

# CANADIAN OUT-DOOR LIFE.

A MAGAZINE DEVOTED TO THE GOSPEL OF OUT-DOOR LIFE  
IN THE TREATMENT OF TUBERCULOSIS, AND THE VALUE  
OF FRESH AIR AND HYGIENIC LIVING FOR EVERYONE

VOL. I

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NO. 8

## Poultry-Keeping at Gravenhurst

The waste of a Muskoka Hospital turned into eggs.

By A. G. GILBERT, Poultry Manager, Experimental Farm, Ottawa, in *Farmers' Advocate*.

THROUGH the persistent efforts of Mr. E. Turville, of the Muskoka Free Hospital for Consumptives at Gravenhurst, kindly aided by Mr. Wm. Marks, Secretary of the Agricultural Society of that district, I had the pleasure of addressing a meeting on the 23d of February, in the Town Hall of the pretty town of Gravenhurst, on "Profitable Poultry-keeping." Another meeting was held on the evening of the following day in the hall of the Hospital. For two afternoons I was at the Hospital, for the reason that, in connection with that admirably-conducted institution, there is a poultry plant of more than average proportions, managed by Mr. Turville.

When I say that it is well managed I mean what I write, for well managed is to manage to a profit.

### THE PLANT.

There are two large poultry houses, containing over 250 fowls, if I remember aright. These houses are up-to-date in arrangement, having cotton fronts and a glass window facing southwards in each pen. And this

is certainly right, for while the cotton fronts permit a diffusion of fresh air throughout the pen at all times, without draft, the glass window permits the sun to shine into the interior, which is most desirable. Too frequently we see the window taken out and replaced with cotton, certainly giving air, but excluding the precious sunshine. Now, both fresh air and sunshine are requisite, and may be had as arranged in this case, or by having the cotton at top and bottom of window.

The hopper system, in combination with the feeding of whole grain scattered in the litter on the floor, is adopted, for the reason



AT THE HENNERY OF THE MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES.



that Mr. Turville believes in exercise for the birds, as well as plenty of fresh air. This result is secured as follows: The lips of the hoppers are covered with cloth every evening. This cloth, which is tacked to the upper part of the hopper, is not taken up till 9 a. m. Meanwhile, the birds, on coming off the roost as soon as daylight permits, begin to search for whole grain thrown the evening previously in the litter, always on the floors. Only a small quantity of oats or wheat is so scattered, for there must be no waste. The floors of the pen are of earth, but dry. The time may be when they will be made of cement. An important feature is the conversion of the waste of the kitchen and tables of the sanatorium into eggs. This waste is comparatively free from greasy or too salty substances. Much of it is vegetable. It is sometimes mixed with a small quantity of ground grains. Other times it may be so solid as to require nothing to mix with it. It is fed on broad, low-setting troughs, or, rather, boards. It is a grand means of furnishing variety, and it is fed in small quantity each day.

#### WHAT THE HOPPERS CONTAIN.

The hoppers contain dry ground wheat (shorts), ground oats, and bran, of the best description I have seen in this country. Other hoppers contain broken oyster shell and grit. Water is furnished in pails. I saw the fowl go to the hoppers containing the ground grains and eat heartily. This, to me, was vindication of the method of dry feeding. What I had seen clearly showed me the several points of up-to-date poultry-house arrangement and management of birds, viz.: The utilization of sanatorium kitchen and table waste; the compromise whole grain and dry-ground-grain method of hopper feeding, and the cotton-front-and-window combination, whereby fresh air and sunshine are secured.

#### QUESTIONS AND ANSWERS.

Q.—Do you like the feeding of dry ground grain in hoppers? A.—Yes, for more than one reason. It saves the labor of mixing a mash. Then every bird can get its own share whenever it wants it.

Q.—You prefer to scatter the whole grain in the litter on the floor? A.—Yes, for the sake of giving the fowls exercise. They do not want much whole grain, for we give the waste stuff at noon. They search in the litter during the morning for the whole grain before I take the cloth off the lips of the hoppers.

If I think they want a little whole grain before going to roost, I give it to them. If any is left over they find it in the morning.

Q.—Do you cover the lips of the hopper every evening? A.—Yes, to prevent the birds from getting to their contents in the early morning before they have had exercise in searching for the whole grain.

Q.—Your fowls are certainly in good condition and health. Do you find them eating too much by the hopper method? A.—I do not. Mine is really a compromise system of feeding.

Q.—Do you find the cotton fronts too cold in low temperatures? A.—I cannot say that I do. I let down the cotton screen if I think it is necessary on very cold nights; or I completely shut up the windows, which, as you see are open on moderate days. [Note.—Same in the shacks were patients live—cotton sides to houses, windows open, beds around sides of room, stove in centre of room; windows also open in hospital proper. Fresh-air treatment, indeed.]

#### OTHER POINTS.

Many other questions were asked and answered. It was further learned that all assistance given Mr. Turville is charged to the "poultry department," as a strict account is kept of receipts and expenditure. The assistance is being given at present by a convalescent patient.

On the day I arrived 126 eggs were collected. They are used by the patients as prescribed by the doctor. Eggs are simply invaluable in the treatment of pulmonary affections, so I was told. But there is a great distinction to be made between the strictly new laid eggs from the hospital poultry department, with their delicious flavor, and the "store" egg. One is acceptable, the latter of a very doubtful quality. Is this fact appreciated as it ought to be both inside and out of the sanatorium? I am sure if the shrewd business men who compose the Board of Directors of this well-managed institution only realized the value of the poultry department, it would receive more encouragement from them.

Mr. Turville is himself a patient, and is allowed to work only three hours daily. What he has accomplished, and what he is doing at so little cost, has to be seen to be fully appreciated.

As may be inferred, my visit was full of interest. The courtesy and very great kindness of the staff of the hospital were most marked, and will be long remembered by me.

#### SEEKS A "DOOR OF HOPE" IN MUSKOKA

EMILY S. ADAMS, Brantford: I would dearly love to get better of this lung trouble of mine and implore you to inform me how to get to this "Door of Hope." I have been a sufferer for five or six years and all the doctors will say is, we cannot cure or make a new lung, so with God's help, I am willing to try and cure this sore lung of mine. May God help me and may I get to the "Door of Hope," if I do fail I must try.



# Meat and Fish—Their Use and Value as Food in Tuberculosis

By W. J. DOBBIE, M.A., M.D.C.M., Physician-in-Chief, Toronto Free Hospital, Weston.

**P**ROPER diet is one of the most important factors in the prevention as well as in the treatment of tuberculosis, and in selecting such a diet many things have of necessity to be taken into consideration. The disease may be one of long duration, with intervals in which there may be comparative health and temporary freedom from dietetic restrictions. But as a rule it is of prime importance that patients suffering from tuberculosis should be provided with food which is ample and suitable for their bodily needs. This is equally true of those who are in poor health from some other cause, because it is well known that malnutrition not only invites an invasion by the disease germ but is most conducive to its activity.

