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FEBRUARY.

Vol. 1.

No. 2.

CANADA

Health Journal.

EDITED BY

CL. T. CAMPBELL, M.D.,

LONDON, ONTARIO,

GRADUATE AND LICENTIATE IN MEDICINE OF CANADA, PENNSYLVANIA
AND OHIO.

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LONDON, ONTARIO:

PUBLISHED BY JOHN CAMERON & BROTHER, DUNDAS STREET.

1870.

CANADA HEALTH JOURNAL.

VOL. I.

FEBRUARY, 1870.

No. 2.

Hereditary Diseases.

FROM A LECTURE BY PROF. J. C. SANDERS.

IT is a high prerogative and solemn truth that in the act of impregnation we impress our offspring with our own moulds of being, with our own physical, mental and moral natures! Keep this great truth ever before the people. Let every woman know and believe that the strong frame and noble fashion, vigorous life-force and exalted spirit of the man she loves and marries shall determine largely the fashion and organization of her offspring, and that in their individualities she shall surely find resemblances which more than anything else will reward her sacrifices, and comfort and sustain her under all her cares and burdens. Let every man know and believe that the finely wrought physique, and purity of blood force, loveliness of spirit and charm of character of the woman he wins and weds shall stamp their outlines of grace, beauty and power somewhere, upon or within the cherub forms of his children. Conversely let every woman know that whatever of unsightliness is individualized in the physique of the man she marries, whatever of deformity in his mental constitution, whatever of baseness in his moral nature, will unmistakably impress themselves on their offspring; and let every man know that whatever uncomeliness or frailty or degradation is individualized in the physical, mental and moral nature of the woman he marries, will be reflected in accurate portraiture in the body mould, and mental and moral endowments of their children. The individualities of both parents descend to their children, or to their children's children, and from this law there is no escape; and these individualities impress the race, and are never lost except as the given branch or family may perish without reproduction. True, that of one parent may predominate over that of the other, which may not apparently declare itself in the first succeeding generation; yet that it fails not to be transmitted we have evidence in the remarkable fact that it may always be found in one or another of the following generations, the translation taking place

in some instances over to the third, fourth, and even to the fifth and sixth. The great truth I wish to impress upon you is this, that in the new life springing from a vivified germ, there is no sifting out of the individualities of either parent. They touch the race alike, though they touch the same generation unequally. Sometimes there are found in offspring an equable blending and a beautiful and perfect harmonizing of the individualities of either parent. This is the realization of God's original and perfect plan of reproduction; and I believe that could the marital relation always secure a perfect adaptation of organization, such as He designed it should, the resultant progeny would always present this completeness and harmony and beauty of being. As it is, however, in the economy of permitted things, the immediate offspring are most commonly unequally impressed, though time never fails to equalize the impression as the family runs on into successive generations. Individuality embraces the entire being, body and spirit, and everything engrafted on either, so as to become an integral part thereof. Accordingly there are transmitted in the act of impregnation, diseases which, as a class, so engraft themselves on the life-forces, so grow into and become an integral part of the constitution as to stamp themselves irrevocably as the individuality of either parent.

Diseases of this class may or may not have a local habitation or a name; may or may not be expressed through localized or general suffering; they may pervade the life-forces so subtly as to escape the consciousness of the victim and the eye of the medical adviser. What a solemn, startling truth this is! I wish I could write it in letters of inextinguishable light on the altar of every home which consumption haunts with hectic beauty and cheating hope; or where scrofula stalks with hydrocephalic head, distorted vertebra and leprous skin; or where a dethroned intellect roams lawless, aimless, demon-haunted; or where misery-reeking idiocy has made wreck of all that is beautiful in human form, all that is God-like in human soul. Yes, I wish I could indelibly inscribe it on the door-panels of every house of shame, high as well as low, where woman, with powers given her of God to elevate and bless, woos to corrupt and wins to destroy.

