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MENACE OF THE SHOE.

Scientist On the Cause and Cure of Foot Ailments.

That the conventional shoes we wear from childhood to old age are the main factors in causing foot ailments, is the belief of Dr. Jacob Grossman, who writes of the shoe as an "increasing menace," in the Medical Review of Reviews (New York, April). He says the infant's foot, being delicately formed and having extremely flexible joints, escapes for a time wearing shoes of stiff leather, but before long the little feet are placed into boxes and thereby so cramped that there is serious interference with their development. He protests against children wearing shoes before they begin to walk. The writer goes on: "It is absolutely unphysiological and dangerous to permit these infants to wear shoes because they cramp the feet and interfere with their future development. Children should not wear shoes until they begin to walk in their bare feet, as this allows the free and proper use of the muscles employed in walking.

"The outline of the normal foot is practically the same throughout life. The inner border is almost a straight line and the outer border curved with the convexity externally meeting the inner border anterioriorly.

"With few exceptions, this outline is not interfered with until the conventional shoe is worn. The continual wearing of these shoes will eventually result in deformed feet. They will subsequently assume the shape of the shoe.

Not only does the shape of the conventional shoe cause mischief, but the heels are also offenders. They are too high, as a rule. A high heel strains the foot, eventually leading to unnatural producing weak feet.

Mansonville, June 27, '13.

Minard's Liniment Co., Limited,

Yarmouth, N.S.

Gentlemen,—It affords me great pleasure and must be gratifying to you to know that after using 36 bottles of your Liniment on a case of paralysis which my father was afflicted with, I was able to restore him to normal condition. Hoping other sufferers may be benefitted by the use of your Liniment, I am,

Sincerely yours,

GEO. H. HOLMES.

"A vast majority of the weak feet that we meet with usually result from the conventional shoe. This condition is very often overlooked, probably because it is erroneously called flatfoot. In an analysis of 700 cases of weak feet there were a very small percentage that showed a flat impression, these few being well-advanced cases. As a rule, the symptoms of weak feet are not referred to the feet. In children the gait is awkard. They walk upon the entire sole of the foot. The toes are turned outward and the toes and heels of the shoes are worn down on the inner side. The children quickly complain of pain and discomfort occasianally, and want to be carried continually. Such weak feet in childhood are often the beginning of severe deformities later on.

"Much can be accomplished by carrying out the prophylatic measures subsequently enumerated. In children the following suggestions will aid considerably in preventing weakness and suffering in later life:

"1. The feet of small children must not be forced or pressed into shoes.

"2. Creeping should be encouraged. Infants should be placed upon their abdomen. The desire of locomotion will soon induce the child to become accustomed to creeping.

"3. Abnormal locomotion, such as sliding over the floor on the buttock, develops when children are forced to assume a sitting posture at too early a date, the creeping period being suppressed.

"4. The period of creeping must be changed spontaneously by the child into one of walking. Only when a child of its own accord attempts to stand up and walk ahead, holding to some surrounding object, should it be permitted to do so.

"5. To force children to walk, either with the aid of a nurse or with go-carts or walking apparatus, is absolutely objectionable. All such appliances and devices of any construction whatever are impracticable and unnatural. Hastening the commencement of locomotion increases the danger.

"6. Children should not be taken on long walks where there is little or no opportunity for them to rest when overcome with fatigue.

"7. Regarding the choice of shoes, broad-soled shoes to allow unrestricted action of the toes are best.

"For older children and adults the following exercises have proved useful in strengthening the muscles of the feet:

"1. Walking barefooted.

"2. Walking upon the front part of the foot.

"3. Grasping motions with the toes, exercises with foot-weights.

"The proper shoes for adults should be built on an anatomical basis. They should be made to fit the foot and not as the conventional shoes are made. The conventional shoe makes the foot fit the shoe with consequent damage to the feet. Shoes should have broad soles and heels which are square and of the proper height.