In a diet for patients suffering from tuberculosis meat and fish must always be given an important place. This is not due, as is by many supposed, to the fact that meat especially in the raw state is particularly valuable as a blood former. Nor is it true as has been suggested by some that raw beef possesses a peculiar nutritive and curative value in tuberculosis. Meat and fish are valuable foods because they contain those ingredients which are required by the body, the most important being protein and fat. Protein is used in the construction and maintenance of the tissues of the body, while fat is used as fuel to produce heat and energy.

## COMPOSITION OF MEAT.

*Refuse*—Nearly all kinds of meats as bought contain some portions which cannot be used as food. These comprise the bones, skin, etc., and in general any parts which from their lack of nutrients or from the impossibility of preparing them for food, are considered to be useless, may be classed as refuse or waste. In ordinary meats the chief refuse is bone. The percentage varies, in some cuts as the round of beef, slice of ham, etc., there not being more than two or three per cent. of bone, while in others there may be almost fifty per cent., and in others again none at all.

*Water*—Meats contain a large and varying amount of water, and it is to be remembered that while this water has its uses it has no greater value as food than other water. So that the greater the amount of water in a given food the less is its relative nutritive value. Fish and oysters have relatively more water than most other meats. And in general it may be said that the greater the amount of fat in a given cut the less is the amount of water.

*Fats*—All meats contain some fat. In some cases the fat is stored in such quantities as to be readily seen, and in others it may be distributed in such small particles that it is only by the use of intricate chemical processes that the quantity present can be appreciated. In the flesh of some animals, as cod and other white-meated fish, in chicken, and veal there is little visible fat. In a very fat ox, on the other hand, one-fourth of the weight of the meat may be visible fat, and in the case of fat hogs more than half the weight may be fat.

Fat is one of the valuable constituents of food. It is used in the body as fuel to produce heat to maintain the animal temperature, and to yield energy. As a fuel its value is two and one-fourth times that of protein or carbohydrate. In other words one pound of fat yields as much heat when burned as two and a quarter pounds of starch or sugar.

*Protein*—There are a great many kinds of nitrogenous compounds in flesh, but the whole group may be conveniently designated under the word protein, according to the following table:—

## PROTEIN.

1. *Albuminoids*—As albumen (white of egg); casein (curd) of milk; myosin (the basis of lean meat); gluten of wheat, etc. These form the most valuable group, because they are similar in composition to the nitrogenous compounds of the body, and are therefore easily digested and assimilated.

2. *Gelatinoids*—As collagen of tendons and ossein of bone, which yield gelatin or glue, etc. Very different views have been held at different times as to the value of gelatin as food, and it is now generally considered that when combined with albuminoids and extractives it has considerable food value in that it serves to economize the albuminoids.

3. *Nitrogenous Extractives*—These are the chief ingredients of beef tea and meat extracts. They consist largely of substances which somewhat resemble the active principles of tea and coffee. They are of little value as foods, but they give flavor to meats and are therefore of importance.

The lean of meat has about twenty per cent. of protein, or weight for weight about five times as much as milk. The flesh of fowl has on the average more protein than beef, and the flesh of fish has as a rule less. And while protein is the most important and valuable ingredient of food, lean flesh is, nevertheless, a very one-sided diet, and to make a well balanced ration the addition of foods containing carbon, starches, sugar, etc., are necessary.



## CARBOHYDRATES.

Meat contains but a small amount of carbohydrate, only a fraction of one per cent.

## ASH.

Of mineral matters, meats contain more or less which have value as food, the most important being phosphates of potash, lime, and magnesia. These are used chiefly in the formation of bone.

## STRUCTURE OF MEATS.

Meat consists of the muscular tissue or lean, and the varying quantities of fat which is deposited between and within membranes and tendons. The muscular tissue of which lean meat is composed is formed of bundles of reddish fibres enclosed in a delicate web of connective tissue to be distinguished from the sheath which encloses the whole muscle. The bundles are of different sizes in different muscles, and for the most part run parallel to one another, though they have a tendency to converge towards the points at which they are attached. Each of these bundles is made up of similar smaller bundles, which can be again subdivided into smaller and smaller bundles until the individual muscle fibres are reached. These are so small that they are invisible to the unaided eye. They vary in diameter from  $\frac{1}{16}$  to  $\frac{1}{15}$  of an inch.

The muscle fibres and muscle bundles are held together by means of connective tissue. Each of the bundles of muscle fibres seen when a piece of meat is cut "across the grain," as in a round steak, is made up of hundreds of fibres.

Between and inside the bundles of fibres the fatty tissue of meat is found. Its distribution is not uniform, however, but in structure it consists of a fine network of connective tissue in which are enclosed clusters of fat cells.

## TOUGHNESS OF MEATS.

Whether meat is tough or tender depends on two things:—(1). The character of the walls of the muscle fibres, and (2). The character of the connective tissues which bind the fibres and muscles together. In young and well nourished animals the walls of the fibres are thin and delicate and the amount of connective tissue is small. As the animals grow older, or are made to work, or are poorly nourished, the walls of the muscle fibres and the connective tissues become thick and hard. In mastication an effort is made to separate the fibres from one another so that they may be readily subjected to the action of the digestive juices. It is highly important that it should be understood that it is the fibre of the meat that has the nutritive value, and that much of its value is lost when it is not rendered easily accessible to the digestive secretions by thorough mastication.

After an animal has been slaughtered the meat undergoes several changes in texture. In the first stage, when the meat is just slaughtered, the flesh is soft, juicy, and quite

tender. In the next stage the flesh stiffens and the meat becomes hard and tough. This condition is known as *rigor mortis* and continues until the third stage, when the first changes of decomposition set in. In hot climates the meat is commonly eaten in either the first or second stage, and in cold climates seldom before the second stage, and often, in order to lessen its toughness, it is allowed to enter the third stage. The softening is due in part to the formation of lactic acid which dissolves the connective tissue, and may be imitated by macerating the meat with weak vinegar. Meat is also sometimes made tender by cutting the flesh in thin slices and pounding it across the cut ends until the fibres are broken. In all cases the aim is, as in mastication, to secure the separation of the individual nutritive fibres.

## THE FLAVOR OF MEAT.

This depends upon the kinds and amounts of "nitrogenous extractives" which the muscle fibres contain, and as a rule these depend largely upon the age of the animal and upon the character of its food. Meat which is allowed to hang and ripen, develops added flavors.

## THE DIGESTIBILITY OF MEATS.

The value of meat depends not alone upon the amount of nutrients which it contains, but also upon the proportion of these nutrients which the body can digest and use for its support. As a matter of fact, which has been determined by experiment, flesh of all kinds, either raw or cooked, can be readily digested by a healthy man. It is true also, however, that roasted meat is rather more *completely* digested than either raw or boiled meat, and that raw meat is more *easily* digested than cooked meat.

