

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.

"Save the babies" is a slogan that is being heard all over the world. From all civilized countries come reports of progress made in the work of Child Welfare, and governments are becoming alive to the fact that the normal healthy child is the nation's best asset.

Viscountess Buxton, wife of the present Governor-General of the Union of South Africa, is an enthusiastic worker in the cause.

There is a world-wide movement on behalf of children to-day," writes Lady Buxton, "and it is being gradually realized that for years past there has been a criminal—perhaps a crime—waste of child life everywhere, and all thinking people are determined to put an end to it."

There is no excuse to-day for a high infant mortality, for experience in other countries shows quite clearly how it may be decreased, and as soon as public opinion insists upon effective measures being adopted, the rate of mortality will go down, and the health of the children will marvelously improve.

Public opinion, when once awake and keen is irresistible, and I would urge all workers and sympathizers in Child Welfare to exert all their power towards so educating public opinion, that the demand for immediate reform may be pressed with a driving force that carries all before it.

Child Welfare is, no doubt, the chief corner-stone of a nation's welfare, and consideration of other aspects of social reform as affecting the child should be greatly towards the effective solution of a problem which brooks no delay.

It is no longer a question of whether a country can afford the expense of social reform. What it cannot afford is the waste, which must inevitably arise from the want of it. For what

shall a country give in exchange for its children? These are impressive words and show the earnest thought that Viscountess Buxton has given to this great work. Her services to the children of South Africa have been invaluable, and it was with great regret that she had to sever her active connection with the child welfare movement in the Union when Lord Buxton's term as Governor-General was completed.

Knowledge alone will not save the babies, but without knowledge they will assuredly die. Knowledge, however, combined with the will and determination put into effect, will assuredly reap a rich harvest. Infants die because those who are responsible for their care have not the knowledge requisite for adapting or modifying the rapidly changing environment which civilization imposes, to the more slowly changing "make-up" and constitution of the human baby.

The storage of milk and food in unsuitable places is often responsible for children's ailments, so the provision of a pantry, or suitable place for the storage of milk and food is absolutely essential. It is of ordinary, every-day practices that we develop the health spirit, and of these the handling of food is one of the most important. Many lives of children would undoubtedly be saved if the question of a hygienic food and milk supply was given more attention.

When we think of what might be done, the words of Wordsworth come to mind:—"A simple child, That lightly draws its breath, And feels its life in every limb, What should it know of Death?" And yet 7,804 babies died in Ontario last year before they were twelve months old.

Friendship never lives merely by material exchanges. The tangible things may be—and often they are—the missives of an abiding and a true affection. But the most and the best one mortal can give to another pilgrim on the human way is belief, whose other name is love. There is nothing like that to move and to inspire. It is what one man asks of another; it is what Heaven, unseen, inscrutable, eternal, asks of an earth that is finite, material, literal and obvious.

All things are possible not merely to the believers, but to those who are believed. It is for them to prove that they are worthy of belief.

Costly Languages. In one of the palatial homes of the new-rich somewhere off Park Lane in London, a Jewish gentleman sat before a blazing fire, a cigar between his teeth, a hiqueur at his elbow. His friend, Moses, sat opposite, likewise fortified.

The host was bewailing the enormous cost of keeping his son at college. "Such expenses!" he cried. "And the worst of all is the languages!" "Languages?" repeated his friend. "How's that?" "Well," said his host, "there is one item in the bill which runs, 'For Scotch, fifty pounds.'"

When you and I perform indignities, the shame and the sting of our malfeasance are, that we have disappointed some one who believed in us, and believed better than this evil that we did. We thought we were our own masters; we thought we were released to do as we pleased; we thought conscience could keep holiday and selfish soul was free. But the obligation by which we are bound to those who believe in us has no sense of location, and it knows nothing of a boundary. Wherever we go, it follows like "the hound of Heaven."

DIGESTIVE TROUBLES CAUSE MUCH DISTRESS

Are Nearly Always Due to Thin, Watery Blood.

Do not think that because your stomach is easily upset you are the victim of some serious malady. One of the most common causes of indigestion is anæmia, or thin, watery blood. In fact it has become generally recognized that healthy activity of the stomach is impossible unless the blood is rich and red.

Dr. Williams' Pink Pills have been found valuable in cases of indigestion, nervous dyspepsia and stomach weakness, just because they are a blood builder and nerve tonic. The rich, red blood following their use not only imparts a healthy digestion, but carries vigor to the cheeks and lips, and gives vigor to the muscles. One important point to remember is that Dr. Williams' Pink Pills contain no harmful drugs or opiates and are thus to be preferred to preparations that merely stimulate for a time.

For a long time I was a sufferer from indigestion, which seemed to carry with it a complication of other troubles. Every meal brought misery with it, as the eating was followed by severe pains in the stomach, causing at times nausea and vomiting, and at other times an accumulation of gas that caused severe palpitation of the heart and a smothering sensation. The result was that my general health was seriously affected and the least exertion would tire me out. I had taken much medicine, but did not get more than temporary relief until I began using Dr. Williams' Pink Pills, which I took for a considerable time, with the result that I now enjoy every meal and am no longer distressed after eating.

Coal Cities Livs. For every million tons of coal mined, five men are killed and 550 are injured.

Minard's Liniment Relieves Neuralgia. All Things. My foe men tremble before with purpose grim; But, trusting in the Lord of Life, I go: All things for me are possible with Him.

The Bragger. Mrs. O'Toole cranked the mangle for the last time, and gathered up a huge pile of washing and toddled into the front garden to hang it on the fence.

Be generous with compliments, nigardly with complaints.

