

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 240 Queen's Park, Toronto.

A professor at Cambridge University working on the mysterious accessory food factors or vitamins, fed a number of rats on an artificial diet of protein, starch and sugar. By carefully watching the animals he found that they ceased to grow although the amount of food they consumed was actually more than what was necessary to maintain normal growth. On adding a small quantity of milk to this diet, however, a marvellous improvement in the health and growth of the rats became evident. The professor came to the conclusion that in addition to the protein, fat and sugar, some other essential factor is necessary in food for normal health and growth is to be maintained.

Science for a long time believed that the essential composition of health-maintaining food consisted of carbohydrates, fats and proteins with the addition of mineral salts and water. Modern research has shown, however, that these substances are insufficient. Something else must be present, although perhaps infinitesimal in amount and this something is known as a vitamin.

As long as people have a sufficient variety of foods, some of which are in their natural state, uncooked, there is little danger of any impairment to health as far as diet is concerned. But when the variety of foods is limited or their natural qualities impaired or changed through boiling, heating or preserving, then there is likelihood of impaired health and the occurrence of certain ailments or diseases. Such are described as deficiency diseases. It is necessary therefore for adults to take in their regular diet a certain amount

of fresh, uncooked vegetables and raw fruit if they wish to remain in perfectly good health. In addition they must take some food that contains the accessory food factor found in milk and butter. Now the reason I mention milk and butter as well as fresh vegetables and fruit is because there is more than one kind of vitamin. Up till the present there are three kinds of these substances that are found to exist. How these were discovered is interesting. It was found by experiment that certain diseases resulted if certain foods were absolutely excluded from the diet. Take for example, beri-beri, a disease that is very common in eastern countries where rice forms the chief article of diet, and where the rice is polished. In this form the rice consists of the kernel of the grain with the husks removed, and in removing the husks the outer lining of the kernel, or "silver skin" is also removed. This skin contains the vitamin.

A type of disease more common in this country is infantile scurvy and scurvy-rickets, believed to be due to the absence from or deficiency in a diet of a vitamin with well-defined anti-scurvy properties. Infants fed for long periods on condensed milk, or preserved foods, sometimes suffer from a form of scurvy with hemorrhages under the outer layer of the long bones. Where an infant is brought up entirely on boiled or sterilized milk, a small quantity of fresh fruit juice, preferably orange juice, should be daily fed to the child. The more we learn of vitamins the more important they appear to be as a necessary part of the diet of every adult and every child.

The Map's Blind Spot.

The "blind spot" on the map which planes of the MacMillan expedition are to survey holds fascinating possibilities. It contains about a million square miles, the area of Canada's great northwest territories, which—extending beyond the indication of their name—reach from the Alaska border to the Atlantic. In that area almost anything in the way of meteorological villainy can happen, and the study of its weather may reveal the "fount and origin" of many storms which sweep down upon settled communities to the southward. So that even if no Utopian continent is discovered, exploration will be fruitful.

The length of the Capitol at Washington is 751 feet and its width is 350 feet.

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To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent Butter Fat.

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Ontario Sheep Breeders

won at Chicago in 1924 in the classes in which they competed:

63% of all 1st prizes
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How was it done?—By using the best breeding stock, either home bred or imported, giving careful attention to selection, feeding, docking, etc. 4 Results: A wonderful demand for Ontario bred sheep.

Are you following these practices? If yes, 128

TONIC TREATMENT FOR INDIGESTION

The Surest Way to Relieve Stomach Trouble is Through Dr. Williams' Pink Pills.

When the stomach is feeble and food lies in it undigested, the poisonous gases distend the walls of the stomach and cause serious interference with the action of the heart and lungs. These poisonous gases have other ill effects. They are absorbed by the blood and so weaken and corrupt it as to cause aches in remote parts of the body and the formation of unhealthy tissue everywhere. Experience shows that these troubles vanish just as soon as the stomach is made strong enough to digest the food. In other words, it needs a tonic that will enable it to do the work of changing the food into nourishment. The tonic used ought to be one that will agree with the most delicate stomach and this is exactly what Dr. Williams' Pink Pills do.