The following table gives an approximate estimate of the ease of digestibility of animal foods, commencing with the most digestible and ending with the least digestible:—

1. Oysters.
2. Soft cooked eggs.
3. Sweetbread.
4. White fish (boiled or broiled), such as blue fish, shad, smelt.
5. Chicken (boiled or broiled).
6. Lean roast beef or beefsteak.
7. Eggs, scrambled, omelette.
8. Mutton, roasted or boiled.
9. Squab, partridge.
10. Bacon, crisp.
11. Roast fowl, chicken, capon, turkey.
12. Tripe, brains, liver.
13. Roast lamb.
14. Chops, mutton or lamb.
15. Corned beef.
16. Veal.
17. Ham.
18. Duck, snipe, venison, rabbit and other game.
19. Salmon, mackerel, herring.
20. Roast goose.
21. Lobsters and crabs.





A GROUP OF TENT COTTAGES AT MUSKOKA COTTAGE SANATORIUM.

## 22. Roast pork.

## 23. Smoked, dried, or pickled fish and meats in general.

Further it may be said that the time taken for different meats to pass out of the stomach is about as follows:—

Beef, raw, chopped fine .. .. .	2	hours
Beef, half cooked .. .. .	2½	”
Beef, well cooked .. .. .	3	”
Beef, thoroughly roasted .. .. .	4	”
Mutton, raw .. .. .	2	”
Veal, cooked .. .. .	2½	”
Pork, cooked .. .. .	3	”

## THE COOKING OF MEATS.

Meat is rarely eaten raw. Raw beef has been extolled by many physicians as possessing peculiar nutritive and curative value in tuberculosis, but is has yet to be demonstrated that it has any advantage over rare steak or underdone roast beef, beyond the fact that the scraping or mincing process to which it is subjected, prepares it somewhat better for solution by the gastric juice.

Meat is usually either roasted, stewed, broiled, fried or boiled. The chief objects in cooking are—(1) To loosen and soften the tissues and thus facilitate digestion; (2) To kill parasites; (3) To coagulate the albumen and blood so as to render the meat more acceptable to the sight, and (4) To develop and improve the natural flavor.

## BOILING.

If meat is placed in cold water, part of the organic salts, the soluble albumen, and the extractives or flavoring matters will be dissolved out, at the same time small portions of lactic acid are formed, which act

upon the meat and change some of the insoluble matters into materials which may also be dissolved out. The extent of this action and the quality of materials which actually go into solution, depends upon three things:—

(1) The amount of surface exposed to the water; (2) The temperature of the water, and (3) The length of the time of the exposure. The smaller the piece, the longer the time, or the

hotter the water, the richer will be the broth and the poorer the meat. If the water is heated gradually more of the soluble materials are dissolved. At a temperature of about 134°f. the soluble albumen will begin to coagulate, and at 160°f. the dissolved albumen will rise as a brown scum and the liquid will become clear. Upon heating still higher, the connective tissues begin to be changed into gelatin, and are partly dissolved out, while the insoluble albuminoids are coagulated. The longer the action of the hot water continues the tougher and more tasteless the meat becomes, but the better is the broth. But it would be a great mistake to assume that the nearly tasteless mass of fibres which is left undissolved by the water, has no nutritive value. This tasteless material has been found to be as easily and completely digested as the same weight of ordinary roast. Moreover, it contained nearly all the protein of the meat.

On the other hand if a piece of meat is plunged into boiling water the albumen on the entire surface of the meat is quickly coagulated, and the escape of the juices and flavoring matters of the meat prevented. Thus cooked the meat retains most of the flavoring matters and has the desired meaty taste, but the resulting broth is correspondingly poor.

Thus the method of cooking depends largely upon what it is desired to do, because it is impossible to make a rich broth, and have a juicy, highly flavored piece of boiled meat at the same time. First, if the meat alone is to be used, the cooking in water should be as follows:—



1. Have a generous supply of boiling water.

2. Plunge the cut into the boiling water.

3. Keep the water at the boiling point (212°f.), for ten minutes, in order to coagulate the albumen and seal the pores of the meat.

4. Allow the temperature of the water to fall to 180°f.

A longer time will be required to cook meat in this way, but it will be tender and juicy instead of tough and dry. Second, if the broth is of more consideration than the meat, proceed as follows:

1. Cut the meat into small pieces, so as to expose as much surface as possible to the water.

2. Put this cut meat into cold water.

3. Increase the temperature of the water gradually to the boiling point (212°f.).

4. Allow to remain at this point as long as desired.

#### STEWING.

In this process both the broth and the meat are to be used. Proceed as follows:

1. Cut the meat into small pieces as above

2. Put this cut meat into warm water.

3. Increase the temperature slowly until it reaches 180°f., when it should be kept for some hours.

#### ROASTING

The principal difference between roasting and boiling is the medium in which the meat is cooked, in boiling the medium being hot water; in roasting, hot air. And it is interesting to note that the smaller the cut to be roasted the hotter should be the fire. An intensely hot fire coagulates the exterior and prevents the drying up of the meat juices. A large piece of meat, however, exposed to an intense heat would become burned and changed to charcoal on the outside before the heat could penetrate to the interior.

#### BRILING

The broiling of a steak or chop is done on this principle. An intense heat should be applied to thoroughly coagulate the albumen and stop the pores. A steak exposed to an intense heat for ten minutes is thoroughly cooked, and has yet the rare, juicy appearance which is so much desired.

#### SOLID MEAT PREPARATIONS

1. *Scraped Meat*—is best made from tender beefsteak, but rare roast beef or mutton chops may be used. With a dull knife or a stout spoon the pulp of the meat is scraped out, while the tough connective tissue binding the muscle fibres together is left behind. The pulp thus obtained may be made into balls and browned, or it may be made into a sandwich with thin bread and butter.

2. Beef meal, beef jelly, peptonised beef jelly, tropon, powdered beef, dried beef blood, meat lozenges, beef peptonoids, beef

peptone, and various other preparations of beef are on the market. They are all the results of attempts to prepare beef in such a manner as to render it easy of digestion. They are all, it may be said, of more or less value.

#### FLUID MEAT PREPARATIONS

1. *Beef Juice*—contains serum, lymph and blood. A tender, thick, juicy piece of beefsteak is broiled for several minutes over a quick fire so as to coagulate the outside and prevent the escape of the juice. It is then cut into small pieces and each is squeezed in a lemon squeezer or in a meat press. The juice thus obtained is flavored with salt and pepper and though not as valuable as scraped beef, it is more so than any of the various extracts of beef which are to be had.

2. *Beef Tea*—if rightly made may be nutritious, though the quantity of albuminous material which it will contain is usually less than that which is contained in a similar volume of milk or in an egg. Beef tea should be prepared as follows:

(a) Chop a piece of tender raw beef into small pieces about a quarter of an inch in diameter, and allow these to stand in cold water for five or six hours. Use a pint of water to a pound of beef.

