

## HEALTH EDUCATION

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

**HEALTH**—About one-third of the way between Halifax and Yarmouth is the beautiful "land of Evangeline" protected from both north and south by ranges of parallel hills, lies the pretty little town of Kentville, surrounded by apple orchards. Just north of the town on a strip of rising ground is located the Provincial Sanatorium for Consumptives.

In company with Dr. P. J. Moloney and Dr. George Clinto, Ontario District Officers of Health, I recently paid a visit to Kentville Sanatorium while at St. John, N.B., attending the congress of the Canadian Public Health Association. Our visit to this institution was well worth while and gave us a very clear conception of what Nova Scotia is doing to combat the "great white plague."

The problem of combating tuberculosis is a national problem, and the efforts of each province is of particular interest to every part of the Dominion. In Nova Scotia the work is well in hand. Dr. A. F. Miller, the Superintendent at Kentville Sanatorium, has a staff of over 100, including four physicians and twenty-two nurses. Everything is being done there that can be done in the interest of the patients.

Kentville was selected as the most suitable site for this institution for several reasons, among which are absence of fog, early spring, less rainfall than in most other parts of the province, and a comparatively dry atmosphere, the dryness being accentuated by the sandy, porous soil on which the sanatorium is built. The north range of hills protects Kentville from the fogs that so often develop in the Bay of Fundy some ten or twelve miles away. It is only for about one week in the middle of July that the weather gets uncomfortably hot, and the rest of the summer being usually several degrees cooler than more inland districts.

The buildings are located on a hillside at a moderate height above sea level, and are of the separate pavilion type, with an infirmary for the more serious cases. The main features of these pavilions is as it should be, the sleeping porches, where the patients spend most of their time day and night. In the infirmary are rooms that can be used for sleeping in when the weather is cold or severe. There is also a well-equipped laboratory, and an operating room.

The X-ray department is the pride of the place, but important work is also being done through heliotherapy, and gas treatment for diseased spots on the lung. It is recognized, however, that in the treatment of tuberculosis medicines are little more than palliatives.

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These features are all in evidence at Kentville Sanatorium. There is a vocational building where work such as wood carving, basket weaving, etc., are carried on and there is a recreation building with billiard tables, barber shop, canteen, even a Y.M.C.A. secretary. Entertainment is provided by the sanatorium's own orchestra and by moving picture shows. The pictures are all selected and of real educational value. And to be up-to-date in the latest form of entertainment there is being installed a wireless concert receiving station, the gift of the Knights of Columbus.

The power station not only lights and heats the institution, but lights the town of Kentville as well. Protection from fire is afforded by a system of 50,000 gallons capacity. The grounds of the sanatorium include 32 acres and the annual cost of upkeep is approximately \$250,000. Money spent for a better or more praiseworthy object cannot be imagined. The efforts of the Province of Nova Scotia to care for tuberculous patients are worthy of the highest commendations.

planation is simply that the "something else" fed to the freak salamander was the ground-up substance of the "pituitary gland," obtained from the sheep.

**Gland That Influences Growth.**  
It has long been known that this gland has importantly to do with growth in human beings, and in the lower animals. If in a child it is under-developed, the youngster will not grow up; he or she will be a dwarf. If it is diseased, the person afflicted is liable to become a giant.

What happens apparently in the latter case is that the diseased gland produces its peculiar secretion (which is growth-making stuff) in abnormal quantities. But later on it becomes functionally weak to such an extent that the yield of secretion becomes unduly small, and the sufferer, progressively emaciated, dies. Giants never live long.

If a human skull be examined, there will be found near the middle of the bottom of it a small cavity into which the end of a finger may be thrust. This cavity, during the lifetime of the individual, is occupied by the pituitary body—a bit of structure half-gland and half-nerve stuff, about which science knows virtually nothing, except that it influences growth. Together with the thyroid gland (in the throat), the two cooperating in some mysterious way, it governs growth and controls it.

