILLS.

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."
H. A. JUKES.



50c. a box—6 for \$2.50—money back if not satisfied. Sample free by writing National Drug and Chemical Co., of Canada, Limited, Toronto.

of damaged food articles, and many well-meaning authorities are opposed to the use of them for food. It is interesting to hear the different opinions among the various dealers in foods on this question. Certain dealers think that the use of good matured eggs, weighing in total 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 sale of any so-called spotted eggs, even if they are satisfactory for food, because it is argued that the destruction of such eggs would increase the sale of the better kind.

"A recent statement that there are 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. 'Rots and spots' is a term used in the wholesale egg trade to indicate the eggs discarded 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 misleading and often used by food authorities to give the impression that all are unfit for food. Such is direct to certain 'rots' and 'spots' and 'spots' are rarely 'rots'. Many of the best storage and new laid eggs find their way into the classification of 'rots and spots', not being merchantable because cracked, and certainly are suitable for food when properly handled.

"All large cities which are the receiving centres for food articles from long distances and also the distributing centres for large sections, must have a considerable amount of food arriving in damaged condition, also food which on account of lack of demand has become damaged by age. Such goods, which being salable direct to certain consumers who would properly care for them, are not suitable to put directly in the hands of the great consumers, but should go to licensed handlers of such articles, who will properly care for them for consumption.

"Reference in this connection is made to the rehandling of vegetables, fruits, figs, nuts, raisins, prunes, eggs and many other valuable articles of food, all of which, if properly supervised when rehandled, can reach the consumer in good condition, and must

have an appreciable effect on the high cost of living question. There are many stores in all large cities that handle such goods, and the retail price is such that many families are able to enjoy substantial delicacies that they could not if no such stores existed and they were compelled to buy only the first grade.

"There is a large amount of damaged food articles and also of articles of slightly inferior grades from which that suitable for food could be separated, but this should be performed under the supervision of boards of health. Anyone with experience with food inspection knows that there are times when plenty of food articles which are not suitable to sell direct to the consumer because some are unfit, and also certain articles which are not salable for table use in their present condition, when properly separated and prepared under supervision in such licensed places as proposed are again put in perfectly satisfactory condition for food."

H. W. HILL.



Pollards All Next Week.

The Pollards are coming again. This time the youngsters will present a new line of operas and musical comedies, and the management claims that there has never been in the whole 27 years of Pollard supremacy a better Pollard company—which is saying a lot. The kiddies of old have blossomed out into really and truly opera singers with records behind them which would put to test the most of our grown-up mummies. The Pollard Juvenile Opera Company, composed of youngsters, will be seen at the Grand Opera House all next week, presenting "The Toy Maker," "The Mikado" and "Sergeant Brue." There are 50 Pollard artists in the present company who have made names for themselves here on previous "Pollard" visits, are Teddy McNamara, Queenie Williams, Willie Pollard, Eva Pollard, May Pollard, Nellie McNamara, Dottie Brown, Daisy Wilson, Leslie Donaghy, 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 Ukulele and the language of the latitude where life itself is a happy, never-ending dream. "The Bird of Paradise" comes direct from the Garrick Theatre, Chicago, success to the Grand Opera House for one performance, Thursday night, Feb. 27.



JESSIE BRAXTON, as the "Rose of Honolulu," in "Sergeant Brue," one of the Pollard's comic opera productions at the Grand all next week.

Replies to Questions

A.—11. You describe your physical symptoms and ask for advice. No physician can possibly make a diagnosis or prescribe treatment without any careful personal examination of the patient. The only honest 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., producing appendicitis or stirring up a second attack, there is very little, if 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, constipation and indigestion are much more serious contributory causes.

There is a large amount of damaged food articles and also of articles of slightly inferior grades from which that suitable for food could be separated, but this should be performed under the supervision of boards of health. Anyone with experience with food inspection knows that there are times when plenty of food articles which are not suitable to sell direct to the consumer because some are unfit, and also certain articles which are not salable for table use in their present condition, when properly separated and prepared under supervision in such licensed places as proposed are again put in perfectly satisfactory condition for food."

H. W. HILL.

MUSIC and DRAMA



PATTIE HILL AND EVA POLLARD 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 Glendonian quarry. There has been a little incident today (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 Eristocrat to support the cause of self-government for the whole of Ireland (applause)—and unless I am very much mistaken—and 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 savage—prolonged applause—but there is always this satisfaction about it: He can bark and snarl; but you know he can only bite the length of his chain. (Applause.) It is much longer than I wish to see it. (Applause.) I hope to see it shortened (hear, hear)—but, still, it is not very long, and we pass the kennel all right. (Laughter.)

