# HEALTH EDUCATION

**BY DR. J. J. MIDDLETON**

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Public Health nurses appointed and paid for by the county! That is the big proposition being put forward at the present time in Lanark by the aid of clinics, demonstrations and public meetings conducted by officials of the Provincial Board of Health. Already the project has met with pronounced success and the people are enthusiastic in its support. At Pakenham, Almonte and Carleton Place during the past few weeks, Child Welfare Clinics were attended by hundreds of mothers with their babies and young children, the numbers far exceeding expectations. In the evenings enthusiastic meetings were addressed by doctors from the Provincial Board of Health and the pressing need for the appointment of Public Health Nurses was forcefully explained. At the close of the meeting at Almonte, Mayor Thoburn declared that the citizens of the town were enthusiastically behind the proposal to appoint county Public Health Nurses, and he asked the reeve to convey this expression from the citizens of Almonte to the members of the County Council.

The people of Lanark are throwing themselves heart and soul behind the proposition to establish Community Nurses for the county, will be the pioneers in this province, no similar work having been so far attempted in any other district. The progress of the campaign to instruct the people as to the desirability of appointing permanent Community Nurses for the county is being watched with interest by other parts of the province. Hitherto, the appointment of nurses has been confined to the municipalities and larger centres of population.

Health matters are regarded in Lanark County with the importance they deserve. Officials and the public generally have come to see the need for greater care and more scientific application in infant feeding, for early detection and correction of physical defects in young children, for medical and nursing supervision of expectant mothers, and for the promotion of general hygienic principles in everyday life.

The appalling rate of infant mortality in this province—over 100 deaths of children under one year of age per 1,000 births, the heavy mortality among expectant mothers, 478 of whom died in Ontario during the year 1920, and the general physique of children of pre-school age, all emphasize the need for intensive work to be done in health education.

To lower the infant death-rate in Lanark County, and to improve the health and physical fitness of both the present and the coming generation is the object of this proposal to appoint Community Nurses in the county.

These nurses come in contact with the people in a way that no other agency could hope to do. They offer advice and assistance to mothers in everything that pertains to the well-being of themselves and their children.

# Wireless for Beginners

BY ANTHONY PYKE

(Registered in Accordance with the Copyright Act).

ARTICLE I.

**Preliminary Considerations—The Ether.**

Of all the thousand and one questions asked of the lecturer on wireless or of the radio salesman, by far the most common are these two—"What do I need to start with?" and "What will it cost?" Lecturers and magazine writers have been generous enough in their descriptions of the joys of radio reception, but not enough has yet been said or written as to the apparatus required for enjoying these delights. Whether the prospective "ham" must part with a humble dollar or mortgage his house to purchase the necessary equipment is not stated. The purpose of this series of articles is to outline to the young beginner the general principles of radio and to advise him in the important matter of selecting apparatus.

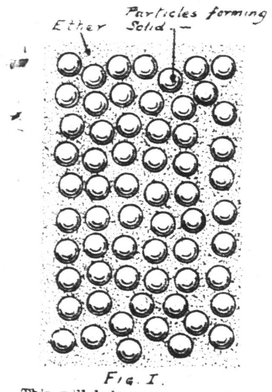


Fig. I.

This will help you to understand how it is that wireless waves can pass through walls and be picked up without an aerial.

Let us consider first the medium which connects the receiving station with a distant transmitter. We are told that "wireless" travels in waves. These waves can be measured. Much is known respecting their shape and form, and so we assume the existence of a medium, some material substance which can be disturbed by electrical means just as the air can be set vibrating by an explosion or as ripples can be made to traverse the surface of a pond by throwing in a stone. Air is the medium which carries sound waves to our ears; water the medium in which waves, in the nautical sense, travel; and ether the medium which vibrates when electricity is sent throbbing along a wire.

