

HAD BAD SPELLS WITH HER HEART

Mrs. R. G. Hall, Bolton Centre, Que., writes: "Some time ago I had had spells with my heart which I believe was caused by nervousness. I tried everything I could think of, but could get no relief until one of my friends persuaded me to get a box of



After I had taken a few boxes I got wonderful relief. I now weigh one hundred and thirty pounds where, before, I never went over ninety."

Price 50c. a box at all druggists or dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Pure Milk

(Continued from page 1.)

typhoid fever, diphtheria, scarlet fever and septic sore throat. I have always found that the origin of the infection was either a human carrier, by which I mean a person who carried the germs of this disease in his body, and came in contact with the milk. But this human carrier is not necessarily incapacitated himself? No walking cases. Or I found the infection originated in some inflammation of the cow. I have never known an outbreak from Pasteurized Milk. I have collected all the outbreaks of infectious diseases in this country and abroad, and I have never found one that was not due to raw milk. There is no outbreak on record from pasteurized milk. It is perfectly obvious why this is so, because the germs causing human infection are killed by pasteurization.

In the work in which you have been engaged in the past twenty-five years what have been the principal obstacles that you have had to overcome in bettering the supply of milk from the point of view to cleanliness and quality? Well I would say broadly the ignorance of the consumer and the ignorance of the producer regarding the importance of sanitation. And to what means have you resorted to overcome this ignorance? I have always resorted to publicity, chiefly through the newspapers.

Poultry Supplies

With the high prices prevailing for Eggs And Poultry it pays big dividends to look after the flock of Laying Hens.

Blatchford's "Fill-the-Basket" Egg Mash

BLATCHFORD'S FATTENING MASH prepares the birds for the market quickly and cheaply.

Ask for BLATCHFORD'S POULTRY FEEDS. A CARLOAD just received.

Carter & Co. LIMITED. FEEDS SEEDS

INSIDIOUS EYE STRAIN

We use this adjective advisedly. Sufferers from Eye-strain may have perfect vision and therefore do not suspect the presence of any eye defect.

The motive power of the entire human organism is Nerve Energy.

Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eye-strain is present, a much larger proportion is required. Hence defective eyes, through their consumption of an excessive amount of Nerve Energy may seriously affect the functioning of other organs of the body and produce ill health.

HAVE YOUR EYES EXAMINED G. F. Hutcheson Optometrist

Have you any information concerning the condition of public health since pasteurized milk has replaced raw milk as a staple food of the population of one or more cities?

The records of the Department of Health have been very carefully analysed during the last twenty-five years with special reference to those diseases known to be carried by milk. This includes not only infant mortality from the well-known intestinal diseases of infants, but the infections of typhoid, diphtheria, scarlet fever, and septic sore throat, which also attack adults. I have studied these reports and have found the most marked reduction in the number of cases, and in the number of deaths from all milk-borne diseases since pasteurization was adopted by large cities.

Have you at hand any record of reduction in disease or epidemic which would bear out your statement?

I have a published tabulation which I drafted myself showing the list of milk epidemics collected from the records not only in this country but abroad from the year 1857 to the year 1920. This appears in a volume entitled "A Half Century of Public Health" published in 1921 by The American Public Health Association. This tabulation shows that up to the year 1908 there was a large number of infectious diseases from milk. Beginning with 1908 there is a decided falling off in every class of diseases. This was exactly the date on which commercial pasteurization became widely adopted. I may say that all of the outbreaks in the list were caused by raw milk.

Can you state whether or not pasteurized milk has been coincident with the reduction in infant mortality in children up to the age of five years? There has been a most marked reduction in infant mortality in all cities where pasteurization has been adopted.

Does pasteurization, in your opinion, lessen the food properties of milk? It does not. Can you state whether or not there is any divergence of opinion among the people who have made a complete and scientific study of the milk question as to the superiority of pasteurized milk over raw milk, taking the conditions which ordinarily obtain in the milk supply of any large city? There is not a dissenting voice among the Public Health officers of our cities on the question of the value of pasteurization and its necessity as a public health measure. The verdict is unanimous so far as the health officials are concerned.

But I ask you if tomorrow the art or practice of pasteurization be lost or eliminated and it were necessary to feed the people raw milk instead of pasteurized milk, what in your opinion would be the result upon public health? It would be a calamity. We would immediately have numerous outbreaks of infectious diseases all over the country from raw milk of the list of diseases I have already mentioned.

