

## ORDINANCES OF THIS JOURNAL.

**PREVENTION** first. Sir Wm. Jenner has said, "To prevent disease is the most important aim of the science and art of medicine"; and the eminent Dr. Samuel Wilks, F.R.S., &c., in a lecture at Guy's Hospital, said, "The idea of cure is low-born and common-place," "Cure lies at the bottom of all quack systems," "Prevention is significant of higher intellectual advancement:" with all of which this JOURNAL has ever been in full accord, and outspoken in its views thereon, alone and in council

**Pure air:** The complete destruction of all waste organic matter, by fire or otherwise; no collections of excrement anywhere—perfect sewerage, or daily disinfection or deodorization with frequent removal; thorough ventilation of all buildings, public and private; complete isolation and disinfection in all cases of infectious disease.

**Pure Water:** Strict prohibition of the pollution of all inland waters—rivers, lakes, streams—by sewage or other waste substances, filtration of public water supplies; closing of suspected wells.

**Pure Wholesome food:** Prompt and severe punishment of all adulterators of food, with frequent and repeated analyses; thorough inspection of foods—meat, milk, flour, bread, fruits, &c., with punishment of all offering impure or bad food; improved methods of preparation and cooking food.

**Clean People:** Public baths, frequent washing of the surface of the body, with free water drinking, a judicious diet, suitable clothing, exercise, abundance of rest and sleep.

### Education of the public in all Matters Pertaining to Health.

#### STANDING HEALTH MAXIMS FOR DAILY PRACTICE.

**Remember:** money lost or spent you can earn or get again, but health once lost you may never regain.

PERHAPS, most important of all, never sit or sleep very long in a room without some means for changing the air in it—ventilation. Air once breathed is highly poisonous, remember.

Do not shut out with shutters or blinds, the sunshine from your rooms. Neither rooms nor the human body can be long in good condition without abundance of sun light.

Be careful what water you drink. Boiling always renders it safe, for the time.

LEARN to enjoy the "good things" of the table by eating them very slowly. It is a good rule to try how fine you can chew every mouthful. Never take a mouthful of drink when you have solid food in your mouth.

WELL considered moderation in eating is a wonderful promoter of health.

NEVER eat when very tired, nor when overheated. Wait and rest a little.

WATER acts as an internal as well as an external bath, and one who drinks but little water is not clean within.

ONE-FOURTH of the disorders of fashionable life are said to be due to lack of sufficient water in the dietary.

LEARN to take things QUIETLY during the heat of the day at this season, and avoid getting dangerously overheated.

IN walking, when warm, walk very slowly, or sit a few minutes or stand and face the wind, as there is usually a little stiring

### NOTES ON CURRENT LITERATURE.

POULINEY BIGELOW, who was a schoolmate of the German Emperor, will contribute an article to the Midsummer (August) Number of The Century on the first three years of the Emperor's reign: Mr. Bigelow believes that "since Frederick the Great no king of Prussia has understood his business like this emperor."

THE SUMMER NUMBER of the Illustrated London News is a large, abundantly illustrated one, with a beautiful colored, more than double page picture, "On the Terrace." The number consists of a thrilling, "Wild West Romance," "Eagle Joe," by Henry Herman, illustrated by R. Caton Woodville.

IN THE LAST ISSUE of the Dominion Illustrated there is produced a timely, typical scene at a Russian railway station of Jewish Exiles. There is also in this number a portrait and biographical sketch of George Kennan, the famous Siberian explorer, whose travels in Russia have made the world so much better acquainted with Russian methods of government. This periodical is sustaining well its high position, and is a credit to Canada as well as to the publishers.

IN THE METHODIST MAGAZINE for August, the well illustrated articles of "The Land Beyond the Forest," and "Over the Gottain Alps," are continued. Series V. of "Round About England" is fully illustrated, and takes one through some of the finest scenery in the Old Land—Derbyshire and Shakespeare's country.