The ether is said to pervade all space. It is everywhere. The sun, moon and stars are set in it like currants in a cake, though the medium is not nearly so "heavy" as cake, being, in fact, thinner than any known gas and far less dense than air. Scientists believe all so-called solids to be conglomerations or tightly bound collections of extremely small particles called electrons. These little electrons are invisible even in the strongest microscope, but they are thought to be spherical in shape, and clustered together like marbles in a bag. Now we know how easily air passes through a bag of marbles, finding its way through the spaces left between the curved spaces. In a similar way, we suppose this thin ether to pass freely between the tiny electrons which compose all solids, and, for that matter, liquids and gases too. It has been truly stated that a strong box might be made watertight, air-tight and gas-tight, but the strongest safe that ever defied a crook is always wide open to the ether, which passes through its steel walls like water through a fishing net.

Waves of various lengths and kinds can be set up in the ether, a curious fact being that waves of different length produce different effects. Thus X-rays are very short ether waves; light of various colors is an effect of ether waves of greater and various lengths. Wireless waves are produced by electrical means, and those in practical use vary in length from fifty metres to twenty metres. Generally speaking, the more powerful wireless stations transmit the longer waves.

**Sarcasm from the Pulpit.**

"And now, sisters and brethren," announced the Rev. Moses Taylor, "we will take up our annual collection for the benefit of the heathen. At the same time, I embrace the opportunity to express the hope that the young men who have been making so much noise throughout the service will be especially liberal in their contribution. In duty bound they must help their brother heathen."

# IRRITABLE PEOPLE

**Are Usually Victims of Poor Blood and Weak Nerves.**

Irritability is one of the manifestations of nervousness, and it becomes worse as the nerves become more unstrung and approach a state of exhaustion. No one is irritable from preference, and this state is often only the outward expression of a great deal of physical suffering which friends do not realize. It is accompanied by headaches, sleeplessness, nervous indigestion and depression. Unless it is promptly checked more serious trouble develops.

The treatment for the earlier stages of nervousness, as well as the more advanced condition, is one of nutrition of the nerve cells, requiring a tonic. As the nerves get their nourishment from the blood, the treatment must be directed towards building up the blood. Dr. Williams' Pink Pills act directly on the blood, and have proved of the greatest benefit in a great many cases of this kind. A tendency to anaemia or bloodlessness, shown by most nervous people, is also corrected by these tonic pills. This is shown by the case of Mr. Kenneth R. McDonald, Tarbot, N.S., who says: "For a long time I was a severe sufferer from nervous trouble, with the result that I grew pale and weak, lost weight, slept poorly, and always felt tired out. Various medicines I tried had no beneficial effect, until finally I was persuaded to try Dr. Williams' Pink Pills. I found these just what I needed, as after taking them a couple of months I not only gained in weight, but felt stronger, more cheerful and better in every way. I feel that I cannot praise these pills too highly for what they have done for me."

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail, at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**He Wouldn't Have Liked It.**

Lou Haley lived with his widowed mother on the old Haley homestead and in a haphazard fashion worked the farm and did carpenter work between spells. After his mother died he decided to repair the old house and then get married.

In the summer when he was working on the kitchen he was keeping company with a short, stout girl; so when he put in a new sink he set it rather low and made the shelves to match. Then for some reason they stopped keeping company. Lou's next girl was tall and slim; so he lifted the sink. He had just finished the work on the shelves when a quarrel or something put an end to his second affair.

Lou said that all the rest of the summer he was continually raising or lowering the sink and the shelves to accommodate his different girls. Finally he met Sarah Lane, a buxom widow with one small son, and, as the sink happened to be set at just the right height, Lou lost no time in courting her. They were married that winter.

In the course of time two sons were born to them, and when the three boys were well grown Lou was gathered to his fathers. He left a will giving the farm and all his property to Sarah; the boys might shift for themselves. Then to everyone's astonishment in less than a year Sarah married again. Her new husband was a man much younger than she and had schemed to bring about the marriage expressly to get her property.

The affair caused much talk in the neighborhood, and one day a neighbor asked Jed Thompson, a cousin of Lou's, whether he thought Lou would have given Sarah all his property if he had known that she would have married a man of that sort so soon.

"Given it to her!" shouted Jed, who was an excitible person. "Great Scott, man, he wouldn't have died!"