My mind is so impressed with the truth of this last proposition, that as I watch death, the destroyer, in his swift and wide-spread devastation, despoiling alike palace and cottage and hovel, and

mark the appalling proportion of *children* among the dead and dying, I mourn not with an unsoled sorrow. For while on the one hand, alas! many lives, pure, vigorous, beautiful, and rich in promise of stamina and worth to the race, by the decree of a dark and uninterpreted Providence, are broken off from and forever lost to the family of man; on the other hand, the vastly greater number bear into the tomb a deadly blighting and corrupting taint, which otherwise, through the attainment of puberty and successive germ vitalization, would become transmitted, and diffused into and fixed upon the life currents of the race. I am constrained to believe that over a large part of the record of the dead, whom we in our sorrow memorialize in marble flower-wreaths, and lambs, and doves, and angel forms, and whose early death we in our ignorance and shortsightedness deplore as untimely *loss*, our all-wise and all-pitying Heavenly Father writes *gain! gain* for the yet unborn, gain for the common family of man, gain for the race.

* * * * *

The disease-blights of our individualities overreach the lives primarily afflicted by them, and through the same channels stamp themselves on the life-moulds of the race. If we trace their projection on the generic life-stream, we see them cropping out in one generation in anomalous forms of broken and enfeebled constitutions; in another, in appalling diseases, strewing all the way with chambers of suffering and anguish, with altars of sorrow and mourning and new made graves. Oh, the unmeasured reach and ruin of such a legacy.

What a motive is here for health culture, what a motive for protecting, with all possible care, developing and strengthening by all possible means, and cherishing with all possible prudence these marvellously wrought body temples which God in infinite love and mercy has vouchsafed to us. For such culture not only enables us to tabernacle in them the longer, and dwell in them the happier, through them to do the more, and bear the more, but secures to the race-mould which we transmit the ineffaceable stamp of strength and hope. Oh, the blessedness of such a patrimony! it is richer far than a title to great wealth, or a kingdom, or a crown—better far than the record of a great deed, or the reputation of a great name.

And what a warning there is here against the sacrilege of our approved modes of living.

The warning is no less urgent against certain precepts which have become incorporated in the conventional rules of life. These run something after this sort, "Go it while you are young;" "Sow your wild oats in your youthful days." The drift of which is, dissipation is innocent, provided its cycle embraces no part of adult life; that its victim, when returned to himself, will prove a wiser and a better man; and as for the results, tarnished character, shocked or broken health, corrupted blood, of which he may or may not be conscious, these are his own, and only his own.

For no man whom God permits to touch the life-currents of the race is his own; he belongs to his children, and their children's children. It is no more true that his estate is theirs than it is that his individuality is theirs, with its wealth of health or its poverty of disease and taint.

Away then with the popular sentiment that it is a matter of indifference, beyond himself, how a young man may shape his course.

For be assured that health impaired and blood corrupted by his dissoluteness concern more than himself, though this were enough to shake him from his infatuate purpose; more than his mother or father, whose hair whitens faster at the spectacle of his folly than by the lapse of years; more than brother or sister whose brows light with joy at the memory of what he was, but blanch with shame at the record of what he is; more than his broken-hearted wife, who has been cheated by his vows and poisoned by his blood, and dishonoured by his name—yea, more than all these, they concern the ill-fated child or children through whom alone he is linked to the future of the race.

In conclusion, our subject plainly teaches that for any who are knowingly possessed of contaminated blood to enter into the parental relation is a crime.

I say crime, and no less so because human law and justice are too materialized to reach and suppress it. The crime is threefold.

1st. It is a crime against the offspring of such wedlock.

The wrong inflicted smites the defenceless, the poison scattered corrupts the innocent, and the blight entailed tarnishes the purity and beauty and glory of the otherwise undefiled.

2nd. It is a crime against the race.

Look over the world, and watch one generation from the womb to

the tomb. Its infancy is weakness, its maturity is frailty, its old age is disease. It is born in suffering, it lives by struggle, and is buried in sorrow and tears. Who can voluntarily add to its frailty or hasten its decay, augment its sufferings or embitter its sorrows, and be criminally guiltless? But what of frailty and disease, pain and sorrow, blight and premature death may be inflicted upon a single generation, by no means measures the crime against the race! for race embraces our humanity for all time, and what of evil it embodies overleaps the graves of the generations, and perpetually renewed curses forevermore.

3rd. It is a crime against God.

Think how marvellously He has made us, and wondrously endowed us, even in the likeness of His own image, and with gifts little less than angel gifts; and how He has bound the realms of the earth and the sky under tribute, and marshalled their elements and their forces for our perpetual recuperation and renewal. Mark, too, for what mission He has stamped our powers, and with what a destiny!

Now think you that He, the Designer and Creator, feels no wrong, no criminal loss at the wilful distortion of our comely and healthful proportions, the despoilment of our health and vigour, the exhaustion of our capabilities to do in answer to our great mission, and to enjoy in answer to our great destiny?

