

# PUBLIC HEALTH IN NEW BRUNSWICK

Dr. Murray McLaren of St. John, delivered the following interesting remarks on the condition of public health in New Brunswick at the recent annual meeting of the Union of New Brunswick Municipalities held at St. Stephen:

methods from time to time, in accordance with the growth of sanitary science.

Public health does not receive its proper recognition nor is it placed in its true position of relative importance by the people and governing bodies. This is the case in many provinces but especially in our own.

There are always strong influences, which lead to large expenditures on costly public works, excellent in themselves; but public health does not have behind it that same active personal influence, which would bring about great assistance and support to so important a cause.

For the successful establishment of public health, two conditions are essential:

First, a general knowledge by the people of sanitary matters and hygiene. Education in sanitation is most needful as the co-operation of all individuals is essential to the maintenance of a high degree of public health. A public educated in health matters is the best incentive to governing bodies for liberality in forwarding this work. Sanitation in the army, is now recognized by all countries, as of the greatest importance to insure the efficiency and health of the troops. Not only are there specially trained sanitary officers and sanitary appliances, but every soldier receives instruction in health matters, each soldier, to some extent, is his own sanitary officer and, in this connection, it may be pointed out, that our militia camps serve a most important purpose in the instruction of all attending them, in health matters and, as schools of sanitation they are doing a pioneer work in this country.

Again sanitarians have shown that the house fly is an important carrier of diseases, such as typhoid, summer diarrhoea and tuberculosis, and that the destruction of its breeding places, manure and filth, in the most effective way of dealing with this insidious pest, but it rests largely with people in general, to bring this about by the maintenance of cleanliness in their surroundings. We must mainly look to the public schools and to the public health officers for the dissemination of sanitary knowledge.

The second essential condition is a well organized and well equipped public health department. This means a great deal and much more than exists in the province today. Sanitary science requires the employment of men specially trained and devoting their entire time and energy to the work and supplied with the facilities necessary to enable them to carry out their investigations, so that the best results may be obtained. It means the expenditure of money, but what better use can be made of money. There is little difficulty in obtaining large expenditures for public works; were the same policy extended to sanitation the results would be truly surprising. Governments are much criticised about various expenditures but one has yet to hear of a government having to defend itself against a charge of spending too much money on public health.

The fact is, public health means so much, that there is need of support not only from the municipalities and local legislature, but from the Federal government as well. It has now been urged for several years upon the Dominion Government to undertake the formation of a department of public health; there can be no doubt of the need and advantage of such a department and it would now seem altogether likely that in the near future, a federal department of public health will be found and that assistance from this source will be obtained towards instituting a thorough system of public health; but in the meantime it would not do to wait for the action of the Dominion Government, for much remains and always will remain for the local government and municipalities of this province to do towards perfecting our public health organization.

THE PUBLIC HEALTH ACT, CONSOLIDATED AND AMENDED OF 1911

This Act shows improvement in some respects over previous health acts, while in other and very important particulars, it is quite inadequate. The general plan of organization of provincial board and health districts, each with its local boards the usual arrangement and is satisfactory as far as it goes but is lamentably lacking in its provision for trained and expert sanitarians and for laboratory facilities. There is no provision for a provincial health officer who should devote his whole time to the work and receive adequate remuneration; he should possess a diploma in public health

and be granted large powers in his administrative capacity, he would act as the adviser and the executive officer of the provincial board. The compilation of statistics, which is now rudimentary, could suitably be taken in hand by him.

There is no provision for a hygienic laboratory; the work carried on here, would more especially deal with the analysis of water, milk and food stuffs, a matter of great provincial importance. Such work should be done by health officers as it comes usually naturally and properly within the scope of their work. The appointment of a provincial health inspector is provided for under the Act. It is apparently contemplated that his chief duty would be the supervision of the care of smallpox cases. This position has not yet been filled. The appointment of a provincial health officer, while much more serviceable generally, could readily include this work.

