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CL. T. CAMPBELL, M.D.

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CONTENTS—JANUARY.

Salutatory.

Plan for a Popular-Medical Science.

Prof. T. P. Wilson; Cleveland.

Climate of the North-West.

Rev. Dr. Davidson, Astmer.

How shall we Care our Inebriates.

The Editor.

A Chapter on Hair A. L. O. E. S.

Poetry—The Snow's on Upper Ottawa.

Chas. Sangster.

Fragments.

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CANADA HEALTH JOURNAL.

VOL. I.

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NO. 1.

SALUTATORY.

WE herewith present you with the first number of the CANADA HEALTH JOURNAL. Its risks and responsibilities have been duly considered, and are confidently assumed. Editor and publishers, alike interested in its success, are not dependent on it as a means of support, and do not expect an adequate remuneration for their labour. They only desire a sufficient patronage to insure them against absolute loss, and therewith they will be content.

The character and aims of the JOURNAL are set forth in the prospectus, to be found on another page. To disseminate among the people proper ideas on the important subject HOW TO LIVE, is the object we have in view in its publication. It may be said we have undertaken an unsatisfactory and thankless task. Right well do we know that the preacher of reform—in matters sanitary and social—as well as in matters religious and moral—is often little else than “the voice of one crying in the wilderness.” Let him speak wisely and call loudly, yet too often his words will fall on inattentive ears,—his labour be in vain—his exertions unheeded and unrewarded. In nothing, perhaps, has this been more marked than in sanitary reforms. Yet the labour of those who have spoken and written in advocacy of the laws of hygiene has not been altogether fruitless. Much of the old wilful ignorance and culpable indifference is now being dissipated. The laws of health are now more studied; to some extent their warnings heeded—their teachings accepted. In their public relations is this more particularly noticeable. By improved ventilation, sewerage and water supply, the death rate has been lowered in many places. In the lanes of many a large English city have fevers, wasting disease and death, been checked by the admission of the precious sunlight, and the use of the broom. Consumption has been drained off with the dirty water from many a New England Town, and the marsh fevers of the West have fled before the engineer and the architect, where the

power of quinine had failed. The dreaded Asiatic Cholera, on its last visit to American shores, was held at bay by wise precautions; and, doubtless, letting in the air to attics and cellars and alleys—sweeping out vaults and back yards and dirty rooms—curtailing the limits of slaughter houses, gas factories and bone boiling establishments, has rooted out the seeds of death from many a spot where vice and filth and neglect had allowed them to gather.

So much has been done, yet much still remains. We know something of hygiene, but there is room for further discoveries, and more especially for further application in private life. The virtues of light, air and cleanliness, we acknowledge in theory more than in practice; proper ventilation and heating, choice of food and suitableness of dress, purification of person and dwelling and city, are all generally accepted as questions of importance, but still remain for examination and developement in detail, and for adoption as rules of guidance. A gracious Providence has surrounded us with the elements of health, and our vices, our ignorance and our folly alone have checked their beneficent influences. We may not hope to banish disease and death entirely, but to a great extent they have been placed under our control, and in some measure are we permitted to lessen their ravages, and thus add to our power and our pleasures.

With these views and for this purpose is the CANADA HEALTH JOURNAL issued. We know of no periodical devoted to this object in the Dominion, and we therefore send it forth on its mission, in confident belief that it is needed—that it will receive a hearty welcome, and meet with a generous support.

REGULAR HABITS.—No one anxious to preserve good health can afford to disregard the formation of regular habits. Regular times for eating; whether two or three meals per day, let it be always the same number and at the same hours. Regular hours for rising in the morning and for retiring at night. Regular hours for exercise, for study, for labour, for recreation. Let every thing be done at its appointed time. In this way, more work will be done, more pleasure enjoyed, and more rest obtained than is possible any other way.

For the CANADA HEALTH JOURNAL.

A Plea for a Popular Medical Science.

BY T. P. WILSON, M.D., CLEVELAND.