Oh, be not deceived, He is criminally wronged, but wronged infinitely less when we contaminate and curse ourselves than when we contaminate and curse the race.

For the CANADA HEALTH JOURNAL.

A Plea for a Popular Medical Science.

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

SOME months since, we attended a public lecture and found the hall crowded to suffocation with an audience who had come out to hear a man speak who had been so fool-hardy as to spend two long winters at the north pole, bound in by snow and ice. There sat the people entranced to hear about icebergs and flocs and frosts, loud to applaud every little act of an Esquimaux dog or a polar bear. And when we noticed the wrapped attention of the people, and the tireless audience they gave to the words of the speaker, we could not help feeling a touch of sadness. We remember also to have seen the body

of one of these famed explorers carried in costly ovations through the country, greeted with the profoundest respect by thousands of people as it passed on to its final resting place in the tomb. And this too made us sad; not because Elisha Kent Kane and his followers were not real noble heroes, worthy of great praise, but we felt sad because there were men who had been on better expeditions and had accomplished vastly more for the human race, yet of whom the world thought very little. There are men who have explored the mysteries of the human body, who have carefully determined the character of its structure and the laws that govern its use; who have by years of toil found out the conditions of health and disease, and have then freely given all these valuable truths to mankind, only to be cried out at as bone-pickers and grave-diggers. What is the value of an open polar sea or a north-west passage compared with some fact that shall alleviate pain, prolong existence, and add to the happiness and value of human life?

We could easily get a thousand hearers to a discussion of some political question, while we would be puzzled to get a corporal's guard out to hear a lecture on digestion; yet who can measure the difference of relation these things bear to the welfare of the people. Men are not apt to be long blind to their own interests; still, who can say why theology in the pulpit and politics on the rostrum should continue to sway their scepter over the masses, while medical questions are excluded from "good society." If theology can boast that she preaches a free salvation, if the great political doctrine of the age claims to make all men equal before the law, what better are they than medicine, whose richest boon is bestowed alike on beggars and kings. Who of us believes that the church through its priests holds exclusive power over the people in all spiritual matters? Who of us believes that our political rights are delegated to a privileged class who are to govern and care for us? Yet here is a subject holding the most important relations to human society, penetrating in its applications every public and private human interest; a subject addressing itself alike to the consciences and understandings of men, yet left by them almost wholly in the hands of a privileged few, and these few the doctors who hold, or pretend to hold, a mortgage on our bodies, just as the devil held a claim on the soul of Faustus. And the result is just as fatal to the welfare of the people as is their loss of political power and religious knowledge. Wily despots, design-

ing priests—using this term in its accepted objectionable sense—and ignorant quacks, are the natural enemies of human weal; but they must ever flourish until an intelligent public in its indignation wakes and crushes them beneath its heel. And just why and how this public sentiment should be aroused, we shall further consider hereafter.

For the CANADA HEALTH JOURNAL.

The Slaughter of the Innocents.

WE have a word to say in behalf of an abused and persecuted class—the babies. Just now, we pass by the ante-natal assaults to which they are so subject, and to which so many succumb. But the survivors, who have succeeded in effecting an entrance into this world of aches and pains, ought surely to be allowed fair play in their struggle with the ills which baby flesh is heir to. Instead of that, while their nature is warring against infantile diseases, patent medicine dealers, mothers and nurses attack the rear of the defending body with the contents of a huge magazine of “cordials,” “syrups,” “paregorics,” and divers other deadly weapons with pleasant names.

That mothers and nurses administer these drugs with “intent to kill,” we are far from saying. It no doubt adds to domestic felicity if a fretful child can be quieted with a compound which the mother supposes to be harmless; but it is well that this blissful ignorance should be enlightened, and the dangerous character of the means taken to avoid these little annoyances freely exposed.

The leading element of all these compounds is opium. Now, an intelligent physician never gives this drug to a child except under extreme circumstances, and then with the greatest care; for he knows that in children its operation is exceedingly capricious, and that very minute doses have resulted fatally. And yet, what physicians fear to do, mothers and nurses in their ignorance, and patent medicine dealers wilfully, have no compunction in doing every day and every hour of the day.

