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.

The ever-increasing number of women employed in industry constitutes a health problem intricate and important, affecting not only themselves, but the health and vitality of many of the coming generation. The economic conditions of our time seem not only to make it necessary for women to supplement the family income, but in too many cases to assume the chief responsibility for the support of the home. It is therefore necessary to see that working conditions for women are such as not to impair their health and efficiency. First of all it is necessary that a living wage for women be provided. In addition to the prescribed standards for women workers, viz., the eight-hour day, Saturday half-holiday, and no night work, many details of importance need to be given attention. Experts agree on the following: Good working conditions, including adequate washing facilities; adequate and sanitary toilet accommodations; dressing rooms, clean workrooms with carefully adjusted lighting, ventilation and heating, plentiful and sanitary drinking facilities; chairs, machines and work tables adjusted so that the workers can either stand or sit at their work; carefully guarded machinery; elimination of the necessity for the constant standing or other posture causing physical strain, repeated lifting of heavy weights or other abnormally fatiguing motions, and the operation of mechanical devices requiring undue strength; exposure to excessive cold, or to dust, fumes or other occupational poisons without adequate safeguards against disease.

Prohibition of employment of women in occupations involving the use of poisons, which are proved to be more injurious to women than to men.

Prohibition of home work and co-operation of workers in establishing health standards in industry.

While the standards especially apply to women, very few of them can be said to apply only to women. Take the question of long hours in the mill or factory, which is not good for either man or woman, but while the former is usually through with work when he leaves his job at night, the latter has often several hours of housework to do after she gets home. This refers primarily to widows, and to wives of men either partially or totally incapacitated, who because of economic necessity have to earn money to support the family.

Occupations such as wrapping and packing cigarettes, running an electrically-driven sewing machine which makes two thousand or more stitches a minute, or any process that requires an infinite number of rapid repetitions of the same movement must have a definite injurious effect on the nerves. A careful and full examination of the effects of this class of work is extremely necessary.

Posture or position while at work is another subject that has not been given sufficient attention in the past. A definite standard as to the kind of seat used, the back rest, the foot rest, the number of hours on stretch that women have to sit or stand at their work, are all matters of great concern to the health and comfort of those engaged in such occupations. Lifting heavy weights is something that women should not be asked or expected to do, while poisonous fumes and gasses have been found to have a much more serious effect upon women than upon men. It is known that lead poisoning in women may result in sterility or in children being deadborn, or in more of their babies dying during the first year of their lives.

Taking Toronto as an example of Canadian cities, a recent investigation among industrial plants there revealed the fact that one-third of all the employees are women, and these being largely of child-bearing age, the health problems thus raised are numerous and extremely important.

Will Mrs. Geo. Pentland who wrote asking for literature please send her address to Dr. Middleton at Spadina House, Toronto. Mrs. Pentland overlooked giving her address on the letter sent.

SIR ROSS SMITH LOVED HIS AIRPLANE

AS A THING ALIVE, WITH LUNGS, VOICE, POWER!

Interesting Light Thrown on Mental Attitude of Gallant British Aviator.

There was a gallant ship which set out on a voyage of 14,000 miles, for a prize of $50,000 and the honor of being the first man-carrying vessel to follow the highways of the air between England and Australia. The ship was the Vickers Vimy, a sister of the British airplane which flew the Atlantic last summer. Months ago the cables carried the story of how the four air adventurers had completed their journey halfway around the earth within the time set by the paper which offered the prize. The pilot for the expedition, Capt. Sir Ross Smith, who was killed just previous to starting from Croyden, England, on a trip around the world, wrote the story of the long cruise and it has been published, illustrated with photographs, under the title of "14,000 Miles Through the Air."

"Lyons—Rome," "Cairo to Bagdad," "In the Clouds Above Burma," "Siam to Singapore"—so run some of the chapter headings. The gallant pilot had more than a sporting interest in the flight, it may be gathered from many suggestive passages in his journal. He loved his machine. This tribute to it appears in the chapter which records the start of the flight:

"The machine was flying stately and steady as a rock. All the bracing wires were tuned to a nicety; the lope on the huge planes glinted and glistened in the sunlight; I was filled with admiration. The engines, which were throttled down to about three-quarters of their possible speed, had settled down to their task and were purring away in perfect unison and harmony.

