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.

"Yes, I am interested in your work—very much interested, but how can I help? What can I say or do to be of assistance to you?"

Only a few days ago a lady asked this question of one of the Public Health Nurses from the Provincial Board of Health.

Of course from the point of view of the Community Nurse there are so many ways that volunteer ladies and gentlemen can help that the answer to this lady's question seems obvious, but it is not so from the point of view of the lay-worker. It is necessary, therefore, to provide practical and authentic information that the volunteer worker can make use of. Here are a few suggestions put in question and answer form which may help to make the situation clear.

1. Who is behind this work of Child Welfare? It is the Ontario Government, working through the Maternal and Child Welfare Division of the Provincial Board of Health.

2. What is its object? (a) To reduce the death rate among infants and young children in this province.

(b) To give advice and instruction to prospective mothers on how to care for their health during the critical months preceding childbirth, in order that the children may be well-born, and get a good start in life.

(c) To instruct mothers in the proper care and feeding of infants so that they may survive the first critical year of life.

(d) To provide means whereby mothers can have their children weighed and measured for physical ailments or defects.

(e) To advise the parents of a child having physical defects to provide medical treatment for the child, so that the defects may be early corrected and thus give the child a chance to grow up normally, without any unnecessary handicap in its growth and development.

(f) To make the children of to-day healthy so that they may grow up to be healthy men and women.

3. Will the carrying out of a Child Welfare scheme be an additional burden on the taxpayer?

Work of this kind is never an expense. It is money invested and is repaid a hundred-fold in raising the standard of health of the entire community. The trifling cost of maintaining a Community Nurse is overwhelmingly surmounted by a reduction in the expenditure for hospitals, asylums and institutions which are now in many cases filled to overflowing and are supported by the taxpayers of the province. Many of the inmates of these institutions would be healthy men and women to-day if their present defects and health handicaps had been given medical and nursing attention in early life. These unfortunate people have become chronic invalids and are now a burden to the state.

4. How many children were born last year in Ontario? 72,511.

5. How many of these died before reaching one year of age? 7,804, or more than one hundred out of every thousand births.

6. What is the infant death rate in New Zealand, where Child Welfare work has been carried on for about twenty years? About 45 per 1,000.

Knowing these facts, tell your friends and neighbors. Interest everybody you know in the great work that is being carried on in your city and community and, if possible, persuade indifferent people to become enthusiasts. Remember it is a labor of love. It is work that is worthy of every good citizen. It is the work of the Master, who said, "Inasmuch as ye have done it to one of the least of these My brethren ye have done it unto Me." and "Suffer little children to come unto Me and forbid them not, for of such is the Kingdom of Heaven".

Phone Service Measured Like Electric Light.

The first metered telephone service in the world is now given in Everett, Wash., where about 6,000 subscribers are paying for just the amount of talking they do. The new rates which are now on trial under orders of the Washington State Board of Public Works, are based on the time consumed in actual talking over the telephone, as gas, electricity, and water are metered. Under this system the service company asserts that it is possible to reduce the cost to 85 per cent. of its subscribers and increase the capacity of its plant by 2,000 telephones without adding to the exchanges.

These changes are made possible through the development of a device known as a "telechronometer," which accurately measures the length of time each telephone is used by the calling party. Incoming calls are not registered. For more than a year the telechronometers have been tested, and last December they were ordered placed on all telephones in the Everett system.

Among other advantages of the telechronometer, the company claims that it will discourage and probably eliminate "listening in" on party lines, as it will cost the eavesdropper money to take down his receiver and gather the neighborhood gossip; unnecessary and frivolous conversations will be reduced to a minimum, and the use of ten, eight, six, and four-party lines will be increased, because there will be less traffic on the lines.

Telephone service is now given for as little as $1 a month, which entitles the subscriber to 60 telechrones a month. If he uses more than that amount he pays one cent a telechrone for it. Single-party business telephones that formerly cost $6 a month are now $5.25 a month, which entitles the subscriber to 600 telechrones, or almost 24 minutes of conversation, each business day.

