

-THE-  
**HEALTH JOURNAL,**

A Monthly Review and Record of  
**SANITARY PROGRESS**

—EDITED BY—  
**EDWARD PLAYTER, M.D.**

*Public Health and National Strength and Wealth.*

No. 4.

APRIL, 1889.

VOL. XI.

**CONTENTS :**

The Duties and Difficulties of Sanitary Inspectors.—Read at the Meeting of the Association of Sanitary Inspectors of Great Britain, Feb. 2nd, 1889, by Arthur News-holme, M.D., Medical Officer for Brighton ..... 65-68

Management of the Apparently Drowned and other Cases of Suspended Breathing .... 69-73

Health Contracts—Undertaking to Attain Certain Sanitary Results ..... 73-74

Sanitary Suggestions on Milk Supply ..... 74-75

Report of the Special Committee on Tuberculosis..... 76-77

Stamping out Consumption ... 77-78

Miscellaneous Notes—The True Relation of Filth to Dip-

theria— Good and Bad Effects of Cycling—To Purify the Blood—Important Experience—Great Value of the Garden as a Restorative—Impure Wines—A Case of Consumption from Contagion—Scented Cake Suspicious—Valuable Contribution on Filters, etc., etc. ... 79-81

EDITORIAL: The Proposed Dominion Health Department—The Labor Commission—Anti-Poverty Societies—The Most Precious Capital—Education—Mental Depression—On the Spiritual Effects of Pain—The Decay of Manliness—Milk Scarletina, etc. 82-88

Notes on Current Literature ... 88

Subscription Price, \$2 a year; Single Copy, 20 Cents.

ADDRESS:

"THE HEALTH JOURNAL," OTTAWA, Can.,  
Or 5 UNION SQUARE, NEW YORK, N. Y.