

DISEASES OF OUR OWN CAUSING.—On an average, one-half the number of out-patients treated by a hospital surgeon suffer from diseases due primarily to a want of knowledge of the laws of health, and cleanliness. The ignorance of hygienic laws, which affects so disastrously the health of the rich as well as the poor, exists chiefly in regard to dress, ablution, and ventilation. This statement may, at first, appear startling; but an enumeration of the diseases that can be constantly traced to the above causes will show upon how sound a basis the statement rests. The following are examples: Varicose ulcers, from dress; skin diseases, from want of cleanliness; chest diseases and fevers, from defective ventilation. The vast number of ulcerated legs treated in the out-patient departments of hospitals, in work-house infirmaries, and in private practice, arise from varicose veins. Now a varicose ulcer is caused by a distended condition of the veins of the leg, which have to sustain the pressure of the blood caused by gravitation. The most frequent and flagrant cause of obstruction is the elastic garter. Children should never wear them at all, as the stockings can be perfectly well kept up by attachment of elastic straps to the waistband. If garters are worn, it is important to know how to apply them with the least risk of harm; at the bend of the knee the superficial veins of the leg unite, and go deeply into the under part of the thigh, beneath the ham-string tendons. Thus a ligature below the knee obstructs all the superficial veins; but if the constriction is above, the ham-string tendons keep the pressure off the veins which return the blood from the legs. Unfortunately, most people, in ignorance of the above facts, apply the garter below the knee.—Dr. Bond in *Pop. Sci. Mo.*

IMPURE AIR.—A man may eat arsenic, mercury, opium, or drink alcohol in small quantities for a considerable period, without an immediate attack of disease. So may he indulge in gluttony, in debauchery, or engage in the most severe labour of body or mind for a time without bringing on disease. When disease will appear depends upon the constitutional strength of the individual, the degrees of excess practiced, and the co-operation of other causes. Precisely so is it with breathing foul air. Strong persons will resist the milder influence longer than weak ones; but carry the air-poisoning to an extreme degree, or give it the aid of other causes, and it will speedily prostrate the most vigorous. Furthermore, it always tends to wear out life long before the natural period, making men and women gray, wrinkled, feeble, and lank, as if from great age, while their years ought to bear the signs of prime vigor.—*Black.*

SCARLET FEVER.—A house agent in London was recently fined five pounds and costs for letting a house in which three children had been suffering from scarlet fever, without first disinfecting the premises. How many similar cases could be found in Montreal? Says the *Canada Medical Record*; and in Toronto or other cities we may add