An important step in advance in health matters was made in reference to the appointment of chief district health officers for cities, towns, and municipalities as will be found in paragraph 75. Each officer shall be a registered physician and shall possess a diploma in public health from some recognized university or shall obtain such a diploma within eighteen months of his provisional appointment, of his salary not exceeding \$1500.00 a year, one-third shall be paid out of the provincial funds. The advantage of having as health officer, a trained sanitarian, possessing a diploma in public health is a sound and commendable feature of the Act; it is getting away from amateurish effort and settling down to serious work. The government is prepared to assist the municipalities in the matter of expense; the expense, however is small for the remuneration is very modest. One municipality only, St. John, has so far availed itself of this enactment; its general adoption throughout the province is something to hope for. As among his many duties, are included care of smallpox patients and free vaccination, many of our municipalities may be led to take action; in some cases, certain municipalities might, if desirable unite in appointing an officer.

Under the public health act of Ontario, recently passed, in addition to the provincial health officer, seven district officers of health have been appointed; these men give all their energy and time to the sanitary work of their districts. The Province of Quebec will carry out a similar plan. In Ontario, laboratory facilities have been provided at Toronto, Kingston and London.

One would urge therefore—

1. The appointment of a provincial health officer possessing a diploma in public health and devoting all his time to sanitation.

2. The establishment of a hygienic laboratory in charge of the provincial health officer. What would appear an advantageous arrangement would be the establishment of a laboratory attached to the General Public Hospital, St. John, where the pathological work would be undertaken by the provincial bacteriologist and hospital pathologist while the hygienic department would be conducted by the provincial and chief district health officers.

3. The appointment throughout the province of chief district health officers.

Tuberculosis.—Under the Health Act tuberculosis has been declared a contagious disease and requires to be reported to boards of health. Much has been done in this province towards controlling this disease within the last few years.

1. The Jordan senatorium, the generous gift to the province, of Mrs. Jordan, has been established and will be maintained by the local government, for the treatment of early cases of tuberculosis; it has been placed in charge of a physician thoroughly trained in such work.

2. An Act in aid of local sanatoriums was passed in 1911, which has in view, the granting of assistance to municipalities, to aid in the establishment of institutions which would especially care for advanced and incurable cases of tuberculosis—cases particularly dangerous to the communities in which they dwell. This amounts to a sum not to exceed 30 cents a day for not more than 100 days for each patient. The municipality of St. John has decided to provide such an institution and the building will no doubt be started early next year.

3. Antituberculosis Association.—Various branches have been organized in the province. The St. John branch has shown commendable activity. It conducts a free dispensary, it employs a district nurse and has presented to the municipality a site for the local sanatorium.

MEDICAL INSPECTION OF SCHOOLS

The medical inspection of schools which has now been so generally adopted throughout the countries of the old and new world and in many provinces of the Dominion, has not

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in Five Minutes. Time It!

If what you just ate is souring on your stomach or lies like a lump of lead, refusing to digest, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach headache—this is indigestion.

A full case of Pape's Diapiesin costs only fifty cents and will thoroughly cure your out-of-order stomach, and leave sufficient about the house in case some one else in the family may suffer from stomach trouble or indigestion.

Ask your pharmacist to show you the formula plainly printed on these fifty-cent cases, then you will understand why dyspeptic trouble of all kinds must go, and why they usually relieve sour, out-of-order stomachs or indigestion in five minutes. Diapiesin is harmless and tastes like candy, though each dose contains power sufficient to digest and prepare for assimilation into the blood all the food you eat; besides, it makes you go to the table with a healthy appetite; but, what will please you most, is that you will feel that your stomach and intestines are clean and fresh, and you will not need to resort to laxatives or liver pills for biliousness or constipation.

This city will have many Diapiesin cranks, as some people will call them but you will be cranky about this splendid stomach preparation, too, if you ever try a little for indigestion or gastritis or any other stomach misery.

Get some now, this minute, and never rid yourself of stomach trouble and indigestion.

yet been initiated in this province. The Legislative Assembly added the following section to the School Act in 1911:—

"126. Any Board of School Trustees may make such provision as shall be sanctioned by the Board of Education for the care of the health, cleanliness and physical well-being of the pupils attending the public schools under their jurisdiction, and may employ at their own charges such medical officers as shall be necessary to give effect to the same, and any expenditure incurred under this section, may be assessed for in addition to the sums otherwise authorized to be assessed for school purposes, notwithstanding any limitation to the contrary."

