CANADA HEALTH JOURNAL.

Boftorfal Department.

Encouragement.

E have every reason to be pleased with the success the first number of the JOURNAL has attained. Subscriptions have been coming in steadily during the past month, and promises of support reach us from every quarter. The notices from the press have, with scarcely an exception, been kind and even flattering. These commendations encourage us in the work, and we can assure our friends that no effort will be spared to make the JOURNAL for the future worthy of the praise its initial number has received. We cull a few Canadian notices, which will serve as specimens of the approbation we have received :

A neat monthly magazine. • • • The articles treat of modes to prolong life and preserve health in a .nanner calculated to interest the general reader, as well as the profession.—Ibromto Globe.

Got up with ability and care .- Hamilton Spectator. Contains a vast amount of useful information .-- Hamilton Times. Neatly printed. * * Well written articles .- Canada Christian Advocate. Contents of a superior order .- St, Catharines Times. Treats of matters in a common sense style .- Sarnia Canadian. Articles well written. General appearance creditable .- Strathroy Age. Will be of great value to the public .- Woodstock Sentinel. Well written; well printed .- Brantford Expositor. A laudable undertaking .- Goderich Signal. A spunky publication. Needed in Canada.-Kingston Whig. Calculated to interest the general reader as well as the profession .- Christian Guardian. Will supply a felt want .- Lindsay Post. Deserving of success .- Ingersell News. Highly creditable journal .- Ottawa Mail. Contains matter of great importance to health-seekers .- Evangelical Witness. Neatly printed ; ably edited .- Port Hope Guide. Will well occupy a felt vacancy .- Oshawa Vindicator. Will prove valuable .- Elora Observer. A handsome magazine .- Windsor Record.

CORRESPONDENT wishes to know "what will antidote Tobacco?" Leave it alone, and you will not need an antidote. We fail to see the sense of voluntarily using a drug, and wanting an antidote for its effects at the same time. The admirers of tobacco claim that its use produces certain agreeable sensations; surely they do not want to antidote it! And if it does not produce these pleasant sensations, the most sensible plan would be to let it alone. The "Tobacco Antidotes" are nothing more than a "bitter" of some kind—most frequently gentian.

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