

safe to sit in for an hour?—safe from a poisonous, dangerous atmosphere? Very few indeed. A little effort on the part of a local board or its officers might induce many school boards to provide some simple practical means for ventilating or changing the air in the schools. How many farm and village wells are a safe distance from all danger of pollution and yield potable water? How many cellars are safe to live over? How many of the localities on which dwellings are built throughout the country are properly or at all underdrained and provide a soil on which good health can be safely maintained? Or how many bed and living rooms are so ventilated as to prevent danger to the health of the inhabitants thereof? "Not many" would be a correct answer to all these questions. We indicate in these questions to a limited extent where the education of the public in health subjects is required. We would respectfully suggest to the provincial board that some special measures be

adopted to educate the local boards, which will then be in a position to educate the people whose health they are properly supposed to look after. Many of the boards, instead of being quite inactive, would do much if they were fairly instructed what to do and how to go about it. Some of them may know what to do, but want shaking or waking up. But few municipalities in Ontario are there in which there is not a physician who would cheerfully give occasional lectures on the practical health subjects above noted, which could hardly fail among Ontario's intelligent public to bear good fruit. An intelligent inspector of fair address and properly instructed could do an immense amount of good by a visit to each dwelling and asking permission to examine a little into their environment, especially the well and the manner of refuse disposal, and to give them any instruction or aid in his power. A free distribution of this JOURNAL amongst the people might help somewhat in the promotion of health.

MISCELLANEOUS NOTES AND EXTRACTS.

AN INCIDENT.—The following, which is a fact, illustrates a common occurrence:—A physician being called upon to visit a sick child, found the babe in apparently good health, but crying and struggling continually as though suffering extreme pain and anguish. The mother stated that the child was desirous of nursing continually, and in order to quiet it she had been obliged to let it nurse as often as the crying paroxysms came on. When that failed to quiet it, paregoric or soothing syrup had been administered. "When did you give the babe a drink of water last?" inquired the physician. "I don't remember," replied the mother. "I seldom let him drink any water. Does he need it?" "Need it!" exclaimed the doctor. "Why should he not need it as much as you? The child is suffering from thirst—nothing more." He called for cold water, gave the infant a few tablespoonfuls, and it immediately ceased crying and fretting, and soon went peacefully to sleep, enjoying a long, refreshing slumber, the first for many hours.

TOBACCO AND VITALITY.—When Europeans first visited New Zealand, says the Annals of Hygiene, they found in the native Maoris the most finely developed and powerful men of any of the tribes inhabiting the islands of the Pacific. Since the introduction of tobacco, for which the Maoris developed a passionate liking, they have from this cause alone, it is said, become decimated in numbers, and at the same time reduced in stature and in physical well-being so as to be an altogether inferior type of men.

NO ALUM IN FOOD.—In presenting the report on Cream of Tartar to the Commissioner, the Chief Dominion Analyst refers to some objections taken to statements in the report on baking powders recently published, and says: "Of course, interested parties assert that the use of alum as a component of these should not be condemned, but this would be entirely contrary to the practice of those who have been entrusted officially with the chemical examination of foods in other countries.