The gland, correspondingly situated, is found in other animals, and can be obtained from the sheep, and, inasmuch as sheep are being slaughtered in great numbers all the time, the material is easily to be had in unlimited quantity. The glands, dried, ground to a fine powder, and sterilized, can be fed to animals, or, if it shall be deemed expedient, to young children.

**Experiments With Animals**  
It is intended next to make experiments with puppies. If, as is thought

likely, they can be caused to grow faster and bigger by feeding them with the pituitary substance, the presumption is that the same would be true of children. A dog's physiologic reactions are in all ways much like those of human beings; for which reason it is that medical science tries out every new idea on a dog. In this case, it will be easy enough to determine the question by taking a litter of puppies, giving two or three of them plenty of milk and dog-biscuits, and feeding the others on pituitary gland stuff. If those fed on the latter material grow more rapidly and attain greater size, it will be inferable that the same treatment would produce corresponding results with boys and girls. With the puppies, of course, or with other animals, there would have to be a series of experiments to determine with certainty the fact.

Parents want their children to grow big. They are ambitious for tall sons and stately daughters. Perhaps this wish of theirs can be accomplished by feeding them in their early years with pituitary substance. Suppose that six inches could be added to a boy's ultimate stature, with a corresponding number of extra inches around the chest, by giving him a tablet of gland-stuff with each meal. Would not that be well worth while?

Even more important it would be to give such treatment to children who are under-sized or under-developed. They might be made to gain stature rapidly and to achieve a lusty boyhood or girlhood. Viewing the possibilities "in the large," what a prospect for the physical improvement of the human race is offered by this new discovery!

Says Professor Allen: "The experiments already made give hope that we may in this way be able to stimulate size-growth—to augment growth and modify development in human beings." He explains that dwarfs are persons who, by reason of under-development of the pituitary gland, fail to become physically mature. Though mentally normal, their bodily proportions remain infantilic.

**Dwarfs Are Normal Mentally.**  
In the light of this new knowledge the curious interest that has always attached to these little people obtains much enhancement. The first dwarf to be widely exhibited in this country was the famous Tom Thumb. As a pigmy, he would attract little attention nowadays, his height being thirty-four inches. He was shown by P. T. Barnum together with Mercy Lavinia Warren, who was three inches shorter. We have seen a good many much smaller people within recent years.

Tom Thumb, after reaching thirty years of age, took a sudden notion to grow, adding several inches to his stature. This was bad for business; but he had by that time acquired a considerable fortune. He was a good deal of a sport, drank rather hard, and died in his early forties.

Mercy Lavinia Warren became Mrs. Tom Thumb, the marriage of the Lilliputian pair, promoted by the showman, being celebrated with much display for advertising purposes. At last accounts she was still living, at the age of nearly eighty years.

The longevity of dwarfs affords evidence of the fact that they are normal people, save in point of size. They live as long as ordinary folk, and a number of them are on record as having reached great ages.

**The Biter Bit.**  
A professor had been lecturing, and as he left the class-room he found that one of the students had dropped into his hat a card, upon which was drawn the picture of a donkey. He said nothing at the time, but the next day, when he stood before the class, he prefaced his lecture with the remark: "Gentlemen, I have to thank one of your number for placing his card in my hat. He was too modest to leave his name, but his portrait was excellent."

**Ladylike.**  
Her mother was entertaining in the drawing-room when Jenny clattered down from the nursery. "Go upstairs again and come down quietly!" said Mrs. Jones. A short pause ensued, and Jenny reappeared saying: "You didn't hear me this time, did you, mother?" "No, Jenny; you came down without a sound, just as a lady should." "Hm, yes," returned her daughter; "I slid down the banisters."

## WORRIED WOMEN NEED RICH BLOOD

If the Blood is Not Kept Pure Health Will Break Down.