Probably the preparation known as “Mrs. Winslow’s Soothing Syrup” has the most enormous sale of any. An analysis of this compound shows a large percentage of Opium; and several cases of poisoning have been reported in the medical journals. But this is only a sample; for all the preparations made, sold and used for the pur-

pose of "soothing" children contain this same poison in a greater or less degree. And the cases are numerous and well-known to physicians, where children, ranging in age from a few days to a few years, have been sent to their graves by this means; while it is impossible to form any idea of the many older invalids who are suffering from the effects of a drugged infancy.

The less medicine a babe has thrown into its system the better. A little attention to its dress, so that no pins stick into its body, and to its diet so that its stomach be not overloaded, and to its general cleanliness, will prevent much of the fretfulness of which nurses complain. And when it is sick enough to need medicine, it is advisable to know what is the matter with it, and what is being given to it.

For the CANADA HEALTH JOURNAL.

Why do Not Teeth Last?

MOST people who take the trouble to answer this question will probably say, because they are not kept clean. No doubt dirty teeth hasten to decay much quicker than clean teeth; but if this be the only reason, why is it that cows, dogs, monkeys, and other animals not given to the frequent application of a scrubbing brush to their mouths do not stand in need of dentists to scrape, fill and extract their teeth?

There is another reason, and a more important, viz,—teeth are not made of the proper materials. Whose fault is that? you will ask. Let us answer. Nature makes teeth just as she makes rock salt—by combining certain chemical elements in certain proportions. If the elements required to make rock salt are not convenient, the result is that no rock salt is made; and if the elements to form perfect teeth are not to be had, then perfect teeth cannot be made.

The teeth of animals are made perfect, because while the young are dependent on their mother they get lime, phosphorus, silicic acid, and other necessary elements from the milk of the mother, which she gets from her food. But if a human mother has been living on sugar, butter and starch, which contain none of these elements, how can her child obtain perfect teeth? And if during its youthful years it be fed on a similar diet, what opportunity will there be for repairing the mistake its mother committed?

Inference: If mothers want their children to have good teeth that will last, let them eat less pastry and confectionery, and give their children less. Natural food—everything that grows and has life, except what is directly poisonous—will supply the mother's milk with the necessary chemical elements from which good teeth are made; and the same diet for the child, after it ceases to be dependent on the mother, will tend to preserve its teeth.

This is no new idea. Physicians have thought it and said it before now; and they will require to do it, in all probability, for a very long time to come.

The Wasp Waist.

AN English journal discoursing on tight lacing, under this title, says some things that will apply to this continent as well as Europe. In the columns of the *London Times*, the spectre of tight-lacing is paraded before us, by one or two correspondents, whose method of logic inclines us to believe that they belong to the sex which is principally interested in the matter. The first point on which these correspondents insist is that a small waist is pleasing to the eye, and the second is that a woman may "cultivate her figure"—such is the gentle euphemism which describes the squeezing in of the ribs—with impunity from physical injury.

It is true enough that a small waist is an additional grace to a figure that is otherwise symmetrical and graceful. No one can deny this fact. But there is no greater blunder than for the "cultivator" to imagine that a small waist, which betrays its artificial origin, can be regarded by men with anything else than derision or compassion. Is it wonder, or pity, or contempt that is the predominant feeling when one observes a wasp-like body tapering down to an abnormally small waist, the waist unnaturally round, the dress obviously strained, the whole body apparently balanced so as to prevent the compressed figure from breaking in two halves? A more absurd spectacle it is impossible to conceive; and it is one which suggests some other reflections, not very flattering to the owner of the insect-waist. We presume that girls make fools of themselves in this way in order to convey to others the notion that they are peculiarly sylph-like and graceful. They wish to appear in the eyes of their male admirers as light, ethereal, angelic creatures, who are scarcely subject

to the vulgar necessities of hunger. Unfortunately, the impression conveyed is quite the reverse. The lover can not look at his mistress's eyes for thinking of her waist, and wondering how she can smile under her tightly-clasping bars of cane. In spite of himself, he becomes an anatomist. He mentally dissects her. He can not help thinking of those plates in books of physiology, showing the position of the ribs anterior and posterior to the practice of tight-lacing. While he ought to be looking at her face, he is, in imagination, contemplating her lungs. When she sighs, it is not of her affection he thinks; he is considering the action of her diaphragm. It is impossible for the tenderest and most idealistic of lovers to discern the poetry of a mechanical waist.

