

CONTENTS:

A Common Cause of Lung Disease and its removal.....	63-65
On Disinfection—from two valuable papers.....	65-69
The proposed Dominion Health Department—The Discussion in the House and what it means, etc.....	69-72
The Summer Outing.....	73
Miscellaneous Notes and Selections.....	74-75
Notes from Health Reports.....	76-77
EDITORIAL NOTES.....	78-81
Notes on Current Literature.....	82

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1. GLUTEN FLOUR.
2. DESSICATED WHEAT.
3. GERM FLOUR.
4. BARAVENA MILK FOOD.
5. PATENT PREPARATION BARLEY.
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No. 2 is a valuable Dyspepsia food.

No. 4 is a most valuable food for Infants and Young Children.

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No. 3 makes a healthy loaf that is about 20 per cent. richer in potash salts than ordinary white bread.

In the manufacture of these foods the starch is chiefly changed to dextrine, rendering them easy of digestion, very palatable and nourishing.

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The IRELAND NATIONAL FOOD Co'y (Ltd.) of Toronto.

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Is 1 pound  equal to

JUST THIS:

One pound of Johnston's Fluid Beef contains as much actual and real nourishment as $1\frac{1}{4}$ lbs. Prime Beef Steak and it follows therefore

That one teaspoonful (or $\frac{1}{2}$ an ounce) of Johnston's Fluid Beef contains as much nutrition as $\frac{1}{2}$ lb. Prime Beef Steak.

THE VALUE OF A FOOD

like this to Invalids—Dyspeptics—and all needing strong nourishment in an easily digested form, must be apparent.