It is useless to tell a hard working woman to take life easily and not to worry. To do so is to ask the almost impossible. But, at the same time, it is the duty of every woman to save her strength in a most careful manner. It is to be duty she owes herself and family, for her future health may depend upon it.

To guard against a complete breakdown in health the blood must be kept rich, red and pure. No other medicine does this so well as Dr. Williams' Pink Pills. This medicine strengthens the nerves, restores the appetite and keeps every organ healthily toned up. Women cannot always rest when they should, but they can keep their strength by the occasional use of Dr. Williams' Pink Pills. Among those who have found benefit from this medicine is Mrs. Cora Conrad, Brockville, Ont., who writes: "My system was very much run down, and my blood poor and watery. I suffered a great deal from headaches and dizziness; my appetite was poor, and I tired easily. I decided to try Dr. Williams' Pink Pills and have every reason to be glad that I did so. Since I took better, and under the continued use of the pills the headaches and dizziness were gone, and my blood seemed in a better condition than before. For this reason I recommend Dr. Williams' Pink Pills."

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 Dr. Williams' Medicine Co., Brockville, Ont.

**Canadians Start Tree Planting.**  
Throughout Canada the greatest activity and enthusiasm has prevailed this year in regard to forest tree planting. It is safe to say that more trees have been planted in the spring of 1922 than in any previous spring in the history of Canada. In the eastern provinces and in the prairie, the cities, towns, and villages have planted trees by the thousand along the streets, and in the parks, and where the provincial highways have been constructed trees have been planted along these roads in a systematic plan. These are all shade and ornamental trees and they are planted for aesthetic rather than economic reasons. At the same time of trees in urban centres helps along the movement in rural districts. But the movement has not ended there. In addition to the five or six million trees sent out by the Indian Head and Saskatoon Dominion Forest nursery stations to farmers to plant shelter-belt all over the prairie and those sent out for like purposes and to restore wood-nurseries stations at St. Williams and Berthierville, respectively, there has been a much larger planting and seeding of purely forest trees than ever before. The Dominion Government Forestry Branch has planted trees at Petawawa, Ontario, forest experiment station and on a number of its forest reserves in the Prairie Provinces to a number of about 150,000; several of the big pulp and lumber companies have done considerable planting, and there has been a forward movement in the municipal forest plantations in Quebec and Ontario. In the latter province the scheme of county and township forests devised last year was put into active operation. In St. Maurice the first tree in the county forestry plot of one thousand acres, near Camp Borden, was planted by the War-time appropriate ceremonies. It is planted in ten years. In the same county two townships and one village planted plots of ten acres each, and in Norfolk county twenty thousand seedlings as a beginning were planted on the municipal forest. Other townships set up trees and the counties of York, Ontario, and Durham, are laying out nurseries and getting ready to start next year.

**Shaving the Roof.**  
Changing the thickness of the roof may not seem like a particularly handy way to keep the temperature of the house uniform. Certainly no one would think of doing it in that way in this country. But in the Arctic "shaving off the roof" is the regular thing. Mr. Vilhjalmur Stefansson, the polar explorer, explains in his book, "The Friendly Arctic," just how the Eskimo does it.

If, says Mr. Stefansson, the snow house were built in a high latitude at fifty degrees below zero, each block in the wall was then of that temperature and contained what we may scientifically speak of as a great deal of "latent cold." To neutralize the cold it was necessary to keep the inside of the house for a considerable time at a temperature of perhaps 60 deg. F. Snow is so nearly a non-conductor of heat that, once the "latent cold" has been neutralized, the heat of our bodies kept the temperature well above the freezing point, even when the hole in the roof was open for ventilation. But if the weather became a little warmer than it was when we made camp, the heat of our bodies or the heat from the fire would raise the temperature too high, and the roof would begin to melt. Then we sent a man out with a knife to shave it anywhere from four to two inches thinner so that the cold from outside would penetrate the snow blocks and stop the thawing.