Will you look at the exhibit filed by you as Defendant's Exhibit D-2 of a book entitled "A Half Century of Public Health," published by The American Health Association and say how the reduction of diseases to which you have previously referred has taken place in relation to the advance in the putting into operation of the pasteurization of milk? The commercial pasteurization was widely adopted in 1908 in all American cities. That is the year in which there was a remarkable sharp reduction in outbreaks of diseases traceable to milk, and it all the years since 1908 that the reduction has continued. All the outbreaks which have occurred both before and since have been due only to raw milk.

Dr. Louis L. Harris, Physician and Surgeon, and Commissioner of Health of the City of New York, among many other answers, to questions makes the following:

DO YOU COUGH?



—Photo by Kennedy. Guelph, Ont.—"I caught a severe cold and could not seem to get rid of it. It just clung to me and finally settled in my bronchial tubes causing me a lot of trouble. The cough would be more severe at night than during the day, causing sleeplessness. I finally decided I would try Dr. Pierce's Golden Medical Discovery and by the time I had taken one bottle I was entirely relieved of the bronchial trouble—my cough disappeared and I have had no trouble with a cough since. I do not think a person can take anything better for bronchial weakness or deep-seated coughs than the "Golden Medical Discovery."—Miss Mary Dugan, 170 Ontario St. Liquid at tablets at your neighborhood store. Write Dr. Pierce, Buffalo, N. Y. for free medical advice.

statements: Do you favor pasteurized milk as a food, compared with raw milk? I do not merely favor it; I regard it as an indispensable instrument for the protection of the public health.

Does the pasteurization of milk lessen any of its food properties? It does not.

What is the effect of pasteurization upon milk with regard to the consumer, with regard to pathogenic content? Properly practised, it destroys those pathogenic germs which elude the best efforts of inspection service.

From the point of view of the consumer what is the result upon milk that might otherwise be deleterious. Pasteurization is an absolute essential in protecting the consumer against milk that would otherwise be deleterious.

Assuming that the art of pasteurization were eliminated, and that no pasteurized milk could be supplied, what in your experience, and in your opinion would be the effect in respect to public health? It would be an immediate increase in the incidence of those diseases which are transmitted through milk of improper or pathogenic quality and would cause a very decided retrogression in our gains in protecting child life. There would be a very substantial increase in the infant mortality rate and we would have outbreaks of typhoid fever and septic sore throat, and a recrudescence on a large scale of gland and bone tuberculosis.

You have referred in your examination on several occasions to septic sore throat. Would you be good enough to just give us a qualification of what that means? It is a form of sore throat which is caused by various members of a family of germs designated as streptococci. This is a form of sore throat which may produce serious constitutional disturbances and in some outbreaks which have occurred in some universities, in hospitals where milk has not been well guarded or has been contaminated, it has caused a high death rate as from 3 to 5 per cent. in large outbreaks. It is characterized chiefly by a very marked redness of the throat, by high fever, by constitutional symptoms of fever, and may cause complications which affect the heart and the kidneys.

Dr. William Park—Physician and Surgeon of New York, and who had started and been in charge of the Health Department Laboratory of the city of New York—also consulting bacteriologist for the U. S. Public Health Service, made these answers to the following questions: Which do you consider the more dangerous, raw milk that has not been pasteurized or milk that has not been taking conditions as you know them in New York, for instance? For 99 per cent of the milk supply there is no question that pasteurized milk is on the whole more wholesome and safer than raw milk. Of the 1 per cent which is surrounded with all possible safeguards, and which therefore must be more costly, it is practically on a par with pasteurized milk, except that any of those safeguards with respect to raw milk may become dangerous, and there are many incidents of such accidents.

Have you ever conducted any experiments which justify your conclusion that pasteurized milk is a safer food than raw milk? Yes I have done a number of such experiments. Will you please recite your experience? The first was an experiment upon the effect of pasteurization on the ordinary summer milk supply of New York City. We chose a number of infants who were taking the ordinary milk of New York City without pasteurization. A number of these infants were put on very clean raw milk, and a number were put on a fairly clean pasteurized milk, and we compared these children throughout the summer. We found that during two summers each of two lots of children receiving a good raw milk with an addition of moderately good cream, that the children did much better on the pasteurized milk than on the same quality milk which was not pasteurized. All the infants were able to continue on the pasteurized milk throughout the summer, but a considerable number of those who were fed raw milk had to be put on pasteurized milk to protect them from dangerous diseases.

In bringing about these reforms with regard to milk what has been the greatest obstacle you have had to overcome? The greatest obstacle is the desire of the farmers not to incur the expense and labor which rules and regulations usually imply and their honest ignorance as to the necessity of this thing.

Does that honest ignorance spread to the consumer as well? The consumer is more easily educated than the farmer because they are in more direct touch with health authorities, but there is also a minority that always takes years before they become educated.

