

## 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.

If ever there was a live conference held in this city it was the recent annual meeting of the Ontario Health Officers Association. There is no longer any valley of dry bones in connection with that organization. It fairly bubbles out with enthusiasm, and the health vista of the future is one of assurance, of confidence and of hope. It was a pleasure to attend the meeting and hear the discussions so ably presided over by Dr. W. J. Shaw of Clinton. Dr. Shaw has got the twentieth century viewpoint. He wants something done. He is not content with a mere reshuffle of foibles, failings and shortcomings in public health work. He insists on finding a solution. "I have heard this same list of adversities, of barriers to be crossed, for years and years. Nothing, or next to nothing, has been done to remedy them, but now they must be tackled. That is the way to talk. When Medical Officers of Health say 'must' they mean business. And they have the Public Health Act at their backs.

Dr. F. J. Farley of Trenton, President of the Ontario Medical Association, delivered one of the most forceful addresses one could wish to hear. He maintained that the necessity for Public Health Work was so obvious that public opinion should not tolerate any government in power that would not endorse and carry out a public health program that would tend to insure the happiness, health and welfare of the people.

Other important recommendations Dr. Farley made were the establishment of county laboratories for the country physicians, the appointment of properly trained, whole-time county medical health officers, and community nurses.

Dr. Robert, M.O.H. of Hamilton, advocated the same scheme for health districts from 20 to 25 thousand people.

Dr. J. A. Morgan of Smith Township, Peterborough, gave an interesting paper on "How to control Diphtheria in a small country village," stressing the fact that diphtheria is one of the chief causes of children's deaths in a community, and that the free use of swabs and antitoxin, coupled with the services of the community nurse are the best methods for its control.

A most interesting address on "Food Poisoning" was given by Dr. M. J. Rosenau, Professor of Medicine and Hygiene of Harvard University, author of the standard text-book "Preventive Medicine and Hygiene," and one of the most outstanding authorities on public health subjects on the continent.

Dr. H. W. Hill of London, Ont., gave an address on "Some modern fallacies," emphasizing the point that public health work is more concerned with the prevention of disease than its cure.

Dr. W. W. Lailey of Toronto read a paper on "Pre-natal care." Dr. C. J. O. Hastings, M.O.H., Toronto, gave an address on "More efficient care of mothers and expectant mothers before, during and after confinement."

The morning session of the second day was entirely taken up with a discussion on milk and its prominence as a food indispensable both to the adult and the child.

According to Mr. E. H. Stonehouse, president of the National Dairy Council, who delivered the first address in the morning, on the subject of "How to Produce a Clean and Safe Milk Supply," some of the conditions throughout the province are very bad. "If I were dictator," Mr. Stonehouse declared, "I would pass a Dominion law to-morrow, if that were possible, for the compulsory pasteurization of milk in every city, town and village. When we reach that point after years of education, when we can get good practically certified milk, then and then only can we dispense with pasteurization."

Dr. Roberts, Medical Officer of Health of Hamilton, pleaded for the laboratory diagnosis of milk. Twenty-

five per cent. of all the cases of surgical tuberculosis are caused from the bovine tubercular organisms that the human being obtains from milk," he said.

Mr. Alex White, Chief Sanitary Inspector of the province, advocated the appointment by the Government of three trained milk specialists who could approach the question from the dairymen's standpoint.

Several doctors and inspectors from various parts of the province, including Galt, Brantford and Ottawa, maintained that the most important question of all was the condition of the herds. One suggestion offered was that each municipality should have complete control of the milk supply.

"Municipal Control of Milk Supply" was the topic of an address by Dr. Grant Fleming, Deputy Medical Officer of Health, Toronto. The inspection of farms and the education of the farmers, having as inspectors veterinary graduates, and the inspection of all equipment used in producing and delivering the milk, and in the process of pasteurization were absolutely necessary according to Dr. Fleming.