THROUGH evil and through good report the people cling to three things with great tenacity. And these three things are not parents, wives and children; nor are they houses, lands and gold. What are these trifling things compared to our cherished faith in politics, religion and medicine? Go where you will, you will find all classes of society exquisitely tender upon these three points. Enter any family circle and you will find that from the oldest to the youngest they will invariably swear by father's political party, by the family pastor's theology, and by the family doctor's pill box. Multitudes have been ostracised, expatriated or murdered on account of their politics. Multitudes also have been torn in pieces by wild beasts, or burned at the stake, on account of their religious notions. It is almost superfluous to add that numberless human lives have been freely sacrificed on the altar of medicine.

A few wiseacres among us affect to despise the medical profession. They laugh to scorn our pretensions to any higher virtuous act than narcotising our patients and then plundering their pockets. But the great bulk of the people swear by us, stand by us, and—no joking—die by us. It is not a small matter to the least of us whether the universal race of doctors be good, bad or indifferent. The interest that concentrates about the rise and progress of medical science is not confined to the medical profession.

Every child of man who has blood in his veins that may boil with fever, or who has nerves that may thrill with pain, is linked by just so many ties to every question concerning the cure of human maladies. Every son of Adam and every daughter of Eve has more than a modicum of interest in that science which teaches how to cure disease. Next to their religion and their politics, people expect the greatest excellence in medicine.

Yet it must be confessed that medical questions have in themselves no popular element. Our churches are crowded weekly with large, fashionable, intelligent audiences, to whom are expounded lengthy discourses on metaphysical and spiritual topics. It cannot be denied that many of these devout worshippers are drawn into the churches through motives supplied by their milliners, dress-makers and tailors. In behalf of the ladies we would, if we could, deny the sott impeach-

ment that they use their eyes far more in measuring the wearing apparel of their church going sisters, rather than looking into the mysteries of divinity. We cannot deny that they often attend divine service more to study the fashions and display their dry goods than to learn the way to heaven.

People go to church very willingly when their ears are saluted with sermons on abstruse questions; and however prolix or metaphysical the pastor he never lacks hearers. Just so the people never tire of political discussions. Statesmen, women and demagogues attract alike when they hold forth on the state of the country. Taxation, annexation and confederation are momentous questions. You unfold them before the people, and they rend the air with shouts. Now, it does seem strange that medical science has no such popular side. Everybody gets sick; everybody is as afraid as death of dying; everybody employs doctors and takes medicine. But who but doctors takes any interest in medical questions? What do the public care about mortality lists—that is, how many people are being born into the world, how long on the average they live in it, and how fast, and by what means, they are going out of it? What do the dear people know about anatomical structure or physiological function? What do they know, or care to know, about brains, or muscles, or nerves, or bones, or of the laws which govern these things, or the relation they bear to each other? How often, in fact, do most people realize that they are the *bona fide* possessors of such kinds of personal property? Did you ever see a man six feet high in his stockings droop under the calamity of a loss of all his worldly goods, and did you ever hear him whine out that he was utterly destitute—that he had nothing to live for—nothing to do with? And did you not wonder what he would take for his lungs—at what value he held his digestive apparatus, and his blood vessels, and his bones and muscles? Why, if such a man were dead, his body would be worth something to the medical student; and while he has a perfect body, endowed with the forces of life, he should, amid all calamities, hold himself as priceless. A sound mind in a sound body is a wealth that all India cannot buy—that kings cannot purchase. These things enrich the humblest man that treads God's fair earth beyond all the wealth of empires.

And yet these are things that men are most lavish in wasting. Few people comprehend the full value of their bodily structure. Many do not really know what they do possess. At the battle of

Gettysburg, a poor fellow was struck in the head by a ball. He was carried to the rear and subjected to an examination. "Too bad," said the surgeon, "his skull is torn open and his brain exposed." The poor fellow started up at the word, and exclaimed—"Doctor, did you say I had brains in my head?" "O yes, of course you have." "Are you sure, doctor?" "Yes, I can see them very plainly." "Then," said the dying lad, "send some one to tell my father, for he always said I had not got any brains." The poor soldier is not alone in this matter, for most people leave all knowledge of anatomy and physiology in the care of doctors. To bring about a reform in this respect, and induce the readers of this journal to give more attention to these matters, is the sole object of these papers; and we leave you to ponder the foregoing and await our next meeting.



