

THE MORTALITY IN THE CANADIAN HOUSE OF COMMONS.

FIFTEEN members of the House of Commons of Canada have died since the Election of the present parliament in February 1887, or within a period of three and a quarter years. This gives a mortality in the 215 members at the rate of about 21·5 per thousand per annum. This is about three times over as high as the average mortality of persons whose lives are insured, of prisoners, or of other persons between the ages of thirty and sixty years, statistics of which can be obtained.

We do not know what the death-rate is among legislators in other countries, but that such a high rate should prevail in Canada is a subject of considerable importance. When fifteen of the best men of the Dominion die when only five or six, or even less, should be the full average mortality at such ages, it becomes a matter worthy of thought and enquiry. We have on former occasions drawn attention to this subject, and while it may not be one that should be brought before the House in session, it is one which each and every member may well seriously think over for his own individual safety.

It is impossible to conceive of any special or essential cause by which the life of the politician should be rendered as hazardous as that of some of the most hazardous of trades or occupations. It is not probable that the chamber in the House of Commons has any connection with it. The chief cause may probably be most reasonably included in the general term of irregular habits of living,—want of out-door exercise, etc.—and want of moderate care on the part of each individual member for his own physical well-being. He is in most cases too much occupied in other ways to pay reasonable attention to the simple requirements which continued fair health demands, while very few indeed have such a constitution as will permit them to ignore these requirements with impunity. In itself the occupation of a legislator, although onerous and often trying, is not necessarily an unhealthy one. The health, therefore, of the members, like that of almost everybody else, is, in each individual case, in their own hands. The many deaths among them, however, should at least “put them on their guard”—make them as a class more careful of themselves.

MISCELLANEOUS NOTES AND EXTRACTS.

PHYSICAL CULTURE FOR WOMEN.

In New York City, Good Health says, the interest is such of late years, that it is said to have modified the age of marriage among the exclusive “four hundred,” from twenty-five to thirty years now being considered the proper age for a lady to arrive at before marrying. She is not expected to leave college before the age of twenty, and then five or ten years more must be spent in foreign travel and physical culture and development. In Boston, also, physical culture is becoming almost a “craze,” a large society having been organized in its interests, under the leadership of the profession of physical training in Yale College. In England, one of the favorite modes of out-door exercise

is horse-back riding. Nor do they make use of the old-fashioned long, full riding-habits, which were always a great source of danger to life and limb. The English ladies now wear jackets and trousers of heavy cloth, the latter strapped down over the boots, and when riding in public, put above the trousers a short, scant riding-skirt, which when the wearer is seated in the saddle, does not extend below the body of the horse. In riding-schools they dispense with the skirt altogether, it being considered safer for the equestrian beginner. As in other foreign countries, too, society leaders there are setting the fashion of riding *a la* Duchess de Berri, as the men ride,—a leg on each side. The position is one of greater safety, and more satisfactory to the horse as well as to the rider, perfect equilibrium thus being secured for both. Timid women say that when the custom has become established,