

## 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.

The need for medical inspection of schools is becoming increasingly evident to people even in the most remote districts of the Province. To their credit be it said that the school trustees are rapidly coming to realize the importance of this branch of preventive medicine, and meetings of these officials have been held recently in various rural districts, with a view to obtaining medical and nursing inspection throughout the schools of their townships.

As educational work is what is needed at the outset, a nurse will first of all spend some time in each district where medical inspection of schools is to be inaugurated. She will get acquainted with the trustees, members of the Women's Institute, local doctors, newspaper proprietors, clergy and prominent citizens generally, and outline the work that is planned. Certainly, the comparative healthiness of the country, with pure air and facilities for enjoying the great out-of-door amid natural surroundings, does not make the need for continual inspection and supervision as pressing as in the city. However, a systematic scheme for medical inspection and nursing of school children is very necessary, even in country districts far removed from any great centre of population. Ailments found among city-bred children are also prevalent to an even greater degree in rural schools, owing to the lack of skilled attention. These ailments include: defective vision, defective hearing, defective teeth, defective nasal breathing, hypertrophied or diseased tonsils, defective nutrition, heart disease, lung troubles, nervous diseases, orthopedic defects, skin and scalp conditions.

Of all these defects taken together, medical and nursing attention has corrected about sixty per cent., and a large per cent. of the remainder could have been corrected before they became chronic, had the children before school age been under the supervision of the Division of Maternal and Child Welfare. Think of what an immense blessing such a combined scheme will be when properly organized! Pre-natal clinics instructing the mother how to diet and deal with danger signals even before the birth of the child; clinics to look after both mother and the child at birth, and help the mother with advice and co-operation in bringing up the baby through the critical first years of life; then school inspection followed later by a medical inspection of young boys and girls preparing to enter indus-

trial pursuits; these will constitute the links in a strong chain of medical supervision from the cradle to young manhood and womanhood.

A necessary adjunct to medical inspection of schools is the dental dispensary, the importance of which is becoming increasingly evident. Just how many of the more common ailments of childhood and youth can be directly or indirectly traced to defective teeth it would be difficult as yet to estimate, but investigation along this line is proceeding.

It is certain, however, that nutritional and digestive defects as well as serious secondary disease in other parts of the body, are in a great many cases the result of decayed teeth. Observers state that dental caries (tooth decay) is present in progressive stages in the mouths of ninety-five per cent. of our children. Good teeth as a rule bring about good digestion, and this in turn develops good health. But good health is not long maintained if the child is not supplied with nourishing food in adequate amounts. In this connection the Department of Education in some countries like England, provides meals for school children, and recover the cost from the parent, where possible. Where this provision is made at the schools, the teachers often assist in the cooking, and the elder girls are also encouraged to do so; the latter thus receive some of the instruction in simple cooking which is so necessary.

On first thoughts it would seem there would be little need for these measures in a land of plenty such as Canada. But it has been found in the rural districts especially that many of the children coming some distance to school bring cold lunches and eat them under somewhat unhygienic surroundings. To obviate this, the Ontario Department of Education in many districts provides hot lunches at the mid-day recess, and supervises the children while eating. Not only do the youngsters thus get the benefit of hot, well-cooked food during school hours, but they are early taught the advantages of hygienic principles at the table, and these youthful impressions very often remain through life. This combined scheme of medical and dental inspection, systematically conducted, cannot fail to be an immense boon to children of all ages. It will make the next generation stronger and more free from physical defects than any preceding one, and lay the foundations for a race of supermen and superwomen in generations to come.

### Poppies.

In my garden is a poppy bed,  
Filled with blossoms of a brilliant red;  
As in the breeze nods each drowsy head,  
They softly sigh.

Bearing a message from a distant land,  
Bringing a memory of a noble band  
Who died for freedom in a valiant stand,  
Where still they lie.

Each little flower seems to tell of one  
Who lost his life ere it had quite begun,  
And now is sleeping 'neath a faroff sun,  
With poppies nigh.

May nothing ever mar their peaceful sleep,  
As nodding poppies the long vigil keep.  
Great be the harvest of love they shall reap  
In the by-and-by.

Brightly-colored walls and other gay hues in factories and workshops are said to lead to increased production.

Ontario has the largest and one of the longest hydro-electric transmission lines in the world, co-operating with 248 municipalities and with lines extending hundreds of miles throughout the province. Its capacity will reach a million horsepower with the completion of the Chippawa-Queens-Don power canal in 1922.

## What's Your Experience?

If coffee keeps you awake  
nights, change to

## INSTANT POSTUM

a delicious meal-time drink, whole-  
some and satisfying, but containing  
nothing that will disturb your rest.

