

The Ladies' Journal.

ESTABLISHED 1878.

The first Paper in Canada devoted definitely to the interests of Canadian Women in all branches of their Home and Public Work.

PUBLISHED THE FIRST OF THE MONTH BY

The Ladies' Journal Company,

73 to 81 Adelaide St. W., Toronto.

TERMS, ETC.—Subscription price per annum \$1.00. New subscriptions can commence at any time during the year.

CHANGES.—In changing your post-office address always send your old address as well as the new.

RENEWALS.—Always state whether your subscription is a new one or a renewal.

DISCONTINUANCE.—The Publisher must be notified when a subscriber wants his or her paper discontinued, but no paper will be stopped until all arrearages have been paid.

NOTICE TO CONTRIBUTORS.—The Editors of the LADIES' JOURNAL cannot hold themselves responsible for the return of any manuscript that may be submitted to them. All manuscripts will receive our careful consideration; and, WHEN STAMPED AND ADDRESSED ENVELOPES, not loose stamps, are enclosed, we will do our best to return manuscripts which are not accepted for publication.

REMITTANCES.—Journal payments should be made by Post-Office Money Order, Bank Draft on Toronto, or Express Money Order. When none of these can be secured send the money in a Registered Letter. Make all remittances payable to—

The Ladies' Journal Company,

73 to 81 Adelaide St. West, Toronto.

Our English Representative is

F. WILLIAM LARGE,

145 Fleet Street, London, Eng.

TORONTO, MAY, 1902.

EXPOSURE OF FOOD.

A VICIOUS practice, thoroughly bad, with nothing to commend it and give an excuse for its continuance, is the exposure of food for sale at shop doors in all the busy thoroughfares in our modern (?) cities. The air of such places becomes readily infected and the contamination of the food exposed is almost inevitable.

Street dust is full of tubercle bacilli from the detestable habit of spitting upon the streets, and generally contains various harmful microbes. The taint deposited on foods may be partly overcome in the cooking, but the danger is never entirely removed. The avidity with which certain foods absorb noxious odors is well known. Milk is peculiarly liable to take up unpleasant odors, and so, also, is fish. The former is employed when exposed in shallow trays to reduce the smell of paint in a house. Fish cannot be placed in the same parcel as coffee or other pungent-smelling articles of food, as it so rapidly absorbs the odoriferous principle. Busy streets are seldom free from offensive effluvia, and it is reasonable to conclude that these would easily affect many articles of food exposed to them. Food that is offered for sale should

never be exposed to the free influx of air from the streets. If it must be exposed to view, then suitable cases, with glass screens, should be provided, with adequate provision for proper ventilation. The women folks, who are the great shoppers, can bring about the desired reformation by patronizing only those shops where meat, fish, etc., are offered for sale under proper conditions.



IS VACCINATION A FRAUD?

Every time there is an outbreak of smallpox in any district there is a wild rush to have everybody vaccinated. The doctors and the newspapers meet and the edict goes out that all hands must be inoculated so that they may be smallpox proof. For the most part the orders of the medical men are not questioned, and the people submit meekly to the ordeal. Occasionally some spirit more daring and less confident of the efficiency of the vaccine virus, raises a protest and declines to undergo the operation. But he is a crank of course and is doing to save life. The doctors won't discuss the matter and the newspaper columns are in the majority of cases closed to the anti-vaccinationist. This may strike some people as rather strange. If vaccination is a good thing the fullest investigation can do no harm, and everybody should be given a fair opportunity of seeing for themselves that it is a good thing. If it is a questionable practice of certain harm and doubtful good then the sooner the searchlights of publicity are turned on all the dark corners the better.

From the very nature of things it is impossible to prove that vaccination ever saved a life. It is, on the other hand, comparatively easy to demonstrate that in numerous cases it has been the cause of death, either directly or indirectly.

No physician can tell before vaccinating a patient whether the virus will "take" or whether it will cause death. Every time a person is vaccinated an experiment is made, for the virus acts differently when injected into the blood of different people. Probably the most of the experiments are successful, but some of them are not. Even admitting for the sake of argument that it is advisable to vaccinate a person threatened with smallpox, it still seems a very unwise proceeding to have hundreds and thousands of healthy persons operated upon to guard them against a possible attack of smallpox, and thereby lowering their vitality to such an extent that they are less able to resist any of the numerous other diseases equally fatal and to which they are equally subject.

Ordinarily smallpox is no more to be dreaded than any other form of eruptive fever, and under intelligent hygienic treatment is as little to be dreaded. It is essentially a filth disease, and its present modified character and the infrequency of its appearance are both directly traceable to the improved sanitation in the centres of population and the rapid spread of hygienic knowledge among the masses.

