

build tissues, possessing the elements of vitality. Air and diet, plan an important part in holding together the brick and mortar of the system, especially in child life. . . . Great cities and manufacturing centres have a large child mortality. New York has 171 infant deaths per 1,000, and Fall River 260 per 1,000, and in Toronto, Montreal and Ottawa the death rate is high. The influence of mothers in the life-saving of children is *truly remarkable*. In Berlin, Germany, July, 1909, there were 913 deaths of children fed on cows' milk, and only 86 deaths of children breastfed. Of 300 babies recently admitted to the Children's Polyclinic, Dresden, 53 deaths of bottle-fed babies, and of 93 breast-fed babies, not one died. Medical Health Officers of Birmingham, England, reported recently on the deaths of 3,000 infants, and found only 24 deaths of breast-fed babies. Under such circumstances, we cannot fail to recognize the important fact that infant life depends greatly on the mother, whose care and watchfulness over the infant should be most zealously guarded, free from want and overwork. Annual horse shows exhibit fine animals, and what we desire, and hope for, is that yearly assemblies, country and city, the men and women of our land, should present a strong, vigorous and healthy turnout, the pride and pleasure of the people, life growing better and happier as years pass on.

Farmers' calves grow just as they are fed, by rich or poor milk. One a prize-winner at the fair, but the skim milk calf underfed, not a successful competitor. This rule applies directly to our own half-starved and imperfectly fed children. Good food makes good blood and flesh, from which springs good mental and physical power. Mothers' milk stands first for babies, and as the child advances in life, change and variety of food are necessary to produce strong tissue-building blood, to meet the wants of the system. The food of the child at school is second only in importance to that of the infant, and here rests greatly the home responsibility of mothers, as to the future of the child at school age.

Practical instructions of mothers on child diet would serve a good purpose and save many valuable lives. The necessity of a thorough knowledge of the diet of school children is gradually gaining ground, and school authorities are moving more actively in that direction, as tiny brains, phosphorescent and scintillating at every movement, cannot be too carefully nourished in the formative process of mental development. Nervous troubles and imperfect digestive conditions are closely associated. Penury is a mistaken idea in food supply. For children at school the noon lunch is most important to brighten, cheer and lessen brain strain, in the closing of a day's study, the very time when fresh blood is needed for brain cells to avoid excessive exhaustion. Our utmost endeavor should be most careful consideration of the best and