

human beings die every year in Canada who ought not to die, and who would not, were not the mortality higher here than in England.

In the words of Mr. Mackison, C. E., F. S. A., &c., &c., at the late annual meeting of the Sanitary Association of Scotland, 'The great public mind must be educated thoroughly in matters pertaining to health; and, until this is accomplished, there never will be the improvements expected in the sanitary condition of the people, either personal or relative; or in their dwellings and surroundings, that under ordinary circumstances is attainable. This process of education must go on until the sanitary inspector shall become an *esteemed benefactor*, and cease in the public mind to be looked upon as an ill-conditioned officious person. Every year is certainly pointing more direct-

ly to it. Never, indeed, was there a time when the public mind was so disposed to look favorably at the sanitary question as now; never a time when so much is being done to carry out the principles of good sanitation, and to remedy the existing sanitary defects. But still, much has to be done; much has to be arranged and set agoing to disseminate amongst the young at our schools a sound knowledge of the principles of health, physiology, domestic economy, and good sanitation; and much has to be taught of things which are injurious to health, dangerous to life, and lead to discomfort.

A National Association should be organized in this Dominion for the purpose of distributing freely and popularizing the laws of health, individual and public.

THE MILK SUPPLY, AND HOW IT MAY BE CONTAMINATED.

FEW subjects of hygiene are of more importance than that which relates to the milk supply--the chief food of the young of the coming generation. We can hardly draw attention to it too often. The great majority of the public seem to think it is all the same so long as it is milk they get. Few know how vast a difference there may be in the composition, and in the effects upon the infant stomach--and indeed upon the human organism at any age--of two samples of cows' milk, which to the ordinary unaided senses appear to be the same.

There are a number of ways in which milk may be affected, altered or deteriorated: first, by the condition, healthy or otherwise, of the cow; second, by the food the cow consumes; third, by the treatment she receives--

housing, kindly care or abuse; fourth, by natural changes in its composition, in certain circumstances; fifth, by absorbing from without gases, odors, infections, &c.; and sixth, by adulteration. A system of inspection of milk should provide for a complete supervision in relation to all these various ways in which a public milk supply may become so altered in its character or composition as to be unfit or unsafe for use.

In winter, milk is much more liable to become contaminated than in summer, and then needs more special looking after. Cows in close, unventilated byres are more likely to become diseased than when at large in the fields; while their food in winter is usually less suitable. Odors are more likely to be absorbed from foul stables or