(b) Add ten drops of hydrochloric acid and heat the solution gradually up to 160° F. for from fifteen to twenty minutes.

The prolonged soaking of the meat in cold water dissolves the mineral ingredients and the extractives, while the hydrochloric acid converts the insoluble myosin into an acid albumin which is soluble in water. The materials contained in beef tea are mildly stimulating to the mucous membrane of the stomach and to the nervous system.

3. *Bovillon*—is of little more value than beef tea. It is a good vehicle for giving beaten or dropped eggs, flour, etc.

4. *Beef Broth*—is agreeable to the taste, and as ordinarily made it contains about one-half of one per cent. of fat, a similar quantity of albumin, and about one per cent. of gelatin, besides salts and extractives. As a rule broths made from chicken, veal or mutton are more nutritive.

5. Meat extracts, fluid beef, bovine, beef peptones, are among the numerous commercial preparations which may be purchased. Their values vary.

#### VARIOUS MEATS

1. *Beef Tongue*—is tender, but as a rule it contains too much fat for delicate stomachs.

2. *Veal*—when obtained from animals too young is tough, pale, dry and indigestible.

3. *Mutton*—is usually more or less tough, but if properly assimilated it is almost equal in value to beef.

4. *Lamb*—when tender is digestible, but the flesh contains too large a proportion of fat. Good lamb, moreover, is expensive.



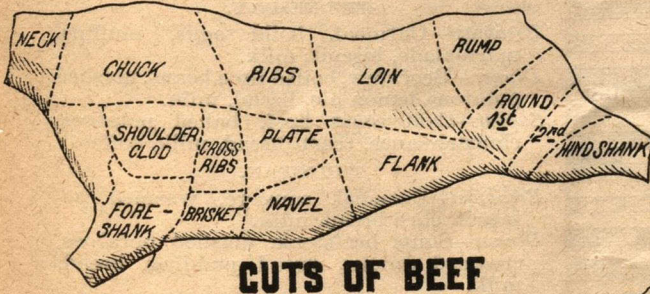
5. *Pork*—is a tender meat, but it is notoriously indigestible on account of the large percentage of fat. Bacon is much more digestible than pork, and ham occupies an intermediate position. If cut thin and cooked crisp, fat bacon becomes friable and readily broken into small particles during the process of mastication and digestion. It can often be eaten by dyspeptics and is an excellent variety of fatty food for consumptives.

6. *Fowl*—is digestible and nutritious and at the same time very agreeable.

CUTS OF MEAT

The methods of cutting sides of beef, veal, mutton and pork vary in different localities. The lines of division between the different cuts vary slightly according to the usage of the local markets, and even the names of the same cuts are different in different parts of the country.

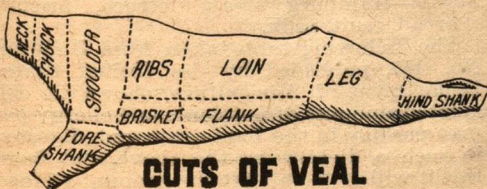
*Beef* is usually cut as indicated in the following diagram :



CUTS OF BEEF

Of these cuts it may be said that the part of the loin nearest the ribs is frequently called the "small end of loin" or "short steak." The other end of the loin is called "hip sirloin" or "sirloin." Between these is the "tenderloin," because the real tenderloin, the very tender strip lying inside the loin, is found most fully developed in this cut. "Porterhouse steak" is frequently applied either to the short steak or the tenderloin.

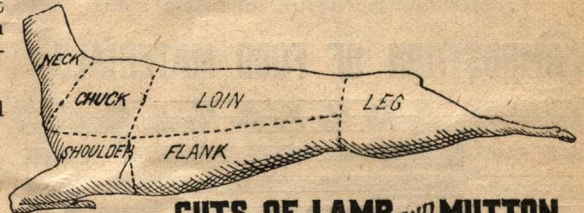
*Veal* is cut somewhat differently from beef as is illustrated below :



CUTS OF VEAL

LAMB.

In a side of lamb or mutton there are usually about six cuts, three in each quarter as indicated below :

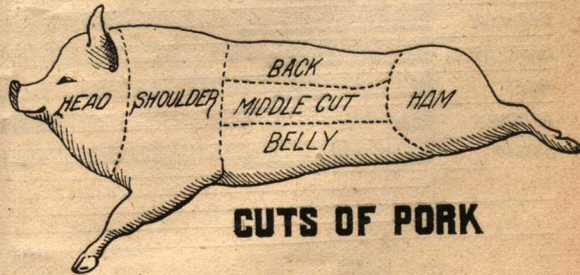


CUTS OF LAMB AND MUTTON

The chuck includes the ribs as far as the end of the shoulder blades, beyond which comes the loin. The flank is made to include all the under side of the animal. The term "chops" is ordinarily used to designate portions of either the loin, ribs, chuck, or shoulder, which are either cut or chopped by the butcher into pieces suitable for frying or broiling.

PORK.

A side of pork is cut as illustrated below :



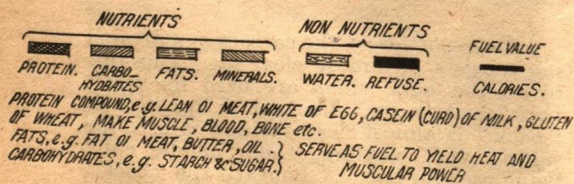
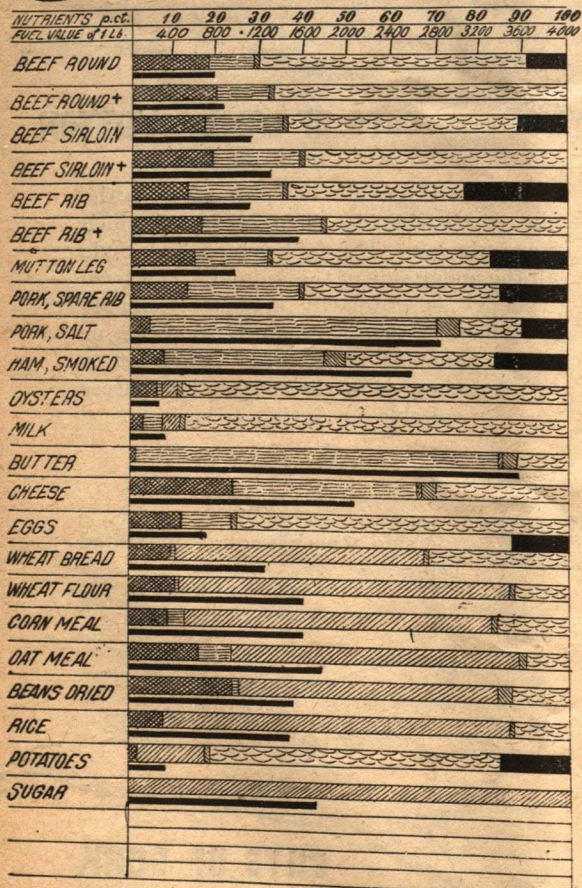
CUTS OF PORK

A large portion of the carcass of a dressed pig consists of almost clear fat. This furnishes the cuts which are used for "salt pork" and bacon. The cut designated as "back" is almost clear fat and is used for salting and pickling, the "middle cut" being used for bacon. Beneath the "back" are the ribs and loin, from which are obtained "spareribs," chops, and roasting pieces. The hams and shoulders are more frequently cured, but are also sold fresh as pork "steak." The tenderloin proper is a very small strip of lean meat lying under the bones of the loin.