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 bill (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."

Do not suffer another day with hemorrhoids, or protruding piles. No surgical operation required. Dr. Chase's Ointment will relieve you in one or two days, and as certainly cure you. The only reliable, or Edmondson, Bates & Co., Limited, Toronto. Sample free by return post. This paper and enclosed 3c. stamp to pay postage.

St. John. G. F. WORDEN.

The Gossip Crew

Written by Bertan Braley and Drawn by J. Campbell Cory for The Advertiser.

NOW OF COURSE YOU'LL NEVER MENTION IT TO A LIVING SOUL!



"AND SWEAR THEMSELVES TO SECRECY."

When gossips' tongues begin to move. There's very little they approve. Or "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. They sample it and find it good. And tell it to the neighborhood.

"Foremost among the tasks of Liberalism in the near future is the regeneration of rural life and the emancipation of the land of this country from the paralyzing grip of a rusty, effete, and unprofitable system. I should like to say a word if I might about that. The land is the greatest, it is the most essential, of our national assets. It is common ground that at the present moment it is not used to the best advantage in the interests of the community, and we are rapidly reaching a point where the gross 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.

"A short time ago a number of 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. The land question does not end in the country. (Cheers.) The evils of the present system are not confined to our villages. It depresses the healthy growth of the towns and the industrial areas as well. Hundreds of thousands of villagers have fled during the past forty and fifty years into the towns to seek refuge from the thralldom 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, and hampered (hear, hear) the only combination by which they can obtain some measure of redress for their wrongs.

"Evils Traced to Source. "The evils ought to be traced to their source—the escaped countryman 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 writhed and hampered (hear, hear) and it is the first interest of every industry and every trade to see that the land is put on a business footing. (Cheers.)

"I do not propose to rest until at least I have compelled a discussion. A great Conservative landowner came to me the other day—I do not think he will mind my repeating what he said, and said, 'I have no doubt that when your proposals come out I shall condemn them. (Laughter.) I have no doubt I shall be very angry with your methods and that your language will be intolerable. (Renewed laughter.) All the same I am glad you have taken this in hand. (Applause.) It will create in politics an agricultural atmosphere and (he said) I have been waiting for that for some time.'

"What you want is to call attention to the evils, the grievances, the wrongs, and the ineptitude of this system when there is present the combination of the magnitude 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 twenty years was such a thoroughly bad one that they have dropped it and they have got no other, but they fall back on the old plan of vague proposals for spending public money contributed by industrious people whose burden of rates and taxes is much 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 remedy, I say with respect, in my judgment, is not to crush the land with the weight of fresh taxation. Nor is it to increase the burden of taxation bearing

An Important New Novel By MARIA THOMPSON DAVIES

Author of

The Melting of Molly

For Eight Months the Best Selling Book in America

In Andrew the Glad Miss Davies 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.



Miss Davies' New Novel

Andrew the Glad

Pictures by Crosby At all Book Sellers \$1.30 net

McLEOD & ALLEN, TORONTO, CANADA.

43a-1x

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

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

All women get bilious, headachy and constipated—simply because they don't exercise enough. They don't eat coarse food, or enough fruit and green vegetables. Those are nature's ways of keeping the liver and thirty feet of bowels active; but very few women employ them. The next best way is delightful, fruity, Syrup of Figs.

Nearly all ills of women can be overcome with Syrup of Figs alone. There is no need to have sick head, ache, backache, dizziness, stomach sour and full of gases, bilious spells, sallowess, coated tongue, bad breath, bad complexion, nervousness and depression. The surest and safest remedy is one or two teaspoonfuls of delicious Syrup of Figs. Try this tonight—you'll feel splendid in the morning.

So heavily upon our urban population. "Our noble president has done much (applause) by his courageous and also persistent efforts to do something towards improving this condition of things. We must do more. (Applause in which the president joined.) I am delighted to hear that he agrees. We must do it immediately. It brooks no delay. (Applause.) It is vital to the well-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 shrinks it is unworthy to guide the destinies of the Empire with its hundreds of millions of subjects."

"The Liberal party," the chancellor 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 fervor 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 (hear, hear)."

Mr. Ellis Griffith, K.C., M. P., in the course of an eloquent speech, remarked: "Liberalism never stands still. There is no coping-stone to Liberalism, there are only stepping-stones." (Cheers.)

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 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 Quinine Cures a Cold in One Day, Grip in 2 Days

on box 25c

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 bewitchingly radiant that it compels the admiration of all who see it?

Do you want a scalp as immaculately clean and bright as a newly-minted 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?

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.



New York Sun

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