The telechronometer is a little device located close to each telephone and registers the time consumed by the calling party, after "central" has made the connection. Registration is stopped the instant their receiver is replaced on the hook. No influence outside the control of the subscriber can cause registration.

Scandal.

If you're the butt of scandal's aim,
This thought to you appeals:
The poorest fruit is not the game
On which wasps gnaw their meals.
The vicious word, the ball of snow,
They gather as they roll and grow.
Throw a handful out upon the street.
It's a mountain when the neighbors meet.

CHILDHOOD AILMENT

The ailments of childhood—constipation, indigestion, colic, colds, etc.—can be quickly banished through the use of Baby's Own Tablets. They are a mild but thorough laxative which instantly regulate the bowels and sweeten the stomach. They are guaranteed to contain no harmful drugs and can be given to the youngest baby with perfect safety. Concerning them Mrs. Alcide Lepage, Ste. Beatrix, Que., writes:—"Baby's Own Tablets were of great help to my baby. They regulated her bowels and stomach and made her plump and well." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Pine Tree and the Star.

In the vaulted blue a shining star,
Brightest of the hosts on high,
Sheds its radiance from afar,
A rare jewel of the sky.

A humble pine tree on earth below
Lifts its arms unto that star,
Like a giant index it doth show
What it worships from afar.

The pine tree can not the star attain,
It stands rooted in the clay;
But worship of the orb shall not wane
'Till the tree shall pass away.

Winds the pine tree's branches toss and sway,
But the gale it still defies
And with its giant finger points the way
To its idol in the skies.

My soul looks upward to heights of fame,
As the pine tree to the star.
In dreams I see an immortal name
Where Fame's deathless glories are.

And does my soul look up all in vain,
While my feet cling to the clay?
Should I scorn heights I may not attain
And choose a more humble way?

Better that my soul should ever yearn
For heights I shall never know,
Than to be content to humbly turn
Into ways obscure and low.

As the pine points to the star on high
It grows ever straight and true;
And uplifted ever, so may I
Attain some small glory, too.

—Hattie Washburn.

Rules Differ.

In Italy wheeled traffic keeps to the left in large towns but to the right in the country.

Feed the body well

Right food for the body is more important than right fuel for the engine.

Grape-Nuts

is a scientific food, containing all the nutriment of wheat and malted barley. Grape-Nuts digests easily and quickly, builds toward health and strength — and is delightful in flavor and crispness

"There's a Reason" for Grape-Nuts

CORRECT BREATHING VITALLY IMPORTANT

LONG STEP TOWARD HEALTH AND HAPPINESS.

Breathing is, in Effect, Our Most Important Function, Say Noted Physicians.

It is through ignorance of our own powers and of how to develop and use them that we fail to attain happiness, and in the case of each of us the extent of that ignorance may easily be measured by simply noting the degree in which we fall short of being happy, says Dr. Goliardo. Instinctively we feel this, and instinctively therefore we are all endeavoring to dispel our ignorance and reaching out for more exact knowledge of our powers and how to develop and use them.

To express this deficiency and inefficiency in a brief simile, civilized mankind may be likened to a tree that is conscious of the nutriment drawn by it from the ground, but has so completely overlooked the fact that a large proportion of its substance must be drawn from the air that it has neglected to put forth leaves. We all know that such a tree would very quickly perish, and, as a matter of fact, it is equally true that the very portion of the human race which considers itself most highly civilized is in reality creeping along on the very brink of extinction—for no other reason than the fact that it has fallen under the evil spell of an ignorance and neglect of one of its most vital functions. This ignorance and neglect are indeed precisely similar to that which in our simile we have attributed to our imaginary tree which overlooked the usefulness of air and the consequent desirability of putting forth leaves to catch the air.

