

decided to make an appeal to the benevolent public for financial help to carry on the work efficiently, and as an object lesson before the next session of the Ontario Legislature. Remittances may be made to the treasurer, Confederation Life Building, or to the secretary, 76 Prince Arthur Avenue, Toronto.

E. J. BARWICK, M.D.,
Chairman of Medical Consulting Committee.

A. M. ROSEBRUGH, M.D.,
Secretary.

S. C. BIGGS, K. C.,
Treasurer.

Toronto, July 10, 1906.

Publishers' Department

HOT WEATHER DIET.—In hot weather the average person takes too much food and particularly an excess of meat. The digestive organs are kept at hard labor assimilating a heavy diet and forcing every organ in the body to do an unnecessary amount of work. The digestive apparatus faithfully performs its function until insulted nature rebels and enforces a period of rest for the exhausted organs. Another danger from eating too much meat in summer is that of ptomain poisoning following the ingestion of tainted meats. During the hot months the question of diet is largely one of the class of food material best adapted to sustain mental and physical energy without unduly increasing the production of heat. A diet of milk, eggs, fruit and EGG-O-SEE is most suitable for the summer months. EGG-O-SEE with cold cream makes a delightful basis for every meal as it offers the full food value of whole-wheat. The EGG-O-SEE Cereal Co., of Quincy, Ill., will send on request a full size package of EGG-O-SEE to any physician.

PROTECTION FOR SURGEONS.—Not life insurance, but health assurance. In the operating room, the office, the lecture amphitheatre, the buggy, the street, day or night, rain or shine, summer heat or winter cold, you owe it to yourself to have your "immediate environment," with regard to temperature and humidity, as equable as possible. To this end wear the Dr. Deimel Linen-Mesh Underwear