

# 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.

We used to laugh at the Chinese on account of their strange customs, and now we find the Chinese are laughing at us. John Chinaman is a funny fellow when he is at home in his native land. He builds the roof of his house first and the walls afterwards. He pays the doctor when in good health and steps paying him when sickness comes. We used to hear about this and think it strange, and we just laughed at the Chinese and said "What an idea!" and gave the matter no further thought.

But times have changed. We in this country are beginning to find out that the Chinese were a highly civilized people in the days when Anglo-Saxons were cave-men. Many of the Chinese customs, moreover have stood the test of time, and this practice of paying the doctor when one is well, is now regarded in western countries as a very practical and sensible thing to do.

Why overhaul your motorboat, and neglect overhauling your old body? Why have your motor car examined periodically, and not your stomach, your heart, your liver, your lungs? Did you ever see a railway employee strike the wheels of a train as it stops in the station? Do you know why he does that? It is to see if there are any cracks or flaws in the wheels that might cause a breakdown on the journey. The sound of the wheel when struck indicates whether or not the wheel is all right and in good repair. Is it not far better to do this than to wait till the crash comes, and then say it was an unnoticed crack in the wheel that caused the accident. Why should the same reasoning not apply to our health, our physical condition? Would it not be much better if so-called well-people could be periodically examined instead of sick, who have already broken down like the train wheel? True, the human wheel like the railway wheel has to be repaired—the doctor is needed to effect a cure, but if the necessary repairs had been done before and not after sickness came, or had physical defects been corrected in childhood, much suffering and ill-health could be avoided.

The day will come when the well person will take his annual or semi-annual health examination as naturally as he balances his bank book. That is something to look forward to, and the sooner it comes into vogue the better.

## Wireless for Beginners

**BY ANTHONY PYKE**  
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### ARTICLE II. Making Waves in the Ether.

Drop a stone in a pond. What do you observe? A band of ripples expands from the centre of disturbance and sets distant small floating objects bobbing up and down. Punch the water with a stick or alternate long and short periods, pausing between them and we note that the floating objects bob up and down for corresponding periods, as the hand of a pendulum, or the hand of a clock. Some such waves of energy travel through the ether. Some such waves of energy travel through the ether. Some such waves of energy travel through the ether.

Without enquiring too deeply into the nature of electricity, let us assume that a current is suddenly made to flow along a wire from A to B, to stop and instantly return to A, and to repeat this return journey several thousand times per second.

Surrounding the wire, permeating the conductor A B is the ether. We might imagine this ether to be punched, first in one direction by the rapid flight of current from A to B, and then in the opposite direction by the return of the current to A. As a body of water is set rippling when punched with a stick, so we may suppose the ether to be set rippling when punched with electric currents.

## THE CRADLE OF THE BRITISH EMPIRE

### PLYMOUTH'S ROMANTIC CLAIMS TO RENOWN.

#### Nursery of World-Conquerors Her Name and Fame Have Spread to All Lands.

Plymouth has a history which few other towns in Britain can rival and none can eclipse.

Today she may occupy no high place in the list of Britain's rich and populous towns; but she can point to a time in Tudor days when she was the acknowledged queen of them all—the cradle of the British Empire.

Her story had its origin in the mists of the distant past, when the giant Goemot and Corinthus fought each other to the death. As proof that the story is no fable, they can (or could at one time) show the giant's jawbone as it was brought to the light of day when the foundations of her citadel on the Hoe were prepared.

But Plymouth has no need to quote legends to prove her length of years. When the first of the Conqueror's followers set foot in her streets she was a flourishing little town. And with the coming of the fourteenth century she entered on an adventurous era which focused the world's eyes upon her.

Armies Come and Go.

In 1346 she saw the Black Prince and his army embark upon that historic campaign which was crowned by the victories of Crecy and Poitiers. The gallant Prince returned crowned with laurels, bringing back as prisoners the King of France and his son.

And it was at Plymouth, years later, that the Black Prince returned from his campaign in Spain, a dying man, scarcely able to complete his journey to London.

Plymouth experienced something of the horrors of war in those long-gone days, when the French swooped down on her twice and left her streets filled with the slain, under a canopy of smoke from her burning buildings.

But it was in the sixteenth century that her golden era really opened. These were the days when Britain's bold spirits began to roam the seas in search of new lands.

Sir John Hawkins was cradled in Plymouth. His forefathers for generations were Plymouth men; and it was fitting that this "Terror of the Seas," who played such a great part in smashing Spain's Armada, should hail from this nursery of world-conquerors.

Raleigh, another man of Devon, sailed from Plymouth on his many voyages, in which he played such havoc with Spanish treasure-ships, and planted the British flag in Virginia. From Plymouth Sir Martin Frobenius set forth on his thrilling adventures; and Sir Humphrey Gilbert to the discovery of Newfoundland. To Plymouth Sir Francis Drake returned from his voyage round the world, bringing rich booty from captured Spanish galleons.

Founding a New World.

