

(a) A newspaper article on Health is furnished to the city newspapers each week. Thanks are due to the press for their assistance in giving space to these articles. Constant repetition of the simple health truths is necessary to make an impression, and in this way, newspaper articles make a very real contribution to the spread of health knowledge and the advance of health practice.

(b) "Health in the Home", a booklet covering the subject of health as it is needed in the home was published. It is really a statement in plain language of modern health knowledge, giving instructions as to the prevention of disease and the maintenance of health from the ante natal period to adult life.

This book also serves as a text-book for the staff. It is published in both English and French and covers the course of ten lessons offered to groups of women by the League. Five groups of seventy-eight women have taken the course, and several other groups are in prospect. It is felt that the development of group instruction in health work offers great possibilities for the spread of sound health knowledge.

(c) The officers of the League have given numerous addresses, and take every opportunity offered of reaching the people.

(d) Special articles are furnished for different publications, and so aid in the spread of health truths. Two of these articles go each month to the Quebec Jun. or Red Cross Society, and are published in their monthly bulletin. Another one goes to "L'Ecole Canadienne", a monthly publication which reaches the school teachers.