

K/9/5

# HEALTH AND HOME

THE OFFICIAL ORGAN OF

## THE CANADIAN SANITARY ASSOCIATION.

DEVOTED TO THE PROMOTION OF PRACTICAL SANITARY EDUCATION IN HOMES AND SCHOOLS,  
AND DIFFUSION OF SANITARY KNOWLEDGE TO ALL CLASSES; COMBINING  
SANITARY SCIENCE WITH HEALTHFUL RECREATION.

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VOL. I.

FEBRUARY.

No. 1.

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### AN ADDRESS TO MOTHERS.

There is a class of our community to whom the formation of a CANADIAN SANITARY ASSOCIATION is of more vital importance than to any other, that class consists of mothers whose young children so often fall victims to dread diseases—particularly diphtheria—which consign to the grave, at an early age, the helpless innocents. If we were to tell any one of you that under a bed, or behind some piece of furniture in a room in which your little ones were sleeping or playing, there was concealed a deadly COBRA, what horror would seize upon your mind, how quickly you would run for assistance to destroy the poisonous reptile ere its fangs had pierced the flesh of the sleeping or waking child—and why? because you could realize the tragedy that might ensue. You may have seen the poisonous reptile in some menagerie, or, at any rate have seen drawings of it, and read of the deadly result of its bite; and yet, fond mothers, we can tell you, in truth, that a more deadly and insidious enemy, because it is not seen, lies concealed in every house within its drains, ready to pour forth its venomous breath through every chink or crack in rotten or untrapped pipes, or open drain. From such sources emanate the poisonous germs of typhoid, which too often carry off, in the prime of life, a father or mother, leaving, frequently, orphanless children unprovided for to the cold charity of the world. This fair readers is no overdrawn statement. The mortality of this City of Montreal, and the mortality of every city or town, has shown, on investigation, that almost always, wherever a case of typhoid fever or diphtheria has occurred, it has been traced to the gases that issue from foul drains or other filth breeding sources.

To you then, mothers of young children, do we appeal for support in this noble philanthropic object by your interest in the cause. By soliciting your husbands to become members of the association you will enjoy all its privileges likewise, such as mentioned herein—and which are of no slight importance; but when, in addition to these, we send to you—if well supported—this sanitary journal, replete with health promoting information and home instruction, for the trifling sum of \$2 per annum—the membership fee—we feel convinced that few will refuse this trifling amount to secure, for themselves and family as far as possible, immunity from those insidious and imperceptible dangers which are ghostly in their form and deadly in their embrace.

Those who have watched over and waited upon the prostrate sick during long days and nights; who have seen the sufferings of those they love, without the power to alleviate their pains; who have known the anguish of what it is to see those die as dear to them as life itself; may well join with us in this health movement, to assist by their influence, as far as human foresight and precaution will permit, to expel from within their homes all sources from which arise zymotic diseases, and to protect and strengthen those young lives, which God has given to them to rear, from premature death or decline.