Dependent Upon Air.

In other words, we have overlooked the fact that a large part of our material bodies is derived from the air, and that when we neglect to so develop and utilize our lungs as to get from the air the full benefit which nature intends us to receive from the air we pay the penalty not only in decreased bodily efficiency, but also, and in an even greater degree, in a certain falling short of mental alertness and spiritual vision.

The cultivation of our lungs—which means the cultivation of the art of breathing—ought to be the very foundation and commencement of our educational system, instead of being so little understood and appreciated that very little information about the subject is brought to the attention of our children while they are still in the receptive and plastic stage of human life.

A life time of aimlessness of purpose, of looseness of thinking, of clumsiness of action and barrenness of achievement is the penalty which many of our children pay as the natural and direct result of this criminal neglect on our part to properly instruct and train them. Far better in this respect is the custom of the so-called savage races in which the mothers most carefully watch the breathing habits of their children and take effective measures to prevent them from falling, for example, into such a slovenly practice as inhaling through the mouth instead of through the nose.

Chief Task of Human Body.

That the art of breathing is in reality the most important function of the human body is shown and established by the fact that, although we can live without food for weeks and without water for days, the best of us could not live without air for more than two or three minutes at most. Death would ensue from lack of oxygen, the element which gives warmth and energy to the body—the element which makes it possible for the food which we eat to be transformed into muscle and bone and tissue—the element in short which can be called the steam of life—the steam which imparts motion and effectiveness to that wonderful machine, the human body, so perfect in its adaptability to all purposes of life and yet so neglected and mishandled through ignorance that the average man lives but half his possible days and during the days that he does live enjoys but half of his possible energy and efficiency, and consequently attains to but half his possible happiness.

Although, therefore, a part of this falling short of the full abundance of life comes from failure to understand and care for the stomach—the galvanic centre in which the food is received and separated in various constituents required by the body—yet by far the greater part of our ineffectiveness comes from failure to understand and operate the lungs.

A celebrated English physician, Dr. Tucker Wise, says: "Learn to inhale habitually through the nose and not by the mouth. Children ought to be taught this habit when they are young. The nasal passages act as a filter for the inhaled air. Many atmospheric impurities and disease germs which would otherwise enter the throat and lungs are thus arrested and are finally expelled with the nasal mucus."

Evils of Nose Breathing.

Again, Dr. Clinton Wagner in his treatise on mouth breathing by children says: "Those of mature age must be impressed with the necessity of persisting in nose breathing. It is extremely difficult for one who has been addicted for any length of time to the habit of mouth breathing to break himself of that bad habit. For those who are addicted to the practice of keeping the mouth open during sleep only enforced closure may be successfully carried out by means of a linen support over the lower jaw, properly adjusted."

The fact is that the nose has several important functions. The one with which we are here concerned is its use as a passage through which the air should properly obtain access to the lungs. The air passing through the nose is raised to the temperature of the body before it reaches the larynx. Furthermore, the air is made moist by the secretions of the nose, and the hairs which grow in the nose act as a filter, which separates the impurities from the air so that they do not enter the lungs. This is easily demonstrated after you have been in the streets by passing the point of your little finger—covered with a corner of your handkerchief—into the nostrils. When you withdraw your finger and the handkerchief you will find it covered with dirt which would otherwise have passed into the throat and lungs and possibly caused trouble.

RHEUMATIC TREATMENT

This Trouble Can Only be Got Rid of by Enriching the Blood.

In no disease does the blood become thin so rapidly as in rheumatism. Not only does it become thin, but it is loaded with rheumatic poisons. Without proper treatment these poisons increase, the general health is undermined, the inflamed joints swell, and are very painful, and often the sufferer becomes crippled.