This is the first official step towards the introduction of medical inspection in this province and it is presumed it will be gradually acted upon, if we wish to keep abreast of the times.

The British Columbia Act is regarded as the most perfect on the subject in the Dominion.

The following appeared recently in the Canadian Medical Association Journal:—"The necessity for the medical inspection of schools is shown very strongly by the report of the Montreal medical officer, on the physical condition of 59,000 children attending schools in that city."

The report shows that of this large number 32,000 were physically sound, while 27,000 had complaints of various kinds. 167 pupils were found to be suffering from adenitis, 1,789 had adenoids, 132 suffered from headache, 900 from debility, 12 from spinal troubles, 67 from deformed limbs, 19,864 from decayed teeth, 17 from heart trouble, 603 from throat affections, 195 from ear troubles, 957 from skin diseases, 903 from diseases of the eye, 229 from minor sores, 418 from bronchitis, 225 from measles, 6 from diphtheria, 84 from itch, 58 from impetigo, 174 from mumps, 2000 from vermin.

Pupils to the number of 1,416 were sent home for various causes of illness, etc., 2,140 had not been vaccinated and had to submit to the operation, 13,572 previously vaccinated were examined."

Dr. McLaren received a hearty vote of thanks from the meeting.

Conn. Secretary Kelley thought the appointment of the district health officers should be in the hands of the municipalities. In the City of St. John the patronage was controlled by the government of the province.

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## PRINCE LOUIS OF BAT- TENBURG A SEA-LORD

London, Dec. 7.—Prince Louis of Battenburg has been appointed first sea lord of the admiralty to succeed Vice-Admiral Sir Edward Bridgeman-Bridgeman, who has resigned on account of ill health. Prince Louis was formerly second sea lord.

(Prince Louis visited Fredericton a few years ago and was tendered a civic reception. He also attended a ball at the Parliament Buildings.)

## BECOMING GIDDY.

The following paragraph from The Chatham Gazette indicates that our old friend Commodore Stewart is still in the ring:—"Mrs. A. W. Waters, Miss Huson, Miss Mersereau, J. L. Stewart and J. McNaughton went to Moncton on Monday, where they received degrees in the Rebekkah Lodge and are now qualified to initiate others to the Rebekkahs. A party of Millerton people accompanied them to Moncton." It is pleasing to note that the Commodore availed himself of the services of a chaperone before setting out on the trip to Moncton.

Mrs. Donham, of Portland (Me.), is visiting her sister, Mrs. F. P. Robinson.

## 115 FOX RANCHES ON P. E. ISLAND

Charlottetown, Dec. 5.—J. E. B. McCready, publicity agent for Prince Edward Island, said today that island products, including field crops, dairy articles, etc., had increased in value by sixty per cent as compared with 1901. He directed attention to the following significant facts:

The Canadian census of 1911 shows that the island province notwithstanding some decrease in population made a good advance in material wealth during the past decade.

The value of lands, buildings and implements is set down at \$3,379,515 being an increase of \$8,589,333 or 33 per cent.

The year's product is field crops and fruit grown, in live stock animals slaughtered, dairy products, wool, eggs, honey and maple sugar marketed, was \$11,967,425 being an increase of sixty per cent over the production of 1901.

To the value of live stock on the farms should be added at least \$4,000,000 on account of the black fox industry which is not tabulated in the census. This enterprise has shown remarkable development and many considerable fortunes have been realized in it. There now over 115 separate ranches containing hundreds of very valuable animals.

The people of Prince Edward Island probably never before made so much money in a single year as in 1912. Many new companies have been formed to extend existing industries or promote new ones. More Prince Edward Island money and more money from outside the province have been invested in such enterprises than during forty years before.

The entire production of the farms, including fox ranches and the fisheries of the Island during the present year comes close upon \$16,000,000 or \$170 per head of the population.