It was on Plymouth Hoe, eight years later, that Drake was playing that historic game of bowls when the first glimpse was caught of the far-spreading crescent of the Armada.

As the pageant of Plymouth passes before us we see the little Mayflower setting sail from her harbor to people a new world across the Atlantic. We see her fighting bravely on three occasions to keep the besieging Royalist troops out of her streets; and we see the lonely, pathetic figure of Napoleon standing on the deck of the Bellerophon, gazing at the dense mass of boats packed with sightseers who were curious to look upon the fallen despot of Europe.

Today Plymouth is a flourishing port, to and from which the world's ships carry their freights. Her name and fame have spread to all lands.

Sincere Gratitude.

Customer—"Mr. Cohen, why do you have that large apple over your shop door?"

Cohen—"Well, well, if it hadn't been for Eve and her apple we would've clothing business be today."

## Worried Women NEED RICH BLOOD

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

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

To guard against a complete breakdown in health the blood must be kept rich, red and pure. No other medicine does this so well as Dr. Williams' Pink Pills. This medicine strengthens the nerves, restores the appetite and keeps every organ healthily toned up. Women cannot always rest when they should, but they can keep their strength by the occasional use of Dr. Williams' Pink Pills. Among those who have found benefit from this medicine is Mrs. Cora Conrad, Broad Cove, N.S., who writes: "My system was very much run down, and my blood poor and watery. I suffered a great deal from headaches and dizziness; my appetite was poor, and I tired easily. I decided to try Dr. Williams' Pink Pills and have every reason to be glad that I did so. Soon I felt a flourishing little town. And with the coming of the fourteenth century she entered on an adventurous era which focused the world's eyes upon her.

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### His Secret Terror.

A gentleman was negotiating with a horse dealer. "I am not so particular about speed," he said, "but I must have a gentle horse for my wife to ride. Will you guarantee this horse to be safe?"

"Certainly," said the dealer. "He's a regular lady's horse."

"You are sure he's not afraid of anything?" asked the gentleman anxiously.

"Whereupon the dealer assumed an air of reflection. "Well, there is one thing that he has always appeared to be afraid of," he admitted conscientiously. "It seems as if he's scared to death for fear some one might say, 'Whoa!' and he not hear it."

## SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are young children. There is no other medicine as good and the mother has the guarantee of a government analyst that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## London Slums to be Wiped Out.

London, which has spent \$16,000,000 in the last four years in haphazard housing schemes, is about to embark on a general program through which all of its slum areas are to be eliminated, says a recent despatch.

The proposal, huge as it is in itself, has more than usual interest due to the fact that it owes its inception to the Queen.

The Queen some weeks ago paid a visit of state to one of the poorest sections of the city where work was about to begin on a housing scheme. She inspected several of the houses in which the poorer of her subjects were then living and as a result of this inspection it was made known to the Government and London officialdom that the royal family would regard anything that might be done for the people forced to live under such conditions as a personal favor.

The task, because of its size, must proceed slowly and take time, but the present plan calls for the expenditure of \$1,000,000 a year in reclaiming and rebuilding sections of the city that have fallen into great decay.

Unreasonable.

Mother—"Tommy, what's your little brother crying so much about?"

Tommy—"Cause I'm eating my cake an' won't give him any."

Mother—"Is he own cake finished?"

Tommy—"Yes, an' he cried while I was eatin' that, too."

## Two in Family Are Restored By Tanlac

One of the outstanding features of Tanlac is that very often several members of the same family are restored to health by it. Thousands of such cases are on record and it is now the family medicine in countless homes throughout the U. S., Canada, Mexico and Cuba. Mrs. Bert Hower, 193 East Ave., North Hamilton, Ont., says: "My health was so broken down that I was unable to do my household work, but Tanlac built me up wonderfully and I now feel fine. My son and daughter also took Tanlac with good results. We call it our family medicine."

There is not a single portion of the body that is not benefited by the helpful action of Tanlac. By enabling the stomach and other vital organs to perform their functions properly, the whole system is nourished, purified and strengthened. Get a bottle today at any good drugstore.

## With The BOY SCOUTS

How to Organize a Troop.

Boys-A Scoutmaster-A Parent Institution—these are the three elements, but one's sober second thought reverses the order.

Should the Scoutmaster move or die or tire, what then?

To be fair to the boys and to give them some guarantee of an unbroken chain to secure and enjoy Scout training—the organization of the troop must structurally begin with some relatively permanent group in the community.

The Moving Spirit.

There must be one or more citizens of vision to start the community to think about and do for their boys. Indeed one such citizen of vision can almost single-handed bring a community to a consciousness of boy need and to a readiness to meet such need.

The Parent Institution.

A Church, a School, a Club—some relatively permanent form of community life, is the real starting point. This group must guarantee the meeting place, leadership, and general oversight for a period of at least one year.

In a Church, for example, the real starting point is the Pastor, Priest or Rabbí, and his Board of Trustees, or Vestry, if such there be.

When the members of this group are convinced that they would like to make their Church a focal point in the life of a group of boys—then it is sound policy to take time for this official group to enlist the sympathy and support of the congregation. The "troop" will then be the congregation's own and will be viewed and judged accordingly.

