

ISSUED TWICE A MONTH (1ST AND 15TH) \$1.00 A YEAR,
5 Cents a Copy.
Can you afford to do without it in your family?

CANADA HEALTH JOURNAL

A Semi-Monthly Review and Record of
SANITARY PROGRESS

— EDITED BY —

EDWARD PLAYTER, M.D.

For Contents see next page.

Single Subscription, \$1.00 a year; three copies, \$2.65, in advance; six copies, \$5.00; ten copies, \$7.50.

Booksellers, and in places where there is no bookstore, Secretaries of Boards of Health, Teachers and Post-masters are authorized to act as agents, receive subscriptions, and retain all above the 75 cts. per copy, for the present, remitting this amount.

Address "CANADA HEALTH JOURNAL," Ottawa, Can.

VOL. XIII.

DECEMBER 15TH, 1891.

No. 12.

A TONIC.

HORSFORD'S ACID PHOSPHATE,

Prepared according to the directions of Prof. E. N. HORSFORD.

This preparation is recommended by Physicians as a most excellent and agreeable tonic and appetizer. It nourishes and invigorates the tired brain and body, imparts renewed energy and vitality, and enlivens the functions.

DR. EPHRAIM BATEMAN, Cedarville, N. J., says:

"I have used it for several years, not only in my practice, but in my own individual case, and consider it under all circumstances one of the best nerve tonics that we possess. For mental exhaustion or overwork it gives renewed strength and vigor to the entire system."

Descriptive pamphlet sent free on application to

Rumford Chemical Works, Providence, R. I.

BEWARE OF SUBSTITUTES AND IMITATIONS.

CAUTION:—Be sure the word "HORSFORD'S" is printed on the label. All others are spurious. Never sold in bulk.