

limits the two classes of constituents may, for the purposes of respiration and fat-formation, mutually replace each other.

"Lastly on this point, not only did neither the amount of food consumed, nor the amount of increase in live-weight yielded, bear any relation to the amount of nitrogenous substance supplied, but the more excessive the supply of it the greater was the tendency to grow, and the less the tendency to fatten. There is, of course, a point below which the proportion of nitrogenous substance in the food should not be reduced, but if this be much exceeded, the proportion of the increase, and especially of the fat increase, to the nitrogenous substance consumed, rapidly decreases; and it may be stated generally, that, taking our current fattening food-stuffs as they are, it is their supply of digestible non-nitrogenous, rather than of nitrogenous constituents, which guides the amount, both of the food consumed, and of the increase produced, by the fattening animal."

Finally, they conclude that, as far as pigs are concerned, more fat was produced by various feeding than could possibly be derived from the albumen of their food, and that both experiment and experience in feeding point to the fact that carbo-hydrates must be of essential service in the production of animal fat.

Of course these results are not new—they are only advanced by the authors as confirmatory; but it is none the less useful to recall them to the minds of our readers. They have here in a concrete and practical form the knowledge acquired in very different ways. We are sure we need not point out its practical application.—*Med. Times and Gaz.*

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#### SCHOOL HYGIENE.

Repeatedly in this JOURNAL have attempts been made to draw special attention to the importance of applied hygiene in all that relates to youth during the important and susceptible period of school life.

On this subject we give the following extracts from an article in the *Sanitarian* by Dr. McSherry, Prof. of Practice of Medicine, University of Maryland. It need hardly be said, we fully agree, as, we believe, will almost every intelligent physician, with every word he writes, especially with the 'early days, yea, years, wasted and mismanaged in the school course.'

'Perhaps the reader may, the writer certainly does, recall early days, yea, years; wasted and mismanaged in the school course. It is true no boy or girl of average capacity can pass childhood and youth in the schools without acquiring a considerable amount of elementary knowledge; and yet there may be, and furthermore there usually is, a fearful waste of time in this acquisition. And time is precious: *ars longa, vita brevis*. But, besides time, much money is lost. And, besides loss of time and money, health is often irretrievably impaired. Upon this last matter it becomes the physicians of the land to unite their voices in opposing a great evil. In many