"Foot ailments will exist just so long as the conventional shoe will be in demand."

THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and cold. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A SUBMARINE FARM.

The Crops Are Merely Pearls of Great Price and Beauty.

One of the queerest farms in the world is situated on the Island of Takujima, in the Bay of Ago, Japan. The farm lands lie fathoms deep in water, according to an article in the "Popular Science Monthly" for June, and the crops are lustrous pearls.

Oyster shells are lined with a smooth coating which is commonly called mother-of-pearl or nacre. The oyster builds up this lining layer on layer.

If any foreign substance — even a grain of sand—happens to enter the shell of an oyster, the oyster immediately begins to allay the irritation it causes by surrounding it with the material it uses to build up the lining of its shell. This process the oyster keeps up year after year.

Pearls are not made by oysters alone. Any mollusk may form them, but pearls formed by common oysters and clams are not particularly attractive.

On the farm at Tatokujima the first steps toward the production of the pearls are taken during July and August of each year. Wherever the larvae of the pearl-oyster have been found most abundant, small pieces of rock and stone are placed. In a little while oyster-spat will be attached to these rocks. Then the rocks are removed to beds which have been prepared for them in deep waters. If they are left in shallow water during the winter the oysters may perish from the cold. They are left in the deep water beds undisturbed for three years. Then they are taken out of the sea, and into each oyster is introduced a small seed pearl or a small round piece of nacre which serves as the nucleus for a future pearl. The oysters are then returned to the sea, where they remain for four years. At the end of that time they are taken out and the harvest of pearls is reaped. During the four years the oyster has been

Minard's Liniment Cures Garget in Cows.

SOAP AND WATER.

Not Clear Soap Was Known to Israelites; Romans Had It.

The words "soap and civilization" are so frequently joined that one might think that civilization has been brought about or at least helped along by soap. "Soap and water" are words that figure prominently in any discussion of various social problems. Soapmaking, once and for centuries an industry carried on in practically all households, has become one of the important and immense commercial industries of the world.

In the Old Testament there is reference to things which clean and which have been translated as "soap." It is said to be not clear that the old Israelites knew of soap. In the second chapter of Jeremiah it is written. "For though thou wash thee with nitre and like thou much soap, yet thine iniquity is marked before me, sayeth the Lord God." In Malachi, the last book of the Old Testament, is the following: "But who may abide the day of His coming? and who shall stand when He appeareth? for He is like a refiner's fire and like fuller's soap."

Authorities who maintain that the older Israelites were not familiar with soapmaking in the sense in which it is now understood hold that those old people used the ashes of plants and other such purifying agents.

Soapmaking was known to the ancient Romans and there is a theory that they obtained their knowledge of the art from some of the Germanic tribes farther to the west and north. Pliny mentioned that the Germans used both hard and soft soap, and he indicates that it was a discovery which had been made by the Gauls. A prominent soapmaker said not long ago that the essentials of the soapmaking business have not made very remarkable advances in the centuries. Pliny, nearly two thousand years ago, said that the best soap was made from goat's suet and wood ashes and these are the necessary elements—fat or oil and alkali—in the soapmaking trade to-day. In its earliest form the soap was produced by purifying the crude soda that was obtained from burnt seaweed or kelp, and this process was improved upon toward the close of the eighteenth century by the discovery made by a French doctor for getting alkali from salt. Soapmaking materials are now brought from many parts of the world, and a great many improvements have been made over the old recipes.

While there are many kinds of soaps, it is said that those commonly used may be divided into three classes. The first class comprises fine white soaps and scented soaps, the second clase the coarse household soaps, and the third class the soft soaps.