For the CANADA HEALTH JOURNAL.

The Climate of the North-West.

BY THE REV. DR. DAVIDSON, AYLMER.

FOR many years the impression has prevailed in the minds of multitudes of people on this continent that the climate of the Selkirk Settlement, or Red River District, and the North-West Territory in general, was rigorous and unfavourable to the enjoyment of good health. People exclaim, "Why that country lies so far to the North that the summers must be cold, and the frost in the winter so severe that people can scarcely live." It is true that it lies far to the North, but it ought to be remembered that it is only a trifle North of the latitude of Paris, the capital of France, which is classed by geographers as being in the middle of the temperate zone. A recent writer in a Boston paper remarks, in writing from Dacotah City, in Dacotah Territory, on this subject: "True, we here in Dacotah City have an elevation of five or six hundred feet above that of Paris, but as we go northward from this point towards Fort Garry the elevation becomes less. The climate is said to be milder at Fort Garry and on the Saskatchewan than it is here. Certain it is, that less snow falls in Montana in the winter and on the Assiniboine than at St. Paul—as in Vermont and New Hampshire."

The climate of the Fertile Belt is most salubrious and healthful. Its isothermal position accounts for this in a great degree, as it lies on an isothermal line. *Isothermal lines* are such as pass through places of

equal mean temperature; while *isothermal zones* are spaces on opposite sides of the equator, having the same mean temperature, and bounded by corresponding isothermal lines. Add to this the fact that it lies West—far West—of all our great Canadian lakes, Superior not excepted, and that the prevailing wind is from the North-West, which sweeps over the vast stretch of prairie country, lying between the Rocky Mountains and the Red River of the North, and you compass the reason why the prevailing winds are so soft and balmy, and so unlike the *raw winds* that blow upon us in Ontario, surrounded as we are by a chain of lakes.

The air, as I can testify from experience, is pure, clear and invigorating, unless when the smoke caused by the prairie fires makes it otherwise; and hence when a Canadian has been in the Territory for a few weeks only, he feels the bracing effects of the air upon his whole system, his appetite is keener and his sleep is sounder, and he is ready to exclaim—

“ Throw physic to the dogs,
I'll none of it!”

Persons lie out all night on the cold ground, with nothing between their bodies and the earth save a piece of oil-cloth, both in summer and winter, and even when snow and rain are falling freely, and with ordinary covering take no cold, though they are often drenched with rain, and allow their clothes to dry on their bodies. Were we to do in Ontario as they do in the British North-West Territories, we would soon go to our graves from inflammation of the lungs, or the real galloping consumption. The temperature is more *equable* in the region of the Assiniboine and Saskatchewan valleys than in old Canada anywhere. Winter sets in about the first of November. The rivers are generally frozen over by the 15th of that month, and sleighing begins from the 1st to the 15th of Dec., and continues all through the winter season without interruption. There are no rains or thaws such as we have here, and hence no mud and slush and sleet, such as we are accustomed to have. The people there are not sweltering to-day and shivering to-morrow; for they have not to encounter such *sudden and extreme* changes as we have. The snow in winter is like down, the air pure and exhilarating, and the snow is seldom over one foot deep. Though often, and for days together, the thermometer marks 40° below zero, yet Canadians, on whose testimony I can place full and implicit reliance, informed me that they do not feel the cold as they did in Upper Canada, be-

cause the cold was steady and continuous, and the winds were not so raw, so cutting, or so piercing.