And what is the greatest agency that you have been able to summon to your assistance in this educational work? Well in all such popular movements you have the direct pamphlets from the Health Departments, and then the general press, to bring home to the ordinary people this newer point of view.

Can you bring about reforms of this kind without the assistance of the press? I should hate to try it.

DOCTOR WHAT WOULD YOU SAY WOULD BE THE RESULT UPON THE HEALTH OF BIG CITIES WERE PASTEURIZATION OF THEIR MILK SUPPLY



Since 1864

For three score years, Chase & Sanborn's Seal Brand Coffee has been renowned for its superior quality and rich flavour.

Of equal goodness is Seal Brand Tea—which fully maintains in every respect the reputation created by Seal Brand Coffee.

Chase & Sanborn's SEAL BRAND Coffee and Tea

Welland Hotel Drury Opened Hard Hit By King Tariff

WELLAND, January 22.—There is a hotel for sale here, and the reason for selling will be given in confidence to bona-fide only. The hotel is the Reeta. It is a modern brick structure, with hardwood paneling inside, well-appointed, beautifully run, having forty-two rooms, at East Main and Cross

ABANDONED OR THE ART OF PASTEURIZATION? FIRST THERE WOULD BE AN INCREASE IN THE DEATH RATE OF YOUNG INFANTS; THEN THERE WOULD BE AN INCREASE IN TYPHOID, DIPH- THERIA, SCARLET FEVER AND SEPTIC SORE THROAT; AND LATER AN INCREASE IN TUBERCULOSIS IN INFANTS AND YOUNG CHILDREN.

IS THERE TO YOUR KNOWLEDGE ANY UNIVERSITY OF OPINION AS TO THIS? THERE IS NO DIVERSITY AMONG HEALTH AUTHORITIES. IN FACT IN NEW YORK THERE IS ALMOST NO DIFFERENCE OF OPINION AMONG ANYBODY.

Dr. Grant Fleming stated he had made special study of milk as a food, and considered it was most safely used after pasteurization. It was in his opinion the most important single article of diet, especially for women and children. He considered the pasteurization as prescribed in Montreal's milk-by-law to be sufficient pathogenic organisms in the milk. This had been established beyond doubt. As pasteurization came into effect the infant death rate went down.

AN URGING ABOUT REFORM IN SUCH A WAY AS IMPROVEMENT IN MILK SUPPLY WHAT ARE THE CHIEF OBSTACLES?

THE IGNORANCE OF THE PUBLIC. WHAT IS THE CHIEF AGENCY FOR THE PERFORMER TO DISPEL THIS IGNORANCE? WITHOUT DOUBT THE PUBLIC PRESS.

WHAT IS YOUR VIEW AS TO THE IMPORTANCE OF THE MILK QUESTION? IT IS A MATTER OF LIFE AND DEATH, A VERY LARGE PROPORTION OF INFANT DEATHS IN THE PAST HAVE BEEN CAUSED BY IMPURE MILK.

Dr. T. Boucher—City Health Officer for Montreal—was next called and gave the following testimony: When was this by-law first taken up? IN 1914 but it was dropped on account of opposition of the milk dealers.

Why did you draw up these Bills? To protect public health. Did you think the adoption of the by-law was in the public interest? Yes.

To what extent was public health menaced by milk? Mortality statistics showed that 44 per cent of the children under one year who died had gastroenteritis, also there was a big proportion of deaths from typhoid.

When did the sale of pasteurized milk start in Montreal. Some years earlier, but at that time only about 15 per cent of the milk was pasteurized.

As pasteurized milk increased in quantity did mortality in children decrease? Yes.

From the point of view of public health, what has been the most important measure passed since you became health officer? The milk by-law.

What prevented the earlier adoption of the by-law. The opposition of the milkmen. Can you tell us whether there is unanimity among scientists as to the need of pasteurization? There is unanimity among public health men.

street. Part of the structure, in fact, is a large brick auditorium designed for a motion picture theatre and run as such, one of the Capitol chain. Sam Lambert, one of Welland's wealthy men, owns hotel and theatre, and he wants to dispose of both, so he has put the matter into the capable hands of B. J. McCormick, who was industrial commissioner in the days when "Watch Welland Grow" was what the business man recited to himself just before or during his breakfast every morning. "B. J." will, in confidence, give the reason for selling. "Taking out the tone words and the embroidery, such reason for selling is this—that Sam Lambert wants to get rid of the properties. Even so far as that when the Reeta was launched, on March 22, 1922, then Premier Drury journeyed there from Toronto and gave the venture his blessing and inflicted the speech of the evening on the occasion, has not saved this imposing structure from now figuring in a "for sale" advertisement.