White soaps are usually made of olive oil, cottonseed oil or other fine vegetable oils and carbonate of soda. Common household soaps are usually made of soda and tallow, and yellow soap is generally composed of tallow, resin and soda to which palm oil is added in some cases. Marine soap, or "sea soap," which will lather and dissolve in sea water as well as in fresh water, is usually made of cocoasut oil, soda and water. Soft soaps are made with potash instead of soda and with whale oil, seal oil or the other oils of linseed, rape seed, hemp seed or cotton seed with the addition of a little tallow.

Soap has played a large part in medicine. Medicinal soap when pure is said to be made of caustic soda and either olive or almond oil. It was much employed in the form of pills intended to have a gently aperient, anti-acid action.

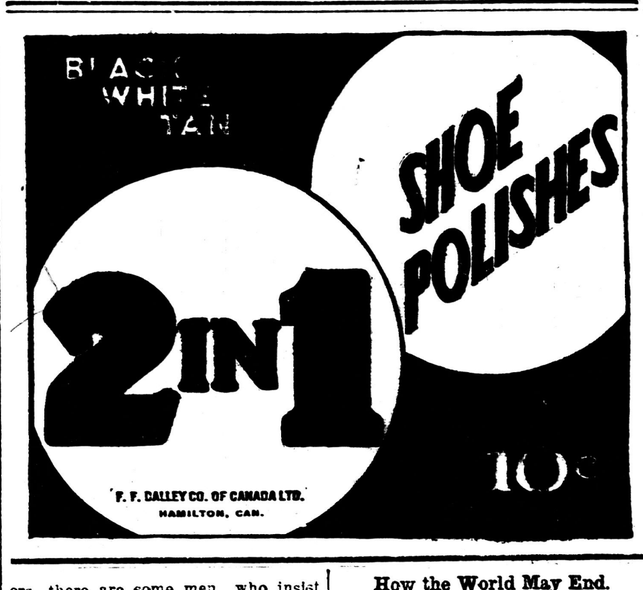
While soap has millions of admirers, there are some men who insist that it is used too much and they declare that the implied tribute to soap in the sentiment attributed to John Wesley that "cleanliness is indeed next to godliness" cannot pass unquestioned.—Exchange.

Minard's Liniment Cures Colds, Etc.

What Corns Are.

Corns are hard growth which occur on the toe or some other part of the feet. They are generally the result of wearing a shoe too small for the foot, says the Popular Science Monthly. They are thickenings of the outer layer of the skin in the centre of which is a nail-like peg which projects downward and hurts when pressed upon. Soft corns form between the toes and are only different from others in that they are soaked with perspiration all the time. The corn itself is composed of a lump of the outer part of the skin which is caused by the pressure of the shoe at that spot. However, the corn would not result unless the pressure were taken off at intervals, and this, of course, is done when you take the shoe off. It stands to reason that if the pressure were continuously applied to this spot the skin instead of overgrowing at that precise point would waste away. The overgrowth of the skin is due to the irritation produced by the pressure.

"'Tis better to have loved and lost than never to have loved at all," quoted the Wise Guy. "Well, both have their advantages," mused the Simple Mug.



How the World May End.

Sometimes it has been suggested that the world will gradually become cold, so that life will be frozen out. M. Rabourdin, a French novelist, however, thinks it possible that the earth may end in an incandescent blaze.

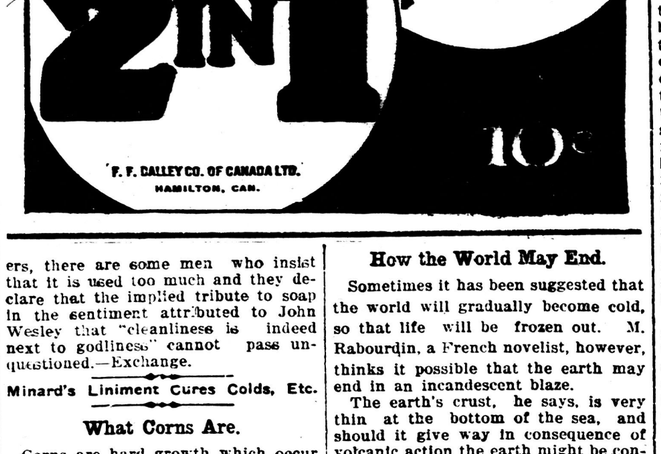
The earth's crust, he says, is very thin at the bottom of the sea, and should it give way in consequence of volcanic action the earth might be consumed in flames.