The healthfulness of the climate is beyond all question. Asthma and consumption are unknown amongst the native population, and so are heaves amongst horses. Fevers and ague are almost unknown, except as some Canadian or American who has moved into the country, having the seeds of disease in his system, is attacked. The foul miasma engendered in the dry season from decayed vegetable matter, such as found in the beds of ponds and mill-dams in this Province, has no existence there, and the streams flow on unobstructed. Mill-dams are things of the future. The mills are driven by the wind, and only three by steam. I cannot understand why the River Sale, *alias* Riviere Isle De Bois, is called Stinking River at its junction with the Red River, for I found no foul smell assailing my olfactory nerves, either in crossing or re-crossing it. Doubtless, as the country is settled, and the streams are obstructed, the public health will not be as good as it now is. At the present time there is a poor prospect for the sons of Esculapius making themselves rich by the practice of their profession.

The country is well adapted to sustain about 60,000,000 of hardy and vigorous men, as tillers of the soil.

For the CANADA HEALTH JOURNAL.

How Shall We Cure Our Inebriates?

BY CL. T. CAMPBELL, M.D., LONDON.

MANY and varied as are the causes of the misery and crime that make wretched and deface God's fair earth, the philanthropist sees one great cause standing head and shoulders above them all—intemperance. No matter of surprise is it, then, that so many earnest, benevolent hearts, in so many lands, declaim against the drinking customs of society, and vigorously strive against the great evil—in their endeavours to overcome its influence running at times to the verge of indiscretion. Under their auspices, total abstinence societies have sprung up in all directions, with a worthy object in view, and doing their work to the best of their ability. Their labour is not light, for many difficulties confront them. Open and undisguised opposition, coldness and indifference. Yet they are all surely educating society into the conviction that total abstinence from all intoxicating

drinks is the only *certain* protection against their baneful effects. All honour to them for their efforts, though their success comes but slowly.

There is one class, however, over which they have comparatively little control, and for which they have done and can do but little good. This class we may call confirmed inebriates. They are convinced of their errors and sign the pledge, and the friends of temperance are jubilant over "brands plucked from the burning." But in a few days the brands are back into the fire, burning as strongly as ever. Again they are reformed, and again they fall; and though some be saved, yet are they few and far between. How shall we help these—apparently hopeless?

Some of them may be of brutal dispositions—low and sordid—with scarce a vestige left of their resemblance to Him in whose image man was formed. But the majority are worthy—this condition removed—of honour and love. Men of intellect, with talents of a varying order, up to the very highest; men of affections and emotions, which ought to make them the beloved of many hearts. But their beclouded intellects and dulled affections only show what "might have been," while they call loudly for assistance and rescue. Are these men criminals or lunatics? Some would readily put them in one or the other class—some who are too often nothing more than Pharasaical contemners of other men's sins, oblivious of their own; or cold-blooded souls, whose virtues are only the result of temperament, or the absence of temptation. These are no competent judges. True it is that the inebriate often commits actions both criminal and lunatic; yet is he to be considered rather as the unfortunate victim of a dreadful malady, which clutches in its foul grasp both mind and body. It is needless to ask how he fell a victim: perhaps from an hereditary taint, perhaps from temperament, or misdirected affections, or circumstances controllable or uncontrollable, or what not. The result is the same, whatever the cause: he has become a slave to an appetite for stimulants—a craving appetite, that grows keener the more it is fed. How will you restore such men to the state, to their families, and themselves? How will you recover for the country those talents which may fit their possessor to be a ruler of men—a leader of society—a director of thought? How will you return to the family circle the loving father, the affectionate husband, the darling son, who has

been stolen away by the demon of intemperance? How will you give back to the man the manhood he has lost?

