

## THE FLY NUISANCE

(Written for "The Listener" by DR. H. B. TURBOTT, Director of the Division of School Hygiene, Health Department)



So far this year's summer has been untimely, cool and damp in most districts. The hot weather will come, however, and with it the household invasion of flies of all kinds, the ordinary and the lesser house-fly, the stable-fly, the blow-fly, and other nuisances of the fly family. The common house-fly invades the living rooms, especially kitchens, whenever hungry. He is attracted by human food, and contaminates it, worst luck! That is why he—the common house-fly—is important from a health point of view. The other breeds of flies—probably 10 per cent, or less of flies in houses—excepting the few blow-flies—don't fancy our food, don't damage it, and are only a nuisance.

### A Real Danger

I hope you have no illusions about the common fly. Common flies constitute one of the real health dangers of everyday life, worse in the warm weather when they breed rapidly. A batch of eggs can turn into a brood of flies in about a week in favourable weather. In another week or fortnight those very flies will themselves be laying eggs. In our climate they choose, for breeding places, horse manure if they find it handy, or exposed human faeces, or any decaying and fermenting organic matter—for example garden and house refuse are very common breeding places. Cow dung may be used and quite commonly chicken dung in fowl runs. They don't travel far, not more than a quarter of a mile as a rule. So if your house is favoured with flies, search nearby for the breeding places. If they are on your own section you can

deal with them. If your neighbour keeps fowls or a horse or cow in a vacant section it may take a little tact to persuade him to gather and render the manure harmless.

### In the Winter-time

Where do the flies go to in winter-time? The explanation is simple. The last autumn hatchings do not usually develop beyond the pupa (or chrysalis) stage. The fly remains in this stage in the soil until the warmth of the following spring.

This is the fly danger! Human faeces contain living germs of certain dangerous diseases. Such material powerfully attracts house-flies. They feed on it, swallowing any germs present as they do so. Human food is next in power of attraction for house-flies, and they'll pass directly from faeces to food. The house-fly's excrement is voided at frequent intervals as it feeds. Disease germs may be deposited directly upon human food, and upon eating or drinking utensils. In addition, the fly's vomit is used to liquify solid food such as sugar, germs being deposited the whole, or the fly's hairy legs or body may indirectly foul our food with germs. It is in these ways that flies spread summer or epidemic diarrhoea, dysentery, typhoid fever, and even tuberculosis.

### Preventive Methods

The best attack on the fly nuisance is preventive—stop them breeding rather than attempt to kill the swarms of adult flies. Manure should be close packed, or treated with a preventive spray. A good spray is made with 1 oz. arsenite of soda,  $\frac{3}{4}$  lb. treacle, mixed as a stock solution with  $2\frac{1}{2}$  pints of water. Mix thoroughly and add 10 pints of water at using time. Household rubbish should be kept in really flyproof receptacles, or burnt in the incinerator; garden rubbish should be burnt, buried or sprayed.

Adult flies should be killed by spraying or fumigating rooms, or trapped, swatted, caught in tanglefoot strips, or poisoned. An ounce of formaline in a pint of sweetened water, or milk and water, is suitable for placing in receptacles round rooms out of reach of children.

Lastly, all foodstuffs must be protected from flies, and eating and drinking utensils kept in cupboards or covered from flies between meals. Take special care to protect everything—food and utensils—that baby uses, if you want to avoid summer diarrhoea.

(Next week: "Cancer Has No Favourites," by Dr. Turbott.)

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## THE DOCTOR'S DIARY

Blood Pressure means the force of the pressure of blood against the walls of your arteries. Toxins (poisons) in your blood cause High Blood Pressure. This common case of High Blood Pressure will interest you.



**Doctor:** (After examining patient): "Your Blood Pressure is far too high. We'll have to get that down."

**Patient:** "But, Doctor, I thought when you had High Blood Pressure you became practically an invalid."

**Doctor:** "No. Not at first, because simple High Blood Pressure can be treated quite easily—if you neglect it, of course, it will wear out your heart and kidneys."

**Patient:** "What are the symptoms, Doctor?"

**Doctor:** "Dizziness, Bladder Weakness, Surging of Blood to Head, Palpitation—these often indicate High Blood Pressure. Headaches, Failing Sight, Aches in Shoulders and Limbs, Swellings, Back Pains are other everyday symptoms."

**Patient:** "Tell me, Doctor, actually what causes High Blood Pressure."

**Doctor:** "High Blood Pressure is caused by toxins (poisons) in your blood stream. As these toxins increase, your blood becomes congested and the blood pressure gets higher and higher, putting great strain on your heart—affecting your Kidneys. Thus High Blood Pressure can be the cause of such common ailments as Rheumatism, Kidney Trouble, Palpitation, Backache, and the other complaints I've mentioned also."

**Patient:** "Then it's apparent that a normal blood pressure is most important from a health point of view?"

**Doctor:** "Decidedly. If you keep your Blood Pressure normal you will live longer and healthier. But there is no need to fear High Blood Pressure."

Fortunately, simple High Blood Pressure can now be easily remedied with Dr. Mackenzie's Menthoids.

Flushes (or Surging of Blood to Head), Heart Pains, Dizziness, Depressing Headaches at top and back of Head, Palpitation, Bladder Weakness, Loss of Energy, Irritability and General Depression, are often caused by High Blood Pressure.

If you suffer in this way, get a flask of Dr. Mackenzie's Menthoids from your nearest Chemist or Store, and begin the Menthoid treatment right away. A pure herbal remedy, Menthoids can only do you good. They may be taken with safety by even the most delicate patient.

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# MENTHOIDS

(Continued from previous page)



"It is not for us to criticise our great leader. It would be disloyal to say that as a soldier he isn't a sergeant's batman. Heil Hitler! We're in the soup—and there's no soup!"

"Is it not fortunate that our best generals have gone to another place to make way for our dear Fuhrer? Now everything will go with a bang. Heil the Big Noise! We're bust!"

"Our good Fuhrer says all will soon be finished. He's tellin' us." All together. "Heil! It is der tag—der tag—end!"