## CONTENTS

The Enormous Economy, and the Sufficiency, of Abstinence from Flesh 151   Food
How about your Neighbor ?152The Cholera again.—What the leading Medical Journal says.152Notification of Infectious Disease and Mistakes in Diagnosis.154
The Cholera again.—What the leading Medical Journal says
Notification of Infectious Disease and Mistakes in Diagnosis
Chimp and the Dublic Health again
Crime and the Public Health again 154
Cycling, its Dangers and how to avoid them 155
Non-compulsory Vaccination in Michigan 156
Miscellaneous Notes
On the Causes and Prevention of Tubercular Consumption in Mankind
and the Domestic Animals 161-166
Editorial Notes

## GOOD NEWS FOR THE DEBILITATED !

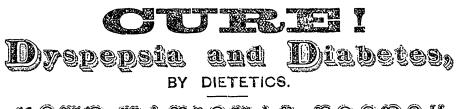
## When Solid Meat

**Cannot** be Digested

A Perfect Substitute is



IT CONTAINS ALL THE NUTRITIOUS ELEMENTS OF PRIME BEEF IN A FORM THAT CAN BE EASILY DIGESTED BY THE WEAKEST STOMACH.



"OUR NATIONAL FOODS"

Is the trade mark for a class of hygicnic preparations that will cure Indigestion, Dyspepsia and Diabetes, when medicines fail. Hypocrates some 2,300 years ago traced back the origin of medicine to dieterics, Our Desiccated Wheat, Gluten Flour, Patent Barley and Baravena Milk Food will agree with any infant or invalid, and nourish them into health and strength. Every mouthful will prove effective. A physician who passed 8 oz, of sugar every day was cured of diabetes by our Gluten Flour. An infant a few months old was cured in three days. The cereals from which these foods are made are treated in the light of all the scientific progress of the . times by converting the starch into dextrene, etc. Ask for them, use them and be convinced. The trade supplied by

THE IRELAND NATIONAL FOOD CO., (Ltd.) 109 Cottingham, St., and 134–148 Marlboro' Ave., TORONTO.