If the next day the weather turned cold again, the roof would form on the roof and drop as snowflakes on the bed. We would know then that the roof was too thin and send a man out to blanket it with soft snow.

**Depends on the Cause.**  
If the cause for failure is known there is hope for success later on.

## With The Boy Scouts

A Canadian camp of instruction for Scoutmasters, duplicating the course given by Imperial Scout Headquarters at Gilwell Park, near London, has been opened in a wood east of Ottawa. To attend the twelve days' course to be first given in Canada, Scout officers to the number of 23 have been brought from points throughout Ontario and Quebec. The camp is under the direction of Rodney Wood, one of the chief Scouts with the late Colonel Selous leading the Central African Campaign, and himself a noted big game hunter and world traveler.

The instruction is along the lines of practical woodcraft, teaching, and campcraft; the Scout officers being organized into Scout Patrols and treated as Scouts throughout. A model Scout camp has been laid out, with the various Patrol tents located about a level space and a log-post council fire.

Those who successfully pass the course qualify for the Woodman's Badge, one of the most coveted Scout decorations. At the close of the present camp, a camp will be opened near Stawacke, Nova Scotia, for officers from that province. Later camps will be held in Manitoba, Saskatchewan, Alberta and British Columbia.

Ontario Scoutmasters attending the camp at Ottawa, included: Barrie Allingham, Ottawa, Ontario; C. H. Atkinson, Chatham, Ont.; P. S. Boyd, Chertsville; Bert Bell, London; Gordon Davis, Hamilton; Arthur Langan, Wainland; Rev. S. A. Macdonell, Stratford; Harold McCann, Owen Sound; R. J. McConnell, Oshawa; George F. McCallie, London; E. Jack Patrick, Guelph; John Raeburn, Windsor; Assistant Scoutmasters Stein, Brockville; Sam Terry, Lindsay; The Ottawa group consisted of Jack King, Earl Bratton and Reg. Johnston, Westboro.

The Quebec Scoutmasters are: B. B. Livinston and J. Solomon, Montreal; Rev. A. T. Love, Cowansville; Douglas Lunan, Huntingdon; Rev. E. G. Warren, Danville.

Assistant Provincial Commissioner Frank C. Irwin, and Field Secretary Earle H. Davison of Provincial Headquarters, Toronto, are also attending the camp.

**KEEP CHILDREN WELL DURING HOT WEATHER.**  
Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precocious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevents stomach and bowel troubles, or if the trouble comes suddenly—as it generally does—the Tablets will bring baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from Dr. Williams' Medicine Co., Brockville, Ont.

**Research Develops New Use for Canadian Woods.**  
Many people when passing a shop where automobile storage batteries are sold must have noticed in the window one or two batteries cut open to show the interior construction. These sections show the edges of the lead plates used in the battery and between the plates very thin corrugated sheets of wood. These sheets are known as separators and while perhaps appearing relatively unimportant have in fact been the subject of extensive research.

Wood for battery separators must possess special chemical and physical properties and until very recently the wooden separators used in Canada were made almost exclusively of imported woods. The Forest Products Department of the Interior, recently undertook research to determine whether any Canadian wood was suitable for separator work, and as a result found a most excellent material in the yellow cypress of British Columbia. This wood was found to possess the requisite properties to a high degree and is now in regular commercial use for the manufacture of separators.

**Broadcasting News of Natural Resources.**  
Alive to the importance of placing before the Canadian people the extent and value of their natural resources, the Natural Resources Intelligence Branch of the Department of the Interior is broadcasting this information by wireless telephony, through the courtesy of the Radio Branch of the Naval Service.

Short interesting notes of new discoveries, of new and unusual processes of manufacture, and of the progress of utilization of the natural resources of Canada are featured, especially where they are typically Canadian or where this country leads in development.