The true reason the Reeta is up for sale doesn't seem to be confidential or secret. Anyone passing through the town might guess. If Hon. Vincent Massey, Minister-delegate to Washington, would stop off for an hour at Welland, he could see some statistics that might be promulgated at Washington and telegraphed to the Prime Minister at Ottawa. The evidence behind the reason is this:

In 1920 Welland had a population of 14,000 people, a considerable proportion, about 40 per cent, industrial workers, and their families.

In 1925, Welland population had decreased to 10,000 or even less. This decrease was caused by the shutdown of principal industries.

These closings came from cuts in tariff protection.

Mackenzie King applied the cuts. How certainly distorted economies can ruin a nation is evidenced plainly in the career of Welland. Here, on one hand was B. J. McCormick, with his solid optimism for Welland, based on sound geographical and industrial facts, trying to get new industries and workers, enthralling the Board of Trade, the Rotarians, the realtors, the bankers, the loan companies and surrounding citizens, while at the same time Mackenzie King was expelling T. N. T. firecrackers under these streets, industries that had finally located in Welland and spent millions on organization. It was a battle between McCormick at Welland and Mackenzie King at Ottawa, and Mackenzie King won. It was more of a campaign, however, than a battle. In the short run from Toronto to Welland, the motto of the King steam roller can be plainly seen. As the Canadian National leaves Union Station at backward glance shows the tall rusty stack, at Ashbridge-Bay, of Canadian Baldwin Steel Corporation. Eminent capitalists designed a big plate plant there, to ultimately employ 10,000 men. Had that number worked, the depreciated business streets in the neighborhood would have sprung into life. A added city of 40,000 to 50,000 people would have been created from this one plant. But the Mackenzie King cry is and has been, "Nash Washington." The Prime Minister was deaf to the appeals of Sir Hugh Poynter that the tariff steels be raised from 12 to 15 per cent. Mackenzie King was courteous, Washington, not Canada, and he refused. This refusal sent three million dollars of British investment in Toronto crashing.

Another skeleton seen from the trains in the plant of the Pikingtons, with more millions tied up in plate glass industry for Canada. Another victim to tariff reductions.

And finally, more industrial ghosts of the past, right in Welland. Their stacks point upwards without smoke. Their machinery is idle and rusting. They are built of the expenditure of millions to keep the flag of Canadian trade flying and the country expanding. The bankers have added up the red ink columns. The workers have fled from the fool country that can evolve columns of industry to their lumberjacks. The former are filled with increased energy and output of similar work across the border, where they have nailed to their staff the highest protective tariff in the world.

Mackenzie King started to lower the protective tariff of Canada and in two years he closed up Canadian Steel Foundries at Welland, employing 1,500 men; a branch of the Canada Car & Foundry, Electric Steel & Metals where 750 men used to go to work and the John Deere Plow Company, employing 150 hands, then either implemented for the farms or new manufacturers at Moline, Illinois. Good 500 hands laid down their tools moved out from their houses and most of

them bent it from here. When the King system of tariff reductions was at its peak, a photograph, if any such had been taken, would have shown on one day groups and family parties of artisans making for the railway station, to the number of five hundred. In all, four thousand people went from Welland (the population that was fourteen thousand is now around ten thousand).

In the face of this it is difficult to find any "reason for selling" other than the population and business conditions bound up in the above summary.

INDUSTRIAL SKELETONS

COST OVER \$300,000

HOTEL TOO SMALL

So it was done. People flocked there and so heavy was the traffic that to take care of overflow an entrance was cut through the hotel into an adjoining building and a number of bedrooms were built there. There was every indication that the town was going ahead rapidly, and certainly the hotel did a wonderful business and immediately leased the Lambert Theatre to so-far people on good terms.

Those extra rooms have not been used for a considerable space of time. Tariff reductions imposed by Mackenzie King, resulted in one after another of the important industries of Welland halting first in their stride and finally closing up. This led to the exodus of 4,000 people. So if it were not tariff cutting, population decrease and sagging business that cut in on the splendid future of Welland there is no other reason why the Reeta Hotel stands up today was cut through the hotel into an adjoining building and a number of bedrooms were built there.

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The Fathers of Confederation

They Breathed Life into Confederation and Behold . . . a Nation was Born

Out of the separate Colonies of British America, they created a powerful Dominion, forming what is now an important part of that great Empire upon which the sun never sets.

Shoulder to Shoulder with the Progress of the Canadian Confederation Marches the Record of Confederation Life Sound, conservative, avoiding the spectacular, but building a structure of enduring strength, Confederation Life Association records another year of progressive achievement in 1926.

Table with financial data for Confederation Life Association, including years 1867, 1871, and 1927, and various financial metrics like Assets, Income, and New Insurance Written.

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FOR RHEUMATISM



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