

When some one said inadvertently that a certain person had died "without the aid of a physician," he saw at once that he had done injustice to "a noble profession," and added, "*but such instances are of very rare occurrence.*"

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## REV. JOHN WESLEY, ON HEALTH.

(EXTRACT NO. 3).

7. We may strengthen any weak part of the body by constant exercise; the lungs may be strengthened by loud speaking, or walking up an easy ascent; digestion and the nerves by riding; (as everybody doesn't possess a horse, and most persons might saw a stick of wood for themselves or others, we may venture to suggest that wood-sawing, in the majority of cases, might advantageously be substituted for equestrian exercise) the arms and legs, by strongly rubbing them daily. 8. The studious ought to have stated times for exercise, at least two or three hours a day; one half of this before dinner, the other before going to bed. 9. The fewer clothes any one uses, by day or night, the hardier he will be. 10. The flesh-brush is most useful, especially to strengthen any part that is weak.

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## VACCINATION.

The people find that Small-pox is not to be got rid of by mixing Cow-pox with the blood, but by making homes healthy.

### **The Doctors pretend to have found to the contrary**

The people are discovering that defective drainage, overcrowding, badly-constructed dwellings, ill ventilation, unwholesome food, and deficient water supply, are the exciting causes of Small-pox epidemics.

### **The Doctors must be compelled to make the same discovery.**

Any medical theory which ignores the laws of health, and teaches that the SPREADING of disease, whether natural or artificial, is or can be advantageous to the community, is misleading, mischievous, and opposed to common sense; and any teacher, whatever his assumption of authority, title, or degree, who inculcates such a doctrine, is AN ENEMY OF THE HUMAN RACE. The first duty of a parent is TO PROTECT HIS OFFSPRING, and to resist every attack on their health at any cost, no matter from what quarter it may come. How long will Canadians submit to have their children's blood poisoned, and their health and future happiness jeopardised. in order that MEDICAL THEORIES MAY PREVAIL, and MEDICAL DOMINATION BE MAINTAINED?