

ROYAL CANADIAN MOUNTED POLICE QUARTERLY

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Good Health!

This is the time for our annual New Year Greetings; this is also the occasion to remind our readers of Canada's seventh annual National Health Week, February 4 to 10. We can do no better than combine the two.

All of us take time out at this season to wish relatives, friends and neighbors happiness in the new year; to review the past and its mistakes, to promise better things for the future. Sincerity and spontaneity mark our greetings and our feelings are sparked perhaps to some extent by the exhilaration of the season. In joining in this gladsome practice for yet another occasion, the *Quarterly* in addition to wishing all its friends and supporters happiness and prosperity for 1951, hope they enjoy the best of health.

National Health Week is sponsored by the Health League of Canada and its aim is to so emphasize the facts about health and disease as to create a lasting impression in the public mind. The New Year will not be a happy one without good health and all of us owe it to ourselves, our families, our jobs and our country to protect our physical well-being from the insidious advances of disease. So while we toast you with good wishes for the New Year, we say too—"Your very good health!"