

BOARDS OF HEALTH.—The committee appointed by the American Medical Association for the State of West Virginia, for the purpose, has memorialized the Legislature to create a State Board of Health. The petition states, twelve States have seen the wisdom of such Boards, and are now reaping the golden fruits matured from such efforts. That we may keep pace with our sister States, we must call to our aid sanitary knowledge.

Competent men, members of Legislatures, who have been as such, desirous of great economy in disbursing the public funds, have, from their own experience, acknowledged that funds so voted by the State authorities for such support have been more than repaid by the reforms brought about in various villages and towns, which reforms have mitigated or prevented diseases previously existing at periods of the year.

AERATED BREAD.—On the important subject of bread, the *Sanitary Record* observes: The manufacture of aerated bread has now stood the test of fifteen years' experiment with progressively increasing success. Nor is this result to be wondered at when we consider the differences in the process of manufacture. The abomination of the bread-making process, as carried on in ordinary bakehouses, and revealed in reports on the subject, are enough to upset the strongest stomach, and make one wonder that aerated bread is not even more universally used than it is at the present time. Readers of this JOURNAL and others may obtain aerated bread of excellent quality, at Mr. J. Nasmith's, Adelaide St., the only manufacturer of aerated bread in Ontario.

TO OUR READERS AND FRIENDS.—We again commence our monthly visits and shall make great efforts to render them interesting and instructive.

We dislike to talk again of money, but we shall require much of it now to continue the enlarged, improved form of the JOURNAL we have adopted; giving about 50 per cent. more reading matter for the same money.

TWO DOLLARS NOW may do as much good as \$3 some time hence, and we sincerely hope our friends will not put us to the expense and trouble of sending bills, but will remit without any delay, *now*, in advance. To those in arrears now, we shall send bills with our next, if they will not be so kind as to save us the trouble by soon remitting the amount, as marked on outside of cover, first page, above.

Please attend to this and oblige; or, if they would only let us hear from them by Post Card, fixing a date on which to pay, as a few have done

IN THE NEXT NUMBER of the JOURNAL there will be an article on the Public School Houses in Toronto, the Hygienic Experiences of an Invalid, and on Women's Dress. Some book-notices of books received have been crowded out, but will appear in the next.