Here is a bit of convincing proof given by Mrs. Chas. Ladner, Ellerslie, P.E.I., who says: "For some years I was a sufferer from stomach trouble. Everything I ate caused distress, sour stomach, and belching. I could not eat meat or potatoes, and I grew weak and very nervous. No medicine seemed to help me until I was persuaded to take Dr. Williams' Pink Pills, and these simply worked wonders. I took the pills faithfully for a couple of months, by which time every symptom of the trouble had disappeared, and there has not since been the slightest symptom of stomach trouble. No wonder I praise Dr. Williams' Pink Pills."

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

Canadian Building Stone.

Some local publicity has been given to the fact that all of the stone, including cut, face and other stone, used in the construction of a large apartment house in Montreal, to the extent of about two hundred and twenty carloads, has been shipped from Manitoba to the metropolis, this being, as far as is known, the first time that a Manitoba building stone has been used in Montreal. Hitherto the greater part of the building stones used in the construction of large buildings in this section of the Dominion has been imported from the United States. The Manitoba stone is, however, at the present time being shipped as far east as Quebec City, where it is being used for a church interior, and these developments would seem to augur for the domestic product a greater utilization in the future as their relatively high quality comes to be more generally known.

The quarries from which this stone is being shipped are situated about thirty miles north-east of Winnipeg near the stations of Garson and Tyndall on the Lac du Bonnet branch of the C.P.R., being connected with this line by spurs. At the chief centre, near Garson, three large quarries are in operation and a number of smaller quarries or undeveloped prospects occur in the immediate neighborhood. This is the most important source of building stone in the Western provinces. To the trade the stone is known as Garson or Tyndall stone and at more distant points it is sometimes termed Winnipeg stone. It is a soft limestone with a characteristic mottling in dark colors. Two types are recognized—a buff variety and a blue variety. Both can be quarried in large blocks and are capable of being dressed and carved with ease.

Previously this stone was extensively used in the construction of the more important buildings in Western Canada and even in Eastern Ontario. Some of the more important erections in which it has been utilized are the Parliament Buildings at Winnipeg and Regina, the Law Courts at Winnipeg, and other buildings in the Manitoba capital city as well as Fort William, Sault Ste. Marie, and Toronto, Ont. For the first time it is being used in Quebec in preference to imported stone, continuing its widening of the scope of its utilization.

There is still a good deal of room for extending the use of Canadian building stones in Canadian construction. The Tyndall limestone is declared by authorities to be quite as good as stone which at the present is being imported in large quantities from Ohio and other parts of the United States. Imports of the more important building stones into Canada in 1924 aggregated about \$375,000, and this was not a particularly active year in the building trades. In the previous year the same item totalled near \$500,000.

World's Telephones.

Statistics recently published put the total number of telephones in use at 23,987,000, this figure being made up as follows: America, 15,840,000; Europe, 5,303,000; Asia, 683,000; Australasia, 339,000; and Africa, 122,000.

Floored by a Name.

Policeman (producing notebook)—"Your name, please?"
Motorist—"Alloysius—Alastair—Cyprian."
Policeman (putting book away)—"Well, don't let me catch you again!"
Minard's Liniment for Colds.

The Simple Life.

In all cases when we have sought refuge from the heat or cold of summer or winter, there were no lights or candles at hand with peace and where they might be spared the rough and bustling contacts of the world's life and labor.

To some extent, wealth may provide a cushion and absorb a shock. And they that have no wealth but that of sunlight and gold and fertile soil might live an easy, happy life upon a fringed stool of the southern seas and pass unregarded.

But for the majority it is not possible to evade a measure of toil and want, mental stress and social burden, responsibilities and disappointments. Life, simplified too far, can only mean that we are leaving something to others that in self-respect we are bound to take upon ourselves. When we say of a man that he is wanting in public spirit, we mean that he enjoys a general benefit without paying for it by any contribution of his own. We all owe service in some form to the place in which we dwell and to the people who are our contemporaries.