Let us see what the inebriate has lost. He has lost **BODILY HEALTH** to a greater or less degree. Though some people persist in claiming that *moderate drinking* is not injurious, no one denies that *drunkenness* is. The inebriate is emphatically a *diseased man*, and it may be considered a certainty that, if his life is not cut short by some extraneous accident, he will be poisoned to death by alcohol. He has lost **MENTAL HEALTH**. At times he is a raving maniac or a drivelling imbecile; and in his more lucid intervals he gives clear evidence of a weakened intellect. He has lost **SELF-CONTROL**. In the presence of temptation he surrenders himself to the enslaver of his soul and body. He may even do it involuntarily. He may feel his position—may see his doom—may long to escape—but have no strength to break the bonds of his deceptive and cruel taskmaster. Like a man suffering under a hideous nightmare, he may feel himself slipping down to the verge of a bottomless pit; but a magic spell is on him, and he has no strength to grasp even a shrub past which he swiftly glides. He has, very probably, lost **SELF-CONFIDENCE**. Frequent attempts at reform, and repeated failures, have impressed him with a sense of his impotence, and he has no heart to continue what he deems a fruitless struggle. This, then, is his condition: without bodily and mental health—still subject to the cause of his disease—and without power to free himself from that cause.

It may be said I have sketched an extreme case; but those who have studied the various phases of intemperance will bear me out when I say that I have but pictured the state of nine-tenths of our inebriates, and that the remaining tenth is fast hurrying into the same condition.

For his cure, reverse the spell. Remove him out of temptation; restore his bodily health; re-awaken his confidence; give him control of his desires. No one of these alone, but all. Banish his tempter, but leave him shattered in body and mind, and as sure as the sow returns to her wallowing in the mire, so surely will he go through fire and flood to obtain his accustomed stimulant. And unless the temptation is removed you can never restore his health, and strengthen his mind up to the resisting point. What will accomplish this end? Prohibition? That only interposes difficulties between him and the gratification of his desires; but it is neither absolutely preventive

nor curative. Confine the man in a prison or a lunatic asylum? Give him medical treatment? Exhort him? Persuade him? Terrify him? Some of these remedies are as bad as the disease, and the rest are useless alone.

He requires the restraint of an Inebriate Asylum; an institution devoted especially to the treatment of this disease. There he will be securely guarded against all contact with his enemy; his system, by appropriate *regimen*, recovered from the effects of his evil habit, and while placed under guard will yet be treated as a man and not as a criminal. We know of no other scheme which offers any fair hope of success in the treatment of inebriates; and this scheme is efficient, for it has been tried. Several asylums have been established for this purpose, and, when under proper management, have been highly successful. The Washington Home, in Boston; the Sanitarium, in Media; the Inebriate Asylum, at Binghampton, and another at Chicago; all show conclusively the great value to the state and to society of an institution of this kind. We felt especial pleasure last year in reading the report of Dr. Day, the Superintendent of the Binghampton Asylum. During the period of about eighteen months, over which the report extended, a vast quantity of evidence had accumulated, showing the beneficial character of the work in which he was engaged, and the efficacy of the means employed.

In the Dominion large sums of money are yearly expended in behalf of the temperance cause—a portion of which could be well spared for the support of an Inebriate Asylum. That sufficient money could be obtained for such a purpose—from temperance organizations, private sources, as well as Government support—we have no more doubt than that the money so obtained could not be better employed.

Want of space forbids our dwelling on this subject at present, but in a future paper we will enter upon a detailed account of the manner in which an asylum can be worked so as to make it an economical and, at the same time, efficient cure for inebriates.

RECEIPT FOR LONG LIFE.—It is said that an Italian, aged 110, being asked the secret of his living so long, replied in words to this effect:

“When hungry of the best I eat,
And dry and warm I keep my feet;
I screen my head from sun and rain,
And let few cares perplex my brain.”

For the CANADA HEALTH JOURNAL.

A Chapter on Hair.

BY A. L. O. E. S.

THROUGH all time people of every sex, age and condition have been curling, oiling, dressing and in many other ways spending time and money in their efforts to preserve and adorn the natural covering of the head. The hair has been made a subject for Fashion to exercise her skill upon from an early period in the world's history; and all the modern vagaries of that potent goddess in hair dressing are but repetitions of her former labours. It is by no means a latter-day idea to dye the hair, to anoint it with oil, or to wear false hair.