Economical — Better for You  
"There's a Reason"

## NERVOUS PEOPLE NEED A TONIC

Dr. Williams' Pink Pills Enrich  
the Blood, Thus Increasing  
Your Nervous Energy.

Nervous people who have not yet developed a disease that can be recognized and treated by the medical profession, often have great trouble in finding relief. Irritation, headache, sleeplessness, nervous indigestion, all these discomforts make life miserable, but are endured rather than run a doctor's bill.

Such sufferers should know the danger of such a condition, which, if allowed to persist, may result in a nervous breakdown. In this condition what is needed is rich, red blood. As a tonic for the blood and nerves, Dr. Williams' Pink Pills have been used with much success. They have a direct action on the blood, and through it carry to the nerves the elements needed to restore their normal function, at the same time improving the general health. The benefits that follow the use of Dr. Williams' Pink Pills is shown by the case of Mrs. Norman Seifried, West Montrose, Ont., who says: "It would be hard for me to overstate the benefit I have derived from the use of Dr. Williams' Pink Pills. Before I began taking the pills I was very nervous, weak and run down. I could hardly do my housework, and as there is a great deal of work to do about a home on a farm, I felt very much discouraged. One day while reading a newspaper I saw an advertisement of Dr. Williams' Pink Pills and decided to give them a trial. I could notice beneficial effects after taking a box of the pills, and by the time I had taken a few boxes, I could again do my work with ease, was no longer weak or nervous, slept well at night, and awoke in the morning feeling light and strong. I am happy to say that the pills so greatly benefited me."

Dr. Williams' Pink Pills are sold by all dealers in medicine or will be sent by mail on receipt of 50 cents a box or \$2.50 for six boxes by writing The Dr. Williams' Medicine Co., Brockville, Ont.

### Saving Big Trees.

A public-spirited organization calling itself the "Save the Redwoods League," is at the present time making great efforts to secure the preservation of some of the giant trees in California, which are in a way the most interesting of created things. They are by far the most ancient of living things. Many of these trees were well grown and flourishing during the lifetime of Christ. Some of them were living when King Solomon reigned in Jerusalem, when the pyramids were built, and when Babylon was at the height of its glory and power. Their years can be counted by their rings of annual growth.

Unfortunately, nearly all of the surviving giant redwoods are on land belonging to private owners, most of whom are disposed to log them off, regarding their money value as of more importance than any sentimental considerations attaching to them. The league has undertaken to obtain possession of some of the trees by purchase.

Many of the giant trees are more than 300 feet tall. "Old Goliath," which was blown down in a storm a few years ago, had a circumference of more than 100 feet at the base, and one of its limbs was eleven feet in diameter. The "Father of the Forest," now lying prone, has had its heart eaten out by fire, so that one can ride erect on horseback through its trunk for a distance of eighty-one feet. When standing it was more than 100 feet in height. The "Mother of the Forest," long ago stripped of its bark, measures (without the bark) forty-three and a half feet in girth seventy feet from the ground. It is estimated to contain 527,000 feet of sound inch lumber.

Minard's Liniment Relieves Distemper

### Municipal and Real Estate Finance in Canada.

The pamphlet entitled "Municipal and Real Estate Finance in Canada," just issued by the Commission of Conservation, touches upon some of Canada's most difficult financial problems. It is a clear and convincing statement by Mr. Thos. Adams, Town Planning Adviser to the Commission, regarding housing, land speculation and high taxation, resulting from municipal waste and mismanagement.

No national problem in Canada is of greater importance than that which has to do with the conservation of human and financial resources in our cities and towns. This publication emphasizes the fact that until we employ saner methods in developing our community life any efforts being made to conserve our natural resources must be nullified as a result of the careless way in which the wealth derived from these resources is dissipated by bad forms of land development.

This pamphlet may be obtained free on application to the Commission of Conservation, Ottawa.

The Hindus have no word meaning "friend."

Of the eighty-three Zeppelins Germany possessed during the war, thirty-four were shot down and destroyed, thirteen caught fire accidentally, and nineteen were destroyed in other ways.

### A Mile With Me.

O, who will walk a mile with me,  
Along life's merry way?  
A comrade blithe and full of glee,  
Who dares to laugh out loud and free,  
And let his frolic fancy play.  
Like a happy child through the  
flowers gay  
That fill the field and fringe the way  
Where he walks a mile with me.

And who will walk a mile with me,  
Along life's weary way?  
A friend whose heart has eyes to see  
The stars shine out o'er the darkening  
sea,  
And the quiet rest at the end of the  
day—  
A friend who knows, and dares to  
say,  
The brave, sweet words that cheer  
the way  
Where he walks a mile with me.

