

## CONTENTS:

The work of Local Health Boards Again.....	83
The Annual Spring War with Dirt and how to make it easier .....	84
The Prevention of Insanity.....	84-85
On the Management of Children.....	85-87
Microbes—Bacteria—Disease Germs.....	87-89
On Preventing the Spread of Diphtheria.....	89-91
Japan—The Sanitarium of the East.....	91-92
The Brooklyn (N.Y.) Health Exhibition.....	93-95
Health Statistics—Their Value and Nature.....	95-96
Miscellaneous Notes and Extracts.....	96-97
Notes on Health Reports.....	98
EDITORIAL NOTES.....	99-101
Notes on Current Literature.....	82

# *OUR NATIONAL FOODS.*

1. GLUTEN FLOUR.      2. DESSICATED WHEAT.      3. GERM FLOUR.
4. BARAVENA MILK FOOD.      5. PATENT PREPARATION BARLEY.
6. PATENT PREPARATION GROATS.

These and other foods under the General Trade Mark of "Our National Foods" have become widely known solely on their merits. By advertising they should become more extensively patronized.

No. 1 is a special and valuable Diabetic food.

No. 2 is a valuable Dyspepsia food.

No. 4 is a most valuable food for Infants and Young Children.

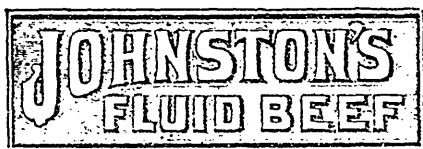
Nos. 5 & 6 are a necessity for the Sick, Infirm and aged.

No. 3 makes a healthy loaf that is about 20 per cent. richer in potash salts than ordinary white bread.

In the manufacture of these foods the starch is chiefly changed to dextrine, rendering them easy of digestion, very palatable and nourishing.

The Trade supplied by

The IRELAND NATIONAL FOOD Co'y (Ltd.) of Toronto.



## A Perfect Food for Children.

Because it supplies all the nutrition that is needed to form  
Flesh, Muscle and Bone,

## Especially for Sickly Children.

When the appetite is poor and ordinary food is rejected. Johnson's Fluid Beef can be taken and relished, either spread on thin slices of bread and butter, or as beef tea.

One teaspoonful,  $\frac{1}{2}$  an ounce, contains as much actual and real nutrition as half a pound of Prime Beef Steak.