

milk shall not absorb injurious substances from the exhalations, &c., of the numerous workpeople. The workpeople wear white overclothes, and a plentiful use of pure cold water secures the greatest possible cleanliness. In case of infectious disease breaking out in any of the workpeople's families, the person affected is suspended from work, but receives full wages, so that there is no temptation for concealment.

In 1893, 125 cows were withdrawn on account of tuberculosis, out of the 4,284 cows kept by the 49 contractors; of these, 3 cases were tuberculosis of the udder. Tuberculosis was found on 37 of the 49 farms, only 12 being free; 337 cows were temporarily withdrawn for other diseases, the most frequent being diseases of the udder, sore teats, retention of the after-birth, and inflammation of the womb. The supply from two farms was suspended for four weeks on account of cattle disease, and from one on account of scarlet fever.

The amount of milk sold during the last year amounted to 12,699,243 pounds (6,349,621½ kilograms). Of this, 5,081,747 pounds (2,540,874½ kilograms) were sweet milk, the remainder being half skimmed, infant's milk and cream. The prices were: infant's, 1s.; sweet, 10d.; half skimmed, 5d.

### ON THE WINTER WORK OF HEALTH OFFICERS

Nearly all public health effort has heretofore been of a limited, narrow character, aiming only to prevent or, indeed mainly, to suppress epidemics; and all action has been almost entirely of a coercive character. Because of the assumed sacredness of the liberty of the individual subject and the jealousy with which the said liberty has been guarded it has been possible to deal legally only with the more glaring sanitary defects bearing upon the community, and filthiness of body or dwelling house, or other unhygienic personal habits of life, were regarded as outside the influence of public health organizations or boards, and were for the most part are still, left as if they were expected to rectify themselves; while nevertheless efforts, vain to be sure, were being made to improve the morals of these great unwashed. But gradually it has dawned upon sanitarians that the unhygienic condition of the individual has a great deal to do with the kindling and spread of infectious diseases and epidemics—while it is a great obstacle to moral progress, and as it has not been possible to legally coerce individuals into habits of personal and household cleanliness, more recently efforts have been made to enlighten and instruct the people upon the value, and guide and instruct them rather than force them into the paths, of health. Wherever tried the results of this course have exceeded expectations. Man is evidently rather a teachable than a "drivable" animal. The interest created in this way in individual hygienic improvement has been in some instances most gratifying and the latter effects highly satisfactory. It has been found that much more can be done in this behalf in an educational way than by coercion. Acts of Parliament and by-laws do not give rise to the character to realize them and carry them out, but often rather to a feeling that they are an intrusion and an interference; indeed they may properly be said to be formed as are governments to teach men how to pass beyond them.

The winter season in this climate affords excellent opportunity for the instruction of the people in the ways of preserving health and preventing disease. It is the educational season. Canada has now a large number of medical and other health officers; Ontario boasts of many hundreds. "What is to be their policy?" Numbers count for but little; quality, action, for everything. We cannot do better than quote here the words of Dr. W. L. Mackenzie, M.A., &c., a well known medical officer of a large district in Scotland. He says: "What I am concerned to indicate is how much can be done by the rousing of individual effort and the enlisting of voluntary service. It is well from time to time to check our ever-delusive officialism by the keen-eyed deliverances of an uncompromising individualist." "Perhaps we *are* all on the wrong tack," and perhaps Mr. Auberon Herbert, through his individualist association [advocated in the Contemporary Review a few months ago], may "do more to augment the life-values and lessen the disease-rates than all the medical officers of Scotland." That, however, will depend on many incalculable factors. "When for health propaganda Mr. Herbert asserts the need