Our own plan for our own lives might be simple, but it is complicated for us by the fact that we cannot set up our own little kingdoms of self-will and self-rule. We must defer, concede and reach adjustments. Men are honored and valued not as they pile dollar and dollar for themselves, but as they fall into their places, whether rankers or commandants, to advance a cause far greater than a man. And they who serve in this way must expose themselves to danger. They must sacrifice comfort, deny themselves, take up a cross.

The simple life is not the highest ideal that a man can realize. For it may be a life of utter insignificance. The useful life is likely to be one beset with difficulties which signify that one is living to the full, out in the open, not hiding in a corner or running away from a field of battle.

FOR MOTHERS OF YOUNG CHILDREN

Mothers are quick to praise anything which brings health and comfort to their little ones—any medicine that will make the baby well and keep him well will always receive hearty recommendation from the mother. That is why Baby's Own Tablets are so popular. Thousands of mothers, throughout the country, not only use them for their own little ones but are always delighted to be able to recommend them to other mothers. Thousands of mothers have proved Baby's Own Tablets to be without an equal in relieving their little ones of any of the many minor ailments which arise out of a derangement of the stomach and bowels. Baby's Own Tablets are the ideal laxative—easy to take but thorough in action. They banish constipation and indigestion; break up colds and simple fevers; expel worms and make the teething period easy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The End of a Perfect Day.

A young Scotchman invited his sweetheart to go to town with him on circus day. They walked the five miles from the small village where they lived, she carrying her lunch, he carrying his. They saw the circus parade, then sat down near a public drinking fountain and had their meal. A tour of all the show windows in town followed. This took all afternoon.

They were coming down Main Street just at dusk when Sandy discovered something that he had been looking for all day. It was an electric sign in front of a moving-picture theatre and it read: "The Woman Pays."

"Hoot, lassie," said he, his eyes alight, "we'll go in here."

A Business Deal.

An Aberdonian and a Yorkshireman met at a horse fair and adjourned to a near-by tavern. After several drinks the Aberdonian suggested that they should exchange ponies.

The Yorkshireman demurred, but after more liquid refreshment, decided to trade.

"You know, BILL," said the man from Aberdeen, when the transaction was completed, "I think I've got the best of the bargain."

"How's that?" asked his friend.

"Well, my pony's dead."

"Is that so?" said the Yorkshireman. "Well, so's mine, and I've taken his shoes off."

WHY FISH BITE

—FREE—
IF YOU ARE INTERESTED IN FISHING, WRITE FOR THIS BOOK

SPORTSMAN'S BAIT MAKING BOOK
ALSO LACKS TO THE FISH

Write for booklet and name of STAMINAX Agent. The Nottingham Fish Co., Limited, Dundas, Ont.

"Staminax" Growing Mush.
The Best BABY CHICK STARTING MIXTURE the world produces.

The Food Which Raised the Winner of the Ontario Egg-Laying Contest, 1924. Write for booklet and name of STAMINAX Agent. The Nottingham Fish Co., Limited, Dundas, Ont.

Perhaps you are using good tea. We think "Red Rose" extra good. What's your say?

RED ROSE TEA "is good tea"

The same good tea for 30 years.

Pure Red Sire Essential.

Back in the old days, when our ancestors paid no attention to the keeping of live stock, the native stock running wild throughout the country, produced only enough milk for their young. As time went on, however, man discovered the value of milk as a food for human consumption and they began to select the cows that gave the largest quantities.

Thus we find that for many years live stock men have studied their herds, carefully selecting females that possessed high producing qualities. These females were bred to sires whose dams had displayed high producing tendencies.

As time advanced breeders learned to keep records of all the milk given, as well as the feed consumed.

The result is that now we have records of individual cows giving over 30,000 pounds of milk in a year.

What a debt we owe to those old improvers of our breeds, we cannot repay them, but we can continue to carry on the work that they so nobly commenced.

