

teaching bodies throughout our Dominion, greatly to the advantage of the public. To secure a still greater influence in health matters, the elements of public hygiene should be taught in our schools, which would in time reach our entire population. What an opportunity is thus afforded to advocate the gospel of preventive medicine, and save valuable lives! Much of what is called curative medicine, is swallowed up in preventive medicine, of which we have evidence in the stamping out of Small-pox, Scurvy, Leprosy and Cholera, under the guidance and direction of sanitary authorities, and the medical profession are always ready and energetic, in this noble work, even at the expense of their own living. In this direction the department of Public Health, under Dr. Bryce, has accomplished most practical results. It is undoubted that Boards of Health, Vital Statistics and Public Hygiene are important factors in prolonging life. Woman's work in sanitation is an evidence also of the progressive spirit of the age. The woman's health protective association of New York, is a striking example of what can be accomplished in spreading the principles of health. In the sanitary betterment of Bakers' shops, and in the conduct of slaughter-houses, a remarkable change for the better has been wrought. Large play grounds and public parks for children have been secured, and school hygiene, as a whole, much improved. It has been well said, that the children of a nation constitute the physical capital of the future, and it is a national duty to safeguard our national capital. Societies of a like character have been formed in England and the continent, through which sanitation, with special reference to drainage, plumbing, ventilation, water supply and laundry, are subjects of most careful enquiry. Plumbers should be specially educated, and licensed, particularly as it is a well known fact, that defective sanitary arrangements in houses, and consequent escape of *sewer gas* causes the development of sore throat, diphtheria, scarlet fever, blood-poisoning, puerperal fever and even pneumonia. Sewage and general refuse matter, should be regularly and carefully removed. If consumed by fire, sawdust mixture, will supply the want. Pure air, sun light, and common earth, are first class disinfectants, and prudent direction, as to house premises cannot be overestimated.

FOOD.

"The physiological principle of the preparation of food, is summed up in the postulate that it shall produce the highest efficiency in the individual and the race." (Thudichum).

Food supply is the controlling factor in all life, animal and vegetable alike. The quick transportation of food stuffs from various parts of the world has effected a remarkable change in food materials, and we no longer depend upon local production, keeping before us the important fact that the cost of food is no measure of its nutritive value. In the list of food