"A small machine is ideal for short flights, joy-riding the heavens, or sightseeing among the clouds; but there is something more majestic and stable about the big bombers which a pilot begins to love. An exquisite community grows up between machine and pilot; each, as it were, merges into the other. The machine is rudimentary and the pilot the intellectual force. The levers and controls are the nervous system of the machine, through which the will of the pilot may be expressed—and expressed to an infinitely fine degree. A flying-machine is something entirely apart from and above all other contrivances of man's ingenuity.

Almost a Living Thing.

"The airplane is the nearest thing to animate life that man has ereated. In the air a machine ceases indeed to be a mere piece of mechanism; it becomes animate and is capable not only of primary guidance and control, but actually of expressing a pilot's temperament.

"The lungs of the machine, its engines, are again the crux of man's wisdom. Their marvelous reliability and great intricacy are almost as awesome as the human anatomy. When both engines are going well and synchronized to the same speed, the roar of the exhausts develops into one long-sustained rhythmical boom—boom—boom. It is a song of pleasant harmony to the pilot, a duet of contentment that sings of perfect firing in both engines and says that all is well.

"The melody of power boomed pleasantly in my ears, and my mind sought to probe the inscrutable future, as we swept over the coast of England at 90 miles per hour."

Let the Children in, too!

It's no longer necessary to maintain a dividing line at the breakfast table—tea or coffee for grown-ups—no hot cup for the youngsters

Serve

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to each member of the family, and all will be pleased and benefited by this pure, wholesome cereal drink.

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A NERVOUS BREAKDOWN

When the Blood is Out of Order the Nerves Are Starved.

The nervous system is the governing system of the whole body, controlling the heart, lungs, digestion and brain; so it is not surprising that nervous disturbances cause acute distress. The first stages of nervous debility are noted by irritability and restlessness, in which the victims seem to be oppressed by their nerves. The matter requires immediate attention, for nothing but suitable treatment will prevent a breakdown. The victim, however, need not despair, for even severe nervous disorders may be relieved by improving the condition of the blood. It is because Dr. Williams' Pink Pills enrich the blood that this medicine has proved beneficial in nervous disorders. The nerves thrive on the better blood made by these pills; the appetite improves, indigestion is better, sleeplessness no longer troubles the nerve-shattered victim, and life generally takes on a cheerful aspect. The value of these pills in cases of this kind is shown by the experience of Mrs. John W. Macdonald, Cardigan, P.E.I., who says:—"I have much cause to be grateful to Dr. Williams' Pink Pills. I was suffering from nervous breakdown, and my condition gave alarm to both my friends and myself. I suffered almost continuously from nervous headaches, my appetite was poor, I hardly got any sleep, and in every way I was badly rundown. A friend advised me to try Dr. Williams' Pink Pills, and after I had taken them for a while there was a noticeable improvement in my condition. I continued using the pills until I had taken twelve boxes, when every symptom of the trouble was gone, and I have since enjoyed the best of health."

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

When Things Stick.

There are times when the cap of a fountain-pen vies with the limpet in sticking power. Sometimes, again, it is the screwed portion containing the nib that refuses to move when you want to fill your pen in a hurry.

Either of these can be removed in a very simple way. Don't use force; get a broad rubber band and wrap it round the part that has stuck. Rubber grips well on even slippery vulcanite, and you will find that with its help your fingers will obtain such a firm hold that unscrewing is a matter of a moment.

If the metal lid of a screw-topped glass jar refuses to move, wrap round it a strip of sand-paper with the rough side inwards. The rough surface bites into the smooth metal, enabling the hand to get a splendid purchase.