**A Country Road.**

Yellow with dust it sleeps in noonday's glare,
Yellow with dust it stretches far away;
Now nature seems to dream 'mid fragrance rare,
For summer silence holds unbroken sway.

At Cairo, Egypt, exist the "seven towers" still called "granery of Joseph," and still serving their ancient purpose.


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**CONCERT**

# RADIO

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**Because I Had a Friend.**

Life never would have been so rich,
To me so well worth while,
But for that cheering word you spoke,
But for that cheery smile;
The burden had so heavy grown,
My heart was filled with care;
I never would have reached the goal,
Had you, friend, not been there.

Because, because I had a friend,
One who was real and true;
Because your friendship did not fail
Just when I needed you.
I had the strength to clamber on;
I had the will to do;
Because I knew I had a friend,
I've had no cause to rue.

Oh, there are records of the past
That tell of trust sublime;
Of friendships that survived the test
Of doubt, disaster, time;
But I know one that's up to date,
That had not had an end,
When a man defeated fought and won,
Because he had a friend.

—Flora B. Walker.

**A New River.**

Abbe Mermet, a famous water divier and explorer, has discovered in the Mont Blanc region a great subterranean river, with a volume of about 50,000 gallons a minute. It runs from the base of the mountains under the Saleve and Jura Alps. This river, which has been named "Eaux-Belles," sends out many branches, which have formed little lakes and wells of pure and extremely cold water in the northeast departments of France and in some southern Swiss Cantons.

Abbe Mermet declares that the waters of the "Eaux-Belles," at a depth of 75 to 150 feet, have carved out under the mountain wonderful caverns and grottos, full of stalactites and stalagmites. Some of the caverns near Geneva are ninety feet high and 150 feet broad.


# SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any of these troubles may prove deadly if not promptly treated. During the summer mother's best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.


**Imagination's Power.**

A dental review reports a most curious case which throws a bewildering light on the effects of imagination.

Several bad teeth had to be pulled for a young woman.

The operation began by anaesthetizing the patient, who soon lost consciousness and gave no sign of pain during the extraction of the teeth.

But a little later it was found that owing to a small accident in the functioning of the apparatus that was employed the capsule containing the anaesthetic had not been broken.

Thus the young woman had fallen asleep, imagining that she was under the influence of chloride of ethyle.


Minard's Liniment for Burns, etc.


**Sailors' Safety Signs.**

There are no policemen to regulate traffic at sea. Indeed, there is no need to regulate it—by day. By night everything depends upon the sailor's common sense—and his vessel's lamps.

Only in one case are the latter unreliable—during a fog, when it is impossible to see half-a-dozen yards either ahead or astern. A steamer carries three navigation lights—one at her masthead and one on either side of her bridge. The masthead light is white, while the side lights are respecively red and green for left and right.

There is one vital difference between a steamer's lights and those of a sailing vessel. The latter carries no masthead lamp. If she did, all ships would be alike to sailors. Why this distinction in the case of sailing ships? Sailing ships are slower, need more room to navigate, and do not keep a set course like a steamer.

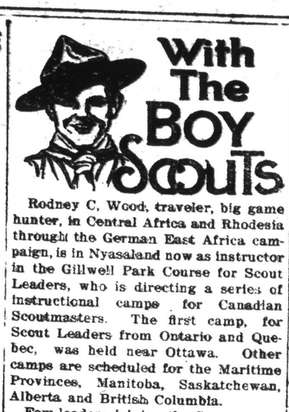
Ships driven by steam keep to the left of a sailing vessel where practicable. If they kept on an ordinary course it is possible that they might ram the "windjammer" amidships, owing to her unexpected habit of tacking about in a breeze.

**His Version.**

An English teacher asked the class to write a sentence that meant the same thing as "A wink is as good as a nod to a blind horse." Some answers were good and some were bad, but she nearly fainted when she read this one:

"The closing of the right optic is as sufficient as a rapid inclination of the cranium to a sightless quadruped."