**Forest Fires and Furs.**  
The question of forest fires has just been approached from a new angle. The trapper is the latest individual to add his testimony to the damage forest fires do to the great fur industry. The fact is forest fires injure every Canadian interest and benefit no one. Such being the case, and as 90 per cent. of all forest fires are started by human agency, is it not foolish and criminal that we allow fires to ravage our forests?

**Minard's Liniment for Coughs.**  
The imprudent man reflects on what he has said; the wise on what he is going to say.—O'Connell.

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## HAMILTON MAN IS BACK ON JOB AND FEELS FINE

Chas. Davis Was Often Forced to Lay Off From Work Days at a Time Before His Stomach Trouble Now Entirely Gone.

"Thank you so much for the medicine that I should like to tell everybody about it," said Charles H. Davis, 24 Crutchwater Ave., Hamilton, Ont., a popular machinist.

"My kidneys gave me so much trouble that I often had to lay off from work for two or three days at a time. I had awful nagging pains across the small of my back and I often went for a whole day without eating, because of the severe pains in the pit of my stomach after every meal. I had frequent spells of weakness and became so dizzy at times that I couldn't see where I was going and would bump into people in the street. I just felt tired out all the time and was getting weaker every day.

"But Tonic has rid me of these troubles and I'm right on the job every day now and am just feeling good and getting stronger all the time. Tonic is certainly a wonderful medicine. Tonic is sold by all good druggists.

**Identification.**  
The teller of a bank in a Texas town was trying hard to be polite to a very trying woman at his window. "I am sorry to trouble you, madam," he said, "but you will have to be identified." And he pushed the check across the slab toward her as he spoke.

"Identified?" repeated the woman. "What does that mean? Isn't the check good?"

"The bank man did not smile, for this was the thirtieth time he had been asked the question that day. "I have no doubt that it is," he said. "But I don't know you. Do you know anybody in the bank?"

"Why, I am Mrs. Waters!" exclaimed the woman. "Didn't you see my name on the check. See—here it is." The teller shook his head wearily. "You must be identified," he insisted. "You must bring somebody who knows you."

The lady drew herself up. "That check," she said with dignity, "was given me by my husband. There's his name on it. Do you know him?"

"I do; but I don't know you."

"Then, I'll show you who I am. My husband is a tall man with reddish hair. His face is smooth-shaven. He has a mole on one cheek and looks something like a horse, some people say, but I don't think so. When he talks he twists his mouth to one side, and one of his front teeth is one side. He wears a No. 17 collar, a No. 9 shoe and won't keep his coat buttoned. He's the hardest man to get money out of you ever saw—it took me three days to get this check."

The teller waved his hand. "I guess it's all right," he said. "Put your name right there—no, on the back, not on the face."

**Minard's Liniment Relieves Neuralgia.**  
Keep cool and travel out your Fishing Line; impatience multiplies each Knot by Nine.

**MONEY ORDERS.**  
Send a Dominion Express Money Order. They are payable everywhere.

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**Wash With Cuticura Soap and Have a Clear Skin**  
Bathe with the Soap and hot water on rising and retiring, using plenty of Soap. If any signs of pimples, redness or roughness are present smear with the Ointment and let it remain five minutes before bathing. Always include the Cuticura Talcum in your toilet preparations.

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Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Cobourg, Ontario.—"For many years I have had troubles with my nerves and have been in a general run-down condition for some time. I could not do my work half the time because of trouble every month. I was told of Lydia E. Pinkham's Vegetable Compound by friends and advised to try it. It has done me good and I strongly recommend it. Since I have taken it I have been able to do all my own work and I also know friends who have found it good. You can use these facts as a testimonial."

—Mrs. ELEN FLATTERS, Box 761, Cobourg, Ontario.

Any woman in this condition should take the Vegetable Compound, for it has helped other women and so it should help you.

For nearly fifty years this good old-fashioned root and herb medicine, which contains no narcotics, nor harmful drugs, has been the standard medicine for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.

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