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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.

"What is a Christian nation?" asked an exchange, and it answers this way: "A Christian Nation is one that contains underpaid girl employes and rescue homes." A bit far-fetched perhaps, but still with a grain of truth in it. Because, if there were no underpaid girl employees, or boy employees for that matter, there might not be need for half the number of rescue homes there are at present.

The thought that we are spending money for health and welfare work at the wrong end of the problem, always comes to my mind every time I hear of a drive to collect funds for some charitable or philanthropic purpose. Not that I am minimizing the necessity of praiseworthiness of any object that tries to and succeeds in relieving suffering, hardships or distress. It is only with regard to the way in which we attack the problem that I have any criticism to offer.

But people will at once say "Orphans have to be cared for." True, but if preventive measures were adopted perhaps there would not be so many orphans. And here is where I believe the solution of the distressing conditions found to-day often lies—prevention. That's the thing. "Prevention is better than cure" says an old adage, and it is very true.

When we think over the situation we can at once see the possibilities of attacking the problem from the preventive aspect. A mother may die at the birth of her child through lack of medical and nursing attention. She may have endangered her life weeks before her baby was born by failing to realize the seriousness of symptoms—symptoms which to her seemed trifling but which were in reality grave warnings of serious trouble ahead. The maternal mortality in this province is far too high, and sad to say many, many lives of mothers could be saved if preventive measures were taken in time.

Then the father may lose his life through an avoidable accident while at work, and many avoidable accidents take place in every line of industry. Statistics show that. But whatever the cause the result is the same—the parents come to an untimely end, and orphans have to be cared for. And so we must have drives and raise thousands upon top of thousands of dollars to care for orphans, and not only orphans but wrecks of humanity who through lack of preventive medicine, hygienic measures or whatever one may be pleased to call it, become burdens on society and are nothing more than human derelicts when they might have been strong, active, self-supporting men and women.

Or in a more general way take an epidemic such as the recent typhoid outbreak at Cochrane. Through lack of knowledge of what serious results might follow or through an unwillingness to spend money on a filtration plant to purify the water supply, the citizens of that northern town took a chance and a terrible record of suffering and death resulted with a gigantic outlay of money to try and cope with the ravages of the disease. Had a filtration plant been installed and the water purified, the epidemic might never have occurred at all.

Some day we will realize the waste and foolishness of neglecting to spend a comparatively small amount of money on the prevention of disease. Humanity is kind, and no worthy object fails to get public support, but through education we will learn the value of nipping trouble in the bud at a small expense rather than delving deep into our pockets to repair the damage after it is done.

Fortunes Made Twice Daily!

One of the little-known wonders of the world is the Morro Velho gold mine, in Brazil.

Almost every day for nearly a hundred years this wonderful mine has yielded a fortune in gold and its allied products, while more wonderful still is the fact that instead of giving out, the lode shows signs of becoming, if anything, richer than ever!

The mine was first exploited systematically a few years before Queen Victoria's coronation. Prior to this it was worked for nearly a century by the Brazilians themselves, while there is evidence that it was known to an even older generation.

It was not until about thirty years ago, however, that up-to-date machinery was installed, since which time the mine has owed much of its prosperity and fame to the skill of an English mining engineer, who in a short time made Morro Verho one of the most completely equipped mines in the world.

Thirty years ago the descent into the mine which is now nearing the two-mile mark in depth, was made by means of ladders and occupied nearly forty minutes. To-day electric lifts take one down in a little more than two minutes.

A wonderful system of air locks is installed at the various levels, the pressure at some of which is so great that a complete change of clothing becomes necessary, ordinary garments being exchanged for thick woollen jackets and trousers.

Blasting operations take place twice a day, and to be in the mine at the time of one of these occurrences is to undergo an experience which is not easily forgotten.

Imagine yourself standing in an electrically-lighted chamber a mile below the surface of the earth. Far beneath your feet, and perhaps half a mile wide of where you are standing, the miners are laying the dynamite charges, in readiness for getting out the ore.