The Next Hour. Wasted Hours.

The long-forward look in a mortal lifetime is not possible. We see what we desire afar off, but as we search to it there are interruptions. If we are of a possibly sedulous disposition, we will have with us a pleasant Muslim faithless to the death of "dying." If we have what Col. Roosevelt used to call a "fighting edge," we persist as those who would make stepping-stones of failure, and compel the circumstance itself to follow at heel.

To plan life is like playing chess in the mind, we plot our moves. But we cannot execute our strategy unimpeded. The enemy runs in the way, to confute and to frustrate. Constantly we must reshape the scheme of our offensive. But there could be no Capablanca without an opposition. A championship implies a conquest of resistance, never a solo performance.

But we are mortally weak. We tire so soon. We know that concentration is the first and the last prescription for success. But it is easier to dream than to be up and doing. It is easier to tell others how imperfectly they perform. It is easier to sit in a window canopy and dream of a bright future and a better world.

Whither has a man's youth fled? He is startled that the days flash past, like a landscape seen from a car window, and he seems to have done nothing with them. He cannot catch up or keep up. Only a little while ago he was a boy; but he looks in the glass, and there sees autumn foliage, not spring flowers.

Bargains in Babies. Little Jane had long wanted a baby sister, and one day she came rushing home in high excitement.

Nothing to Equal BABY'S OWN TABLETS. Mrs. Georges Lefebvre, St. Zenon, Que. writes: "I do not think there is any other medicine so equal Baby's Own Tablets for little ones."

Taking No Chances. A census official called at a humble home and found the head of the family poring over a large volume. It transpired that the householder some months before had been induced by a travelling agent to buy an encyclopedia, and that to get the worth of his money he had been reading the books pretty constantly ever since.

His Clear Title. An Englishman was staying at a swagger hotel in Berlin. He had secured comfortable rooms, but the landlord informed him one day that he must give them up in favor of a fresh arrival the Elektor—that is to say, the Governor—of some petty German State with an unpronounceable name.

Wasted Hours. There was a day I wasted long ago. Lying upon a hillside in the sun—An April day of wind just drifting clouds. An idle day and all my work undone.

And I could smell the warmth of trodden grass. The coolness of a freshly harrowed field; And I could hear a bluebird's wistful song. Of love and beauty only half revealed. I have forgotten many April days But one there is that comes to haunt me still.

ACIDS IN STOMACH CAUSE INDIGESTION. Creates Gas, Sourness and Pain. How to Treat. Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach.

Minard's Liniment for Sale Everywhere. To the man with a will a way is never wanting.

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

FOR CONSTIPATION AND SICK HEADACHE. Dr. Ross' Kidney and Liver Pills.

MINARD'S "KING OF PAIN" LINIMENT. Rheumatism, Sprain, Bruise, Burn, Frostbite, Blisters, Swellings, Stomach Aches, Headaches, Neuralgias, etc.

CORNS. Lift Off with Fingers. Doesn't hurt a bit! Drop a little "Frozone" on an itching corn, instantly that corn stops hurting, then shortly you lift it right off with your fingers!

Minard's Liniment for Dandruff. ISSUE No. 17-22.

KELLY THROWS HIS CRUTCHES AWAY

OLD TIME STRENGTH HAS RETURNED AND HE FEELS FINE.

Can Do as Big a Day's Work as Any Man, Now, He Declares—Gives Tanic Credit.

Tanic has restored me to perfect health, and the best I can say for it is not as good as it deserves," said John Kelly, an employee of the Fred Construction Company, residing at 129 Bold St., Hamilton, Ont.

Money Orders. Remit by Dominion Express Money Order. If lost or stolen you get your money back.

DOG DISEASES. How to Feed. Mailed Free to any Address by the Author: E. Gray Glover, Co., Inc., 17 West 54th Street, New York, U.S.A.

FOR CONSTIPATION AND SICK HEADACHE. Dr. Ross' Kidney and Liver Pills.

Vaseline CARBOLATED. 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.

ASPirin. WARNING! Say "Bayer" when you buy Aspirin. Unless you see the name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Chubb's... ALL KINDS OF... BELTIM FOR SALE... Always pay as you go...

Will not scratch or tear. Orwash. Always pay as you go...

Don't Worry About Your Complexion. Will Take Care of It. If you make the Oidium...

SUCCEEDS WHERE DOCTORS FAIL. Lydia E. Pinkham's Vegetable Compound.

ASPirin. Genuine BAYER. ASPirin is the trade mark... ASPirin is the trade mark (registered) in Canada...

Mr. Jenkins Took a Cracked Club To Tame Lions
The exhibition ended rather badly. It very nearly was a big day for the lions and a sad day for Mr. Jenkins—all for want of proper care in getting ready.
Many a man who has business to do and a living to make and a job to fill is as careless how he feeds his body as Mr. Jenkins was in picking out a club.
Some foods are too heavy, some are too starchy, many lack necessary elements and so starve the body—and many load the system down with fermentation and auto-intoxication.
Grape-Nuts helps build health and strength. It contains the full richness of wheat and malted barley, including the vital mineral elements, without which the body cannot be fully sustained. Grape-Nuts digests quickly and wholesomely. Served with cream or good milk, it is a complete food—crisp and delicious.
Grape-Nuts is just the food for those who care to meet life's situations well prepared in health. Order Grape-Nuts from your grocer today. Try it with cream or milk for breakfast or lunch, or made into a delightful pudding for dinner.
Grape-Nuts—the Body Builder "There's a Reason"
Made by Canadian Postum Cereal Co., Limited, Windsor, Ontario