The early Hebrew women wore their hair long and adorned with jewels, while the Egyptians sometimes cut it off as an encumbrance. Only sometimes, however, for the favourite custom of the ancient ladies was to carry an abundance of hair on their heads—not necessarily their own, but procured wherever possible. In Rome, about the time of the first Cæsar, this was especially the case. Quite an extensive commerce in hair was carried on; and the blonde hair of many a German girl, after the conquest of Gaul, went to adorn the heads of the daughters and wives in the Imperial City. The professional hair-dressers made large fortunes by the exercise of their skill in working the ladies' heads into fanciful devices. So extravagant were the fashions in hair that it is no matter of wonder to find St. Paul and the fathers of the church talking severely to their fair converts about the vanity of indulging in "broidered hair."

Piling up large pyramids on the head seems to have been a favourite fashion in modern as well as ancient times. The extravagance of the early Roman ladies appears to have been surpassed by the belles of England and France at the beginning of the last century. We find the *Spectator* in 1711 complaining that "the women were of such enormous stature that the men appeared as grasshoppers before them." But this was nothing to what it had been in the fourteenth century. We are told by writers of those days that the hair was built up into tall steeples, rising an ell above the head, with curiously fringed streamers attached to their summits, and floating down the wearer's back. (*Paradin's Annals de Bourgoigne.*) It is impossible to form a guess as to how high these specimens of architecture would have risen, if nothing had interfered. But extravagances always work their own

cure in time ; and this one aroused the ire of an eloquent monk of Bretagne, Thomas Connecte by name, who travelled from city to city preaching down the *Commode*, as it was called. He succeeded so well, we are told, that "as the magicians sacrificed their books to the flames upon the preaching of an apostle, so the women threw down their head-dresses in the middle of his sermon, and made a bonfire of them within sight of the pulpit." Though they subsequently sprouted up, they never attained so great an elevation. People who are inclined to censure ladies' head-dresses of the present day, may console themselves with the recollection that our modern fashions are by no mean as ridiculous as those of the days gone by.

Hair-dyes have been in active operation for at least thirty centuries. Though the earlier preparations were generally very poor; there was one made by the Egyptians which, according to some writers, must have been superior to anything now in use ; but its nature is now unknown.

The dyes of the present day are generally quite effective—if people are willing to run the risk of using them ; as they seem to be. Those most prompt and certain in their action—and consequently most popular—are *poisonous compounds* ; and the *medical journals* are continually reporting cases of disease and death caused by their use. They are all minerals ; "vegetable" dyes are *basil*. The principal ingredient is acetate of lead—a very dangerous drug. Erasmus Wilson, the chief English medical authority on all matters connected with the skin and hair, tells us that the most largely used hair restorer in that country contains at least a drachm of this poison to every half pint ; and is sold for more guineas than it costs pence.

In America this is also the case. "General Twigg's Hair Dye," brought into notice shortly after the Mexican War, has been the parent of nearly all the preparations used on the continent since then. We learn from a Boston journal that as many as forty popular mixtures, having different names, and sold by different parties, but identical in composition, were in the market at the same time. The formula for its preparation is thus given :

Acetate of lead—two drachms.
Sulphur—two and one-half drachms.
Rosa water—one pint.
Glycerine—one ounce.

The glycerine and water are first mixed ; then the lead and sulphur

added; they do not all dissolve, but fall to the bottom of the vessel as a precipitate. This is the formula for most of the hair-dyes now in use. Some people use them without any appreciable injury—but paralysis not unfrequently follows, and occasionally death. Only a short time since, Dr. Sayre, of New York, reported three fatal cases that came under his notice.

Other preparations are used, of which, however, lead is generally the active ingredient. Some owe their efficacy to nitrate of silver, which does not affect the general health so seriously as lead, but destroys the hair. The "golden yellow" dye which was fashionable of late is simply a solution of arsenic—the hair being first wet with hydrosulphate of ammonia. In dyeing the lighter tints, the hair must first be bleached with a solution of one of the alkalies, chlorine, sulphurous acid, or some other chemical possessing bleaching powers.