Suddenly a sharp tap, like the sound of a hammer meeting wood, comes to the ear, and, following it, a mighty rush of wind that, unless you are prepared for it, sweeps you off your feet.

A minute later comes a low, rumbling noise that increases in volume until it roars like thunder, while the whole mine trembles as if shaken in the fury of a great storm.

You are then at liberty to descend to where the miners are sending the ore to the surface to be crushed and subjected to the various processes of obtaining the ounce of gold which is yielded by every ton of ore. The processes include cyaniding and purification by what is known as "roasting."

Every blasting operation means that five hundred pounds' worth of gold has been wrested from Mother Earth, the value of the daily output being, roughly, a thousand pounds. In addition there are various valuable by-products—among them silver, palladium, and arsenic.

MONEY ORDERS.

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

What bed is soft, well covered and nicely made, yet cannot be slept in? A flower bed.

A silica has been discovered with which raw glass can be made without the aid of any other ingredients.

Keep Minard's Liniment in the house.

EASY TRICKS

No. 48

By Sense Of Touch

Borrow half a dozen coins. As you borrow each place it on the mantlepiece — if the mantlepiece happens to be stone. A marble top table will serve. Make a little talk about the trick, assuring the company that you use no confederates and that the trick you are about to perform will have the effect, at least, of being real mind reading.

Tell the company that you will leave the room. While you are gone, the coins on the mantlepiece are to be put into a hat. One of the spectators is to select one coin and to mark it with a pin or a penknife. Each person in the party is to hold the coin against his forehead and to fix his mind upon the coin and upon nothing else. When every person has done this, the coin is to be returned to the hat, with the others, and the hat placed on the mantlepiece.

This is done. When you return, you walk directly to the hat, reach in and pick out the coin which the spectators marked.

How is it done? Your little talk had a great deal to do with the trick as it permitted the coins, which lay on the mantlepiece, to become more or less chilled. The selected coin, due to all of the handling it receives, becomes a great deal warmer than the others. When you reach into the hat you distinguished the marked coin, not because of the concentration of minds but because it was warmer than the others.

(Clip this out and paste it, with other of the series, in a scrapbook.)

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Curiosities of the World's Press.

The biggest newspaper ever published was the "Illuminated Quadruple Constellation," issued in New York in 1859. The paper measured 8½ft. in height and 6ft. in width, and consisted of eight pages, each containing thirteen columns.

A ream of the strong paper on which it was printed weighed 3cwt. Forty people were occupied continually for eight weeks in order to bring out this oddity, which its designers proposed should be issued once every century!

In the Caucasus before the war a postcard newspaper was issued, the print of which was so small that a magnifying glass had to be used to master its contents; while in 1831 appeared the first number of "Bethold's Political Handkerchief," a newspaper printed on calico to evade the stamp duty. This news-sheet measured 18in. by 11in. and sold for fourpence.

A similar sheet was started in Greenock in 1849. It was known as the "Greenock News Clout," and the editor advised his readers to use it as a pocket-handkerchief when read!

Some years before the war the "Journal des Jambes" appeared in Paris. Its prospectus declared that it filled a "long-felt want," and that it would be "a friend and counsellor to all who wish to keep their legs fit, and to all who, weary, impotent, or worn out, wrongly believe that they have lost the use of theirs beyond recovery."

It went on to say: "This journal will deal with all the medical, surgical, choregraphic, sporting, or other questions relating to the human leg of either sex."

Cigarette Commended.

Dr. Royal S. Copeland, formerly Health Commissioner for the city of New York, states that the cigarette is the most suitable smoke as the tobacco in that form is perfectly consumed, and as combustion is better the nicotine is practically destroyed. Although a non-smoker himself, Dr. Copeland says there can be no doubt that smokers find solace and comfort in the moderate use of tobacco.

A new and universal "air language" is suggested to enable pilots of any nationality to understand wireless telephone messages from earth stations all over the world.

Remember that the horse is the most nervous of all animals, and that little things annoy and irritate him. Remember that he will be contented or miserable according as you treat him.

SYMPTOMS OF ANAEMIA

An Inherited Tendency to Anaemia May be Overcome.

