

**VALUE OF WATER DRINKING—ITS DIURETIC EFFECTS.**—Dr. Lauder Brunton, a high authority, in a recent number of the *Practitioner* (Eng) tells us that the drinking of water increases tissue change, but removes the waste products as soon as they are formed. In persons who are accustomed to take too little water, the products of tissue waste may be formed faster than they are removed, and by accumulating, may lead to disease. Fatigue is to be regarded as the imperfect response of muscles and nerves to stimuli, and such an imperfection in their action may be due either to their imperfect nutrition, or to the imperfect removal of the products of their waste. There are many people who awake in the morning feeling languid and more tired than when they went to bed. Though such persons are often well fed and sleep soundly, and though they get better after walking about a little, yet Dr. Brunton thinks their languor depends on imperfect removal of waste products from the body, and has found that a tumbler of water taken just before going to bed, often prevents this languor.

**ON ABUSES** in connection with placing persons in asylums, after referring to the increase of insanity, especially amongst women, in whom it was frequently traceable to cerebro-nervous disorders originating in reflex irritation from utero-ovarian causes, Dr. T. More Madden said, these disorders, however, were very frequently unrecognised and neglected in lunatic asylums, the result being, that many women were needlessly confined or improperly detained in such institutions. The present administration of lunatic asylums and the laws by which it is directed, afford scope for the possible occurrence of abuses. The facility, he continued, "with which any person can be legally confined as a lunatic is indefensible, seeing that any two of the most inexperienced of the 24,000 practitioners on the medical register can virtually consign any man or woman to a lunatic asylum." That this power was liable to abuse he illustrated by cases in his own experience. He suggested that the power

of signing certificates should be restricted to certain officially appointed medical inspectors of lunatics; and that in the case of alleged female lunatics, one of the inspectors should be a physician with some experience of the special functional disorders, the reflex consequences of which may either simulate or eventuate in insanity. The "facilities" in Canada are equally "indefensible," and we have sometimes feared might be abused.

**A YOUTHFUL SANITARIAN.**—Dr Bartlett, F. C. S. &c., in an address delivered at the meeting of the Sanitary Institute of Great Britain, July 16, referred to the written examination of May Austin, aged 13, who sent in a paper from a Board School, Birmingham, in answer to the question 'What special points would you think of in choosing a house?' her answer was 'Dryness, light, good air, good water, and good drainage.' In delineating these 'principle points,' her descriptions, were so terse and full, so complete, and left out so little of what is essential, that unless the whole examination and teaching the cut-and-dried result of mere *memoria technica*, nothing could be more satisfactory. If May Austin, says Dr. Bartlett, can reply on paper equally well to half a dozen more questions coming equally within the scope of our own examinations, and pass a by no means more difficult *viva voce*, he feels bound to admit to himself that he, as an examiner of the Sanitary Institute, must pass that very clever little girl—certainly as a sanitary inspector, and perhaps as a local surveyor.

**HEREDITY.**—Of ninety-two children conceived during the siege of Paris by the Germans, M. du Saullie found that sixty-four had physical, intellectual or affective anomalies and the rest were small and sickly. Alcohol, inanition and the mental state of the parents all doubtless entered into the list of causes.

In the most densely-peopled districts of London there are but 170,000 persons to the square mile. New York has 290,000. London has an average population of 7 persons to each house. New York has 25. One block in the Eleventh Ward has 45 occupants to each house. Vienna has an average of sixty persons to each house.