Topics of a more general nature formed the program of the afternoon. Dr. Colin Campbell of Toronto, gave some alarming statistics in regard to the frequency of "squint" or cross-eye among children. If taken in time, before the age of five or six years, there should be no difficulty in total cure.

The trouble arose when a cure attempted by a person other than one possessing general medical knowledge. In many cases, the doctor stated, children were apparently freed from the trouble, and the eye seemed perfectly normal, when as a matter of fact, the child would be almost entirely blind in the eye.

"The pity is," he declared, "that all of it is preventable. No time should be lost in stopping the practice of having children under five years of age examined for glasses, by anyone other than a careful medical practitioner." Dr. Campbell suggested that the Health Officers' Association, as a body, endorse a resolution to that effect. It is expected that the committee will consider the matter and report to the association at its next meeting.

A paper by Mr. F. A. Dallyn, C.E., on "Soil Pollution," in which the need of extreme care in the placing of a well was emphasized, and a description by Dr. P. O. Coulombe, M.O.H., of the work carried on by the Health Department in Sturgeon Falls, with which he is associated, concluded the conference.

### Ring With a Romance.

Sir Rider Haggard has presented to the British Museum a gold ring which has an interesting history. He first saw it 57 years ago, attached to the watch-chain of the headmaster of his preparatory school, who had received it from a friend, who had traveled much in America. The friend's story was that, while traveling in Peru, he had opened a grave-mound, in which he found a stone table with 13 mummified figures seated round it. On the finger of the principal figure was the ring, which the discoverer withdrew, and the bodies according to his story, crumbled into dust. It was the legend attached to this ring which, according to Sir Rider Haggard, first turned his imagination toward the invention of "King Solomon's Mines" and readers of "How to Produce a Clean and Safe Milk Supply," some of the conditions throughout the province are very bad. "If I were dictator," Mr. Stonehouse declared, "I would pass a Dominion law to-morrow, if that were possible, for the compulsory pasteurization of milk in every city, town and village. When we reach that point after years of education, when we can get good practically certified milk, then and then only can we dispense with pasteurization."

The largest gold mine in Brazil is nearly 600 feet deep, employs 3,000 men and turns out over \$2,000,000 worth of gold each year.

### Learn to Laugh.

Learn to laugh; a good laugh is better than medicine.  
Learn how to tell a story; a good story, well told, is as welcome as sunshine in a sick-room.  
Learn to keep your troubles to yourself; the world is too busy to care for your life and sorrows.  
Learn to meet your friends with a not one any good in the world, keep the best to yourself.  
Learn to hide your aches and pains under pleasant smiles; no one cares to hear whether you have headaches, ear-aches, or rheumatism.  
Learn to meet your friends with a smile; a good-humored man or woman is always welcome, but the depressive is not wanted anywhere.  
You will pass through this world but once. Any good thing, therefore, that you can do, or any kindness that you can show to any human being, you had better do it now; do not defer, or neglect it.

### Homesteaders From U.S.

With the exception of the states of Arizona and Mississippi, every state and territory in the United States contributed to the number of homestead entries made by citizens of that country arriving in Canada in the fiscal year ending March 31, 1921. Minnesota contributed the greatest number, 147, with North Dakota second, with 104. Michigan sent 79, Iowa, 68, South Dakota and New York each 48, Illinois and Missouri 46 each, Indiana, Montana and Wisconsin 37 each, and Nebraska and Washington 35 each. There were 1,072 entries from the United States, 723 in Alberta, 290 in Saskatchewan and 49 in Manitoba with 10 in the railway belt of British Columbia. The total number of entries from all sources was 5,389 representing 11,256 persons.