Some people have a tendency to become thin-blooded just as others have an inherited tendency to rheumatism, or to nervous disorders. The condition in which the blood becomes so thin that the whole body suffers comes on so gradually and stealthily that anyone with a natural disposition in that direction should watch the symptoms carefully. Bloodlessness, or anaemia, as the medical term is, can be corrected much more easily in the earlier stages than later. It begins with a tired feeling that rest does not overcome, the complexion becomes pale and breathlessness on slight exertion, such as going upstairs, is noticed.

Dr. Williams' Pink Pills are a home remedy that has been most successful in the treatment of diseases caused by thin blood. With pure air and wholesome food these blood-making pills afford the correct treatment when the symptoms described are noticed.

You can get these pills through any dealer in medicine or by mail, postpaid, at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The Origin of Marine Terms.

The origin of many sea terms is unknown to most people. For instance, take the word admiral. Many of us think of it as a purely English word. Its origin, however, is "Emir of Bagh," Arabic for "Lord of the Sea."

"Captain" comes direct from the Latin "caput," a head; while "mate" is derived from the Icelandic "mati," which means a companion, or equal.

At first the coxswain was the man who pulled the after-oar of the captains boat, then known as a cock-boat. "Cock-boat" is a corruption of coracle, a small round boat used for fishing. Commodore is from the Italian "commendatore," or commander, and naval cadet was originally the French "capdet," which has the same origin as captain.

We often hear "Davy Jones" mentioned, but there never was such a person. The original term was "Duffy Jones's locker." Duffy is the West Indian term for spirit or ghost.

"Dog watch" comes from "dodge" watch. This "dodge" is to enable the men to avoid being on duty every day at the same hours.

Three thousand years ago rope was made from bulrushes, the Latin name for which is "junkus," and so we have the nautical term "junk" for a rope's end. Sailors carry the word a bit farther and call their meat "junk."

The words starboard and larboard developed in an interesting manner. Starboard has nothing whatever to do with the stars, but is really steorboard, Anglo-Saxon for steer side. When the old galleys were in use they were steered by an oar fixed to the right-hand side of the stern, and the inboard portion was held by the helmsman in his right hand. Larboard is probably a corruption of lower-board or side, as it used to be considered inferior to starboard.

October Rest.

It is October in our hearts,
The vineyards of the years are ripe.
From thinnning forests Pan departs,
And we shall never hear his pipe
Playing across the hill.

O it was well to drink our fill
Of pleasure when the sun was high,
And it is well beneath the still
Suspense of twilight-laden sky
To drink our fill of sleep.

The hush that follows song is deep,
Far deeper than the song was gay,
And autumn pasturing ghostly sheep
Among the fields of yesterday
Is shepherd of our dreams.

Heap the dead leaves beside the streams
Where youth has heard the summer song;
Heap the bonfire that redeems
The dead who wake in light, and throng
The shadows where it darts.
It is October in our hearts.

—Robert Hillyer.

The Homing Toad.

The common garden toad has a homing instinct which was proved recently when a specimen was brought from Winchendon to Wakefield, Mass., where it was liberated for the purpose of testing this very fact. The toad spent only a few moments in hopping around to get its bearings and then started post-haste for its "own vine and fig tree," dragging a small tag fastened to its hind leg. The creature was seen both in Townsend and Concord, but was not discovered again until he arrived at his home in Wakefield. The distance covered is about seventy-five miles and the toad must have come exceedingly close to the speed limit for hoppers, as he made the complete journey in just five days.

Two Elizabeths.

Professor of History—"What do you know of the age of Elizabeth, Mr. Jones?"

Jones (dreamily)—"She'll be nineteen next week."

Ask for Minard's and take no other.

Enameled kettles that have burned dry should be filled at once with boiling water, as cold water would cause the enamel to crack or chip.

ISSUE No. 41—'23.

Already.

There is a country where the thrushes fling
Their very hearts away in melody;
Where dryads have a home in every tree,
And fauns dance down the meadows, murmuring
Fantastic spells; where golden lilies swing
Their fragrant bells, and bees hum drowsily
And breezes woo the shy anemone
With wistfulness that breathes the soul of spring.

