

Dr. Maria Montessori

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which I am aiming. Emerson says, "There is a time in every man's education when he arrives at the conviction that, though the wide universe is full of good, no portion can come to him but through his toll bestowed on that plot of ground which is given to him to till." So I must seize every opportunity given to me.

It is necessary to have a certain amount of self-reverence also, else I may not give my own thoughts any notice, and may later on be obliged to take my own opinion from another. If I rely on my own thoughts more, I will give greater care and create better ideas when any problem confronts me, instead of dismissing the matter entirely until I can have another's opinion. There is a great temptation (in following my daily rounds) of imitation, but in the end this would mean failure, for just when I might need it most to guide me, it might fail, and I would fall. I want to learn to trust myself. Even a thief will respond to trust placed in him. If I can only trust myself to succeed, I will be sure to do so. I must also acquaint myself with the fact that what I must do is all that concerns me, not what people think. No doubt many others will know my duty better than I do myself, but I must know my own, and follow it, allowing neither praise nor censure to turn me from my proper path. Nor can I, if I wish to learn self-reliance, conform to usages that have become dead. True, I can benefit by them, but I have to do my own work, and in so doing, reinforce myself. I wish to live in the present, and if possible learn newer and better ways of doing my daily tasks.

Self-control, too, must not be forgotten. Temptations are around on every hand. Sometimes resistance may even cause appearances to be against me, but if I can but do right and scorn eyes, I will have an additional power of resistance when assailed by this or even greater temptations. To know that I can take my place in the world, and, with the help of God, rely on myself to shun the evils about me, would give me a foothold none could deprive me.

Do not mistake me, and think that I wish this reliance, in any way, to border on conceit. To learn my duties; to know my capacities; to feel that I will not fail those who are trusting me to succeed; to rest assured that come adversity or success, I will be able to say, "I did my best," is what I wish for in my life.

"He who knows not, and knows not that he knows not,
Is a fool—shun him.
He who knows not, and knows that he knows not,
Is humble—teach him.
He who knows, and knows not that he knows,
Is asleep—wake him.
He who knows, and knows that he knows,
Is wise—follow him."

W. R. H.

"LIFE AT ITS BEST."

"What I really want most in this world, not what I may appear to want, but what really in my heart I am trying for."

What I really want most for myself and for mankind in general, is, Life at its best. I desire a realization of true ideals. I would like to see the world, in this age of commercialism, more mindful of the higher thought and the larger hope. As man "does not live by bread alone," so he does not truly live by money alone. There are other and higher things in life. These are the things which I crave. Over and above the common needs of life, money is desired only as a means for the attainment of that which will make life really better and happier. Knowledge of the truth, I think, is the thing needful to the complete life.

Do we yet realize the force and meaning of Christ's words: "I have come that ye might have life—that ye might have it more abundantly"? Why this declaration? Men already had possessed life from the time of the creation of the first man. He had lived, however, in the animal, in the physical plane. But now, since "light had come into the world," man was to live in accordance with the higher laws and possibilities of his nature—the spiritual. In so far as

man has refused to "come to the light," he has continued to exist in a state of dissension and strife. Christ expressly declared to his immediate followers, and through them to us: "The kingdom of God (Truth) cometh not with observation" or with outward show. . . . The kingdom of God is within you."—Luke xvii: 20-21. The true temple of God is the enlightened mind of man. "God, who made the world and all things therein, seeing that He is Lord of heaven

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The New Public Health.

The Farmer's Advocate" Bureau of Public Health Information.
QUESTIONS, ANSWERS, AND COMMENTS.

Conducted by the Institute of Public Health.—(The Public Health Faculty of Western University, London, Ontario.)

[Questions should be addressed: "New Public Health, care of 'The Farmer's Advocate,' London, Ont." Private questions, accompanied by a stamped, self-addressed envelope, will receive private answers. Medical treatment or diagnosis for individual cases cannot be prescribed.]