### HEALTHY CHILDREN ALWAYS SLEEP WELL.

The healthy child sleeps well and during its waking hours is never cross but always happy and laughing. It is only the sickly child that is cross and peevish. Mothers, if your children do not sleep well, if they are cross and cry a great deal, give them Baby's Own Tablets and they will soon be well and happy again. The Tablets are a mild but thorough laxative which regulate the bowels, sweeten the stomach, banish constipation, colic and indigestion and promote healthful sleep. They are absolutely guaranteed free from opiates and may be given to the newborn babe with perfect safety. They are sold by medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Automobilists and Forest Fires.

In many parts of this continent it is found that automobile registrations and forest fires are increasing about proportionately. A great many people, on touring about the country, seeking to places away from the railways and main highways and, unfortunately, through carelessness with fire, some of them misuse and destroy the forests. There is no desire on the part of forest authorities to bar citizens from the forests, but there is no reason why forest fires should follow in the wake of the automobile. All that is needed is that every tourist who camps for the night or stops at noon to fill his kettles in the woods should personally see to it that his fire is dead out before he leaves it. Those who go into the woods for either business or pleasure should catch the enthusiasm for the conservation and proper utilization of this great Canadian resource.

Many an individual has failed because he was not a man before he was a merchant, or a lawyer, or a manufacturer, or a statesman—because character was not the dominating influence in his life. If you are not a man first, behind your sermon, behind your law brief, or your business transaction—if you are not larger than the money you make and despise and your success; history will cover up your memory no matter how much money you have.

### NEW STRENGTH FOR WEAK STOMACHS

Indigestion Disappears When the Blood Supply is Enriched.

The urgent need of all who suffer from indigestion, and who find the stomach unable to perform its usual function, is to enrich the blood. Pain and distress after eating, is the way the stomach shows that it is too weak to perform the work of digesting the food taken. In this condition some people foolishly resist to purgatives, but these only further aggravate the trouble.

New strength is given weak stomachs by Dr. Williams' Pink Pills because these pills enrich and purify the blood supply. Through the natural process of digestion and tone to the stomach, and its accounts for the speedy relief in stomach disorders that follows the use of Dr. Williams' Pink Pills. The appetite revives, food can be taken without discomfort and the burden and pain of indigestion are dispelled. Mr. William Johnson, N.S., bears testimony to the value of these pills in case of this kind. He says: "I was afflicted with indigestion, accompanied by severe cramps in the stomach. I was prescribed for the benefit. Then I tried some of the advertised remedies but with no better result. Indeed my condition was growing worse. Then I read of the use of a man who praised Dr. Williams' Pink Pills whose condition was similar to my own, and I decided to try this medicine. The result, I think, was amazing, as the use of six boxes restored me to my former good health. I can therefore warmly recommend the use of this medicine for stomach troubles."

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

### The Industrious Wasp.

The human view of wasps seems to be lacking in breadth. Because they are given to stinging us we fail to do justice to their virtues. One scientist who has given much study to the matter says that the main doctrine of the wasp are, "if any wasp will not 'crawl' neither shall he eat"; and "Every wasp to labor according to his needs in his community."

Division of labor, it is believed, goes a long way in the nest. Some of the workers seem to be specially employed as foragers and soldiers, others appear to be told off as nurses and guardians, while yet others are engaged as papermakers and masons.

Wasps are at all times particularly fond of honey. Indeed they have a very sweet tooth for sugar in any form. Toward the end of summer, therefore, as beekeepers well know, they will force their way into beehives and rob robbers and carry off the main force as much as they can gorge of their winged neighbor's honey. The drones of the race instead of being idle and luxurious creatures, are sober, industrious and well behaved members of the community. They clean the streets of their town with exemplary diligence; they act as public scavengers or sanitary officers. And they have their reward; for unlike the doomed bee drones they live their allotted life in peace and quietness, till see to it that his fire is dead out before he leaves it. Those who go into the woods for either business or pleasure should catch the enthusiasm for the conservation and proper utilization of this great Canadian resource.