Dr. Williams' Pink Pills build up the blood and enable it to cast out the rheumatic poisons with the natural secretions of the body, thus driving out the pains and benefitting the general health. Sound proof of these statements is offered by Mrs. George Stanley, Sparta, Ont., who says:—"For a number of years I was troubled with rheumatism, which at times was very painful. My general health was also affected, and I could scarcely drag myself around. I had been doctoring a good deal, but did not get any better, until one day my daughter brought me a box of Dr. Williams' Pink Pills. By the time these were used I could notice a slight improvement and I continued taking the pills until I had used about a dozen boxes, by which time I felt like a new person—and looked like one. I could do my work with ease, and have since enjoyed the best of health. I have since recommended Dr. Williams' Pink Pills to several others who received the same benefit as myself."

The best time to begin taking Dr. Williams' Pink Pills is the moment you feel the least bit out of sorts. The sooner you do so the sooner you will regain your old time energy. You can get these pills through any medicine dealer or by mail post paid at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Port O' Happiness.

To happiness! A foreign port we think
Toward which we proudly steer,
Our sails all set, our bows afoam,
Mere pleasure is the reef ahead, my lads,
Helm down, haul taut the gear
Our port of happiness is home!

—H. C. Chatfield-Taylor.

STOMACH TROUBLES ARE DUE TO ACIDITY

Tells Safe, Certain, Speedy Relief For Acid Indigestion.

So-called stomach troubles, such as indigestion, gas, sourness, stomach-ache and inability to retain food are in probably nine cases out of ten, simply evidence that excessive secretion of acid is taking place in the stomach, causing the formation of gas and acid indigestion.

Gas distends the stomach and causes that full, oppressive, burning feeling sometimes known as heartburn, while the acid irritates and inflames the delicate lining of the stomach. The trouble lies entirely in the excess development or secretion of acid.

To stop or prevent this souring of the food contents of the stomach and to neutralize the acid, and make it bland and harmless, a teaspoonful of Bisurated magnesia, a good and effective corrector of acid stomach, should be taken in a quarter of a glass of hot or cold water after eating or whenever gas, sourness or acidity is felt. This sweetens the stomach and neutralizes the acidity in a few moments and is a perfectly harmless and inexpensive remedy to use.

An antacid, such as Bisurated Magnesia, which can be obtained from any druggist in either powder or tablet form, enables the stomach to do its work properly without the aid of artificial digestents. Magnesia comes in several forms, so be certain to ask for and take only Bisurated Magnesia, which is especially prepared for the above purpose.

The largest sailing ship afloat is a French five-master, La France, a steel barque of 5,633 tons burden, which carries 30 sails and a crew of 54. Her best fair weather run is 322 knots in a 24-hour day, though she has logged as much as 421 knots in a hurricane. Not many steam freighters could better those figures.

Those Having Sick Animals SHOULD USE

MINARD'S "KING OF PAIN" LINIMENT

Good for all throat and chest diseases, Distemper, Garget, Sprains, Bruises, Colic, Mange, Spavins, Running Sores, etc., etc. Should always be in the stable. —SOLD EVERYWHERE.

"Mystery roads" on which motor cars travel more quickly "of their own free will," are now said to be due to the extra profuse vegetation on either side; the plants give off oxygen which helps the motor engines to run more freely.

Minard's Liniment Relieves Neuralgia

Although ants communicate with one another by touch, there are many insects which make noises so faint that they are inaudible to the human ear.

With The Boy Scouts

A Few Words to Dad.

From reports we hear from some of our young readers we are lead to believe that a number of the "Dads" also read the Boy Scout column and in the hope that we can make it more interesting for them and at the same time perhaps, make them gain a view of what Scouting is really trying to do for their boys, we are printing the following extract from a recent publication of the Canadian General Council.

The Boy in the Man Meets the Man in the Boy.

There is only one way to be reasonably sure that we are going to see our sons safely over the rough places in their lives, and that is by becoming their chums. We must not allow our waking hours to be so full of business that we shall lack time to help the boys fight those battles every lad must face. The boy within the man must come out to meet the man who is within the boy and they must walk, talk and play together.