Under the circumstances it would seem that promiscuous vaccination is undesirable and that compulsory vaccination is the worst kind of despotism.

TRUE CULTURE.

There is so much talk at the present day about culture, physical and mental, that one may be pardoned for asking what real culture is. Physical culture to-day is a fad, but it is something more, too. The masses of the people have suddenly become impressed with the fact that more exercise is essential in order that they may have a longer and more enjoyable life, and, as is customary, have gone to extremes. The extreme is the fad. That will pass away, but behind that there is wisdom, which we hope will remain. The majority of people have an erroneous impression of what culture is. In a word, it may be said to be the proper care and development of mind and body. Physical culture is regarded by many as some form of gymnastics, and that it is the panacea for all ills. Violent exercise never results in good. It may develop the muscles, but they are only a part of the system. Physical culture means in effect the cultivation of all the physical powers, of which the muscles are only a part. It means the harmonious development of every function of the body; for instance, the digestive powers, that food may be profitably applied to the nourishment of the body; the eliminative processes, that the machinery of life may be kept clear of irritating and harmful waste; the lungs, that the blood may be purified and enriched by oxygenation, and the circulation of all the fluids of the body promoted. In fact, exercise, although an essential part of physical culture, is not nearly as important as correct eating and breathing; for if good blood is not formed by judiciously selected and well digested food, and enriched by contact with oxygen in the lungs, any attempt to develop muscularity will only result in premature collapse. Any system of physical culture that does not start with correct eating and breathing as its fundamental principles cannot hope to attain success.

When women take the required amount of fresh air, when they exercise prudently and eat with a due regard for what is nourishing and digestible, they will cease having attacks of the blues and dyspepsia will cease to be a common ailment.



THE POWER TO UNDERSTAND.

Culture is the gift of those who are deep and intelligent readers. It is impossible to read much and read wisely without becoming cultured as a result. Love of literature is one of the earmarks of refinement. Schoubach has said, "Reading is the most important tool of self-culture," and Henry Ward Beecher considered a library, not a luxury, but one of the necessities of life.

Culture comes from continuous contact with the world of thought—the thought of the Creator as He has expressed it in all nature, and the thought of man as locked up in the books of the ages, in his works of art.

In no way can we come more directly and more easily in contact with pure, elevating, refining thoughts than through association with books. We cannot always choose our companions.

We can shun those who are objectionable, but we cannot always have just whom we would when we would. We can choose our own literary friends more easily.

Skimming through a book to find out what happened to the hero or the heroine, and merely catching the drift of the plot, is not reading. Many of the best books do not have any plot. There is about the same amount of mental nourishment in such reading as there is physical nourishment in chewing gum—a mere exercise, nothing more.

To read and derive benefit one must read intelligently, and have the power to understand. In short, read only so fast as you can think, and grasp the entire meaning of what the eye takes in; read with a dictionary handy, and never let a word slip past you that you do not fully understand; explore allusions to matters in other literature, and read with a definite purpose.

A well-known writer in Literary Life has said we should read with imagination. Take time for the building of the mental picture that the page suggests. What dull reading is the 21st chapter of Revelation to a reader who merely utters the words, or who thinks that reading consists in going over so many lines and pages! But to him who can see with his "mind's eye" the grand dimensions and proportions of the city of heaven, the pearl-like purity, the jewelled beauty, the majestic and joyous procession of the nations, and the overcoming, irradiating "Glory of God"—to that reader the 21st chapter of Revelation is a transporting delight.



FEATURES FOR JUNE.

We confidently promise our readers an unusually attractive number for June.

It will be a holiday and Coronation issue, containing much that is entertaining and instructive concerning the ceremony of formally crowning Edward VII. King of Great Britain and the Dominions beyond the Seas.

In Fiction this issue will also be noteworthy. There will be a large instalment of "Lionel Ardon," our interesting serial, and in addition a new story will be commenced, entitled, "Only a Waiting Maid." The author is Mrs. Chas. West Little, whose poems and occasional contributions over the pen name of Minnehaha, will insure her story the attention it deserves. The scene is laid in Canada, and the plot hinges somewhat on the domestic problem.

Our Fashion Department will be particularly interesting, and will be illustrated with double the usual number of half-tone engravings, showing the latest creations in millinery, in stocks, collars, and entire costumes.

Miss Henderson concludes her very interesting series of articles on the Vice-Reines of Canada with a careful resume of Lord and Lady Minto, the present Vice-Regal party in Canada. This article is also illustrated with a number of beautiful photographs.

These features are a few of the many which will make our June issue a notable one.