### Commercial Trees.

The constant demand for information in brief form concerning the leading characteristics, range, and uses of Canada's chief commercial woods has led the Forestry Branch of the Department of the Interior to issue Circular No. 14, "Commercial Forest Trees in Canada," by R. G. Lewis, B.Sc. In eight pages this bulletin gives much useful information about Canadian timber. The circular may be had free upon application to the Director of Forestry, Department of the Interior, Ottawa.

### Minard's Lintment Relieves Neuralgia

Engines Made From Sand. Modern science produces all kinds of things from the most unlikely sources but, even so, one would hardly expect to see important parts of a steam engine made from sand dug up from the sea-shore.

Cast iron of excellent quality is now being made from the iron sands that abound on the shores of New Zealand. On over a hundred miles of coast there are millions of tons of this iron sand, but it is only during the last few years that it has been utilized.

The raw material—a heavy black sand—is shoveled into an electric furnace; purifying materials, such as limestone, are added, and the electricity is turned on. The electricity flows through great carbon rods, weighing nearly half a ton each, and makes an arc, or electric flame, in the furnace.

Under this flame the sand soon melts, and the heavy, molten iron sinks to the bottom of the furnace, whilst the lighter impurities float to a scum on the surface. At intervals the electricity is shut off, the whole furnace is tilted forward, and the iron runs into a ladle, from which it is poured into the moulds.

### "The Blues."

This phrase, descriptive of moods of depression or melancholy, has an interesting origin. It was formerly believed that working with indigo dyes caused fits of melancholy, as the chemical worked on the system through the skin. As the dyes were nearly always stained blue in parts of their bodies, the phrase came into current use to express low spirits or moodiness.

Minard's Lintment for sale everywhere



### With The Boy Scouts

CHURCH, SCHOOL AND PRESS ENDORSE SCOUTING.

At the last session of the General Synod of the Church of England in Canada the following resolution concerning the Boy Scout Movement was unanimously adopted by the delegates attending: "That this Synod has heard with great interest the address of Dr. James W. Robertson, Chief Commissioner, up on the Boy Scout Movement. It desires to commend most heartily to all who are interested in the welfare of boys, more especially to the members of our own Communion, the Boy Scout Movement, as one which is admirably suited for the work of training our boys physically, and morally and developing in them that virile type of character which will fit them to play their part as good citizens and loyal members of the Christian Church. The Synod trusts that its fit parishes every encouragement and assistance may be given to the Movement both by those in authority, and by our people in general."

Following the closing of the Synod the Church of England Council for Canada the following resolution was adopted: "Resolved, that the Council of the Boy Scout Movement, carrying the Sunday School lesson in practical use, by applying it to the boy's life through the week."

### A School Resolution.

At its meeting in Quebec on May 26th last, the Protestant Committee of the Council of Public Instruction for the Province of Quebec unanimously adopted the following resolution: "Resolved, that although this Committee cannot undertake either directly or through the Department to promote the Boy Scout Movement in this province, it strongly approves of this movement, in its character and in its objects, and commends it to the Protestant teachers of the province as worthy of their active co-operation."

### A Press Tribute.

The Toronto Saturday Night adds the following to the great mass of press endorsements Scouting has received in recent years: "Many circumstances have militated against the Boy Scout movement holding a large place in the public eye as a few years ago, but this spring and summer we hope to see a great revival of interest in its highly effective machinery for the development of courage, honor and courtesy in growing boys. During the first week of April a provincial convention was held at Halifax which was attended by 200 delegates from all parts of Nova Scotia, where the Movement has been spreading like wildfire during the past six months, and a similar rebirth of enthusiasm is looked for in other provinces."

"The aims of the Boy Scout Movement are noble and unassailable at every point. Its methods inculcate idealism, and appeal profoundly to the boy temperament. They stimulate both mental and physical health and their entirely non-sectarian character creates the best kind of patriotic influence. Among all the progressive movements in Canada to-day that of the Boy Scout organization strikes the public as the finest, sanest and most definitely useful."

