

THE CANADA.

HEALTH JOURNAL,

A Monthly Magazine of Hygiene, and Mental and Physical Culture.

EDITED BY

CL. T. CAMPBELL, M. D..

Assisted by an able Corps of Contributors.

ON THE 20th JANUARY, 1870, WAS ISSUED THE FIRST number of this Journal. Its object is clearly defined in its name. It will be devoted to the exposition of the Laws of Hygiene; to the popularizing of the true principles of health—telling the people how to avoid disease—how to prolong life. It is generally conceded that more light on these subjects is required. The value of health is acknowledged; and when disease attacks the frame every effort is made to overcome it. But the majority are heedless of the fact, so oft repeated, that prevention is better than cure; and while they anxiously seek for health when lost, take little care to preserve it when found. A knowledge of these simple laws of hygiene that teach a person "how not to be sick" is needed by people of all classes and ages. This knowledge our pages will endeavor to supply.

Our scope is large—embracing not only the interests of the weak and diseased who are seeking health, but of the strong and vigorous who wish to retain it. All subjects connected with the proper development of the race will find a place in our columns; but care will be taken to exclude all distracting hobbies and "isms." The JOURNAL is published in the interests of no medical clique; but for the benefit of the public at large.

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