When a glass stopper sticks, try tapping it gently on all sides with the back of a knife. Usually this will loosen it. But if it still remains fixed wind a thick piece of string round the neck of the bottle and roll its ends backwards and forwards half-a-dozen times. The heat set up by the friction of the string will warm the glass, causing it to expand and loosening the stopper.

Plants That Follow the Sun.

At this time of the year runner beans and many other climbing plants are making their way up the hopes that support them. If you examine them you will find that those which climb by twining always twist in the same direction.

The hop and the honeysuckle turn from left to right. The reason for this is that the sun moves in the same direction and the plants follow him. The side of the shoot which is turned towards the sun grows faster than that which is in the shadow, and the result is that the stalk is forced into a "clockwise" curve.

The runner bean, however, and many other plants, twist in the opposite direction. At first sight you might think that this disproved the explanation given above; but in reality it does not. Plants of this kind are affected differently by strong light and the heat of the sun. In their case, the side of the shoot which faces the sun shrinks a little under the heat and wraps the whole stalk into an "anti-clockwise" curve.

Meanest Man.

Who was the meanest man that ever lived? Surely the doubtful distinction was earned by the Irish knight referred to in Dr. Poumies de la Siboutie's "Recollections of a Parisian."

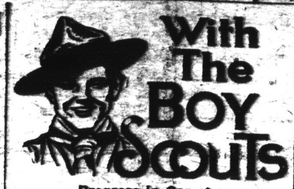
This man, whose name was Flott, had established an unenviable reputation for avarice. His wife, who used to keep a coffin in her bedroom at Dublin, in which she wished to be laid after her death, died away from home. Flott thereupon dispatched the following note to his steward: "Kindly send me her ladyship's coffin, and make use of the opportunity by filling it with fruit and vegetables, as nothing of the kind can be bought here."

The order was obeyed. The coffin arrived crammed with eatables, which were taken out and replaced with the remains of Lady Flott.

Missed His Mark.

Uncle was telling a yarn to his nephew, and he made it exciting. What's the good of telling a yarn if it is not exciting? "The snow was falling fast and furious as I tore out of the wood on to the plain in one of the wildest parts of Siberia. We had more than a mile to go to get out of the forest, that was plain. We heard the howls of the pack of wolves behind us. I strained every nerve, but all in vain. Now I could hear their panting breath. At last I felt their muzzles touching me. When—" "Oh, uncle," interrupted the nephew, "you must have felt glad!" "Glad, my boy!" cried the uncle in amazement. "Why?" "Why, glad when you found out that they had their muzzles on!"

Minard's Liniment for sale everywhere



With The BOY SCOUTS

Progress in Canada.

His Excellency, Lord Byng of Vimy, as Chief Scout for Canada, presided at the recent annual meeting of the Canadian General Council of the Boy Scouts Association, which was the most largely attended meeting the Council has ever had. Representatives were present from nearly all the provinces and they brought with them most optimistic reports on the condition of Scouting in their various districts.

The Boy Scout census returns for 1921 showed an increase of nearly 24% in the Scouts of Canada over the preceding year. The most marked increase was in the membership of the Wolf Cubs, which in 1920 numbered 4,288 and in 1921 rose to 6,342, being an increase of nearly 50%. Counting the Wolf Cubs, Scouts and the officers of various ranks, the total membership in Canada was shown to be 35,445 as compared with 28,626 in 1920.

Medals for Gallantry.

The increase in the number of awards for gallantry reported by the Medal Board to the annual meeting indicates that the Scout training is becoming increasingly effective among Scouts. It is also an indication of interest and appreciation on the part of the public generally that people so frequently bring acts of gallantry on the part of the Scouts to the attention of the Provincial Boards of Honor.

The report of the Dominion Medal Board covered a period of 18 months ending December 31st, 1921, during which time 53 distinct awards for gallantry and heroism were made. The cases were as follows:

8 Certificates of Merit, granted for exceptionally good work.

6 Medals of Merit for performing meritorious acts, or specially good work on behalf of the Boy Scout Movement.

17 Gilt Crosses, awarded to Scouts who did exceptionally well in cases of emergency, though without special risk to themselves.

