

OUR DAILY MILK AND BREAD.—These are the staff of life of young and growing children, and form a large part of the diet of adults. When good, they approach nearer to perfect foods than any other articles of diet. Yet what is the quality of the supply of these most important foods in the towns and cities of Canada? For the most part it could hardly be worse. Tradesmen furnish them as they see fit; in a way in which they can make the most money out of them, regardless of the health of consumers, who don't know what they take into their stomachs when they eat these articles. Surely it is high time that some system of inspection were established, in reference to milk and bread. For the most part, in this country, the flesh meat is good, and vegetables are unsurpassed; and the best flour can be made from Canadian wheat. If two of the most important food-stuffs are so far from being what they should be it is chiefly the fault of the people—of the people who buy and consume them. With many, no doubt, it is their misfortune rather than their fault, because they do not know when they use these foods whether the articles are good or bad. Is it not the duty of those who do or should know, of those in authority especially, to see that those who do not know, are not imposed upon, swindled, or manslaughtered, by purchasing such stuffs?

MILK TYPHOID.—Hardly a week passes in which a case of outbreak of typhoid fever from infected milk is not reported in some one of our British exchanges. These outbreaks are certainly becoming very common. But they are at once investigated, and means are used to prevent their recurrence. In Canada there is no one—no organization, for the purpose of investigating the causes of outbreaks of typhoid or other diseases, and consequently the people have no knowledge as to how many cases of typhoid arise through the use of infected milk. Milk is well known to be very prone to absorb poisonous effluvia—foul gases, contagiums, etc.; and when a case of typhoid fever, diphtheria, scarlet fever, or the like, occurs at a dairy supplying milk to the public, as may not unfrequently happen, the disease germs—the contagion particles, may readily find their way into the milk—a choice vehicle for them—and be distributed to scores of unsuspecting families. We have repeatedly endeavoured to draw attention to the necessity that exists for some system of milk inspection in the cities and towns of Canada. Better nourishment for children may be secured and many lives saved thereby.

HOW TO PREVENT EPIDEMICS.—Mr. Earnest Hart, writes:—I have just returned from a distant part of the country where I was summoned to investigate an outbreak of zymotic disease such as that which a Ramsgate correspondent and others publicly deplore. It is the third lamentable outbreak of the kind which has been brought under my notice this season. In each case the cause was the same; reflux of infected sewer gas through the soil-pipes forcing the traps. The remedy was therefore simple—effectual 'disconnection' and ventilation of the house-drains and soil-pipes.