CONTENTS:

Prevention versus Cure—Good Living versus Inoculation	1	
Needless Noises—Effects of Noises on the Nervous System	2	
On the Dangers of too much Physical Exercise		
The Situation in Toronto	4	
Toronto's Sanitary Needs	4	
Diet and Intellect	6	
Pollution of Streams and Dissemination of Infections	7	
The most radical cure yet for Consumption	9	
Fasting and the theory of Nutrition	11	٠.
Miscellaneous Notes and Extracts	13	-
Editorial Notes		
Notes on New Books and Current Literature	19	



Solid Comfort in a cup of hot Fluid Beef.



is Palatable, Strengthening, Grateful and Satisfying.

The drink to make when tired and used up

CLUTEN FLOUR

This article is highly recommended in cases of Diabetes, as the Starch is mainly converted into dextrine. Many physicians recommend it instead of the imported article. It has now been tested for six years.

DESICCATED WHEAT

For the cure of Dyspepsia. This is the best dietetic known for Indigestion, Constipation and Gastric Derangements.

BARAVENA MILK FOOD

For Infants. It is a compound of prepared Wheat, Milk and Sugar, and has had six years successful run. In many cases its results are remarkable. Retails at 40c. per tin.

THE TRADE SUPPLIED BY

The Ireland National Food Co.,

LIMITED.

109 Cottingham Street, and 134-148 Marlborough Ave. TORONTO.