With such a comrade, such a friend,  
I fain would walk till journey's end,  
Through summer sunshine, winter  
rain,  
And then? Farewell, we shall meet  
again!

—Henry VanDyke.

### Father and Son.

We will hazard the assertion that by far the greater number of men whose lives are useful, fruitful and reasonably happy had fathers who made friends of their boys, and that the greater number of men whose lives are wasted or evil had fathers who never made friends of their boys. It is from the father the boy should get his first lessons in good humor, sportsmanship, generosity, good fellowship, perseverance, industry—indeed, in all the qualities that should eventually enable him to bear himself as he should in the rough-and-tumble of life. From the mother comes usually the fostering of the gentler and more spiritual side of his nature; but that outgrowth is likely to be arrested and may even die unless it is accompanied by growth of the manlier virtues. Those may be fostered in school, by teachers and by association with other boys; but there is no influence so potent in nourishing them in shaping the boy's character as that of the father who makes a friend of his son.

Paternity implies nearly always some measure of affection, but it does not always imply some measure of friendship. There are many fathers in the world who have a kinder and more tender feeling for their boys when they are away from them than when they see them. The nervous, irritable father whose high-spirited son is a source of annoyance rather than of pleasure, the overworked father who comes home too tired to have any zest for play, the preoccupied father who cannot shake off his problems and troubles, the self-indulgent father who regards his home as a sanctuary for himself and wants only to be let alone with his newspaper, his magazine and his pipe—none of them is by way of cultivating his boy's friendship. None of them is meeting in the proper spirit the responsibilities of parenthood—even though they may all be taking proper measures for the health and schooling of their children.

Friendship requires a certain amount of effort, a certain amount of self-sacrifice, yielding frequently your own desires to those of the person that you befriend. The father who reads aloud to his boys and discusses with them the books that they read, who helps them with their lessons, who teaches them the use of tools, the names of trees and flowers and birds, who makes holidays and Sundays an occasion for giving pleasure to them rather than for seeking it for himself, serves not only his sons but his country.

### Yap Money.

The island of Yap is noted, among other things, for having the most extraordinary currency in the world. Besides the ordinary shell money there is a stone coinage, consisting of calcite or limestone disks that vary from six inches to twelve feet in diameter. The larger stones, which are rather tokens than money, are piled up round the chiefs' treasure house and seldom change hands in the transactions in which they figure, though the ownership changes. One huge fee, or stone coin, was lost in a storm while being ferried from one place to another, but is still regarded as valid money and has been used many times as a medium of trade, although it lies at the bottom of the sea. Evidently there is something to be learned from Yap. To lose your money and still have the use of it appeals even to a dull fancy; and life could hardly grow monotonous in a land where it is the custom to trundle a couple of eight-foot grindstones down to the corner store when you want a grapefruit or a yeast cake.

### Useless Appendix.

Not long ago a number of masons left Scotland to settle in this country. One of them wrote to his wife shortly after his arrival, and instructed her to sell their household property and to take passage out to him. The good wife had a neighbor who came to help her with the packing. In the midst of it they fell upon Thomas' watch. The neighbor examined it closely and then said: "It's a grand watch, Catherine. Ye'll be takin' it wi' ye?" "Na, na!" was the reply. "It was be o' nae use out there, for Thomas tells me in his letter that there is some 'oors o' difference between the time here and in Canada, so neebda be takin' useless things."

Minard's Liniment for Dandruff.

## THANKFUL MOTHERS

Once a mother has used Baby's Own Tablets for her little ones she would use nothing else. The Tablets give such results that the mother has nothing but words of praise and thankfulness for them. Among the thousands of mothers throughout Canada who praise the Tablets is Mrs. David A. Anderson, New Glasgow, N.S., who writes: "I have used Baby's Own Tablets for my children and from my experience I would not be without them. I would urge every other mother to keep a box of the Tablets in the house." The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach; drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Character.

When we use the word success, we too often mean a fortune. But the better kind of wealth is not the wealth of dollars, houses, lands and vested interests. It is the wealth of a good name and the essential quality in man or woman that makes such a name and stands behind it.

Some who maintain a very respectable character in the community think they are better than others who fell, when the truth is that they were never similarly tempted. They were cushioned on all sides against a shock. They were sheltered from the tempest others had to face.

It takes extremes—either of adversity or of prosperity—to bring out the real character. We find certain men who have inherited preposterously large sums of money going all to pieces morally, "drunk with sight of power," failing to realize their stewardship. Quite as bad as to be prodigal is to be niggardly. In fact, the picture of a dissolute rake flinging his money away is rather more attractive than the view of a mean old miser sitting on top of a pile of money and loving it to death.