15 Silver Crosses, for gallantry with considerable risk.

5 Bronze Crosses, for special acts of heroism, or where boys faced extraordinary risks.

2 Silver Wolves, open to King's Scouts only who have performed some special piece of Scout work, such as the saving of life under exceptional circumstances, or the performance of some extraordinary or repeated acts of bravery, endurance or self-sacrifice.

This is by far the largest number of awards which the Medal Board has reported within a like period.

Aims and Accomplishments.

In the concluding paragraphs of the Dominion Executive Committee's report to the Council it is stated that:

"We remind ourselves constantly that the aim of the Boy Scout Movement is to develop character in boys and to prepare them to become good citizens. The spirit of Scouting is set forth in the Scout Promise and the Scout Law; and is revealed by the Scout Slogan "Do a Good Turn Every Day," and the Scout Motto, "Be Prepared." The Scout programme and the Scout method make a happy combination. They are adapted to boy nature and suitable for boys of Scout age—12 - 18. No other scheme of recreational education is liked better by the boys themselves, and no other succeeds better in bringing out the fine manly qualities which boys themselves admire.

"We have told ourselves often, after observing the results made manifest by Scouting, that good habits are formed, good habits are learnt, good associations are found, good comrades are enjoyed, good health is promoted, and good character is developed. These are natural fruits in boy life from keeping the Scout Promise, loving and obeying the Scout Law and going in heartily to pass the Scout Tests and win Proficiency Badges."

SATISFIED MOTHERS

No other medicine gives the same satisfaction to mothers as do Baby's Own Tablets. They are equally good for the newborn babe or the growing child and are absolutely guaranteed to be free from opiates or other harmful drugs. They are a mild but thorough lavative and cannot possibly do harm—they always do good. Concerning them Mrs. Jos. Ache, Coteau Road, N.B., writes:—"I think that Baby's Own Tablets are a marvel as medicine for little ones. I gave them to my little girl with such good results that I now strongly recommend them to all mothers." The Tablets are sold by medicine dealers or by mail at 25 cts. a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Lazy Switchman's invention.

Few things are wholly bad. Laziness is not an admirable trait in any man, but for all that it appears to have been responsible for at least one useful and important invention. In 1846, says an American writer, a railway switchman who had to attend to two station signals some distance apart decided to save himself the trouble of walking to and fro between them by fastening the two levers together with a long piece of wire. He used a broken chair as a counter-weight and ran the wire on into his hut. Each night after that he sat by his fireside and worked the two signals without getting foot outside.

Presently the railway authorities found out what he had done, reprimanded him for his indolence, promoted and rewarded him for his ingenuity and then adopted his invention.

Minard's Liniment for Dandruff.

To prevent the skin from discoloring after a fall or blow, take a little dry starch, moisten it with cold water and lay it on the injured part.

TRY MAGNESIA FOR STOMACH TROUBLE

It Neutralizes Stomach Acidity, Prevents Food Fermentation, Sour Gassy Stomach and Acid Indigestion.

Doubtless if you are a sufferer from indigestion, you have already tried pepsin, pancreatin, charcoal, drugs and various digestive aids and you know these things will not cure your trouble—in some cases do not even give relief.

But before giving up hope and deciding you are a chronic dyspeptic just try the effect of a little Bisurated Magnesia—not the ordinary commercial carbonate, citrate, or milk, but the pure Bisurated Magnesia which you can obtain from practically any druggist, in either powdered or tablet form.

Take a teaspoonful of the powder or two compressed tablets with a little water after your next meal, and see what a difference this makes. It will instantly neutralize the dangerous, harmful acid in the stomach which now causes your food to ferment and sour, making gas, wind, flatulence, heartburn and the bloated or heavy, lumpy feeling that seems to follow most everything you eat.

You will find that provided you take a little Bisurated Magnesia immediately after a meal, you can eat almost anything and enjoy it without any danger of pain or discomfort to follow, and moreover, the continued use of the bisurated magnesia cannot injure the stomach in any way so long as there are any symptoms of acid indigestion.