Charlie's Case.

The following anecdote, though unusual, contains a note of warning to which every father should give heed: A prominent Canadian Judge of a Juvenile Court tells of a visit which he made to a place of detention, where he became interested in two bright looking boys of about sixteen years of age. In conversation with one he said, "Charlie, how did you come to get into this trouble? I knew your father well. He was one of the best ministers in Canada. It must have broken his heart to see you going wrong. Why didn't you take him into your confidence when you found yourself slipping? The boy hung his head and mumbled: "I never could get within forty feet of my dad. He was always too busy."

Jim's Case.

There was a wonderful similarity between Charlie's case and that of the other boy, Jim, whose father was a writer of legal books. Jim complained that several times when in trouble he had tried to have a talk with his father, but was always greeted with "Run away, Jim, my boy, I am just in the middle of a very important chapter and I cannot take the time just now to talk to you."

Your Case.

Perhaps by this time you are saying, "Yes, I know and I only wish I had more time to devote to my boy, but I seem in that respect to be tied hand and foot. My business takes me away from home a great deal, or I must attend meetings at night, or I work long hours in the office. My life just now is peculiar."

It was to meet such cases as yours that the Scout Movement was devised by Sir Robert Baden-Powell, who spent years studying every phase of the different movements among boys.

What Scouting Is.

Baden-Powell says: "Scouting is a game in which elder brothers can give their younger brothers healthy environment and encourage them to healthy activities such as will help them to develop CITIZENSHIP.

"Its strongest appeal is through Nature Study and Wood-craft. It deals with the individual and not with the company. It raises intellectual as well as purely physical or purely moral qualities. At first it used to aim for these ends—now by experience it is known that, where properly handled, it gains them."

Fathers of boys and other persons interested in boy welfare who would like to have a copy of the complete pamphlet from which the above extracts have been taken, as well as other information with reference to the Boy Scout Movement, should write to Provincial Headquarters, The Boy Scouts Association, Bloor and Sherbourne Sts., Toronto.

CORNS

Lift Off with Fingers

Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the callouses, without soreness or irritation.

Forest Fires and the Citizen.

Forest fires have made such inroads upon Canada's forests, that no citizen having the country's interests at heart can refrain from adopting every sensible precaution in his personal conduct. Unextinguished camp fires, lighted matches, and tobacco have robbed the nation of millions of dollars in public-owned property. To leave a camp fire burning while in a near standing timber is a plain invitation to a disaster. The lighted match and the cigarette are in the same category.

Minard's Liniment for sale everywhere

ISSUE No. 21—'22.

SAYS SHE HAD ACTUAL DREAD OF MEALTIME

Montreal Woman Was On Verge of Breakdown But Eats Anything Now, and Nervousness is Gone, Too.

"Tanlac is wonderful. It has simply made me feel like a different person," said Mrs. Wm. Allen, 1515 Wellington St., Verdun, Montreal, Quebec.

"For five years I never knew what it was to be free from stomach trouble and finally was on the verge of a breakdown. I actually dreaded for mealtime to come as I knew no matter how careful I was about my diet I would be sure to suffer afterwards.

"Tanlac has just changed things all round for me. For a long time I had been going without any breakfast altogether and now I get up in the morning so hungry I can eat bacon or most anything else I want and enjoy it. I have gotten over the nervousness, too, and am able to sleep all night long without waking up once and I get up mornings feeling thoroughly refreshed. I am still taking Tanlac and improving steadily. In fact, it just seems that every dose increases my strength and energy."

Tanlac is sold by all good druggists. Advt.

Nurses War Memorial Fund.

Canadian nurses from coast to coast are raising funds to erect a monument at the Capital in commemoration of Canadian Nursing Sisters who lost their lives during the Great War. Ontario nurses are requested to send their contributions either individually or through their local association to the Provincial Secretary-Treasurer of the Fund, Miss Holland, 410 Sherbourne St., Toronto.

