

THE
Canadian Journal of Health,

PUBLISHED MONTHLY.

A Home Journal containing articles of interest to all.

EDITED BY

W. HENRY FOX, M. D.,

32 CARLTON STREET, TORONTO, ONT.

Subscriptions, \$1.00 per annum, in advance. Single Copies, 10 Cents.

Advertising rates given on application.

EDITORIAL NOTES.

In presenting this Journal to the public, we desire to furnish reliable information relating to the health at all stages of life ; as well as other articles, that are of interest to everyone. We shall endeavor to have the articles short and pointed, so as not to weary the reader ; and at the same time evince that progressive spirit which is essential to success.

As the price is within the reach of everyone, we hope for a liberal support ; and are sure that those who send us ONE DOLLAR for a year's subscription, will not have cause to regret the investment.

The advertising in connection will be thoroughly reliable, being in every case subject to the approval of the Editor.

Human Inspection.

It should be the duty of every physician to teach people the necessity of having a thorough examination of their systems at regular intervals, such inspection being especially important when about to enter upon new duties. To ensure the success of such advice, the charging of moderate fees is necessary. As a protection against accidents, dangerous or fatal to human life, laws have been enacted requiring vessels, engines, boilers, bridges, etc., to be carefully inspected by experts at regular intervals. Yet the mechanism of the human body, which is more complex and liable at any time to get out of order, receives little or no attention until it becomes impaired by some insidious, long-standing and troublesome disease, which gives no more warning to the individual than slight discomfort or occasional anxiety.

By such careful examinations many affections might be ward off, made light, or radically cured, and thus human life and happiness be greatly prolonged. Mankind has long been the subject of such diseases as consumption, heart and nervous affections, Bright's disease, diabetes and malignant

growths. But since La Grippe has swept over our land the weaknesses of the system are more apparent, and heart, lung, kidney, and nervous affections, which are so insidious in their approach, causing no marked subjective symptoms, leave the person in ignorance concerning his physical condition, and of these some frequently result in sudden death. It is against such conditions that the honest physician by his careful examination will protect the masses.

Many are the instances in which an individual has been sitting talking, or eating and drinking in apparent enjoyment ; or, walking, running, jumping, or working, as if his system were in perfect health ; when suddenly he falls with a cry or gasp and life is ended. To such, periodic examinations would have been of inestimable value.

There is, moreover, in human inspection an important duty for dentists. The teeth should be examined at short intervals from the time of their eruption, on through life. This would preserve regularity and soundness, thereby protecting against that terrible malady, toothache, for which there is so little sympathy ; as well as preserving the natural shape of the mouth. The teeth require more care now than in former years, owing not only to heredity, but also to changes in climate and quality of food. The demand for artificial teeth is increasing, notwithstanding that dentists are using all available means to preserve the natural, but before the exchange is made much severe pain is endured through fear of filling or extraction, as well as from degeneration. Of this loss and suffering much could be avoided by a careful examination being made at regular intervals during life.

Synonymes.

Steal a chicken and you are a thief ; steal a \$1000 from your employer, and you are an embezzler ; steal \$5000 from the Government, and you are a defaulter ; rob your competitor on the stock exchange of \$10,000, and you are a financier ; rob him of from \$10,000 to \$50,000, and you are a wizard or a Napoleon of finance ; wreck a railroad and gather it in, and you are a "magnate ;" wreck a great railroad system, and you are a "railroad king ;" conduct a "negotiation" by which a strong nation plunders a weak nation of thousands upon thousands of square miles of territory, and make the weak nation pay millions of money indemnity for the wrong it has suffered, and you are a diplomat. Truly the "times are out of joint."—*Religious Herald.*

Use "Fog in Your Throat" Cough Lozenges--10 Cents. J. McEay.
 205 Yonge Street.