As stated above the cuts indicated herewith may not be followed with anything like uniformity, but from samples taken as here illustrated the analyses show the following composition of several meats as compared with various other foods, all of which have been for purposes of comparison represented in the accompanying chart:

## COMPOSITION OF FOOD MATERIALS



Patients suffering from tuberculosis who wish to derive the maximum amount of benefit from the meat consumed should confine themselves largely to:

Beefsteak, rare roast beef, scraped beef sandwiches, scraped meat balls, lamb, mut-

ton (roasted or boiled), chops, chicken, turkey and fat bacon, and as a suggestion the following menu might be prescribed:

### SUNDAY.

*Breakfast*—Oatmeal, beefsteak, griddle cakes, warmed potatoes, bread and butter, milk.  
*Dinner*—Tomato soup, roast chicken, mashed potatoes, ice cream, bread, milk.  
*Supper*—Cold roast beef, French fried potatoes, lettuce, apple sauce, cocoanut cake, bread, milk.

### MONDAY.

*Breakfast*—Wheat breakfast food, bacon, baked beans, bread, rolls, milk.  
*Dinner*—Vegetable soup, roast veal, browned potatoes, stewed peas, boiled rice, lemon-jelly, bread, milk.  
*Supper*—Cold ham, baked potatoes, stewed prunes, bread, milk.

### TUESDAY.

*Breakfast*—Oatmeal, beefsteak, fried onions, baked potatoes, bread, milk.  
*Dinner*—Vegetable soup, baked shoulder, boiled cabbage, boiled potatoes, rice pudding, bread, crackers, milk.  
*Supper*—Omelet, lettuce, peaches, bread, milk, cocoa.

### WEDNESDAY.

*Breakfast*—Oatmeal, boild eggs, muffins, marmalade, biscuit, milk.  
*Dinner*—Beef stew, boiled lima beans, mashed potatoes, lemon pie, bread, milk.  
*Supper*—Cold roast beef, baked potatoes, rhubarb sauce, toast, bread, milk, coffee.

### THURSDAY.

*Breakfast*—Oatmeal, sausage, warmed potatoes, corn bread, milk.  
*Dinner*—Soup, beefsteak, mashed potatoes, creamed onions, bread pudding, bread, milk.  
*Supper*—Cold roast beef, lettuce, apple sauce, baked beans, rolls, bread, milk, cocoa.

### FRIDAY.

*Breakfast*—Oatmeal, French fried potatoes, fresh herring, biscuit, milk.  
*Dinner*—Clam soup, broiled shad, mashed potatoes, roast beef, boiled rice, crackers, bread, milk.  
*Supper*—Poached eggs, baked potatoes, stewed prunes, bread, milk.

### SATURDAY.

*Breakfast*—Oatmeal, veal cutlets, potatoes, biscuits, bread, milk.  
*Dinner*—Bean soup, roast beef, browned potatoes, cottage pudding, bread, crackers, milk.  
*Supper*—Hamburg steak, lettuce, biscuit, bread, fruit, milk.

The following table taken from Bulletin, No. 150, published by the United States Department of Agriculture, shows the calculated amounts of nutrients and energy per man per day in the food eaten and digested in such a dietary as the above, and from this it will be seen that the amount of food



consumed supplied 128grams of protein and 3458 calories of energy per man per day, amounts corresponding to the previously mentioned dietary standard for a man at moderately active muscular work.

The following table gives some interesting information in connection with the commoner kinds of meat:

NUTRIENTS AND ENERGY IN FOOD EATEN AND WASTED IN ABOVE DIETARY. (Quantities per man per day.)

KIND OF FOOD MATERIALS	FOOD EATEN				FOOD WASTED			
	Protein	Fat	Carbo-hydr'te	Fuel Value	Pro-tien	Fat	Carbo-hydr'te	Fuel Value
	grams.	grams.	grams.	calories	grams.	grams.	grams.	calories
Beef, Veal and Mutton .....	34	28	..	385	4	3	..	43
Pork .....	14	27	..	296	3	7	..	74
Fish .....	3	3	1	43	..	..	..	..
Butter .....	..	15	..	134	..	..	..	..
Milk .....	13	17	21	287	..	..	..	..
Eggs .....	2	3	..	35	..	..	..	..
<b>Total Animal Food .....</b>	<b>66</b>	<b>93</b>	<b>22</b>	<b>1180</b>	<b>7</b>	<b>10</b>	<b>..</b>	<b>117</b>
Cereals .....	25	9	153	792	8	3	43	231
Sugars and Starches .....	..	..	84	336	..	..	..	..
Vegetables .....	12	13	70	444	4	5	33	192
Fruits .....	..	..	21	84	..	..	7	28
<b>Total Vegetable Food .....</b>	<b>37</b>	<b>22</b>	<b>328</b>	<b>1656</b>	<b>12</b>	<b>8</b>	<b>83</b>	<b>451</b>
Miscellaneous Food .....	25	29	66	622	4	5	7	89
<b>Total Food .....</b>	<b>128</b>	<b>144</b>	<b>416</b>	<b>3458</b>	<b>23</b>	<b>23</b>	<b>90</b>	<b>657</b>

Kinds and Cuts of Meat	The smallest and largest percentages of Refuse	The smallest and largest percentages of Water	The smallest and largest percentages of Fat	The smallest and largest percentages of Protein
<b>BEEF</b>				
Side .....	12-21%	48-72%	6-36%	15-21%
Sirloin .....	4-26	51-75	9-32	10-21
Round .....	4-11	57-75	3-25	18-22
Shank .....	50-62	61-74	4-19	19-22
Shoulder .....	5-28	62-75	1-22	17-22
<b>VEAL</b>				
Side .....	19-25	69-74	6-10	19-20
Chops .....	14-20	61-75	5-19	18-21
Cutlet .....	13-19	67-77	1-12	19-22
<b>MUTTON</b>				
Side .....	13-23	39-59	23-48	12-17
Chops .....	11-20	31-56	26-59	10-20
Leg .....	12-24	52-68	12-30	18-19
<b>PORK</b>				
Chops .....	12-24	38-60	19-49	11-20
Smoked Ham .....	8-14	22-57	17-57	14-21
Fat Salt .....	..	0-12	83-94	1-5
<b>FISH</b>				
Halibut Steak .....	11-23	70-79	2-10	18-19
Cod .....	26-34	81-84	0.3-0.5	15-18
Mackerel .....	34-58	64-79	2-16	18-19
Shad .....	44-59	65-74	7-14	18-20
Oysters, in Shell .....	74-88	82-91	0.6-2	4-9
Lobster, in Shell .....	44-61	79-84	0.3-0.3	12-18

FISH.