## SUBSIDY CONTRACT SIGNED BY FEDERAL GOVERNMENT

(From Hansard)

Mr. Carvell:—1. Has the Government of the Department of Railways and Canals signed a subsidy contract with the St. John and Quebec Railway Company for the construction of a railway from St. John to Grand Falls in the Province of New Brunswick, on any portion thereof? If so, for what portion?

2. Have plans and specifications of the said railway been filed with the Department of Railways and Canals?

3. If so, for what portion or portions thereof?

Mr. Cochrane:—1. Yes, for a line of railway from St. John to Grand Falls, N. B.

2. Yes.

3. (a) From Fredericton to mileage of Fredericton. (b) From Fredericton to mileage 33, south of Fredericton. (c) From St. John to Kenabecasis river.

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Which includes

## Grape-Nuts

and Cream

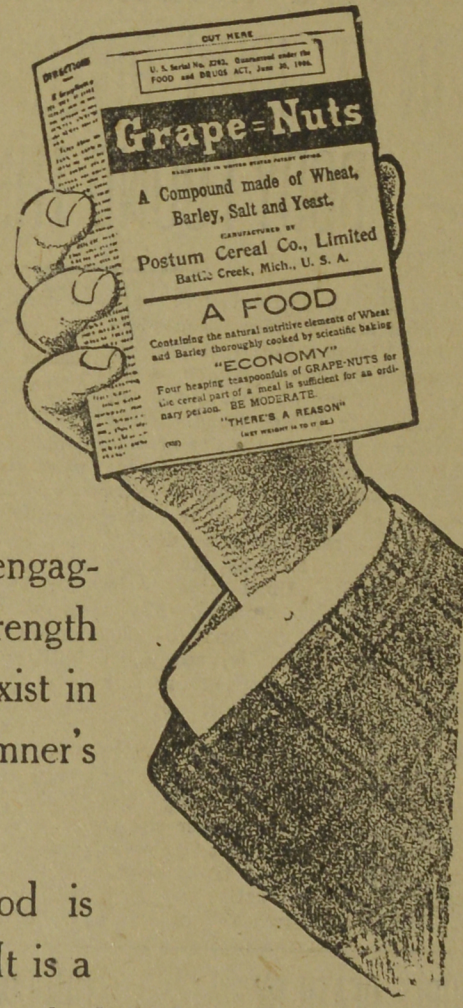
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## MAIL AGENCIES

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Patrick Burns, Grocery Store, King Street.

J. E. Saunders, Grocery Store, Northumberland Street.

Miss Dunlap, Grocery Store, Northumberland Street.

Miss Quinn, Westmorland Street.

D. Lenihan, Grocery Store, King Street.

W. P. Grannen, Regent Street.

Jas. W. Fanjoy, Grocery Store, George Street, above St. Ann's Church.

Parent, Bird & Co., Grocery Store, corner Queen and York Streets.

## TO CONSUMPTIVES

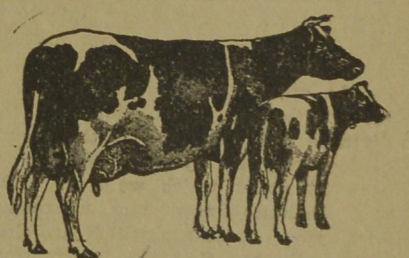
And All Afflicted With Asthma, Bronchitis, Catarrh, Grippe or any Lung or Throat trouble.

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If you are suffering from any Lung or Throat trouble whatever, do not fail to give this invaluable remedy a trial. Send for Mr. Wilson's history of his own remarkable case which will be sent FREE, together with a \$1.00 package of the remedy, to all who write for it. Address: Wilson Remedy Co., Westwood, N.J., U.S.A.

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## WEST END DAIRY

## FOUR WERE KILLED IN A COLLISION

Baltimore, Dec. 7.—Four men were killed and two injured in a collision between a train of empty passenger cars and a freight train on the Western Maryland Railroad, near Penmar Park, late night.

The dead are: F. M. Leiter, baggagemaster; J. L. Hellig, engineer; W. Eichelberger, conductor, all of Hagerstown, and James McCaffrey of Belmar, Pa., a "train rider."

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