If your town hasn't taken up Scouting yet it should investigate its many advantages at once. A post card to the Field Department, Boy Scouts Association, Toronto, will start all required information on its way to your address.

### Cresoted Fence-Posts Out-Last Cedar.

For many years it has been thought that the only timber that would give a reasonable period of service as fence posts was cedar. The Forest Products Laboratories of the Department of the Interior, Canada, state, however, that by employing a comparatively simple method it is possible to treat posts of certain hardwoods in such a way that they will have a life at least twice as long as the cedar posts. The preservative effect of this treatment is clearly shown in fencing erected at the Dominion Forestry Branch forest nursery at Indian Head in 1917. Here posts of Russian poplar were used, both treated and untreated, and it is interesting to note that all the untreated posts erected at this time have decayed and been removed while the treated posts are still in service and appear as sound as the day they were placed in position.

### Minard's Lintment for Dandruff.

Ruts and How to Get Into Them.

"When a man is running a one-man business he cannot harm anybody but himself and those dependent on him if he allows himself to get into a rut. But when an executive reaches this condition he will disrupt an entire organization. One sure way for the head of an organization to get into a rut is to become jealous and distrustful of his associates and subordinates. If he cannot trust them, he ought to fire them. If they are trustworthy he ought to give them absolute confidence. He ought to give them authority and responsibility, each over his own job.—Success.

Minard's Lintment for Burns, etc.

### LIVED ON LIQUIDS FOR MANY MONTHS

MONETTE'S STOMACH TROUBLE NOW OVERCOME. HE MAKES STATEMENT.

### Declares Tanlac Completely Overcame His Trouble After Everything Else Failed.

"It was a lucky day when I bought Tanlac for it has made a new man of me," said Arthur Monette, 165A St. Elizabeth, Montreal. "My appetite was so bad I never knew what it was to be the least bit hungry. Even what little I did force down soured and bloated me so badly I had terrible smothering sensations and awful pains. For months I was unable to eat any solid food and I got in a terribly run-down condition. I became so nervous I would wake up all during the night, and got little sound sleep. I was constantly looking for something to bring me relief, but nothing seemed to reach my case until I ran across Tanlac. "Six bottles of Tanlac completely overcame my trouble. I now eat just anything and never have an ache or pain or a sign of stomach trouble. I can't recommend Tanlac too highly." Tanlac is sold by all good druggists.

### Have You Found Your Niche?

You may be very sure, my young friend, that if you do not feel yourself growing in your work and your life broadening and deepening, if your task is not a perpetual tonic to you, you have not found your place. If your work is drudgery to you, if you are always longing for the lunch hour or the closing hour to release you from the work that bores you, you may be sure that you have not found your niche. Unless you go to your task with greater delight than you leave it, it belongs to some other man.—O. S. Marden.

### His Hearing Restored.

The invisible eardrum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York City. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Ave., New York City, will be given prompt reply.

### Registering a Loan.

"Could you let me have a five-spot for a few days?" asked Blithersby, in a confidential whisper. "Here it is," shouted Mr. Grumpson, at the top of his voice. "Thanks, but why so loud?" "I was hoping I'd be able to impress the transaction on your memory."

### MONEY ORDERS.

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

### Getting Back.

Walter—"Grilled steak, and choose a tough one." Chef (in surprise)—"Why, tough?" Walter—"The chap who ordered it used to be my sergeant-major."

### Rural Route No. 1, Mascouche, Que.

The Minard's Lintment People. "Sirs—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my face for years. I had them cut off by a surgeon about fifteen years ago but they grew again till about three months ago I had one as large and shaped like a lady's thumb on the cheek. It was getting so embarrassing in public that it was a constant worry to me. Well I tried it a month ago I got a bottle of your Minard's Lintment for another purpose and saw on the label good for tumors. Well I tried it and kept it for exactly two months with the result that it has entirely removed all trace of the tumor, and were it not that they had been cut fifteen years ago no mark would be left. I have not been asked for this testimonial and you can use it as you see fit."