We fail to see what there is so obnoxious in grey hairs, or even red hairs, that people should run the risk of serious injury in endeavoring to change their color. But it seems they will do it; and as we have tried to show the dangerous character of the dyes generally employed, we will give the least harmful formula with which we are acquainted—least harmful to the health of the body that is; it injures the hair in time. It is furnished by the *Boston Journal of Chemistry*. Dissolve one ounce of nitrate of silver in six ounces of water; then add ammonia till the solution becomes cloudy, continue adding till it becomes clear again—this is the dye. Before applying it, the hair must be washed in a solution of pyrogallie acid, made by diluting a drachm of acid in eight ounces of water.

"Pomades," "oils," "bear's grease," and such like should not be used. They are little other than lard, or olive oil and wax. "Bear's grease" is only a name for "hog's lard." The real bear's grease is a rank and filthy substance not likely to be used, if it was offered for sale. The vegetable oils are always preferable to animal oils as a hair dressing, whenever such a thing is needed. Castor oil, one part, and cologne spirit five parts, perfumed to suit the fancy, makes a simple and clean dressing.

A great many *embrocations* and *restorers* are offered for sale, to make hair grow on a bald head. They are seldom of use, and some are injurious. There is very little vitality in hair; it springs from the epidermis, or outer skin, and, is like it, formed of flattened

and compressed cells, filled with a horny substance. The "root" of the hair, as it is called—the bulbous enlargement which is seen on a hair when it is pulled out—is the only part that grows. The softer substance in its interior called the pulp is pushed forward and converted into the hair proper, which is therefore always growing from the *root*. The little cavity in which the root lies is called the hair *follicle*. When this is diseased the hair falls out; if it be seriously injured, the hair never grows again. The falling of hair after fever and similar diseases, is owing to defective nutrition of the follicles; and when they are restored to health the hair grows. All that is needed is to keep the hair cut short, and wash frequently in water. In the baldness of old people the follicles are generally wasted away, and no applications will bring the hair out again. Where they are not entirely destroyed, stimulating preparations have sometimes appeared useful; such as weak solutions of ammonia, vinegar, tincture of cantharides, etc.

The best hair wash that we know of is a wash of water; and if the head is not as clean as it might be, a little powdered borax dissolved in the water will serve as good soap. Frequent washing with water and brushing will be more likely to keep the hair in a good condition, both as regards health and appearance, than any of those preparations whose virtues are loudly vaunted in newspaper advertisements, quack almanacs, and apothecaries' show-bills. A little more attention to the inside of the human head would be more advisable and more beneficial than the extravagant anxiety about its exterior with which so many are afflicted.

FISH AND BRAIN.—Great mental activity creates in the system a demand for food containing phosphorus. Fish is on this account a very valuable article of diet for persons engaged in intellectual labour. Prof. Agassiz adds his testimony to this when he says that "fish is a kind of food that refreshes the system, especially after intellectual fatigue. There is no other article that supplies the waste of the head so thoroughly as a fish diet."

BEST FOR THE WEARY.—We see that John H. Weeden, of Waterbury, Conn., has taken out a patent for a "head-rest attachment for church-pews," which is intended "to support the head of the worshipper when inclined," and which "may be conveniently detached from the pew when not required for use."

Our Canadian Poets.

[We intend occupying part of a page each month, with short specimens of Canadian poetry—original and selected. This may not be strictly *hygienic*, but if it serves to make our readers more familiar with our own poets, or helps to make the JOURNAL more interesting, we shall willingly bear the censure of the hypercritical.]

THE SNOWS—UPPER OTTAWA.

OVER the snows, bouyantlly goes
 The lumberer's bark canoe;
 Lightly they sweep, wilder each leap,
 Rending the white caps through.
 Away! away! with the speed of a startled deer,

While the steersman true,
 With his laughing crew,
 Sing of their wild career.

“Mariners glide far o'er the tide,
 In ships that are staunch and strong;
 Safely as they speed we away,
 Waking the woods with song.”
 Away! away! with the flight of a startled deer.

While the laughing crew
 Of the swift canoe,
 Sing of the raftsmen's cheer.

“Through forest and brako, o'er rapid and lake,
 We're sport for the sun and rain;
 Free as the child of the Arab wild,
 Hardened to toil and pain.