Character is not to be simulated. Now and again one encounters the man who thinks he can go to the stores and buy the makings of a gentleman. The swagger outfit of externals will not do—it remains obviously an outfit, merely the external raiment, entirely separable from the substance and the spirit of a man.

How amazing is the difference between two that are fashioned originally in God's image and of the same clay! One breathes benignity and the other is malign. One is spiritual, the other is of the earth earthly. One has only commonplace ideas and a torpid imagination, the other abounds in bright and delicate fancies and a quick and humorous sympathy, so that the association is a pleasure all too brief and rare.


To keep a character worthy of one's own respect implies self-control. Nor will the respect of others be won if we have reason to despise ourselves.

One ostrich egg will make an omelet sufficient for thirty people.

The first explorer to cross the Canadian Rockies was Alexander MacKenzie. On a great rock at Tide Water is the inscription: "Alexander MacKenzie, from Canada by land, July 22, 1793. Lat. 52.21, 48 N." He also discovered the river which bears his name.

America's Pioneer Dog Remedies  
Book on  
**DOG DISEASES**  
and How to Feed  
Mailed Free to any Address by the Author,  
Dr. C. E. Brown, D.V.M.,  
112 West 51st Street  
New York, U.S.A.

**A Quick Relief for Headache**  
A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.

**ASPIRIN**  
"Bayer" is only Genuine  
  
Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty-one years and proved safe by millions. 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. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

## BITS OF HUMOR FROM HERE & THERE

No More for Him.  
"Does your husband ever help you with the dishes?"  
"No. He says he did all the kitchen police duty he ever intends to do in the army."

All He Owned.  
"I wonder why Smithers always allude to his wife so lovingly as 'my own'?"  
"Well, she is his own. Everything else in the house he is paying for on the instalment plan."

Not His Sort.  
The other day a little fellow was having a merry romp, regardless of his clothes entirely. During a pause in his play his mother said to him, pointing to two boys in immaculate white suits "Look, dear, wouldn't you like to be nice and clean like those children there?"  
"Huh!" replied the youngster scornfully, "they're not children, they're pets."

Laying the Ghost.  
A young Irishman went to the priest and told him, with a long face, that he had seen a ghost.  
"When and where?" said the pastor.  
"Last night," replied the timid man; "I was passing by the church, and up against the wall of it I did behold the spectre."

"In what shape did it appear?" inquired the priest.  
"It appeared in the shape of a great ass."

"Go home and hold your tongue about it," rejoined the priest; "you are a very timid man, and have been frightened by your own shadow."

**MONEY ORDERS.**  
The safe way to send money by mail is by Dominion Express Money Order.

**Oriental Goldfish.**  
Goldfish, as bred in Japan and China, assume strange shapes; the Celestial has eyes on top of its head, the Telescope has grotesque protruding eyes, while the Tumbler cannot maintain its equilibrium in the water owing to its curious shape.

Every workman in Japan wears on his cap an inscription stating his business and his employer's name.

For years I have never considered any stock of household remedies complete unless a bottle of Minard's Liniment was included. For burns, bruises, sprains, frostbites or chilblains, it is a sure cure. I know of no better remedy for a severe cold in the head, or that will give more immediate relief than to inhale from the bottle through the nasal organ.

And as to my supply of veterinary remedies it is essential, as it has in very many instances proven its value. A recent experience in reclaiming what was supposed to be a lost section of a valuable cow's udder has again demonstrated its great worth and prompts me to commend it in the highest terms to all who have a herd of cows, large or small. I think I am safe in saying among all the patent medicines there is none that covers an larger field of usefulness as does Minard's Liniment. A real truism good for man or beast.

CHAS. K. ROBBINS,  
Chebogue Point, N.S.



## Warming relief for rheumatic aches.

HE'S just used Sloan's Liniment and the quick comfort had brought a smile of pleasure to his face. Good for aches resulting from weather exposure, sprains, strains, lame back, overworked muscles. Penetrates without rubbing. All druggists have it.

## Sloan's Liniment

## CUTICURA HEALS INTENSE ITCHING

Burning On Hands. Could Not Put Them In Water. Lost Sleep.

"My hands were very sore and I could not put them in water to wash them. There were some pimples on my hands, and the itching and burning were so intense that I scratched and irritated them, and I could not sleep at night."

"The trouble lasted two weeks before I tried Cuticura. When I had used two cakes of Cuticura Soap and one box of Cuticura Ointment for about two weeks I was healed." (Signed) Reginald Daigle, R. F. D. 2, Fort Kent, Maine.

Use Cuticura for every-day toilet purposes. Bathe with Soap, soothe with Ointment, dust with Talcum. Soap 25c. Ointment 25c. and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without using.