As for the injurious effects of the practice, no correspondence in the *Times* or elsewhere will alter definite scientific facts.

The *Lancet*, which has engaged in the work of writing down these fallacies, only repeats what ought to be known to every school-girl who studies physiological questions and answers in her classes. For the free motion of the lungs, free motion of the ribs is required. Compress the ribs by tight-lacing, and you would prevent the lungs from obtaining air but for the action of the diaphragm which involves a method of breathing directly destructive of the harmonious working of the eternal system. "Breathing, as it is thus carried on, produces downward pressure instead of lateral expansion, increasing the difficulties under which the digestive organs, compressed out of shape by the constriction of the waist, do their work, and causing displacements and derangements which create perhaps more domestic unhappiness than any other circumstance in life. . . . And we do not hesitate to say that to the practice of tight-lacing is due a very large amount of distressing female ailments, over and beyond those derangements of digestion and circulation to which we have already referred."

It may be urged that if women will kill themselves in order to attract admiration and gratify their vanity, they ought to be allowed a martyrdom which is clearly a pleasure to them. But that is not the point. The results of tight lacing are not confined to the subject of the experiment. The prevalence of the custom in this age would materially effect the health of the next generation.

The more immediate results are a mass of needless complaints which make her an infliction upon her friends, as well as a misery to

herself. Constant headache, the querulousness of temper attendant upon restraint and pain, and the thousand ills of indigestion, are part of the harvest of evils which follows tight lacing, and in which many an unhappy husband has been forced to share. For a woman to have constant headaches who has produced them by her own wilful folly might be regarded as a merited punishment, but for the fact that the punishment falls as much upon her husband as herself. Probably, however, he reaps a deserved punishment for having been foolish enough to marry a girl given up to tight lacing, or for having been weak enough to let his wife fall into the habit. Perhaps if it were well understood that our marrying young men—looking forward to their future domestic comfort—were disposed to keep clear of girls devoted to the ruinous practice of tight-lacing, the insect waist would disappear, and there would be an end to coffin-corsets.

FEEDING THE SICK.—In the majority of cases, when a person is taken sick, his friends are in great dread that he will die of starvation. He is continually asked what he would like to eat; and great exertions are made to work up “fancy articles” of food to tempt his dormant appetite; a most mischievous habit. His aversion to food is nature’s protest against this stuffing. The stomach wants rest, not soups, gruels, cakes or sweatmeats. When the system has had time to remove obstructions, and get in good working order, then there will be a demand for food, and then food will be serviceable. Abstinence from food for a day or two is often the best remedy for an acute disease. The cases where food has to be given against the appetite are so few that they may safely be left for the physician to discover.

EVAPORATING WATER ON STOVES.—This is one of the popular errors. If the air of a room be heated over 70° , certain impressions on the body are produced, which are most conveniently expressed by the term *dry*; and for the removal thereof it is customary to evaporate water in a pan on the stove or furnace. Hot air, filled with steam, is no more comfortable nor healthy than hot air without steam. The right remedy is to lower the temperature, and ventilate the room. A temperature of 65° is proper, and contains all the moisture necessary for health or comfort.

Our Canadian Poets.

THE BEAUTIFUL LAND BY THE SEA.

FAR away in the West there's a beautiful land,
 And it lies by the shore of the sea,
And spirits have flown to that region unknown,
 To welcome and wait you and me.

And all the way there we will travel with care,
 Nor the frost nor the rain shall you see,
 For the angel of sleep will come with us and keep
 The fair weather for you and me.

And the region of dreams, which with wond'rous forms teems,
 Shall be travelled by you and me,
 Ere we see the far light of the waves day and night
 In that beautiful land by the sea.

But when we, unwearied, have reached it at last,
 What shall we do there? Let me see:
 We will build us a home of the starlight and foam
 In our beautiful land by the sea.

And ev'ry sweet smell that in summer doth dwell,
 And ev'ry fair flower of the lea
 Shall be wasted no more, as in seasons of yore,
 In our beautiful land by the sea.

For the music which flows from the wide open rose
 With the lily's voice blended will be,
 And with us will come to inhabit our home
 In our beautiful land by the sea.

And ev'ry fair thing, which the ocean can bring,
 Shall be wafted for you and me
 By the waves and the winds till a harbor it finds
 In our beautiful land by the sea.

And the ocean shall flow, and time come and go,
 And ages on ages shall flee,
 And bear to the glooms of the spotless tombs
 The dust of the slave and the free.

