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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.

From away out in Vernon, B.C., comes an inquiry about health matters from a reader of this column. The correspondent in question asks about neuralgia and its treatment.

I may say at the outset that it is impossible to accurately diagnose the cause of a complaint of this kind by correspondence. Neuralgia is not of itself a disease; it is a symptom. One can only guess at the cause and suggest certain things that need to be given consideration. For instance, I don't know whether there is a focus of infection somewhere that is poisoning the system and causing pains throughout the body, which the patient complains of, and describes as neuralgia. Then again, the trouble may be caused by an anaemic condition of the blood. In fact, neuralgia is sometimes described as "the call of the nerves for better blood" and in many cases that is exactly what is wrong, but there may be other causes, such as a growth somewhere irritating a nerve or series of nerves, and we must not forget the well-known complaint usually described as sciatica. There may be many other causes than these for neuralgia, but I have just mentioned these few examples to show how difficult it is to tell a person who writes a letter from a distance, just what should be done for his complaint. The reason that a difficulty exists is that to cure any disease, one must first find out the cause of the disease, and this cannot very well be done without a thorough

physical examination by a physician. To mention a few more underlying causes of neuralgia we include malaria, alcoholism, diabetes, lead poisoning, syphilis, gout, rheumatism, or Bright's disease. It may be that neuralgia is really an expression of central disease—for instance, locomotor ataxia. It may be some local cause such as a diseased tooth or a diseased ovary. In every case treatment must include treatment of the underlying cause. Neuralgia means pain in the nerve. There is a difference between neuritis and neuralgia, for in the former case the pain is usually steady and persistent, while in neuralgia it comes and goes. In neuritis the course of the inflamed nerve can be made out by tenderness on deep pressure.

Massage and manipulation may be of use in some forms of neuralgia, and benefit may be derived from the use of salicylates, iodides and other neurotic medicines. Preparations of opium, morphia and codein should never be taken for this condition because the danger of habit is too great. No medicine of a sedative nature should be given except for short periods and then under physician's control. Rest and electricity and light therapy offer more hope of relief from pain than do other agents.

But first of all go to your physician and have him give you a complete physical examination. Before you can cure the disease, you've got to know the cause.

MADE HER BABY PLUMP AND WELL

Nothing makes a mother more grateful than a benefit conferred upon her child. Mothers everywhere who have used Baby's Own Tablets for their children speak in enthusiastic terms of them. For instance, Mrs. Zepherin Lavole, Three Rivers, Que., writes:—"Baby's Own Tablets are a wonderful medicine for little ones. They never fail to regulate the baby's stomach and bowels, and make him plump and well. I always keep a box of the Tablets in the house and would advise all mothers to do likewise." Most of the ordinary ailments of childhood arise in the stomach and bowels, and can be quickly banished by Baby's Own Tablets. These Tablets relieve constipation and indigestion, break up colds and simple fevers, expel worms, allay teething pains and promote beautiful sleep. They are guaranteed to be free from injurious drugs and are safe even for the youngest and most delicate child. The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

There are 16,603 Boy Scouts in Ontario.

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Farmer Proves Value of Pure Bred Bull

W. G. Potter received \$22.25 more for steers sired by a Pure Bred Bull than for steers sired by a Scrub Bull. He shipped five steers from common grade cows of equal merit. The two steers sired by a Scrub Bull brought \$20.55 each, while the three steers sired by the Pure Bred Bull brought \$47.80 each. The steers received the most care. Fewer and better cattle are more profitable than a larger number of scrub animals. Make your cows work for you rather than you should work for them. Your next calf should be sired by the Pure Bred Bull—there you see it!

BETTER BULLS PAY

HEALTH

If all the carts were painted gay
And all the streets swept clean,
And all the children came to play
By hollyhocks, with green
Grasses to grow between;

If all the houses looked as though
Some hearts were in their stones,
If all the people that we know
Were dressed in scarlet gowns,
With feathers in their crowns;

I think this gaiety would make
A spiritual land,
I think that holiness would take
This laughter by the hand,
Till both should understand.

—J. Drinkwater.

BLEMISHES OF THE SKIN

Are Proof the Blood is in a Weak and Watery Condition.

One of the surest signs that the blood is out of order are the pimples and unsightly eruptions that break out on the face or body. The same condition is indicated by an attack of eczema or scurfia. You cannot get rid of these troubles by the use of purgative medicines, as so many people try to do. Purgatives merely gallop through the system and leave it still weaker. What is needed when the blood is shown to be out of order is a tonic which will restore its missing elements and leave the blood-rich and red. For this purpose there is no other tonic can equal Dr. Williams' Pink Pills, every dose of which helps enrich the blood, drives out impurities, and brings a new feeling of health and energy. Mrs. R. E. Bishop, Hawthorne Ave., Hamilton, Ont., tells for the benefit of others what these pills did for her. She says:—"I was suffering terribly from scrofula. I doctored with several doctors, but without success. My complexion was sallow, I had no strength, feeling very weak and languid. My neck was full of lumps called scrofula, and at times they were very painful. After trying several so-called blood medicines, Dr. Williams' Pink Pills were recommended to me and I got half a dozen boxes. After taking them I found a decided improvement in my appearance, and to my joy the lumps were disappearing from my neck. I persevered in the treatment, and finally the only sign left of the trouble was a scar on my neck where one of the swellings broke. Since that time I have been in robust health and heartily recommend Dr. Williams' Pink Pills to any suffering from impure blood."

