

processes, as well as on muscular action, he came to the conclusion that it affects injuriously the brain as well as the muscular system. This is revealed by the loss of activity and accuracy in the performance of arithmetical calculations, as well as in the presence of muscular weakness. As the time over which the alcohol was given increased the impairment of capacity for thought and action also increased.

Drinking at meal times is not so injurious as is its consumption between meals. Heavy drinking before going to bed is very harmful, and lowers the working power for the day following by at least one-quarter its normal capacity.

All this excellent work goes to show that those who have been advocating the food and stimulant value of alcohol have been living in a sort of fool's castle, and have been playing the part of the blind leading the blind.

---

#### THE VALUE OF PERIODICAL EXAMINATIONS.

It is well known that prevention is better than cure, and with this object in view Dr. Goldwater, Commissioner of Health for New York City, urges that people should go to their doctor at regular intervals for a careful examination. By this means many diseases would be detected at their commencement.

In the State of Pennsylvania persons who work in lead factories are supplied with free state medical examinations. In this way the earliest indications of disease are detected and the proper steps taken. Drs. Edsall and Thompson, of Cornell University and the Massachusetts General Hospital, have been making test examinations of many persons in different occupations, and with the result of finding that many of these were in need of treatment for a number of conditions, that, if left alone, might give rise to incurable diseases.

Dr. Goldwater declares that the early detection of cancer would cut the death rate from this disease in two. The only way to secure early diagnosis is regular examinations of the people.

---

#### POINTS REGARDING CANCER.

Dr. E. F. Bashford, the well-known authority on cancer, in a recent address said that cancer is not infectious, and that there is no risk in occupying a house where a cancer patient had died, nor in being in a hospital for cancer cases.