

fever, but we may be sure, from all the investigations that have been made, as indicated above, that in all these cases *something* was wrong, something in the tissues or fluids of the organism which was defective. The defect might have been in these special blood cells, from some injurious habit, perhaps from a tobacco habit, or from the immoderate use of alcoholic spirits or tea, or from over eating, the latter often giving rise to defective tissue nutrition, even in apparently healthy men and women, in the prime of life; or as is probably most common of all, the fluids or tissues may have been in a defective depressed condition from general external insanitary surroundings, weakening the leucocytes and promoting a bacterial soil. So that absolute cleanliness and purity everywhere, within and without—in water, air, food and bodily fluids, is of the first importance.

It appears that the use of aromatics or the derivatives of the essential oils, as of thyme or thymol, and even "perfumes," are useful in this behalf, in times of epidemics. Pasteur has shown that the activity of certain of these germs is impaired through "association" with minute quantities of those substances which in larger proportions would entirely destroy them. Hence the use is recommended of mouth and throat washes of such, as a prophylaxis, in diphtheria, and of the free use of them, as on handkerchiefs, as a preventative of grip, as noted elsewhere.

Whatever else is done, keep far enough away from all cases of infectious disease without being selfishly unkind to any of your friends and neighbors who may be infected.

Since writing the above we find the following in the Medical Record (New York) of the 12th inst.: "There is no greater protection against disease than a good physical condition, in which the stomach craves and digests food, the intestines, the kidneys, the skin, and the lungs remove waste products promptly, the liver elaborates the crude nutrient material into the finished product ready for use in construction and repair, and secretes in abundance the antiseptic bile; and, in short, the whole economy acts as one compact and well disciplined army, with all its branches—the cavalry, the infantry, the artillery, and the engineer corps—working in harmony each with the other, and each with its own particular sphere. Bacilli may then attack, and micrococci may marshal their forces in vain, the human citadel is impregnable, and the garrison within laughs at the filipian host which seeks to do it battle. But let discord enter in, let one or other arm of the service become disabled or insubordinate, then all are disabled, and the besieging forces without soon succeed in gaining an entrance, and the battle within the walls becomes a struggle for life or death, or for the even more to be dreaded imprisonment of chronic and disabling disease."

In conclusion, in the words of an amusing lyric, on the part of a hunted bacillus, which has just been published and come to our notice,

"Your plague remains; again you must face it.
Breed less and breed better, and give up your vices,
Your feasting and drink, your sinful devices,
Which weaken your limbs and ruin your vitals,
And bring on diseases of all sorts and titles.
When your tissues are sound you'll not find us about you."

MILD WINTER weather in an artificial climate may be enjoyed at the largest sanitarium in the world, at Battle Creek, Michigan. This is a high class institution, in which to acquire health, when this blessing has been lost, and at a very moderate cost.

ABSOLUTELY RELIABLE INSURANCE, at the most reasonable rates we know of, can be obtained in the Canadian Mutual Life Association, Assessment System. This association has been established eleven years, and has worked up, under its excellent management, to a high position. We confidently recommend it as being as safe as any stock company. The head office is 8 to 12 King St. E. Toronto.

THE HANDSOMEST CALENDAR, we believe, which has ever been issued in Canada, taking it altogether, we have just received from Geo. Gale & Sons, manufacturers of "the Dominion Wire Mattress and Combined Iron Bedstead," of Waterville, Que. It "speaks volumes" for the enterprise and progress of this old firm.

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