Minard's Liniment Relieves Neuralgia

Rodney C. Wood

# With The BOY SCOUTS

Rodney C. Wood, traveler, big game hunter, in Central Africa and Rhodesia through the German East Africa campaign, is in Nyasaland now as instructor in the Gillwell Park Course for Scout Leaders, who is directing a series of instructional camps for Canadian Scoutmasters. The first camp, for Scout Leaders from Ontario and Quebec, was held near Ottawa. Other camps are scheduled for the Maritime Provinces, Manitoba, Saskatchewan, Alberta and British Columbia.

Few leaders joining the Scout Movement during recent years brought with them a broader knowledge of the world's big spaces than Rodney Wood. After leaving Harrow, he spent some years in travel, including nine months of roughing it in British Columbia, then headed for Central Africa, where he spent ten years in pioneering, experimenting in cotton growing, and big game hunting. When the Great War came, he at once joined the Nyasaland Forces and served in the campaign against German East Africa and in the Nyasaland Rebellion of 1915, being accustomed to work in the bush and jungle of Central Africa. It may be recalled that Captain F. C. Selous and other well-known hunters were in this campaign against Germany in Africa, where they had spent so much of their lives, and to whose conditions they were accustomed.

In 1921, while in the Seychelles Islands he became interested anew in Boy Scout work, and was asked by the Seychelles government to go to England and take the Gillwell Park Course, that he might return and direct the boy work of the islands. Sir Robert Baden-Powell, however, at once recognized Mr. Wood's fitness for a much wider field, and persuaded him to join the Imperial Boy Scout Headquarters instructors at Gillwell.

When it was decided by the Canadian General Council of the Boy Scouts Association to put on the Gillwell Park Course in this country, application was made for an instructor of especial ability, and Mr. Wood was recalled from South Africa to meet this request.

Mr. Wood's accomplishments in outdoor craft include an ability at track reading of the Sherlock Holmes type; circus-like stunts with the lariat, Australian stock-whip, and the long kaffir bullock whip.

The instruction is of the practical do-it-yourself kind, preceded by a talk, and followed by an open discussion, and covering practically the entire Boy Scout work programme. With an inexhaustible fund of stories and illustrations, to point his talks, Mr. Wood has made the greatest impression upon the Scoutmasters who so far have been fortunate enough to hear him.

**Thoughtful.**

An old Irishman was struggling along the highway with a heavy bundle when a friend passed in a cart.

It was a hot day so the friend, thinking Pat would be glad of a lift, said: "Jump up here, old man."

Pat was delighted, and, after climbing up, rested his bundle carefully on his knee.

"Put your bundle on the seat," said his friend.

"Oh, no," Pat answered. "Since you are so good as to give me a ride, Ol'll not be after asking you to carry me bundle as well!"


**NOTHING TO EQUAL**

MINARD'S "KING OF PAIN" LINIMENT

**For Sprains and Bruises.**

The first thing to do when you have an injury is to apply Minard's famous Liniment. It is antiseptic, soothing, healing and gives quick relief.


Bachelors and spinsters make up the larger part of those who in their old age are obliged to depend on the town or province for support. Figures show that of men who have a trade only one in a hundred thousand has to go to the poorhouse, and that of men with a college education the proportion is smaller still.


ISSUE No. 34—'22.



# IT SAVED HER LIFE STATES QUE. GIRL

**Whole System Had Given Way From Stomach Trouble.**

"There is no doubt in my mind that Tanlac saved my life," said Miss Gratia Brousseau, 335 Notre Dame St., Montreal, Que.

"I had chronic indigestion for fourteen months and for four months of the time was under constant treatment. I couldn't even drink milk without suffering afterwards and I almost starved myself. My nerves finally gave way and I had to give up and take to my bed.

"I will never be able to express my gratitude to Tanlac for restoring me to the splendid health I now enjoy. I never felt better in my life and can hardly realize that a short time ago I was in such a wretched condition."

Tanlac is sold by all good druggists. Advt.