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

When Are We Most Clever?

Interesting facts about the age at which a man's faculties reach their highest pitch of efficiency have been compiled recently.

It was found, for example, that the average age at which twenty of the greatest inventions were produced was thirty-two. The inventors of the steam engine and the steam turbine were each twenty-nine when their labors resulted in these epoch-making devices. The self-binding reaper, wireless telegraphy, and the vacuum air-brake were invented by men in their twenty-second year.

The inventor of the sewing machine was twenty-six, while the discoverer of the process of producing aluminum cheaply was only twenty-three. Edison was thirty when he made the first incandescent lamp. Wilbur Wright, the pioneer aviator, was thirty-eight when he conquered the air.

The result of these investigations points to the fact that artists and musicians as a rule develop their talents very early in life. Authors seem to attain the peak of their creative powers at or about the age of forty-two. Financiers and business men generally reach their zenith at fifty-three.

Statesmen and generals are highest in the list of ages. Many of the greatest acts of diplomacy have been initiated by men in the seventies and eighties. Military history shows that some of the most crucial battles have been directed by men who were old enough to be grandfathers.

But the would-be inventor, artist, musician, or poet who is rapidly outgrowing his youth need not be discouraged by these facts. There are many exceptions to prove the rule. Dilliam de Morgan, to name but one example, was sixty-seven before he made his bow as a successful novelist.

Hold the Health Thought. Holding the health thought, the health consciousness, will help you to obtain the best condition. On the other hand, if you carry a physical weakness and disease consciousness, you cannot possibly build a perfect health condition. Your ideal of the thing you want, the picture you hold in your mind, must be of a perfect thing. If it is imperfect, the real thing you build up on the physical plane will be imperfect. In other words, you will outpicture your mind; you will outpicture your conviction of yourself, of your health, of your situation in life, of your success, of your poverty or prosperity.

There are lots of little things that wise men do not understand, but it is generally believed that hens lay eggs because they can't stand them on end.

No Money Made With Poor Stock

breeders of live stock are facing problems to-day that require expert business-like handling.

The high cost of feed, labor and heavy over-head expenses are matters the average farmer finds confounding him every day. Successful farmers have always realized the value of good breedings in live stock. Testimonials from these men are easily obtained and should convince the most skeptical that the only way to beat the labor situation, cost of feed, etc., is to keep only those animals that are bred to produce either milk or beef.

The surveys conducted by Prof. Leitch in the different counties all go to prove that where farmers are using pure bred sires in either beef or dairy herds, they are making greater incomes with practically the same quantities of feed.

When we consider that these figures were obtained from actual farmers, living under average farm conditions, we can hardly discredit them. Liberal feeding of inferior live stock, it was shown, was not as great a factor in increasing the labor income as was the use of pure bred sires.

The pure bred sire has back of him generations of ancestors that were selected and bred with a specific purpose in view: either the production of beef or the production of milk. These characteristics are highly intensified in his blood so that he transmits them to his offspring, even when only a grade female is used.

The grade sire has back of him generations of ancestors, that, like "Topsy," just happened. The result is that you can expect nothing but are liable to get anything.

Haphazard hit and miss breeding operations are the causes of low labor incomes and financial failures among Ontario farmers to-day.

The remedy lies in the farmer's hands. Buy a good pure bred sire of the breed of stock you are interested in and you have made the first step toward success.

An Ancient Porch

Dating back to 1331, a church porch in London Wall has been transformed into a tiny hotel in which city girls may have a quiet rest during lunch time.

Furniture made in Queen Alexandra's Technical School of Woodwork on her Sandringham estate, can be bought by anyone who visits the place. Queen Alexandra started the school about forty years ago for the benefit of lads on the estate.

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Abbreviated Thought.
"What do you think she could have been thinking of when she cut off her hair?"
"Why, of cutting off a few years from her age, I suspect."

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Minard's is splendid for sprains, bruises, rheumatism, colds, etc.
Minard's Liniment

COULD NOT SLEEP NIGHTS
Pains and Headaches Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Dublin, Ontario.—"I was weak and irregular, with pains and headaches, and could not sleep nights. I learned about Lydia E. Pinkham's Vegetable Compound by reading the letters in the newspapers and tried it because I wanted to get better. I have got good results from it as I feel a lot stronger and am not troubled with such bad headaches as I used to be, and am more regular. I am gaining in weight all the time and I tell my friends what kind of medicine I am taking. You may use my letter as a help to others."
Mrs. JAMES RAGAN, Box 12, Dublin, Ontario.

Hold the Health Thought.
Haltax, N. S.—"I am a maternity nurse and have recommended Lydia E. Pinkham's Vegetable Compound to many women who were children, also to women who need a good tonic. I am English and my husband is American, and he told me of Lydia E. Pinkham while in England. I would appreciate a copy or two of your little books on women's ailments. I have sent such letters from my woman asking about the Vegetable Compound."—Mrs. S. M. COLLEMAN, 24 Lincoln Street, Halifax, Nova Scotia.

Amateur builders are erecting their own houses in Austria. Forty villages have sprung up on the outskirts of Vienna as a result of their labors.

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