

three meals; anything more than this overloads the stomach. In consequence observe moderation.

"4. You must not be a slave of enjoyment. Alcohol, coffee, tea and tobacco have no nutritive qualities, but through the usages of generations they have become almost necessities and are not easily replaced. They are all poisonous, but through customary use they have lost some of their dangers. By injudicious use of them you will shorten your life.

"5. From childhood up see that you are clean. Have at least a sponge down with cold water every day; twice a day clean the teeth and wash both hands and face. Take a hot bath once a week and see that you change your linen and bed linen regularly. Your rooms must be large, dry and sunny and the bedrooms especially must be large and well aired.

"6. Bring only as many children into the world as you can feed and educate; and

"7. When ill do not delay to consult a really capable doctor and follow his advice."

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#### CANADIANS AT INTERNATIONAL CONGRESS.

The following delegates were registered at the International Medical Congress: From Montreal, Maud Abbott, George Adams, Edward Archibald, George Armstrong, Herbert Birkett, Alexander Blackader, Philip Burnett, Gordon Campbell, Thomas Cotton, John Elder, Frederick Finley, Oskar Gruner, James Guerin, David Gurd, Stephen Langevin, Duncan McTaggart, Francis Nagle, Colin Russel, Francis Shepherd, John McCrae, Alexander Stewart, Grant Stewart, J. L. Todde, Edmund Van Eberts, Ernest White, Robert Wilson. From Toronto, W. H. B. Aikins, H. B. Anderson, Herbert Bruce, Frederick Harrison, George Campbell, James Cotton, Colonel Fotheringham, Perry Goldsmith, Andrew Gordon, Duncan Graham, Samuel Johnstone, Ernest Jones, Archibald Macallum, Byron Macallum, Samuel McCoy, John McCullough, Thomas McMahon, J. McMurrich, Alexander McPhedran, Maurice McPhedran, Samuel Moore, William Ogden, Alexander Primrose, Richard Reeve, Robert Rudolf, David Smith, Hugh Smith, I. R. Smith, Bruce Smith, Clarence Starr, John Stenhouse, Benjamin Watson, George Whitmore, David Wilson, Adam Wright. From Winnipeg, Arthur BurrIDGE, A. Campbell, Herbert Galloway, George Hughes, Swale Vincent. From Kingston, J. W. Campbell, James Connell, Edward Ryan, James Third. From Calgary, George Anderson, William Lincoln, Harry Gibson. From Vancouver, William Burnet, Ezra Drier, James Farish, Colin Graham, H. C. Lindsay, John Mellish. From Oshawa, George Carmichael. From Ottawa, John Chabot, Thomas Gibson, Charles Hodgetts, Guy Jones,