Wolf and Lamb Up to Date.

Here is the latest version of the tale of the Wolf and Lamb:

Taking advantage of the universal disorder the wolf one day left the woods. He met a lamb that quietly grazed in the meadow.

"I'm going to eat you," he said simply. "No use asking explanations. I don't do it out of malice or vengeance. I am a wolf, thou art a lamb; that suffices."

The lamb asked for five minutes' respite and ran straight to the seat of the Society for the Protection of Animals, where it made known its case. "We are here," they answered, "to protect the animals from men, and not from other animals. If the wolf wants to eat you nothing can be done. It is the law."

Filled with respair, the lamb returned to its doom. On the way it met an old he-goat, who, on learning the lamb's misfortune, was seized with great pity. He took it to his house and powdered its fleece all over with pepper until the white lamb had turned black.

"Go now," said the old goat, "and don't be afraid."

The wolf waited, full of confidence. It was difficult for him to recognize the lamb, but he snapped at it all the same. Immediately he choked and his eyes filled with tears.

"Get off!" he said, releasing his prey. "There is no longer justice in the world. It is the end of everything."

And, with his tail lowered, he went back to the woods.

What does the fable teach? The answer may be suggested by the circumstance that this version appears in a Bulgarian paper—and Bulgaria is supposed to have had a narrow escape from being despoiled by Greece.

Interesting Customs of Bees.

Volumes have been written on the life of bees; so full of interest are their habits, their laws and government. A queen is their greatest treasure, and they will guard her with their lives, but only one queen will they tolerate, although it will happen at times that two queens will be hatched.

When this does occur a deadly combat begins the moment that the queens emerge from their cradles, and Huber was the first to remark an extraordinary feature in connection with this combat. Each time that the queens present their cuirasses to each other in such a fashion that the drawing of the sting would prove mutually fatal, the two warriors, stricken with simultaneous terror, divide and fly, only to meet shortly after and separate again should the double disaster threaten the future of their people. At last, however, one of them is bound to succeed in surprising her clumsier or less wary rival and in killing her without risk to herself, for the law of the race has called for one sacrifice only.

Divorce Statistics.

Divorce statistics of the world have just been compiled by a famous German lawyer, showing that 79 per cent. of divorces involve the husband as the guilty party so that there remain 21 per cent. where it is the fault of the wife.

O. McPherson,
Furniture Dealer and Undertaker,
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Minard's Liniment Co., Ltd.,
Yarmouth, N.S.

Dear Sirs,—Since the start of the baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using MINARD'S LINIMENT our troubles ended. Every baseball player should keep a bottle of your liniment handy. Yours truly,

W. E. McPHERSON,
Sec. Armstrong H. S. Baseball Team.

Radium worth $20,000,000, but weighing only 6 ozs., has been produced in the last twenty-six years.

Pews were first placed in churches for the use of Norman nobles. Ordinary worshippers sat on three-legged stools.

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

The first aerial time-table, consisting of nearly one hundred pages, has appeared in Germany.

Minard's Liniment for Burns, etc.

ISSUE No. 20—'22.

Escape at Bed Time.

Lights from the parlor and kitchen shone out,
Through the blinds and windows and bars,
And high overhead and all moving about
There were thousands and millions of stars,
There ne'er were such thousands of leaves on a tree,
Nor of people in church or the park
As the crowds of the stars that looked down upon me
And that glittered and winked in the dark.

The dog and the plough and the hunter and all,
And the star of the sailor and Mars,
These shone in the sky and the pail by the wall
Would be half-full of water and stars;
They saw me at last and they chased me with cries,
And they soon had me packed into bed,
But the glory kept shining and bright in my eyes,
And the stars going round in my head.

—Robert Louis Stevenson.

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 toe, and the calluses, without soreness or irritation.

Who overcomes by force hath overcome but half his foe.—John Milton.

The greatest truths are the simplest; and so are the greatest men.—Hare.