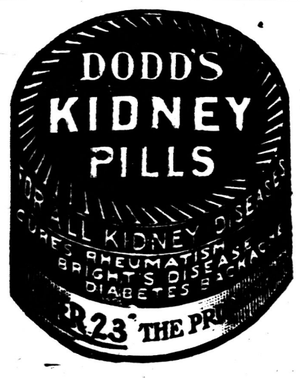
"Suppose," he states, "that following an extraordinary twisting movement, due to retreat of the central mass, a large mass of the sea bottom should give way, and, falling suddenly, should let in the mass of the ocean's waters upon the incandescent interior matter. The water would be recomposed by the heat, the hydrogen would burn, and it would burn more as it had acess to more oxygen.

"The conflagration would then gain in force, accompanied by electric phenomena, and the greater part of the earth's crust would probably be displaced. The earth passing through a time being to its formative period would again be nothing but a globe of fire."

The Puzzle of Life.

Life is a quaint puzzle. Bits the most incongruous join into each other, and the scheme thus gradually becomes symmetrical and clear, when, lo, as the infant clasps his hands and cries: "See, see; the puzzle is made out!" all the pieces are swept back into the box—black box with the gilded nails!—Bulwer-Lytton.





EVILS OF OVEREFEEDING.

Good Rule Would Be "Eat Less and Exercise More."

The sin of gluttony is common, and therefore much condoned, but like every other violation of nature's laws the penalty. Fat inefficiency, sluglish mentality, the reddened nose, the pimpled face, certain of the chronic skin eruptions and much fatigue and nervousness are due to the abuse of the digestive apparatus. Rich, indigestible foods in large quantities, highly seasoned to stimulate the jaded palate, are forced into a body already rebellious from repletion. Exercise is largely limited to walking to and from the table, and bodily deterioration proceeds rapidly.

Many an overfed dyspeptic, suddenly dragged by the stern hand of circumstances from a life of physical ease and plenty and forced to work out of doors suddenly discovers that his semi-invalidism has gone, that a chronic skin derangement of many years' standing has disappeared and that a new vigor and zest of life has been given him.

Not every one can spend his whole time in the open air, but a certain amount of exercise and plain, wholesome feed in any amount not exceeding the body's needs can be had by almost every one. Simple moderate diet and exercise make for health. These are not faddish food theories, they are just plain, common sense.—Exchange.

MEDICAL SCIENCE

FOR GREASY SKINS.

A very greasy skin is most unsightly and, though little can be done in the way of direct treatment to remedy the condition, much good often results from a course of careful dieting, combined with care in the treatment of the skin itself. The diet should be light, and chiefly vegetarian in character, with the addition of fish and eggs. Meats and pastries, gravies and sauces and, in general, fatty foods of all kinds should be avoided. Exercise in the fresh air and well ventilated rooms to sleep in are both essential. The bowels must be attended to, and a dose of salts or some other saline aperient taken daily before breakfast if necessary. In treating the skin itself several points must be insisted on. Never use a fatty toilet cream or any preparation containing glycerine. The skin must be kept clean by washing with a good simple toilet soap and cold water, not hot, followed by a thorough rinsing of the face in fresh, clean water. Powdered boric acid may be used on the face, or an astringent lotion of witch hazel, followed by a light dusting of precipitated chalk.

INFECTION AND SUSCEPTIBILITY.