"Dandruff"

Ques.—(a) Please state what "dandruff" is, and what causes it? (b) What is the cure? (c) What is the cause of the loss of hair in comparatively young people? (d) Why the loss of hair is less common amongst females?

STE. ANNE DE BELLEVUE.

Quebec.

Ans.—"Dandruff" (more properly "dandruff") is a disease of the scalp, called also "pityriasis capitis" and "seborrhea sicca." It is believed to be due to a germ, known as the bottle bacillus, the name being due to the shape of the germ, not to any association with bar-rooms!

It is believed that the germ may be carried from head to head by use of the same brush, perhaps by pillow-cases used by more than one person without washing them between times, and in other similar ways. If it is caused by a germ, the explanation why it "runs in families" or is "hereditary" becomes clear—the germs of the parents are necessarily transferred to the children, and the children's germs to each other, and so on.

(b) Treatment should begin in early life, because the disease usually develops in children from six to ten years of age. Shampooing every two or three weeks is recommended by very distinguished authorities (Sequeira amongst others) where scales accumulate much, but daily washing is not advisable. The shampoo mixture advised is soft soap and spirit, equal parts, with ten grains of thymol to each ounce. There are also various antiseptic solutions or lotions, containing resorcin (which darkens fair hair, however), salicylic acid, mercury, etc., but these should not be used at random, and the advisability of the use of one or the other in any given case is a matter for expert opinion. So much depends on the stage and severity of the attack that to give any general rules would be quite fallacious.

(c) The cause of the loss of hair in young people is merely the early development of the disease. Often the beginning of baldness is the first symptom which is seriously considered by the patient or his associates, for "dandruff" in children is frequently looked upon as almost natural, or at least unavoidable. By the time baldness begins to be noticeable, the disease is so firmly established that at best it can only be arrested, as a rule, not cured.

(d) Do women suffer less than men? I do not know. Women usually take better care of their hair than men do; but also they have much more elaborate and efficient ways of concealing baldness! I doubt if there is really much difference between men and women in this point. All of the above refers to the ordinary "dandruff." Of course, there are quite a number of affections of the scalp, other than ordinary dandruff, which, like dandruff, produce baldness, either general or

local. Moreover, several infectious general diseases, like typhoid, cause loss of hair temporarily, erysipelas also sometimes results in complete baldness.

Dandruff attacks other parts of the body as well as the scalp, but since the baldness it produces is not so prominent or noticeable a feature elsewhere, it is comparatively unheeded elsewhere unless extreme.

Summer Resort Problems.

Ques.—I am taking my children to a summer resort for the summer season. What are the chief things to guard against?

Ans.—In summer vacations there are so many things to guard against, from overwork to freckles and stone-bruises, that I shall have to limit my answer rigidly to public-health matters.

For benefit of "health," mental as well as physical, good food in plenty, a comfortable bed, and the chance to be out of doors the whole time; day and night, constitutes ideals that all should seek. This means sleeping out of doors, in the open, under the stars, in good weather; under a shelter, if you must, in bad. All who can be away for a week or more will enjoy this immensely, but it is hardly worth doing for a few days' stay, if you must sleep indoors on your return. It is wise to wear some kind of night-cap, at first, as well as a warm nightdress; and an extra blanket should be ready for use towards morning.

For avoidance of disease, the chief thing is to avoid association with infected persons in any such way as to receive from them their infected discharges directly, through mouth spray, sputum or hands, or indirectly through water, food, flies, milk or the like, contaminated by mouthspray, sputum, hands, or any bodily discharge.

You will say: "How can you tell what people to avoid?" Of course, if you go to your own cottage, amongst your own friends, you will know pretty well what to expect. But if you must stay with many strangers at a hotel or summer resort, you must, as a rule, "take chances" more or less, and learn by general observation and "gossip" what persons are or have recently been ill with an infectious disease. The best defences you can organize, short of identifying the dangerous persons, which, of course, is pretty difficult in many cases, are connected with avoiding, as far as possible, the mouth spray of strangers, or the handling by them of food, etc., you intend to eat; the use of roller towels, common drinking cups, etc., of course are, or should be, out of the question.

