

CANADIAN OUT-DOOR LIFE.

PUBLISHED MONTHLY BY THE NATIONAL SANITARIUM ASSOCIATION OF CANADA FROM THEIR OFFICES, 28 ADELAIDE STREET W. (SATURDAY NIGHT BUILDING), TORONTO, CAN.

A MAGAZINE devoted to the gospel of out-door life in the treatment of tuberculosis and the value of fresh air and hygienic living for everyone.

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- - - TORONTO, CAN.

OURSELVES

CANADIAN OUT-DOOR LIFE has a mission, and this is its best introduction to a reading public.

Edward Everett Hale, now drawing near to the end of a century of life, attributes his long years and vigorous old manhood to the fact that he has ever lived much in the open. "I spend all the time I can," he has said, "in the open air."

Life in the open is not alone a great panacea for keeping the healthy healthy, but experience has fully demonstrated that it is also a great curative agent for those who are weak and sickly.

The dread white plague—that more than all other diseases and as much as many others—finds its Waterloo in abundance of fresh air.

CANADIAN OUT DOOR LIFE is published that it may give wings to the gospel of fresh air, God's own curative agent for conquering tuberculosis and for giving to mankind the real glow and vigor of health.

This journal will be practical in its teachings. Information that will teach men and women how to live healthy lives will be found within its pages. Methods open to the masses generally to fight the white plague will form an important part of its contents always.

In its pages will be found articles from leading medical men and laymen, who have given close study to these questions. It will not in any sense be a technical journal, whilst giving technical information. It will be a magazine for the masses.

This is our bow.

REMEMBER

(a) Consumption is not inherited. It does not belong to our climate. It is on the decrease.

(b) *No spit, no consumption.*

(c) No new cases of consumption can rise except from old ones.

(d) *The careful consumptive is not dangerous to those with whom he lives.*