

Provides for annual conference of medical health officers;  
Orders provision for care of indigent sick;  
Extends provision for inspecting meat;  
Places vaccination under the control of the medical health officer.

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### GOOD HEALTH PROMISES.

School children all over the country might well follow the example of some boys and girls in an Alabama school, who formed a Good Health Club (*Bull. La. State Board Health*), with this membership pledge:

"I promise:

"1. To be as regular in my habits as I can, to rise at the same hour, retire at the same hour, eat my meals at the same hour each day and not to eat between meals.

"2. Never to sleep in a room without having at least one wide open window.

"3. To choose food that is nourishing and to stop eating when I have enough.

"4. To drink at least eight glasses of water each day, two before breakfast and two before dinner, two after school and two before retiring.

"5. To walk and sit with head and shoulders well up and chest expanded.

"6. To fill my lungs with fresh air before each meal.

"7. To spend as much time in the sunshine as possible each day.

"8. To avoid strong stimulants of any kind.

"9. To brush my teeth every night and morning.

"10. To bathe frequently so as to keep all the pores in my body open."—*The Medical Times*.

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### TEACH HYGIENE IN PUBLIC SCHOOLS.

This excerpt from the report of the Section on Preventive Medicine and Public Health of the American Medical Association last June should be committed to memory by every physician:

"The most promising soil in which to plant the seeds of hygiene is the public schools. The minds of children, being plastic and receptive, will readily accept and assimilate new truths, and these becoming a part of the composition of the child will find practical expression when adult age is reached. It sometimes seems to be a waste of time to try to secure