

power of quinine had failed. The dreaded Asiatic Cholera, on its last visit to American shores, was held at bay by wise precautions; and, doubtless, letting in the air to attics and cellars and alleys—sweeping out vaults and back yards and dirty rooms—curtailing the limits of slaughter houses, gas factories and bone boiling establishments, has rooted out the seeds of death from many a spot where vice and filth and neglect had allowed them to gather.

So much has been done, yet much still remains. We know something of hygiene, but there is room for further discoveries, and more especially for further application in private life. The virtues of light, air and cleanliness, we acknowledge in theory more than in practice; proper ventilation and heating, choice of food and suitableness of dress, purification of person and dwelling and city, are all generally accepted as questions of importance, but still remain for examination and developement in detail, and for adoption as rules of guidance. A gracious Providence has surrounded us with the elements of health, and our vices, our ignorance and our folly alone have checked their beneficent influences. We may not hope to banish disease and death entirely, but to a great extent they have been placed under our control, and in some measure are we permitted to lessen their ravages, and thus add to our power and our pleasures.

With these views and for this purpose is the CANADA HEALTH JOURNAL issued. We know of no periodical devoted to this object in the Dominion, and we therefore send it forth on its mission, in confident belief that it is needed—that it will receive a hearty welcome, and meet with a generous support.

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**REGULAR HABITS.**—No one anxious to preserve good health can afford to disregard the formation of regular habits. Regular times for eating; whether two or three meals per day, let it be always the same number and at the same hours. Regular hours for rising in the morning and for retiring at night. Regular hours for exercise, for study, for labour, for recreation. Let every thing be done at its appointed time. In this way, more work will be done, more pleasure enjoyed, and more rest obtained than is possible any other way.