

is now an established fact that nothing tends more to preserve the life of the infant than nursing by the mother. Bottle-feeding, with great care and prudence as to cleanliness, and absolute purity of milk, may produce many a healthy infant. All milk, as far as possible, should be sterilized, and in this direction Straus, of New York, presented a grand gift, over a wide section of country, to many parents, of his remarkable plant for milk purification. Great difficulty is experienced in the homes of the poor, in milk supply, bad food, impure air, and imperfect management generally. The tuberculous rows of New York are ample illustrations of this fact, and to-day, fortunately, more perfect sanitary regulations have changed, to a marked degree, the habitations of poorer classes. Tuberculosis in school life is a most important problem. There should be no tuberculous teacher or tuberculous assistants in any school. Such should be removed at once, and, as in Paris at the present day, ample provision made for both. Schools should be erected in healthy locations, most important, and every public school should have a gymnasium, and swimming tank, with a stream of constantly running fresh water, all of which will contribute towards the health of a rising generation. Great care has to be exercised that the intellectual training of a rapidly developing brain is not excessive, as an overworked brain leads to imperfect sleep and lessened digestive power, both of which conditions are injurious to the system.

I recently visited a young people's camp in Algonquin Park, where 75 young people from 13 to 16 and 18 years of age were assembled from the city of New York, Buffalo, Rochester and Geneva, and it was most gratifying to observe the charming cleanliness of the camp, the neatness of the tents, in the midst of a pulpwood forest, the charming supply of boats with life preservers for the children to paddle their own canoes in the adjoining lake, with fishing apparatus and such like, their own lady physician, and several skilled teachers for intellectual culture, as well as physical development. To see those young ladies march up to lunch, at the sound of a gong, and observe their general healthy appearance, their physical powers, and every evidence of surrounding comfort, was most cheering and encouraging. This is a form of education and life-preserving, in the forests of Canada, which should be encouraged as far as possible, inasmuch as it is a means of preventing anything like tuberculosis, where every evidence of life and vitality is presented beyond doubt. If some of our sanitoriums would turn out en masse and take a couple of months in the woods, adopting this plan of preserving life, I feel confident the results would be of most telling and practical character. During the school life of children the most careful inspection is necessary by an expert physician, and in school life it is re-