

But the medical art is constantly, and perhaps too indiscriminately, breaking in upon and checking the progress of important conservative influences. Take a common symptom of disordered digestion, loss of appetite, probably from over eating. Means are usually at once employed, bitters and tonics are taken, to remove this, to produce a false appetite ; instead of employing nature's remedy, as plainly indicated—abstinence, fasting—until the return of the natural appetite. No one can say that the taking of bitters and tonics will not, under such circumstances, lessen the supply of vital force, and eventually shorten life.

So that in all efforts to promote health, to cure disease, and especially perhaps to remove or treat symptoms, the possible future effect upon life should not be lost sight of.

VITAL STATISTICS.

There is no subject, as everyone will admit, more important than that of the public health ; and at the present time there is not in Canada one which should so much concern the legislators of the Dominion or of the Provinces. Closely associated with it is the subject of vital statistics, and a perfect system of registration, giving full and complete statistical returns, forms the chief basis for practical public health work, especially that which concerns public health officers.

It was in considering how to avert the recurrence of the terrible plagues which visited London in the sixteenth century, that the first step was taken to find out where and under what circumstances people died, and how variously different localities were effected. And for this purpose registration was organized, imperfect, it is true, but sufficient to give many important hints.

We all want to know, and it is very essential that the Governments of the Provinces and of the Dominion should know, the number of people in the various provinces, counties, cities, towns, etc., and it is equally interesting and desirable to know the numbers which are born and the numbers which die, at what ages, and under what precise circumstances and conditions deaths occur, and what are the true causes of deaths in the various localities. These are very interesting matters. Every man who takes any degree of interest in the welfare of the country or of the community in which he lives, must feel some considerable interest in all knowledge relating to such events,