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EDITORS:

A. LAPTHORN SMITH, B.A., M.D., M.R.C.S., Eng., F.O.S., London
F. WAYLAND CAMPBELL, M.A., M.D., L.R.C.P., London.

ASSISTANT EDITOR

ROLLO CAMPBELL, C.M., M.D.

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MONTREAL, JULY, 1891.

THE CONSERVATION OF ENERGY.

Although a chapter on this topic is generally to be found in text books on physiology, there are still doctors who do not understand the meaning of the term. Of such is a recent contributor to a medical journal who claimed to have made the startling discovery that workers and especially brain workers might increase their capacity for work indefinitely, simply by drinking a certain amount of strong black coffee, at the end of a hard day's work, and thus be enabled to keep on working all night with renewed vigor. We don't exactly remember what he told his readers to do next morning, but suppose he would tell them to take more coffee. We hope that no one who read his article did anything but smile, as we did, but if any are disposed to follow his advice, nothing could be more disastrous to health. To deprive oneself of all the sleep we can take is little short of madness; indeed to the latter it often leads. One cannot do without sleep very long without paying the penalty with compound interest, and the penalty is generally exacted in the form of insomnia. Insomnia is one of the marks of an over wrought or worried nervous system, while being able to sleep soundly for from six to nine hours is a fair test of a healthy nervous system. The only sure treatment for insomnia is to undo as

much as possible the wrong that has been done of robbing nature of her rights; stop mental work, spend twelve hours a day in bed and the other twelve in physical work or recreation. The man who would increase his powers of work with coffee, cocaine or any other stimulant is every bit as stupid as one who would expect to restore his tired horse by means of an extra heavy whip instead of the needed rest.

BRITISH MEDICAL ASSOCIATION—
MONTREAL BRANCH.

Dr. Ernest Hart, the able and energetic editor of the *British Medical Journal*, honored our city with a visit the other day on his way from the East. At his request a meeting of the profession was hurriedly called to discuss with him the advisability of forming here a branch of the British Medical Association. On the evening of June 19th some thirty medical men assembled in the rooms of the Medico-Chirurgical Society. Dr. Shepherd, as president of the Society, was called to the chair.

Dr. Hart gave a very interesting address, referring first to his trip round the world, and especially to his sojourn in Japan, where he spent much time in studying the history of medicine in that remarkable country. He then went on to state that it was the desire of the Council of the British Medical Association that colonial branches should be formed on the same lines as the so-called "Provincial Branches" at present so universal in Great Britain and Ireland, and which have been found such a source of strength to the mother association. The doctor stated that among the advantages accruing from membership and the annual payment of \$5.25 were included an *entrée* to the Metropolitan House in London, which afforded many of the privileges of a club, and the receipt of the *British Medical Journal*. He further proceeded to explain that local branches had a large latitude for autonomous government, organization and development according to their various