

Canada Health Journal.

A MONTHLY MAGAZINE OF PREVENTIVE MEDICINE.

THIRTEENTH YEAR of Publication.

NINTH VOLUME.

Specially designed for medical and other health officers, heads of families and all interested in promoting the public health. The only Health Journal in the English language published in Canada.

ITS AIM.—To prevent sickness and promote public and individual health.

Communications solicited on all sanitary subjects.

Local health officers would confer a favor by sending to the Editor copies of their reports, brief notices of their sanitary condition, improvements, or events in any way connected with health.

See Club Rates to Health Boards and others on advertising page.

All communications, with remittances or otherwise, should be addressed,

"Health Journal" Office, Ottawa, Can.

A blue cross opposite this indicates that the subscriber to whom it is addressed is indebted for *this year's* subscription (from Jan. to Dec.), and all such will confer a favor by kindly remitting, for which we shall feel obliged.

We cannot undertake to make out accounts and send them by mail or otherwise and only charge \$1.50.

All not remitting during the early part of the year—the first month or two—must expect to pay \$2.00; we must insist on this in common fairness. Physicians pay \$3.00 for their Medical Journal, containing no more reading matter than this one.

\$1.50 now is worth more to us than \$2.00 many months hence, with cost of time, bills and postage.

Will all friends please think of this, and help us in the work by an early remittance.

ADVERTISEMENTS of unexceptionable character taken to a limited extent and at reasonable rates; of "patent medicines," not accepted.

EDITOR'S SPECIAL CORNER.

WITH this number commences the Ninth volume of this JOURNAL. It is over twelve years since it was first established in Toronto. It has passed over many ups and downs and through many changes, yet still lives to spread the "Gospel of Health." The editor cordially wishes all its readers a happy and prosperous year—eighteen hundred and eighty seven.

FRIENDS of the JOURNAL and of the cause would help materially to promote the public welfare and the interests of individual friends and neighbors by aiding us a little in extending the circulation of the JOURNAL. Many, if not, all subscribers to it could, by a few timely words, induce a friend to subscribe also; or even five friends, who, in the form of a club, for \$6.00—\$1.20 each, would receive five copies, addressed separately. We give no "premiums" for new subscribers, but give liberal clubbing rates to pay-in-advance subscribers. (Please see page of advertisements.) Who will aid us in this way in our work?

A NATIONAL Health Association must be organized in Canada for promoting health legislation and educating the public in health proceedings. With a death-rate from 20 to 25 per cent. greater than in our motherland, as shown monthly by figures returned to the department at Ottawa, which means 25,000 more deaths annually in the Dominion than there should be, surely something ought

to be done to check the stride or to narrow the swath of the grim skeleton. Will not many of the public spirited men in this progressive country, many of whom devote so much time and energy to the prevention of cruelty to animals, to the temperance cause and to other philanthropic work, join in and help to preserve the most valuable of all life—that of little helpless children, of vigorous youth, and of men and women in their prime? which is being daily destroyed on every hand by preventable diseases—by want of knowledge of the laws of health—in other words, by foul air and foul water, and by the spread of infectious disease—diphtheria, scarlet fever, typhoid, and above all, consumption. We must have, and soon, a National Health Association.

ELSEWHERE in this number we have stated that the science of health is an exact science. It is consequently less progressive than the purely medical and other sciences. There is less that is absolutely new to relate. Nevertheless, new and constant causes of disease are being found out and made known and people must be frequently admonished, and reminded of the rules of health; while there are millions of people yet entirely ignorant of the simplest of these rules, who ought to be taught, and for the direct and special advantage of those who do know and even practice them. For if one's neighbors will not attend to the laws of health, it is