Frank: "If thirty-two is freezing point, what is squeezing point?" Bob: "Two in the shade."

Minard's Liniment Relieves Neuralgia

The red terror is the forest fire. It robs the public treasury. It cuts off employment. It undermines our lumber and pulp and paper towns.

America's Pioneer Dog Remedies

Book on

DOG DISEASES

and How to Feed
Mailed Free to any Address by the Author.
H. Clay Glover Co., Inc.
129 West 24th Street
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HEAD COVERED WITH PIMPLES

Itched Badly, Baby Cried At Night. Cuticura Heals.

"My baby's head was covered with hard, red pimples. They itched so badly that she scratched them until they developed into sore eruptions. Her hair began to fall out, and at night she cried and kept me awake.

"I tried different remedies without relief until I started using Cuticura Soap and Ointment. After one week's use I saw a great improvement, and after using two cakes of Cuticura Soap and three boxes of Cuticura Ointment she was completely healed." (Signed) Mrs. M. De Stefano, 76 French St., Bridgeport, Conn., May 11, 1921.

Use Cuticura Soap, Ointment and Talcum exclusively for every-day toilet purposes.

Sample Each Free by Mail. Address: "Cuticura, Dept. L, 344 St. Paul St. W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

TOOK ALL HIS GRIT TO HOLD ONTO HIS JOB

Was Afraid to Eat, Grew Weak and Dizzy, But Tanlac Soon Ended His Troubles, Says Quebec Citizen.

"Tanlac has done me a world of good and I am a firm believer in it," said Narcisse Descombes, 79 Franklin, Quebec, Que.

"For over a year my stomach was badly out of order and I didn't relish a thing, in fact, I was almost afraid to eat, because I knew of the suffering that was sure to follow. At times I was so weak and dizzy I could hardly stand up and while I managed to hold on to my job, it took all my grit to do so. Indeed, I was almost a nervous and physical wreck.

"I took only a few bottles of Tanlac, but to-day I feel better, work better and sleep better than I have in years. It has just made a new man out of me."

Tanlac is sold by all good druggists.

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RADIO—BUILD YOUR OWN RECEIVING set. Genuine Blueprints, easy to understand, at inexpensive cost with instructions how to build, install and operate. One dollar postpaid. Crown Radio Supply, 218 Mapaling Chambers, Toronto.

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No need to lose chicks. Raise every one into a strong profitable bird. Successful poultrymen everywhere bank on

Pratts Buttermilk Baby Chick Food

Sold everywhere on the money back guarantee. ADVICE FREE. Tell us your troubles.
PRATT FOOD CO. OF CANADA, LIMITED
Toronto

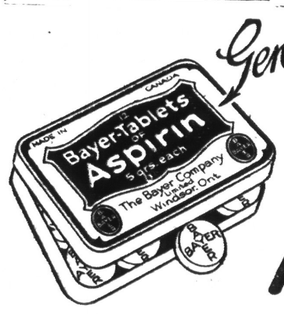
HER AILMENTS ALL GONE NOW

Mrs. Sherman Helped by Lydia E. Pinkham's Vegetable Compound

Lake, Michigan.—"About one year ago I suffered with irregularities and a weakness and at times was obliged to stay off my feet. I doctored with our family physician and he finally said he could not understand my case, so I decided to try Lydia E. Pinkham's Vegetable Compound. After I had taken the first bottle I could see that I was getting better. I took several bottles of the Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and I am entirely cured of my ailments. You may publish this letter if you wish."—Mrs. MARY SHERMAN, Route 2, Lake, Mich.

There is one fact women should consider and that is this. Women suffer from irregularities and various forms of weakness. They try this and that doctor, as well as different medicines. Finally they take Lydia E. Pinkham's Compound, and Mrs. Sherman's experience is simply another case showing the merit of this well-known medicine.

If your family physician fails to help you and the same old troubles persist, why isn't it reasonable to try Lydia E. Pinkham's Vegetable Compound?



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 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 general trade mark, the "Bayer Cross."