**Rainy Traditions.**

The English tradition that if it rains on St. Swithin's day rain will fall for forty days and nights has its counterpart in other countries. The French accord a similar influence over the weather to St. Medard, whose festival is on June 8; the Belgians believe their sacred Lady Godelieve, whose days is July 6, influences the weather for a month thereafter; the Germans attribute a like influence to the Seven Sleepers, whose anniversary is July 27; and the Scotch St. Swithin is St. Martin or Buttions, whose festival is celebrated on July 4. The real fact is that weather changes are especially apt to occur in June or July, and people can always twist these changes to prove the truth of these old traditions; hence their persistence in many minds.


Minard's Liniment for Dandruff.


**Very Apt.**

Head Master—"Tell me the meaning of the word 'appetite.'"

Tommy—"Please, sir, when you're eating you're 'appy, and when you've finished you're tight."

**MONEY ORDERS.**

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

I will govern my life and my thoughts as if all the world were to see the one and to read the other; for what does it signify to make anything a secret to my neighbor, when to God all our privacies are open?—Seneca.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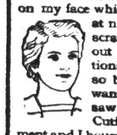
**Mrs. Geo. Warman Tells How Cuticura Healed Pimples**

"I had a breaking out of pimples on my face which irritated so much at night that I began to scratch and they broke out in deep, sore eruptions. My face looked so badly that I did not want to go anywhere. I saw an advertisement for Cuticura Soap and Ointment and I bought them. After using one and a half boxes of Cuticura Ointment, with the Cuticura Soap, I was completely healed." (Signed) Mrs. Geo. Warman, 13 Duchess St., Toronto, Ont.



Cuticura Soap, Ointment and Talcum promote and maintain skin purity, skin comfort and skin health. The Soap to cleanse, purify and beautify, the Ointment to soften, soothe and heal and the Talcum to powder and perfume.

Sample Each Free by Mail. Address: "Cuticura, Dept. 24S, Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.



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THRESHERS BELTS AND SUCTION hose, new and used, shipped subject to approval at lowest prices in Canada. York Belting Co., 115 York St., Toronto, Ont.


Add this to your prayers: "O Lord, give me a sense of humor and the power to laugh."


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# YOUNG MOTHER NOW STRONG

**Her Mother's Faith in Lydia E. Pinkham's Vegetable Compound Led Her To Try It**

Kenosha, Wisconsin.—"I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound. My mother had great faith in it as she had taken so much of it and when I had trouble after my baby was born she gave it to me. It helped me so much more than anything else had done that I advise all women with female trouble to give it a fair trial and I am sure they will feel as I do about it.—Mrs. FRED. P. HANSEN, 862 Symmonds St., Kenosha, Wisconsin.

A medicine that has been in use nearly fifty years and that receives the praise and commendation of mothers and grandmothers is worth your consideration.

If you are suffering from troubles that sometimes follow child-birth bear in mind that Lydia E. Pinkham's Vegetable Compound is a woman's medicine. It is especially adapted to correct such troubles.

The letters we publish ought to convince you; ask some of your women friends or neighbors—they know its worth. You will, too, if you give it a fair trial.

# Maybe that hill is not there, after all—

VERY often the hill we seem to be climbing, after the middle years, is made out of the common mistakes of diet which starve tissues and nerves and slow down energies with faulty nutrition and stored up food poisons.

How smooth and level the path seemed to be when we were young.

Simple, natural food may level that hill to a smooth path again.

Suppose you try it!

Begin today with a dish of Grape-Nuts with cream or milk (fresh or preserved fruit, too, if you like) for breakfast or lunch. Keep up this crisp, delicious, strengthening food in place of heavy, ill-assorted, starchy breakfasts and lunches—and see if the old-time zest and speed on the old-time level path doesn't come back again.

**Grape-Nuts**—THE BODY BUILDER

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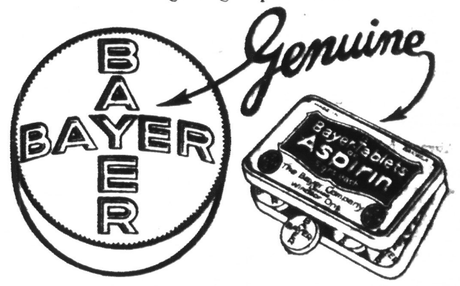


Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

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