Two cabins, a heating stove which will also warm food, and a life-saving net, into which shipwrecked people can jump, are the main features of a new type of lifeboat now being built.

MONEY ORDERS.

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

"If a child refuses to eat," says an expert, "do not try to force him; instead, dole out the food with apparent reluctance and try to make him believe that he must not eat too much."

Minard's Liniment for Burns, etc.

The boy and girl club leader who put "earn" into "learn" did much to further the club movement.

Away with Castors!

Don't buy furniture or metal beds fitted with old-fashioned, shaky, destructive castors. Tell your dealer you must have the

Onward SLIDING FURNITURE SHOE

Never balks, falls out or goes sideways. Slides harmlessly and noiselessly over carpets, rugs, linoleum or hardwood floors. Saves housework—prevents damage.

Furniture and hardware dealers sell them.

All sizes and styles, both glass base and smooth metal base

Made in Canada by ONWARD MFG. CO. Kitchener, Ont.

Trade Vaseline Mark CARBOLATED PETROLEUM JELLY

A VERY efficient antiseptic when used as a first-aid dressing for cuts, scratches, bruises, insect bites, etc. Keep a tube in the house for emergencies.

CHESEBROUGH MFG. COMPANY (Consolidated)

1880 Chabot Ave. Montreal

Classified Advertisements

COUPLE WANT BOARD, FARM OR mountains, give particulars. Box 100, Wilson Publishing Co. Ltd., 73 Adelaide St. W., Toronto.

NURSES WANTED FOR TRAINING School in charge of graduate of Johns Hopkins Hospital. Apply Superintendent, Homewood Sanitarium, Guelph.

WANTED PERSONS TO GROW mushrooms for us; waste space in cellars, out-houses or gardens; can be made yield $25 to $50 per week; illustrated booklet and particulars sent for 3c stamp. Toronto Supply Co., Cumstock.

BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK STREET, TORONTO.

Too many heads are turned to the appeal of "luck" and from the modest returns of thrift.

Sir Arthur Balfour's full title is Earl of Balfour and Viscount Traprain of Wittinghame. Balfour is a small place in Fife, the original home of the Balfours. Wittinghame is the Earl of Balfour's Scottish home and place of birth, in East Lothian.

Minard's Liniment for Dandruff.

America's Pioneer Pet Remedies Book on DOG DISEASES and How to Feed Mailed Free to any Address by the Author. H. Clay Glover Co., Inc. 118 West 31st Street New York, U.S.A.

COARSE SALT LAND SALT Bulk Carlots TORONTO SALT WORKS G. J. CLIFF - TORONTO

Have Good Hair and Clean Scalp

Free from dandruff and itching. It's easy. On retiring rub spots of dandruff and itching with Cuticura Ointment, gently massaging ointment well on scalp. Next morning shampoo with Cuticura Soap and hot water. Rinse with tepid water.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

TO ENJOY PERFECT HEALTH

Every Woman's Wish—Read Mrs. Cassady's Experience

Paris, Ontario.—"For five years I suffered with pains in my back and from other troubles women often have. All of this time I was unfit for work and was taking the different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and have taken it faithfully. I am now in good health and do all my own work. I recommend it to others and give you permission to publish this letter in your little books and in the newspapers as a testimonial."—Mrs. D. Cassady, Box 461, Paris, Ontario.

This medicine which helped Mrs. Cassady so much is worthy of your confidence. If you are troubled with such ailments as displacements, inflammation, irregularities, or other forms of female weakness you should give it a trial now.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. This book contains valuable information.

Genuine BAYER Aspirin

Bayer Tablets Aspirin The Bayer Company Windsor, Ont.

WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. 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

Colds, Headache, Rheumatism, Toothache, Neuralgia, Neuritis, Earache, Lumbago, Pain, Pain

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100. Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their trade mark, the "Bayer Cross".