The phenomena of infection, and the problems presented by the differing degrees of susceptibility in individuals, species and races of animals and men are most interesting and intricate. Most people know that certain animals are not susceptible to certain diseases—thus the hen resists infection by the tetanus germ and that of anthrax, as do some other animals, such as the rat, and there are many other cases of this immunity. Among the races of men negroes and persons of negro blood, even when this is mixed by intermarriage with a white race, are immune to yellow fever, and this immunity is inherited to the second and third generation of mixed descent.

But it is possible to disturb or altogether to destroy this individual immunity by special treatment, and this can be done by interfering with the diet, the temperature and atmospheric surroundings, and by fatigue or loss of blood. Starvation will induce susceptibility to a great number of diseases to which the individual is naturally immune, while creatures immersed in water, kept in rooms of unnaturally high or low temperatures or artificially fatigued, will acquire diseases which they can normally resist.

It is clear from this fact that healthy, cleanly surroundings, a regular, natural life, and suitable nourishing diet provide us with the greatest possible chance of escaping disease. It is practically impossible for anyone living in ordinary surroundings to avoid contact with disease germs of almost all kinds, but it is within the power of most of us to avoid giving them a suitable soil and suitable conditions for their development.

TOBACCO HEART.

The results of over-indulgence in tobacco are almost too well known to bear reiteration. The alkaloid—nicotine—which is present in tobacco, first excites and then depresses the nerve-cells throughout the body, affecting the circulatory system first by slowing the heartbeat, and then in the second stage by considerably quickening of it, first raising and then lessening the blood pressure in the arteries. Chronic irregularity of the heart-beat is common as a result of continued excess in tobacco, slowness of beat and occasional intermission being the symptoms in most cases, but in severe examples this may change to utter disorder in rate and rhythm, a condition known as "delirium cordis."

Tobacco hearts are commonest among young men who have acquired the habit of smoking at an early age, and is usually found among cigarette smokers. This is probably because more tobacco is smoked daily without noticing it in the form of cigarettes than in pipes or cigars, heavy smokers getting through as many as forty or fifty cigarettes a day. In advanced cases sudden fainting is not unusual. Tobacco heart may, happily, be cured in its early stages by avoiding tobacco. The irregularity usually ceases shortly after giving up the habit, and if it has not been of long duration the heart regains its normal condition. Four or five weeks will commonly see normal health regained. But where the habit is of very long standing and the case a severe one, the irregularity may persist for a much longer period, and if the cure is attempted late in life perfect regularity of heart-beat may never be restored.

Spanking Doesn't Cure!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send to any mother my successful home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to adults troubled with urine difficulties by day or night. Address.

FREE

Mrs. M. Summers.

BOX 8 WINDSOR, Ontario.

Swimming With a Cold.

In an address before the leading ear, nose and throat specialists of the country, Dr. Hill Hastings, of Los Angeles, recently called attention to the danger of a person's swimming, and particularly diving, when he has a cold in the head. Comparatively few persons realize that it is dangerous, and many even believe that when they have recovered from a cold and are still annoyed by excessive thick secretions in the nose they can find relief by diving or plunging the head under water. The purulent matter washed out is not only a danger to others, says Dr. Hastings, but the diver himself runs a risk of forcing some of the pus into his middle ear. Most specialists have observed that cases of mastoid abscess are common every summer during the swimming season. At the large ear, nose and throat hospitals it is recognized that the swimming season invariably brings on "a crop of mastoids." The advice to keep out of the water until a "head cold" is entirely cleared up cannot be too strongly emphasized.

ISSUE NO. 44. 1917

HELP WANTED.

WANTED — PROBATIONERS TO train for nurses. Apply, Welland-ve Hospital, St. Catharines, Ont.

GRANITE CUTTERS AND LETTERers wanted; fare advanced. Write, Geo. M. Paul, Sarnia, Ont.

MEN WANTED FOR TANNERIES AT Acton, on Grand Trunk, 35 miles from Toronto, mechanical and laboring work at good wages; healthy thriving town; excellent school; cheap house rent and living. Apply Beadmore & Co., 37 Front street east, Toronto.

