

To medical health officers we sent of last month's number and will send again of this month's, many specimen copies. We trust these members of the profession will feel sufficiently interested in the work, to assist in spreading the "Gospel of Health;" which would prove to the interest of all concerned. We shall do nothing but what we feel that it would be to the interest of our noble calling to do.

If selfish thoughts, in relation to this question of prevention, occur to any, and we feel from experience that such are very rare, we can only say that, if we can reduce the number of cases of disease and the losses thereby sustained by the public, the public will thereby be so much the more able—doubly able—to pay well for the cases there will always be; and the public are discriminating, and will soon learn to cheerfully act upon this principle, as they can better, according to an old truism, pay sixteen fees for prevention than one for cure.

A TYPOGRAPHICAL error of considerable importance was overlooked in the proof of the May number of the JOURNAL. On page 129, first col., relating to the antiseptic strength of corrosive sublimate, the figures, 1/2,000, should have been 1/20,000.

SUBSCRIBERS who do not receive every number of the JOURNAL must blame the mails and not the publishers. Every number is surely posted in the Ottawa post office, a copy to every subscriber, and *particular care* is taken, and has been now for years, for we have had many complaints.

IT IS THE AIM of the publisher to have the JOURNAL reach subscribers before the month expires, but as we wait till about the 17th of each month for the mortuary reports of the previous month, we sometimes find it absolutely impossible then, to get the mechanical work done "on time."

OF THE "wheat germ meal" manufactured by Messrs. F. C. Ireland & Son, of Lachute, to which we recently referred, an Ottawa man writes, "It is equal or superior to anything I ever had cooked."

MESSRS. IRELAND & SON now manufacture a fluid extract of beef and barley, which is said to be very nutritious and digestible.

## ORDINANCES OF THE CANADA HEALTH JOURNAL.

**Pure Air:** The complete destruction of all waste organic matter, by fire or otherwise; no collections any where of bodily excrement—perfect sewerage or daily disinfection or deodorization with frequent removal; through ventilation of all buildings, public and private; complete isolation and disinfection in all cases of infectious disease.

**Pure Water:** Strict prohibition of the pollution of all inland waters—rivers, lakes, streams—by sewage or other waste substances; thorough filtration of all public water supplies; closing of suspected wells.

**Pure Wholesome Food:** Prompt and severe punishment of all adulterators of food, with frequent and repeated analyses; thorough inspection of foods—meat, milk, flour, bread, fruits, &c., with punishment of all offering impure or bad food; improved methods of preparation and cooking food.

**Education of the Public in all Matters Pertaining to Health.**

### HEALTH MAXIMS FOR DAILY PRACTICE.

LEARN to take things, mental as well as (especially) physical, VERY QUIETLY during the heat of the day at this season, and so avoid getting dangerously overheated.

EVEN in walking, when warm, walk very slowly—sit a few minutes or stand and face the wind, as there is usually a little stirring;—this would be better than to fall with exhaustion, possibly never to rise.

IN working in the sun, wear a large rimmed, light hat, with something light in the crown.

If you are hot or very warm, or at all oppressed, STOP, AT ONCE, let not ANYTHING prevent this. Rest a little and cool off. Forget not that life is valuable.

WHEN not well from any cause, rest and abstinence are great restorers.

DOCTORING one's self, is NEVER safe. If not better in a day or so get a regularly qualified physician. NEVER "quack." If getting worse, do not wait long.

DON'T wait until just nightfall before sending for the doctor. Get one you have faith in and do just as he tells you, as he is most likely to know better than you.