The chief uses of fish are (1) to furnish an economical source of nitrogenous nutrients, and (2) to supply the demand for variety in the diet. Where fish can be obtained at low cost it is advisable to make use of it for the purpose of furnishing a considerable portion of the protein required, and for the sake of variety its use may be advantageous even when the cost is somewhat greater.

Fish contains the same kinds of nutrients as other food materials, but is at the same time essentially a nitrogenous food product,

MENUS ILLUSTRATING THE USE OF MEAT AND FISH.

MENU 1.—For family equivalent to four men at light to moderate muscular work.

FOOD MATERIAL	AMOUNT USED	PROTEIN	FUEL VALUE
	lbs. oz.	pound	calories
<b>Breakfast</b>			
Oranges .....	2 0	0.012	338
Omelet (8 Eggs) .....	1 0	.131	613
Butter for Frying .....	0 1	.001	216
Johnny Cakes .....	1 4	.099	1466
Butter .....	0 3	.002	647
Coffee .....	.. ..	.008	248
<b>Total .....</b>		<b>.258</b>	<b>3528</b>
<b>Dinner</b>			
Boiled Cod, fresh .....	2 0	.340	658
Hollandaise Sauce .....	0 4	.002	863
Butter .....	.. ..	..	..
Yolks of 2 Eggs .....	0 1½	.013	135
Lemon Juice, etc. ....	.. ..	..	..
Potatoes .....	2 0	.036	606
Boiled Rice .....	1 8	.018	362
Milk .....	0 6	.012	117
Sugar .....	0 3	..	340
Bread .....	0 12	.069	887
Butter .....	0 3	.002	647
<b>Total .....</b>		<b>.492</b>	<b>4615</b>
<b>Supper</b>			
<b>Scalloped Oysters</b>			
Oysters .....	2 0	.120	442
Crackers .....	0 4	.027	464
Butter .....	0 2	.001	431
Milk .....	0 4	.008	78
French Fried Potatoes .....	1 0	.018	303
Lard .....	0 2	..	505
Bread .....	0 8	.046	592
Butter .....	0 2	..	431
Sliced Bananas .....	1 0	.008	290
Sugar .....	0 3	..	340
Tea .....	.. ..	.008	248
<b>Total .....</b>		<b>.237</b>	<b>3124</b>
<b>Total Per Day .....</b>		<b>.982</b>	<b>12267</b>
<b>Total for One Man .....</b>		<b>.246</b>	<b>3067</b>

and its place in the diet is the same as that of meat, and the only considerable difference between them is in the proportion of water



and fat present, the flesh of fish having water where meat has fat. As compared with other foods the difference in the digestibility of fish and meat is not very great.

#### MENU NO. 2.

Breakfast—Codfish Creamed, Salt Cod, Milk, Butter, Flour, Baked Potatoes, Bread, Butter, Coffee.

Dinner—Clam Soup, Clams, Milk, Butter, Flour, Onion, Salt, Pepper, etc., Roast Lamb, Leg, Green Peas, Butter, Mashed Potatoes, Bread, Butter, Apple Tapioca Pudding.

Supper—Lobster Salad, Lobster Meat, Yolk of three Eggs, Butter or Oil, Milk, Sugar, Vinegar, Salt, Pepper, Mustard, Biscuit, Butter, Tea.

	PROTEIN	FUEL VALUE
	pounds	calories
Breakfast.....	.244	3501
Dinner.....	.484	5130
Supper.....	.276	3537
Total.....	1.004	12168
Total for one man ..	.251	3042

#### MENU NO. 3.

Breakfast—Breakfast Cereal, Cracked Wheat, Milk, Sugar, Creamed Dried Beef, Dried Beef, Milk, Butter, French Fried Potatoes, Bread, Butter, Coffee.

Dinner—Halibut Steak, Mashed Potatoes, Tomatoes, Bread, Butter, Apple Pie.

Supper—Salmon Croquettes, Canned Salmon, Mashed Potatoes, Butter, Egg, one, Prune Sauce, Muffins, Butter, Tea.

	PROTEIN	FUEL VALUE
	pounds	calories
Breakfast.....	.354	4210
Dinner.....	.441	4746
Supper.....	.221	3375
Total.....	1.016	12331
Total for one man ..	.254	3083

#### MENU NO. 4.

Breakfast—Breakfast Cereal, Cracked Wheat, Milk, Sugar, Broiled Salt Mackerel, Boiled Potatoes, Hot Rolls, Butter, Cheese.

Dinner—Boiled Beefsteak, Baked Potatoes, Onions, Celery, Bread, Butter, Baked Apples, Apples, Sugar, Milk.

Supper—Oyster Stew, Oysters 1½ pints, Milk 1 pint, Butter, Crackers, Bread, Butter, Chocolate Layer Cake, Tea.

	PROTEIN	FUEL VALUE
	pounds	calories
Breakfast.....	.326	4493
Dinner.....	.405	4560
Supper.....	.237	3591
Total.....	.986	12644
Total for one man ..	.242	3161

In each of the menus, fish occurs in at least two meals. It is not the intention to suggest that fish should be consumed in such quantities every day, but rather to show that fish may be readily used with or in place of meat and other articles of food, and further to show how a well balanced dietary may be arranged with only those articles of diet which may readily be procured in the majority of households.

## Paper Milk Bottles.

ACCORDING to a writer in *American Medicine*, investigations by Dr. A. H. Stewart, of the Philadelphia Bureau of Health, have resulted in the debut of the paper milk-bottle. It is made of heavy spruce wood fibre paper, dipped in paraffin at 212 deg. Fahrenheit, and then baked. This sterilizes the bottle, and prevents the milk coming in contact with the paper itself and adhering, as it does, to the glass bottle. For shipment, the bottles are packed in nests of twenty, three nests being sealed in a sterile bag; the lids are also put up in sterile packages. Bacteriologic tests with sample bottles were exceedingly satisfactory. Certified milk in paper bottles kept sweet two days longer than in glass bottles. If these paper containers give such results in general use, the delivery of milk in cities bids fair to be revolutionized.

## The Origin of Life.

The Standard.

“IT is by no means probable that Mr. J. B. Burke, of Cambridge, has solved the problem of ‘spontaneous generation,’ as some enthusiasts suggest, yet he has undoubtedly made a very remarkable discovery. He has produced, by means of radium and sterilized *Bouillon*, certain cultures which are not bacterial, and do not appear to be crystals. They may, therefore, be a primitive form of life, he tentatively conjectures. This, however, is not the first time that popular report has declared the origin of life to have been discovered, so we shall do well to imitate the caution which Mr. Burke himself evidently exhibits.”