The Troop Committee.

This "institution" appoints a Troop Committee, or Boys' Work Committee, composed of not less than three adult citizens, twenty-one years of age or over.

The Troop Committee, upon appointment, accepts responsibility for:

1. The selection of a Scoutmaster and one or more Assistant Scoutmasters.
2. Providing a room for headquarters purposes and other suitable facilities for troop meetings.
3. Assisting the Scoutmaster in finding instructors in special subjects.
4. Advising with the Scoutmaster from time to time on questions affecting the proper interpretation of Scout-law and the requirements of the institution or organization with which the Troop is connected.
5. The proper observance of the rules and regulations of The Boy Scouts Association.
6. Encouraging the Scoutmaster and his Assistants and the members of the Troop in carrying out the Boy Scout programme.
7. The operation of the Troop in such a manner as to insure its permanency.
8. The finances, including the securing of adequate support and the proper disbursement of funds.
9. The Troop property.
10. Securing suitable opportunity for the members of the Troop to spend one or more weeks in camp with adequate facilities and supervision.
11. Assuming active direction of the Troop in case of the inability of the Scoutmaster or to serve until his successor has been duly appointed and succeeded.
12. The performance of all the duties of a Local Association with respect to its own Troop when the Troop is not under the jurisdiction of a Local Association.

(To be continued next week)

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## The right breakfast makes the day's work easy

**HEAVY**, starchy foods slow down both body and mind. Grape-Nuts speeds them up for the day's work.

This wholesome, healthful cereal food is made from prime wheat and malted barley, baked for 20 hours to insure easy digestion and perfect assimilation.

All the nutritive and mineral elements of the grains, which Nature needs to feed the tissues, glands, bone and blood, are retained in Grape-Nuts.

Weight for weight, there is more actual nourishment in Grape-Nuts than in roast beef. A Dominion Government analysis shows that Grape-Nuts contains 1799 calories to the pound, whereas a rib roast of beef as purchased (with its 20% of refuse) is known to contain but 1110 calories to the pound.

Delicious Grape-Nuts is most economical, too, affording more breakfasts in less bulk than any other cereal food.

Sold by grocers everywhere

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—THE BODY BUILDER

"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd.  
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**WANTED—YOUNG LADIES** with Good Education in Trade or Nurses. Welland, Hospital, St. Catharines, Ont.

**LADIES—DO YOUR OWN** REMARKABLE STITCHING and plotting, attaching 35 duty free agents wanted. R. STEPHENSON, 22 Quincy Street, Chicago.

**AGENTS WANTED.**

**WHOLE OR PART TIME TO SELL** our complete line of electric fixtures and appliances from our catalogue. Liberal commission. W. P. Ellis Electric Supply Co., 1234 St. Clair Ave., Toronto.

**FOR SALE.**

**WONDERFUL VALUES** and Woolen Mills, Ont.

**HENS WANTED ALIVE 25 CENTS** a pair. Ontario, 466 Dundas West, Toronto.

**ONE HUNDRED ACRES FARM** on Huron Road (Trotter's Highway) near Clinton, two spring wells, splendid buildings, good orchard and fence. For terms and further particulars apply to: G. A. F. Irskind & Co., Barristers, 46 London Loan Bldg., London, Ont.

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TORONTO SALT WORKS  
C. J. CLIFF—TORONTO

Book on **DOG DISEASES**  
How to Feed Mailed Free to any Address. By the Author, H. Clay Glover, Co., Inc., 15 W. 24th St., New York, U.S.A.

## PETRIE'S MACHINERY TORONTO

## WONDERFUL THE WAY IT HELPED HER

So Writes Mrs. Lemery of Brockville, Ontario, Regarding Lydia E. Pinkham's Vegetable Compound

Brockville, Ontario—"I took Lydia E. Pinkham's Vegetable Compound for weakness and female disorders. I was so weak at times that I could not stand up. I had been this way for nearly three years and the different medicines I had taken had not done me any good. I found one of your little books in my door one day and thought I would give it a trial. I am now on my fifth bottle and it is wonderful the way it has helped me. I am feeling much better, have no weak spells and can do all my work now. I am recommending your Vegetable Compound to all I know and you can use my testimonial to help other women."—Mrs. C. W. LEMERY, 176 Abbott St., Brockville, Ontario.

Lydia E. Pinkham's Vegetable Compound is a medicine for women's ailments and has a record of nearly fifty years behind it.

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"I tried all kinds of remedies but in vain. I sent for a small sample of Cuticura Soap and Ointment which helped her. I bought more and after two weeks she was completely healed." (Signed) Mrs. E. Lillian Foster, 104 Unit St., Providence, R. I., Feb. 11, 1921.

Cuticura Soap, Ointment and Talcum are all you need for every-day toilet and nursery purposes.

Handbook Free. Address: "Cuticura Dept., 160 N. Broad St., Portland, Me., U.S.A. Cuticura Soap always without water.

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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

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