

Canada Health Journal.

A MONTHLY MAGAZINE OF PREVENTIVE MEDICINE.

THIRTEENTH YEAR of Publication.

NINTH VOLUME.

Specially designed for medical and other health officers, heads of families and all interested in promoting the public health. The only Health Journal in the English language published in Canada.

ITS AIM.—To prevent sickness and promote public and individual health.

Communications solicited on all sanitary subjects.

Local health officers would confer a favor by sending to the Editor copies of their reports, brief notices of their sanitary condition, improvements, or events in any way connected with health.

See Club Rates to Health Boards and others on advertising page.

All communications, with remittances or otherwise, should be addressed,

"Health Journal," Ottawa, Can.

A blue cross opposite this indicates that the subscriber to whom it is addressed is indebted for this year's subscription (from Jan. to Dec.), and all such will confer a favor by kindly remitting, for which we shall feel obliged.

We cannot undertake to make out accounts and send them by mail or otherwise and only charge \$1.50.

All not remitting during the early part of the year—the first month or two—must expect to pay \$2.00; we must insist on this in common fairness. Physicians pay \$3.00 for their Medical Journal, containing no more reading matter than this one.

\$1.50 now is worth more to us than \$2.00 many months hence, with cost of time, bills and postage.

Will all friends please think of this, and help us in the work by an early remittance.

ADVERTISEMENTS of unexceptionable character taken to a limited extent and at reasonable rates; advertisements of "patent medicines," not accepted.

EDITORS' SPECIAL CORNER.

On the temperance question we are very desirous of not being misunderstood. We have bestowed a good deal of thought and some study upon the effects and value of alcoholic beverages, and also, on the other hand, upon the effects and alleged benefits of prohibition. An esteemed friend some months ago placed in our hands a number of copies of the *Medical Temperance Journal*, of London, England, in which are the strongest arguments against the value of alcohol as a food, yet we still think the weight of evidence is decidedly in favour of this substance possessing valuable food properties, and that it is a valuable natural product for which no other substance can well be substituted. As regards prohibition, if it could be successfully sustained, in order to break up the intemperate habits, inherited or acquired, of a large number of our fellow creatures who cannot use alcoholic beverages in safe moderation, we should certainly be disposed to vote for prohibition; but being convinced that it cannot be successfully carried out, and that these unfortunate beings whose powers of self-control in relation to alcohol are so defective that they will break almost any law, divine or human, in order to obtain their wonted stimulant, or a worse one, and cannot be restrained by Act of Parliament, but must have a remedy that will penetrate to greater depths, and as laws not fully approved of and sustained by almost the entire body of the people concerned, will be incessantly

broken and are worse than no law, we cannot conscientiously support the measure as heretofore proposed. We would favour prohibition in the manufacture and sale, for other than mechanical and medicinal purposes, of ardent spirits, and encourage the substitution of Canadian wines and beer. And we would favour great changes in the retail traffic in all alcoholic beverages:—impose a heavy license, make strict laws in relation to selling to minors and habitual drunkards, with heavy penalties, and easy facilities for sustaining actions for damages, in case of infraction of the law, and grant licenses only to persons of good moral standing, who had never transgressed the law. These measures, with religious, moral, mental and physical culture to strengthen the powers of self-control, would do much—indeed all that can be done, to promote the cause temperance.

THE valuable contribution on disinfection in this number of the JOURNAL, by Dr. Alfred Carpenter, one of the most eminent of English sanitarians, should be read by every one who takes an interest in the prevention of disease. It contains a great deal that must prove of interest to others besides physicians and health officers.

A WRAPPER should be ready to put on the body in cold summer evenings; a summer chill after the heat is sometimes followed by serious consequences.