Away! away! with the speed of a startled deer,
 While our bouyant flight,
 And the rapid's might,
 Heighten our swift career.”

Over the snows bouyantlly goes
 The lumberer's bark canoe;
 Lightly they sweep, wilder each leap,
 Tearing the white caps through.
 Away! away! with the speed of a startled deer;
 There's a fearless crew
 In each light canoe,
 To sing of the raftsmen's cheer.

—CHARLES SANGSTER.

Our First Number.

WE think we have no reason to be ashamed of the appearance of the first number of the JOURNAL. Almost every line has been written expressly for us; and we hope the future numbers will be all of the same character. We have the promise of articles from several emin-

ent authors, which will add much to the value of the JOURNAL. Dr. Dio Lewis, of Boston, well-known as a writer and lecturer on *hygiene*, has consented to contribute occasionally; and an article from his pen may be expected next month. We would be much pleased to receive contributions to our pages from all who take an interest in the public health.

We have received many letters from clergyman, physicians and others, expressing approbation of our enterprise, and promising their support. This gives us great encouragement, and strengthens the confident hope we have of the success of the JOURNAL. Of all the communications we have received on this subject, only one has been adverse. One prominent M.D., who for his own sake shall be nameless here, tells us very plainly that a physician is not called to instruct the people in hygiene; for "just in proportion as he succeeds in enlightening them he lessens the necessity for his own existence, and takes the bread out of the mouths of his fellow-labourers." We must contragulate our correspondent on the possession of so much candour. He may not be the only physician who holds such selfish sentiments, but he is the only one we ever found willing to acknowledge them.

The very low price at which the JOURNAL is issued renders a large subscription list necessary to our financial success. We therefore ask every one who receives our first number to send in his fifty cents; or, better still, show it to a neighbour, receive his subscription, and send us \$1 for the two. We offer very liberal club rates, and a little exertion on the part of our friends will thus receive, if not remuneration, at least acknowledgement. Anyone who has some spare time, and is willing to canvass for us as a regular agent, can learn our terms by writing.

As the first number of the JOURNAL will fall into the hands of many medical students, we offer an opportunity to increase their libraries at a very easy rate. As premiums for clubs we will give any or the publications of H. C. Lea, Philadelphia, on the following terms:

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100	" "	50.00	" "	20
200	" "	100.00	" "	50

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THE CANADA

HEALTH JOURNAL,

A Monthly Magazine of Hygiene, and Mental and Physical Culture.

EDITED BY

CL. T. CAMPBELL, M. D..

Assisted by an able Corps of Contributors.

ON THE 20th JANUARY, 1870, WAS ISSUED THE FIRST number of this Journal. Its object is clearly defined in its name. It will be devoted to the exposition of the Laws of Hygiene; to the popularizing of the true principles of health—telling the people how to avoid disease—how to prolong life. It is generally conceded that more light on these subjects is required. The value of health all acknowledge; and when disease attacks the frame every effort is made to overcome it. But the majority are heedless of the fact, so oft repeated, that prevention is better than cure; and while they anxiously seek for health when lost, take little care to preserve it when found. A knowledge of these simple laws of hygiene that teach a person "how not to be sick" is needed by people of all classes and ages. This knowledge our pages will endeavor to supply.

Our scope is large—embracing not only the interests of the weak and diseased who are seeking health, but of the strong and vigorous who wish to retain it. All subjects connected with the proper development of the race will find a place in our columns; but care will be taken to exclude all distracting hobbies and "isms." The JOURNAL is published in the interests of no medical clique; but for the benefit of the public at large.

We ask, therefore, the support of the public, confident that a periodical of this kind is needed, and will be of invaluable benefit. The subscription price is put at so low a figure as to place it within the reach of all. The publishers guarantee the issue for one year; and we are satisfied that by the end of that period the support the JOURNAL will have received will be such as to justify its continued publication.

Regular contributions have already been promised by several prominent professional men, and the assistance of many others is expected.

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