But the footsteps and breath of malevolent death
 Shall be shorn e'er they reach you and me,
 Of their ailments unclean and corruptions obscene,
 In the beautiful isle of the sea.

—CHARLES MAIR.

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GOOD HEALTH, published by Alexander Moore, 21 Franklin street, Boston, has a similar aim to our own:—"the improvement in human health—the lengthening out of human life." Its articles are well written, chiefly by medical men; and if the future numbers are equal to the one for February, it will certainly deserve success.

THE HERALD OF HEALTH (Wood & Holbrook, 15 Laight street, N. Y.) has more of a tendency to general literature; poems, tales and articles by some of the best American writers fill its pages, and make it more interesting to some than if it were exclusively sanitary. Both of these magazines are \$2 monthlies. We will supply the *Herald* and our *JOURNAL* to any who may desire them, for \$1.50.

Editorial Department.

Encouragement.

WE have every reason to be pleased with the success the first number of the JOURNAL has attained. Subscriptions have been coming in steadily during the past month, and promises of support reach us from every quarter. The notices from the press have, with scarcely an exception, been kind and even flattering. These commendations encourage us in the work, and we can assure our friends that no effort will be spared to make the JOURNAL for the future worthy of the praise its initial number has received. We cull a few Canadian notices, which will serve as specimens of the approbation we have received :

A neat monthly magazine. * * * The articles treat of modes to prolong life and preserve health in a manner calculated to interest the general reader, as well as the profession.—*Toronto Globe.*

Got up with ability and care.—*Hamilton Spectator.*

Contains a vast amount of useful information.—*Hamilton Times.*

Neatly printed. * * Well written articles.—*Canada Christian Advocate.*

Contents of a superior order.—*St. Catharines Times.*

Treats of matters in a common sense style.—*Sarnia Canadian.*

Articles well written. General appearance creditable.—*Strathroy Age.*

Will be of great value to the public.—*Woodstock Sentinel.*

Well written; well printed.—*Brantford Expositor.*

A laudable undertaking.—*Goderich Signal.*

A spunky publication. Needed in Canada.—*Kingston Whig.*

Calculated to interest the general reader as well as the profession.—*Christian Guardian.*

Will supply a felt want.—*Lindsay Post.*

Deserving of success.—*Ingersoll News.*

Highly creditable journal.—*Ottawa Mail.*

Contains matter of great importance to health-seekers.—*Evangelical Witness.*

Neatly printed; ably edited.—*Port Hope Guide.*

Will well occupy a felt vacancy.—*Oshawa Vindicator.*

Will prove valuable.—*Elora Observer.*

A handsome magazine.—*Windsor Record.*

CORRESPONDENT wishes to know "what will antidote Tobacco?" Leave it alone, and you will not need an antidote. We fail to see the sense of voluntarily using a drug, and wanting an antidote for its effects at the same time. The admirers of tobacco claim that its use produces certain agreeable sensations; surely they do not want to antidote it! And if it does not produce these pleasant sensations, the most sensible plan would be to let it alone. The "Tobacco Antidotes" are nothing more than a "bitter" of some kind—most frequently gentian.

The Climate of the North-West.

THE article in our last number on this subject, by Rev. Dr. Davidson, met with a sad misfortune in falling under the disapprobation of a Montreal paper called the *Herald*. The author, whom in its haste it accused of being a "medical gentleman," and the *Globe* which copied the article from our columns, each receive a share of censure, direct or implied, for endeavoring to propagate "bosh." No doubt they both feel very bad; and perhaps they will not offend any more—and perhaps they will. Another person has gratuitously committed the same offense. As he lives in Utica, N. Y., and is consequently under a foreign jurisdiction, he may not be seriously affected by the *Herald's* displeasure. We append an extract from his letter:

"From actual experience I can fully endorse the article on the climate of the North-West, having spent the greater part of two summers and two winters in the territory, exploring the whole country, lakes, rivers and prairies, from Lake Superior on the east to the elbow of the South Branch of the Saskatchewan on the west—and from the 49th parallel or northern limit of the U. S., to North Saskatchewan and the north end of Lake Winnipeg on the north. The climate, and soil, and productiveness, are infinitely superior to Minnesota, which is considered the most healthful and the best wheat-growing state in the Union. I explored and surveyed over 4,000 miles of territory in about nine months, most of the time, especially in winter, sleeping without even canvass over my head. In this mode of life, in that country, it seems *impossible* to catch cold; and the health and vigor of body and spirits attain a very high standard, so that we were enabled to work from fifteen to seventeen hours *every* day without excessive fatigue. In fact, in the language of the trainers you get into "*suberb condition*." Doctors would starve there if they attempted to live by their physic alone. When I was in the Red River Settlement, with a population of 12,000 inhabitants, there was only one old doctor who resided in Fort Garry—in the Hudson Bay Company's service—and he was seldom called out, except in case of accident, broken bones, or something of that kind.

