

75.

Cost

5-477
5-33

CANADA
HEALTH JOURNAL

A Monthly Review and Record of
SANITARY PROGRESS

—EDITED BY—
EDWARD PLAYTER, M.D.

Public Health and National Strength and Wealth.

For Contents see next page.

Subscription Price, \$1 a year ; Single Copy, 10 Cents.

Address: "Canada Health Journal," Ottawa, Can.

VOL. XIII.

JANUARY, 1891.

No. 1.

Physical Exhaustion.

HORSFORD'S ACID PHOSPHATE

It is a well-known physiological fact that the phosphates are involved in all waste and repair, and are consumed with every effort. The quantity secreted by the kidneys is increased by labor of the muscles.

In the healthy organization the phosphate of lime exists in the muscles and bones. This phosphate is supplied by this preparation in such form as to be readily assimilated.

Dr. J. P. COWLES, Camden, Me., says:—"I have used it in cases of physical debility arising from exhaustive habits or labors, with beneficial results."

Send for descriptive circular. Physicians who wish to test it will be furnished a bottle on application, without expense, except express charges.

Prepared under the direction of Prof E. N. HORSFORD, by the

Rumford Chemical Works, Providence, R.I

Beware of SUBSTITUTES and IMITATIONS.

CAUTION:—Be sure the word "HORSFORD'S" is printed on the label. All others are spurious. Never sold in bulk.