

## CONTENTS:

On Preventing the Spread of Infectious Diseases.....	21
Sewage and Water Supply of Small Towns.....	22
The True Temperance "Platform".....	23
Von Esomarch on Practical Disinfection.....	23
Value of Sunlight in the Home.....	25
Predisposition, Immunity, and Disease.....	26
Wasted Energy.....	29
Left-sided and Right-sided Disease—Interesting and Practical.....	30
On the Collection and Disposal of Sewage.....	31
Miscellaneous Notes and Extracts.....	34
Editorial Notes.....	37
Notes on New Books and Current Literature.....	39

## HOW THEY ENJOY IT!



**JOHNSTON'S Fluid Beef**  
supplies all the elements needed to form FLESH,  
MUSCLE and BONE.

## 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. Retail at 40c. per tin.

THE TRADE SUPPLIED BY

**The Ireland National Food Co.,**  
LIMITED.

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