J. A. FLEMING,

Utica, N. Y.

[It will be understood, of course, that our correspondents only speak of climate—they do not guarantee settlers from disease. When the country becomes populated, unless people change their habits very much, there will be plenty of room for doctors; but it will be to a great extent the fault of the people and not of the climate.—ED.]

To our Readers.

The very low price at which the JOURNAL is issued renders a large subscription necessary to our financial success. We therefore ask every one who receives this number to send in his fifty cents; or, better still, show it to a neighbor, 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 acknowledgment. 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 numbers 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 of the publications of H. C. Lea, Philadelphia, on the following terms:

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DR. DIO LEWIS guarantees lean people their share of adipose blessings if they will seek jovial society, go to bed at eight or nine o'clock, and get up when they get ready, and eat freely of oat meal and graham mush, cracked wheat and stewed fruit. Fat folks, on the other hand, he warrants to bring down from 240 to 160 pounds in a year, if they will rise early, sleep little, walk an hour before breakfast, exercise into a profuse perspiration at least once a day, reduce the quantity of their food one-quarter—increasing their animal food—and at the end of three months reduce the quantity another quarter. There are some thin folks anxious for a more rotund and fleshy appearance, while many fat people are weary of the burden of adipose they are compelled to bear. These dissatisfied ones may follow the advice of Dr. Lewis, and if they succeed by these means in changing their physical appearance for what they consider the better, will not likely regret the trouble.

CHARACTERS OF GOOD MEAT. — Dr. Letheby, who has had special experience in the City of London, England, gives some of the indications of good meat. As diseased flesh acts on the constitution as a poison, it is well always to be cautious: Good meat is neither of a pale pinkish colour, nor of a deep purple tint. The former is indicative of disease, and the latter is a sign that the animal has not been slaughtered, but has died with the blood in it, or has suffered from acute fever. Good meat has also a marbled appearance, and the fat, especially of the internal organs, is hard and suety, and is never wet; whereas that of diseased meat is soft and watery, often like jelly or soddened parchment. Again, the touch or feel of healthy meat is firm and elastic, and it hardly moistens the fingers; whereas that of diseased meat is soft and wet—in fact, it is often so wet that *serum* (the watery part of the blood) runs from it, and then it is technically called *wet*. Instead of becoming wet on standing for a day or two, it should dry on the surface. Good meat has but little odour, and this is not disagreeable, whereas diseased meat smells faint and corpse-like, and it often has the odour of medicine. This is best observed by cutting it and smelling the knife, or by pouring a little warm water upon it. Good meat will bear cooking without shrinking, and without losing very much in weight, but bad meat shrivels up, and often boils to pieces. All these effects are due to the presence of a large proportion of serum in the meat, and to the relatively large amount of intercellular or gelatinous tissue; for the fat and true muscular substance are to a greater or less extent deficient.

POISONED BY HAIR DYE.—Dr. Witheray of Iowa, died recently from the effects of lead poison taken into his system through hair dye. He had used the article daily for four years before the *fatal* effect occurred, although he suffered much from lead colic during this period.

FOR THE FARM, GARDEN AND HOUSEHOLD.—We can confidently recommend our readers to provide themselves with the *American Agriculturist* for 1870. We have received the first two numbers of the 29th Annual Volume, and find them filled with a large amount of practical information, not only on every subject pertaining to soil culture, including the garden, the lawn, and flower-bed, but also for the housekeeper, and the children. Many excellent engravings give additional interest to every number. Taken altogether, the *American Agriculturist* is a most beautiful and valuable journal. Terms, \$1.50 a year; four copies \$5, or ten copies for \$12. It is richly worth all it costs and more. Orange Judd & Co., Publishers, 245 Broadway, New York.

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 is acknowledged; 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 endeavour 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.

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