## Helping the Needy

REV. JNO. KENNER, Mitchell: Enclosed find a bill for the Free Hospital at Muskoka. I am glad of the truly Christ-like work you are doing. Wish I could give it a more liberal support. I made my will on Saturday last and have remembered it. May the blessing that maketh rich attend all your labors.



## Never Said "Kill your Dying Consumptives Quickly"

The following statement has been issued by order of President Frank Billings, of the National Association for the Study and Prevention of Tuberculosis, and explains itself:

**V**ARIOUS daily newspapers published on May 8th., what purported to be a report of the remarks of Dr. S. A. Knopf of New York, before the National Association for the Study and Prevention of Tuberculosis, in which he was made to say: "It is my practice and your sacred duty when you see a dying consumptive before you, to give the sufferer morphine in plenty, that the end may come quickly and painlessly."

No such statement was made by Dr. Knopf, but since in spite of an immediate explicit denial by the Doctor addressed to and sent out by the Associated Press, a great many newspapers in this country and Europe continue to publish the false report as authentic news. Dr. Frank Billings, of Chicago, President of the National Association for the Study and Prevention of Tuberculosis, authorizes the following statement:

"Quite apart from the false position in which the speaker was placed and the injury done him, the publication of such a piece of sensationalism cannot fail to have a very

deleterious effect upon impressionable tuberculosis patients throughout the country and may keep others from seeking needed medical aid."

The following statement made by Prof. George Dock, of the University of Michigan, who presided at the meeting at which Dr. Knopf spoke, should preclude all further misunderstanding:

"I heard clearly what Dr. Knopf said. I am sure that I know what he meant; and am sure that everybody in the room must have understood what he said. His words could not possibly be converted into the meaning given in the public press. It was perfectly clear that he meant to relieve patients in the last stages. Everybody knows that this prolongs life, while making it very much easier for the patient."

(S'g'd.) LIVINGSTON FARRAND,

Executive Secretary of the National Association for the Study and Prevention of Tuberculosis.

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*I give, devise and bequeath to the NATIONAL SANITARIUM ASSOCIATION, in trust, to be applied to the Muskoka Free Hospital for Consumptives, the sum of \$.....*



# CANADIAN OUT-DOOR LIFE.

PUBLISHED MONTHLY BY THE NATIONAL SANITARIUM ASSOCIATION OF CANADA FROM THEIR OFFICES, 28 ADELAIDE STREET W. (SATURDAY NIGHT BUILDING), TORONTO, CAN. . . . .

A MAGAZINE devoted to the gospel of out-door life in the treatment of tuberculosis and the value of fresh air and hygienic living for everyone.

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ADDRESS ALL COMMUNICATIONS, business and editorial, to J. S. ROBERTSON, *Secretary National Sanitarium Association and Manager "Canadian Out-Door Life,"*

28 ADELAIDE ST. WEST (Saturday Night Building) - - - TORONTO, CAN.

## "The Black Idol."

UNDER the title "The Black Idol," M. Laurent Tailhade contributes to the *Mercure de France* a striking article on the alarming increase of the morphine habit in France and other

Western countries. After disposing of some misconceptions, such as that morphia produces dreams or visions, whereas its chief primary effect is an extraordinary pleasurable stimulation of the wakeful imagination, the writer (as quoted in the *London Tribune*) speaks of some of the orgies to which the cult of the "elixir of death" has given rise in Paris. The son of a banker is named as having died in a hideous lodging-house of the Fauborg St. Honoré, after having squandered twenty fortunes, at the end of eight days of uninterrupted morphinisation. It is, however, far from the case that all the maniacs of this kind are members of aristocratic clubs or wealthy demi-mondaines like a certain "Queen of the Sahara," as to whom Dr. Bérillon has published his observations. Morphine has, M. Tailhade declares, fewer poets among its victims than alcohol, but more politicians. Dr. Loveau saw General

Boulanger make an injection in the Elysée Gardens in 1887 at the moment of the Schoebelé incident. Prince Bismarck only spoke in the Reichstag after having injected a fairly large dose, and towards the end of his life he used his favorite drug largely. Guy de Maupassant, maniac at once of morphia, ether, and cocaine, joined symptoms of general paralysis with toxic delirium in the asylum where he ended his life so miserably. And well-informed persons state that Dr. Babinski submitted the illustrious Charcot to daily injections of several centigrammes of morphine during the last months of his life." Alphonse Daudet was another imminent victim. Most of the houses that pretend to cure the habit are either conducted on the lines of a casino, the patients having abundant liberty to obtain illicit supplies of the drug, or are something very like private prisons, where suicide is not unusual. There are, however, a few sanatoria where, in a month of severe restriction, the victim is weaned of his fatal predilection, and real cures are effected. —*Public Opinion.*

### AN APPEAL FROM FAR-OFF MANITOBA

REV. W. R. JOHNSON, Killarney, Man. There is a young man here who is suffering from consumption. He came to this country from England a year ago last June, and has been living on a farm until the beginning of the winter, when he had to give up through failing strength. His money is all done, and he is owing a board bill since January 1st. It seems foolish for him to stay where he is, but he is not able to go anywhere for treatment without funds. Our church is taking steps to help him, but it seems to me it would be more practical if the money raised for him could send him to some institution like yours, where there is hope of his being permanently cured.



# How to Avoid Tuberculosis

## CUT OUT AND POST IN SCHOOL HOUSE FACTORY, STORE, PUBLIC BUILDING

Do not spit, except in a spittoon or in a cloth or handkerchief used for that purpose alone. On your return home have the cloth or handkerchief burned, or put in water until ready for the wash.

Never spit on a slate, floor, sidewalk or playground.

Do not put your fingers into your mouth.

Do not pick your nose or wipe it on your hand or sleeve.

Do not put pencils in your mouth or wet them with your lips.

Do not hold money in your mouth.

Do not put pins in your mouth.

Do not put anything in your mouth except food and drink.

Do not swap applecores, candy, chewing gum, half-eaten food, whistles, bean-blowers, or anything that is put in the mouth.

Peel or wash your fruit before eating it.

Never cough or sneeze in a person's face. Turn your face to one side, or hold a handkerchief over your mouth.

Keep your hands and face and finger-nails clean, and wash your hands with soap and water before each meal.

When you do not feel well, have cut yourself, or have been hurt by others, don't be afraid to report it to the teacher.

## MUSKOKA FREE HOSPITAL A FINE PLACE

Words of one who has been there.

ED. J. CALLAGHAN, HAMILTON, ONT.—“Just a few lines to let you know how I am getting along. I am feeling fine and have gained fifteen pounds. I now weigh 187 pounds which is two pounds more than I ever weighed when in good health. I expect to be examined this week, then I shall know more about how I am getting along but I must say that this is a fine place, and I believe, if the people in the city could put in a short time around here, there would be no need for putting up signs to stop spitting on the sidewalks.”