Here summer may not burn, nor autumn rest
His chilling touch, nor winter's winds hold sway,
Beneath its boughs the wonder of the May
Shall never fade, nor Love tire of his quest
Of happiness, nor beauty lose its truth:
Since Arcady is but eternal youth.

—Charlotte Becker.

Ate the Plate.

Blinks—The undercrust to that chicken pie you brought me was abominably tough."

Waiter—"There wasn't any undercrust to that pie, sir, it was served on a paper plate."

Favored Execution.

A man, whose family pride was more marked than his love for music, asked a friend to come and hear his daughter sing. After she had finished, the proud father said to his friend: "Well, how do you like it? What do you think of her execution?

The reply came swiftly: "I'm in favor of it."

Fifty-one per cent. of farm fires are caused by lightning.

All About Horses

A TREATISE THE HORSE

Get this book! You cannot afford to be without it. It costs you nothing! If you own horses, it can save you hundreds of dollars.

The book—"A treatise on the horse"—is yours for the asking, at your druggist's. The horse and all about him—his diseases—how to recognise them—what to do about them—with chapters on breeding,—shoes and shoeing, feeding—and many tried and proven horsemen's remedies.

Ask your druggist for a copy of "A Treatise on the Horse" or write us direct— 12

Dr. B. J. KENDALL CO., Enosburg Falls, Vt. U.S.A.

FREE

For Thin Falling Hair Use Cuticura

If your scalp is irritated and your hair dry and falling out in handfuls, try this treatment: Touch spots of dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Soap. Nothing better than Cuticura for all skin and scalp troubles.

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.

Classified Advertisements

EDUCATIONAL WANTED.

LADIES WANTED TO DO PLAIN AND LIGHT sewing at home, whole or spare time; good pay, work sent any distance, charges paid. Stamp for particulars. National Manufacturing Co., Montreal.

SILVER FOXES—NOTES FROM MY DIARY (Booklet). Nine years' experience ranching foxes. 25 cents. Dr. Randall, Truro, Nova Scotia.

Accounted For.

A young wife brought her weekly accounts to her husband.

He scrutinized them with a look of profound understanding, and remarked with an oracular air: "I see you have been paying lese for bacon this week."

"Oh, yes, darling," said the wife with a proud smile. "I have been getting streaky, it's cheaper."

"Why is it cheaper?" asked the husband.

"I believe the pigs cost less to keep," answered the young housekeeper, "because they are only fed every other day."

MURINE Keeps EYES Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye Care Book

CHAPPED HANDS

Minard's eases and heals them. Rub it on before you go out in the wind. A good preventive.

MINARD'S "KING OF PAIN" LINIMENT

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 New York, U.S.A.

MRS. ANDERSON TELLS WOMEN

How Backache and Periodic Pains Yield to Lydia E. Pinkham's Vegetable Compound

Leslie, Sask.—"For about a year I was troubled with a distressing downbearing pain before and during the periods, and from terrible headaches and backache. I hated to go to a doctor, and as I knew several women who had taken Lydia E. Pinkham's Vegetable Compound with good results, I finally bought some and took four bottles of it. I certainly do recommend it to every woman with troubles like mine. I feel fine now and hope to be able to keep your medicine on hand at all times, as no woman ought to be without it in the house."—Mrs. Oscar A. Anderson, Box 15, Leslie, Sask.

Mrs. Kelsey Adds Her Testimony

Copenhagen, N. Y.—"I read your advertisement in the papers and my husband induced me to take Lydia E. Pinkham's Vegetable Compound to get relief from pains and weakness. I was so weak that I could not walk at times. Now I can do my housework and help my husband out doors, too. I am willing for you to publish this letter if you think it will help others."—Mrs. Herbert Kelsey, R.F.D., Copenhagen, N. Y.

Sick and ailing women everywhere in the Dominion should try Lydia E. Pinkham's Vegetable Compound before they give up hope of recovery. C

ASPIRIN

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

BAYER Genuine

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."