FIRST CLASS WATCHMAKER wanted. Highest wages. Steady employment. Smiths, Jewelers, Napanee, Ont.

WANTED-GLOVE OPERATORS, WAX thread, union special and 44-11 machines. The Craig, Cowan Co., Ltd. 154 Pearl St. Toronto Ont.

LADIES WANTED TO DO PLAIN and light sewing at home; whole or spare time; good pay; work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

FOR SALE.

FORD STREAMLINE HOODS—COVers the brass radiator; eliminates the bunty appearance; write for circular. Burrowes Mfg. Co., Toronto.

MONEY ORDERS.

BUY YOUR OUT-OF-TOWN SUPplies with Dominion Express Money Orders. Five dollars costs three cents.

FOR RENT.

FOR RENT—GOOD FARM ON YONGE street; 215 acres; near Richmond Hill; lot 45; three spring creeks; first-class house; ample stabling for horses, cattle and hogs; water in stables; Metropolitan cars hourly; Richmond Hill stop. Inquire of Mrs. J. N. Boyle, Richmond Hill, or Cook & Gilchrist, 33 Richmond street west, Toronto, Ont.

FARMS FOR SALE.

FOR SALE—TWO ONE-HUNDRED acre farms, Wellington county, Peel township; no better soil; good buildings and shade trees; flowing spring on each lot; if you want a farm look this one over; will stand inspection; immediate possession given; price and terms right; will meet you at Gladstone or Drayton station; phone in house; rural mail at gate. Walter Barkwill, R. R. No. 2 Drayton, Ont.

FOR SALE—A CHOICE DAIRY FARM; sand loam. A photo can be had of the building. Apply, to John McCormick, Kelvin, Ont.

FOR SALE OR RENT—320 ACRES, A-1 wheat land in Southern Manitoba; all cultivated. G. C. Gordon, owner, General Delivery, Vancouver, B.C.

PERILS OF PEARL DIVERS.

Dangers That Beset Native Workers in the Persian Gulf.

The lot of the native pearlers of the Persian Gulf is a hard one, for all run the risk of getting scurvy from the lack of fresh food. Ice, of course, is unknown in the fleet, and the impure water breeds worms. The boiling and filtering of water do not appeal to oriental people as yet. The saibs, or rope pullers, get palms as hard and cracked as an ancient Bedouin's heel. They could prevent this by wearing gloves, but that would be a sign of effeminacy and bring ridicule upon them.

The exposure in the water gives many of the divers weak hearts and tuberculosis, and many of them become deaf because the weight of the water breaks their ear drums. Sharks abound in the gulf, and many divers have had a hand bitten off. One young Arab was brought to the American dispensary at Kuweit with his whole side laid open by a shark that had got a wide mouth hold upon him. The boy survived. We asked him if he would give up diving now.

"No," he said; "I will go back next year. I have to."

The danger of drowning is great, for sometimes a strong current carries the diver far away from his boat, and before the rope puller can bring him back he is drowned. The Arabs have no pulmotors, and they are not efficient in giving "first aid." If a man remains too long under water it was "written on his forehead," and that is all there is to it.—E. E. Calverley in Scientific American.

Minard's Liniment Cures Distemper.

Chewing the Crude Rubber.

About the first process rubber goes through on the way to become a tire or tube is mastication. After the crued Para is washed it is broken up into lumps and tossed into the crackers. These are machines with heavy rollers, which take the rubber in between them and chew it. Entering teh masticating room of a factory, the first impression is that there is a brush fire burning or else there is a den of snakes at hand. The rubber snaps and crackles like burning branches and then hisses shudderingly. The stuff is kept at until it comes up in regular sheets, very thin and looking like a sort of cake dusted with crumbs. Then after thorough drying in vacuum chambers it is ready to be put in with the chemicals and other things that make up the compound.—New York Sun.

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