The water supply should be from unimpeachable sources. If a well, it should be a well with a good curb (the flooring around the pump), tight, so that water falling back on it does not wash down again into the well; and built up above the surrounding ground so that rains, etc., do not flow in under the curb edge into the well. In limestone districts, surface wells are all under suspicion, and it is safest to boil the water from such. If the water comes from the public supply of a town or city, careful inquiry can usually determine whether the water supply is exposed to sewage contamination or not. Some cities are notorious for carelessness in drinking sewage. If they like it, let them, but that is no reason why you should spend your summer vacation there. No community where typhoid is prevalent is any place for you to visit.

The milk supply should be from tested cows, and milked by clean, careful people. If a few of the women visitors at a summer resort will take an afternoon off together to see where the milk supply comes from, they will find it pays them wonderfully, and will learn usually some very surprising things. If you don't know about the milk, scald it. Remember that "summer people" are often considered legitimate receptacles for anything in this line that is no use to anyone else.

Flies in the kitchen and dining-room should be reason enough for a determined "presentation of the case" to the resort authorities, but flies in the kitchen or dining-room, with unscreened outdoor toilets in the neighborhood, are reasons in plenty—one reason to each fly—for promptly settling your bill and moving on. Summer vacation is no time to eat

other people's bowel discharges with your food.

Also, as to the food itself, the cooked foods are practically safe unless they are served cold, or cool enough for flies to walk on them. But uncooked foods, bread, sugar, milk, cake, celery, radishes, lettuce, etc., are always ready to carry fly infections or infections from mouth spray and hands.

The cook's hands should be clean, and the vegetables should be washed and handled after the cook's hands are washed, not before, as very often happens.

People often think there is something they can take that will prevent them from catching infectious diseases from other people, and I have been approached more than once by inquirers who desired that I should divulge, in confidence, "the secret remedy" which physicians are alleged to use for protecting themselves in visiting tuberculosis cases, typhoid, etc.; of which they will not tell the public, lest disease be too much reduced thereby!

There are two such remedies available; for smallpox, vaccination; for typhoid fever, anti-typhoid inoculation. The former protects against smallpox for five years; the latter against typhoid for two years. Some day, when infectious diseases are properly looked after, neither will be needed. Even to-day, when we know where the infectious persons are, we can take precautions against them that make protective vaccinations unnecessary. But in some communities typhoid fever (perhaps the chief "summer vacationists' disease") is so common that your cook or milkman or vegetable man, may be a convalescent, or just coming down with it, or even a "carrier"; and anti-typhoid inoculation for summer vacationists before they leave home has been seriously advised by some authorities.

In certain cities, the "autumnal increase" in typhoid fever is unquestionably partly due to returned vacationists, developing the disease when they get back to work, for typhoid does not show even its earliest symptoms until two weeks after the germs enter the body, as a rule, and usually another week at least elapses before the patient is sick enough to go to bed or call a doctor.

The wise summer-resort keeper is he who will have his place, his food, milk and water supplies, and his help, properly inspected before the season opens. This is good business, as well as being the act of any good citizen who wishes to do legitimate trade, and give his customers safety as well as a "good time."

To make a guess at the relative importance of the different items here listed to the summer vacationist, I should say that the most serious source of danger from typhoid, dysentery, and other intestinal troubles is the open, non-flyproof, outdoor toilet; the next, close association with convalescents or sick persons, especially indoors; next, contamination of milk and drinking water; and last, the contamination of foods. This is a general estimate of the sum total damage done during a season. In any one place, of course, the local situation may make one or another factor outweigh all the rest.

H. W. HILL.

Hope's Quiet Hour.

The Greater Includes the Less.

Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great Commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two Commandments hang all the law and the prophets.—S. Matt. xii: 37-39.

If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, cannot love God Whom he hath not seen.—1 S. John iv: 20 (R. V.).

I am reading a book by Harold Begbie, called "The Day that Changed the World." He describes a wonderful miracle supposed to have happened early in the