**All profits of CANADIAN OUT-DOOR LIFE, from subscriptions and advertising, will be devoted to the maintenance of patients in the Muskoka Free Hospital for Consumptives. Subscribe now and ask your friends to subscribe. \$1.00 a year.**

# FORWARD STEP

IN THE INTERESTS OF

## Muskoka Free Hospital for Consumptives

The growing interest in the out-door treatment of tuberculosis makes the present time opportune for the publication of a journal devoted to the gospel of fresh air.

The National Sanitarium Association has led in the building of Sanatoria for Consumptives in Canada.

In educational propaganda it has ever been in the fore.

The Tuberculosis Exhibition held in Toronto for two weeks during the past year, and that created widespread interest among the medical profession and laymen, was brought here on the direct initiative of the National Sanitarium Association, and all expense was borne by this Association.

With this record for aggressive work in the interests of the consumptives of Canada it is, perhaps, natural that the N. S. A. should take the further forward and important step indicated in the publication of a monthly magazine devoted to the advocacy of these ends.

And here is the CANADIAN OUT-DOOR LIFE to fulfil this mission. Are we to have your aid? Are we to count you a subscriber now?

One dollar contributed to the funds of the Muskoka Free Hospital for Consumptives makes you a subscriber to CANADIAN OUT-DOOR LIFE for one year.

### SUBSCRIPTION BLANK.

Dear Sir, .....

I have pleasure in enclosing the sum of .....  
 ..... (\$.....), as a contribution to the maintenance  
 of the MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES,  
 which entitles me to one year's subscription to CANADIAN OUT-  
 DOOR LIFE.

Name.....

Address.....

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 Toronto, W. J. GAGE, Esq., Chairman Executive Committee, Toronto, or J. S.  
 Robertson, Secretary, National Sanitarium Association, and Manager CANADIAN  
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*\* All Subscriptions received will be acknowledged in the Toronto "Globe" and "News." Any one subscribing one dollar or more becomes a subscriber to the Canadian Outdoor Life for one year.*

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## Sanatoria News

The growing popularity of the Muskoka Cottage Sanatorium, the pay institution of the National Sanitarium Association, is shown in the marked increase in the number of patients during the past three months, when not unfrequently attendance at such institutions falls off. In March, 1906, fifty-five patients were in residence. March, 1907, the numbers were sixty-nine. April, 1906, the record shows fifty-three patients. The corresponding month this year, the numbers went up to seventy-four. For May, 1906, the attendance was fifty-six, whilst May this year the records tell of sixty-eight. At no time in the history of the Cottage Sanatorium, now ten years established, has the organization been so complete, the closest attention being paid to every detail of the work by Dr. W. B. Kendall, physician-in-chief and Miss Addah Strouse, Lady Superintendent, formerly of the Adirondacks Sanatorium, Saranac, N.Y. Dr. Kendall has proven himself an excellent administrative officer, as well as skilled physician, which was to have been expected from his record both as a graduate of our Canadian Colleges, as well as those of Edinburgh and Glasgow. Just now, with the many improvements that have been made during the past few months, the institution and all its surroundings are looking most attractive.

The new buildings at the Toronto Free Hospital for Consumptives, near Weston, are fast drawing to completion. The official opening of this rapidly growing institution is likely to take place early in September. Upwards of \$28,000 is being expended in new buildings.

At a meeting of Protestant citizens of the City of Quebec, held on May 21st, Hon. Richard Turner, the chairman, announced that the subscriptions for the proposed Quebec Sanitarium had reached the sum of five thousand dollars yearly for five years for maintenance, and twelve thousand seven hundred dollars for the building fund—a total of \$37,720. With this in hand building will be begun and it is hoped that the building will be occupied in the spring of 1908 by sixteen to twenty patients and the staff. The building committee favour construction

of a building similar to the Reception Cottage at Saranac Lake. It has been determined that the Sanitarium will be situated at Lake Edward, Que., where the Government has given a choice of two sites, each comprising two hundred and fifty acres.

## Words and Deeds

JNO. A. LEITCH, Brantford: I got your circular the other day and consider the object worthy of support, therefore enclose \$1.00.

S. AMELIA MCRAE, Seeley's Bay: Enclosed you will find one dollar and fifteen cents as a small offering from the teacher and pupils of junior department of Seeley's Bay Public School to be expended in your noble work at the Muskoka Free Hospital.

M. O'BRIEN, Toronto: Please find enclosed \$2.00. I shall be pleased to receive the magazine for a year. I hope you will get lots of subscribers for it. I wish I were a Carnegie for the sake of the poor sufferers whom you help.

A. H. LOFFT, St. Marys: Enclosed please find express order for \$5.00 for Free Sanatorium at Gravenhurst. Wishing it continued success.

J. H. MITCHELL, Alliston: Enclosed please find two dollars as a contribution to the Free Hospital for Consumptives. Trusting your good work may prosper.

# TENTS

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### Death in the Stopper.

**D**R. J. H. Pond, of Liverpool, who has been investigating the effects of antimony in red rubber stoppers used for beer and mineral water bottles, declared on Monday to a *Daily Mail* representative that the drug, taken in excess in this way, is the cause of many deaths. "Three grains of antimony is the maximum dose," he said, "yet I can wash that quantity from any ordinary red rubber stopper simply by using cold water." But what of the effect of the numerous surgical tubes and appliances made of red rubber?

### A Work Worthy of Support.

W. J. GAGE, ESQ.,  
TORONTO, ONT.

Dear Sir,

Enclosed you will find a small donation of \$10.00 for the Muskoka Free Hospital for Consumptives from a few of my friends and myself.

Your work certainly appeals to me.

If you have any records showing the needs of the place and how it is progressing, I would like to have some.

Kindly send receipt in enclosed envelope, as I do not wish my name to appear in the press.

Yours truly,  
KINGSTON, ONT.

### An

## International Pharmacopoeia

*The Hospital.*

**W**HEN one thinks of the freedom of travel exhibited at the present day in the various countries of Europe, it is not possible to deny the risk which is attached to the different pharmacopoeial standards adopted by these countries. Thus, whilst in a prescription written in England 'acid. hydrocan. dil.' means a 2 per cent. solution, in France the same term would signify a solution of 1 per cent., in Belgium 2.5, in Spain 10 per cent. It is satisfactory to know, on the authority of Prof. MacAlister, that, as a result of the recent International Congress on Pharmacopoeial Unification, this state of matters will shortly be brought to an end, and that in all parts of the civilized world drastic or poisonous drugs and preparations will each be adjusted to a single uniform standard.

### Montreal Helps

C. A. JACQUES, Montreal: I received your circular and now enclose you cheque for \$10.00 to be applied to the work of the Muskoka Free Hospital for Consumptives. Am sorry that I cannot make the subscription larger.