

**The third report on infant mortality**, prepared by Dr. Helen MacMurchy for the Ontario Government, is undoubtedly the best upon the subject extant. Its prime object is to lessen or wipe out infant mortality, in so far as that can be done.

This can best be brought about by the proper education of the mothers and a full realization of the fact that each child is a law unto itself.

It cannot too strongly be pointed out that the most simple laws and rules are the best, for the multiplication of rules and directions will only tend to confuse and discourage.

Dr. MacMurchy says in this report a great deal of good may be done by giving the mother a leaflet. It would be far better to have large cards printed in bold type, which could be framed and hung up in some convenient place. These should state the simplest rules of guidance, and, of course, must be in the language the mother can read or understand. Then they will be kept; leaflets are easily lost or misplaced.

As infant mortality occurs to a greater extent amongst the poorer and foreign classes, the necessity for printed rules in different languages is apparent.

It would be a wise proceeding on the part of the Provincial Health Department to send a copy of Dr. MacMurchy's report into at least every English-speaking family where a child is born.

---

**The proper handling of bread**, advocated in these pages on several former occasions, has not so far as can be learned appealed to health officers.

Bread is a universal article of diet, but more attention seems to be paid towards enforcing the laws to protect fruits and other like food stuffs in shop windows from flies, dirt and dust. These are not the household articles that bread is, especially amongst the poorer classes.

It is a nice point of table etiquette that no one shall touch a slice of bread except for his own personal and immediate use. Bread comes to the table as an article of diet, unwashed, subjected to no cooking in the household, after passing through many hands.

Although contamination is abundant, public opinion has not yet demanded the sanitary delivery of the staff of life.

That bacterial contamination of bread has an element of danger there can now be no longer any doubt, for typhoid fever has been proven to have been carried by a bread-handler.