In so doing we will add greatly, not only to our own income, but we will contribute to the revenue of Canada. No farmer can afford to neglect his live stock in these days when feed prices are soaring.

The use of pure bred sires, careful selection of females, with judicious economical feedings, together with the keeping of records are essential points that the farmer of to-day can not overlook and prosper.

Afraid of the Upkeep.

One wonderful day a bunch of enthusiastic Scots presented Harry Lawler and George Tawde (of "Bunty and Barrie" fame) with a copy of Burns and a fountain pen apiece.

Said Tawde to Lawler: "Hairy, Ah'm thinkin' this fountain pen is going to cost a deal of money."

"An' hoo dae ye mak' that out, George?" said Lawler to Tawde.

"I'll want keepin' in ink."

"Hoot, mon!"—and the great Harry laughed merrily—"ye can always fill it up at the wee bit deskie at the post office, while ye pretend to write a telegram!"

For Sore Throat Use Minard's Liniment

Brighten the Parts.
The parts of a radio set work best when they are bright. A dull surface usually means that corrosion has taken place, which offers resistance to high-frequency radio currents. As radio currents travel on the surface it may pay to brighten the parts of the set occasionally.

The Petroleum Output.

The output of petroleum this year averaged 1,000,000 barrels more than the output for last year.

Genuine

BAYER

ASPIRIN

Say "Bayer"—Insist!

For Colds Headache

Neuralgia Rheumatism

Lumbago Pain

Safe Accept only a Bayer package

which contains proven directions

Handy "Bayer" boxes of 12 tablets

Also bottles of 24 and 100—Druggists

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TO SHOW OUR PRODUCTS TO THE farming trade. Must have car and the best of personal qualities, bright, honest, and of high character. 25 to 40 years of age. If the right man your earning power with us should be \$75 to \$100 per week. Give local references in last letter. Write to P.O. Box No. 1874, Montreal.

One of the rarest birds in the world is the grey-headed pigeon, to be found on only one island in the Pacific. The London Zoo possesses the only living specimen outside America.

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Write Murine Co., Chicago, for Free Catalogue

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Don't suffer from lumbago, neuralgia or other pains. Apply Minard's to the aching spot and get quick relief. Always keep it in the house.

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"KING OF PAIN"
LINIMENT

To Gain Weight

We guarantee Bitro-Phospho to rebuild shattered nerves; to replace weakness with strength; to add body weight to thin folks and rekindle ambition in tired-out people. Price \$1 per package. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

PIMPLES WERE VERY PAINFUL
On Forehead, Cheeks and Chin. Cuticura Heals.

"My face began breaking out with pimples, first my forehead, then cheeks and chin, and it was an awful looking sight. The pimples were hard and red and after a time came to a head and scaled over. They were very painful at times and the trouble lasted about three months."

"I tried different remedies without any benefit. I began using Cuticura Soap and Ointment and I was completely healed after using three cakes of Cuticura Soap and one box of Cuticura Ointment." (Signed) Mrs. Algot Lundgren, McCord, Wis., Aug. 12, 1924.

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Sample Size Free by Mail. Address: Cuticura Sales Co., 150 Broadway, New York, N.Y.

Dr. Ointment 25 and 50c. The Ointment 25c.

25c. Cuticura Soaping Stick 25c.

DOCTOR ADVISED AN OPERATION

Read Alberta Woman's Experience with Lydia E. Pinkham's Vegetable Compound

Provost, Alberta.—"Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains of throat and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now I have a bonny baby girl four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."—Mrs. A. A. ADAMS, Box 64, Provost, Alberta.

Pains in Left Side

Lachine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back and with weakness and other troubles women so often have. I was this way about six months. I saw the Vegetable Compound advertised in the 'Montreal Standard' and I have taken four bottles of it. I was a very sick woman and I feel so much better I would not be without it. I also use Lydia E. Pinkham's Sanative Wash. I recommend the medicines to my friends and I am willing for you to use my letter as testimonial."—Mrs. M. W. ROSE, 680 Notre Dame St., Lachine, Quebec.

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