### Signed FRED C. ROBINSON.

P.S.—I am a farmer and intend using Minard's Lintment on a mare for a strained tendon, and am hoping for some results. FRED C. R.

### When in Toronto visit the Royal Ontario Museum

253 Bloor St. West, Near Avenue Road. Largest permanent exhibition in Canada. Archaeology, Geology, Mineralogy, Paleontology, Zoology. Open daily, 10 a.m. to 5 p.m. Sundays, 2 to 5 p.m. Bloor St. East Line, Dupont and Avenue Rd. cars.

**Classified Advertisements**  
WANTED—YOUNG LADIES OF good education, the main aim is to obtain these Out.  
**BELTING FOR SALE**  
ALL KINDS OF NEW AND USED belting, pulleys, cones, cables, hose, packing, etc., shipped subject to approval at lowest prices in Canada. Yorkville Belting Co., 115 YORK STREET, TORONTO.

**COARSE SALT LANDSALT**  
Bulk—Carbide  
TORONTO SALT WORKS  
G. J. CLIFF - TORONTO

**Amateur's Mosaic Dog Diseases**  
Book on DOG DISEASES and How to Feed and Train Dogs. For the Author, Dr. G. H. Galt, 60, St. Clair Street, New York, U.S.A.

**Are your Floors and Carpets worth saving?**  
You can protect the most expensive carpets and floors against damage at the cost of a few cents by fitting all your furniture and wood beds with **Onward SLIDING FURNITURE SHOES**. See that all your furniture is equipped with them. Tell your dealer that you must have them. All sizes and styles, both glass and steel. Made in Canada by ONWARD MFG. CO., Kitchener, Ont.

**Baby Wants Cuticura**  
It Keeps His Skin Soft Smooth and Clear  
Baby's tender skin requires mild, soothing properties such as are found in the Cuticura Soap, Ointment and Talcum. The Soap is so sweet, pure and cleansing, and the Ointment so soothing and healing, that Cuticura is the best for babies. See Dr. Chamberlain's Cuticura, Sold throughout the Dominion, Canadian Dispensary, Limited, 506 St. Paul St., Montreal, Quebec, Canada. Cuticura Soap and Ointment.

**NEARLY CRAZY WITH PAINS IN BACK**  
Read How Lydia E. Pinkham's Vegetable Compound Helped Mrs. Beecroft  
Hamilton, Ontario.—"I have suffered for three years from a female trouble and consequently weakness, pain and irregularity which kept me in bed four or five days each month. I nearly went crazy with pains in my back, and for about a week at a time I could not do my work. I saw Lydia E. Pinkham's Vegetable Compound advertised in the Hamilton Spectator and I took it. Now I have no pain and am quite regular unless I overwork or stay on my feet from one morning until late at night. I keep house and do all my own work without any trouble. I have recommended the Vegetable Compound to several friends."—Mrs. EMERY BEECROFT, 16 Douglas St., Hamilton, Ontario.

For nearly fifty years women have been telling how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast. If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It has helped others, let it help you.

**Let the Children share this mealtime beverage**

No NEED to warn the little folks away from the table beverage when Postum is served; every reason to invite every member of the family to join in the enjoyment of this wholesome, satisfying drink.

Postum is made from Nature's best wheat, and contains nothing to harm nerves or digestion.

You'll greatly relish its full-bodied flavor and aroma.

An economical mealtime drink—the large size tin of Instant Postum will serve from 90 to 100 cups.

Made in the cup, in a moment.

**Instant Postum for Health**  
"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd.  
Windsor, Ontario

**Genuine BAYER ASPIRIN**

**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 Wuppertal, Germany. While it is well known that Aspirin is a trademark of Bayer Manufacture, the Tablets of Bayer Manufacture will be stamped with their general trade mark, the "Bayer Cross."