

THEN




In 1872, under the heading "Scientific Items", the following medical remedy was listed:

"Fever and Ague - The Cleveland (Ohio) 'Herald' gives the following very simple remedy for this disease: 'A teaspoonful of common salt taken in water, and a teaspoonful put inside each stocking next the foot just as the chill is coming in.' The editor of the paper vouches for the efficacy of this treatment." (1872)

"Wear and Repair of the Brain - The notion that those who work only with the brain require less food than those who work with their hands is

fallacious, mental labor causing greater waste of tissue than physical. Three hours of hard study wear out the body more than a whole day of physical exertion. One-fifth of the blood goes to the brain, though its average weight is only 1/40th that of the body. This fact alone is sufficient to prove that brain workers need more and better food than mechanics and laborers." (1873)



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NOW

The major current health problems of Canadians, aside from those resulting in death, include arthritis and rheumatism, disorders of the back, limbs and joints, mental disorders, allergies and dental trouble.

Average life expectancy reached 72.9 years for males and 79.8 years for females in 1985.

In 1985, there were 491 people for every physician in Canada down from 585, ten years earlier. The provincial ratio ranged from 459 : 1 in Quebec to 775 : 1 in Prince Edward Island.