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CONTENTS.

ORIGINAL COMMUNICATION.

Hygiene of Out-Door Sports, 217.
—Tubercle-Bacillus..... 226

PROGRESS OF MEDICAL SCIENCE

Diabetes Insididus and Diabetes Mellitus, 227.—The Germ of Tuberculosis, 228.—Diabetes its treatment, 229.—Therapeutical Action of Ergot, 230.—Boracic Acid Powder for Granular Lids, 232.—On Linimentum Crotonis in the Treatment of Acute Bronchitis, 233.—The largest Man in America, 233.—The Treatment of Ringworm, 233.—Hernia Radically cured by the use of Hy-

podermic Injections, 234.—Suppositories of Ergotin, 234.—Treatment of Infantile Diarrhoea by Powdered Charcoal, 234.—Cod Liver Oil in Epilepsy, 235.—Aspirations of the Gall Bladder, 235.—The Treatment of the Vertigo of Bright's Disease, 235.—The Abortive Treatment of Buboes with Carbolic Acid, 236.—The Proper method of Administering the Bichloride of Mercury in Syphilis, 236.—Some points in the Treatment of Fractures, 236.—Acute Cystitis Treated with Ergot.... 236

EDITORIAL.

Guiteau, 237.—Consultations with Homeopaths, 238.—College of Physicians and Surgeons, 239.—A very Juvenile Murderer, 239.—Papoma, 239.—An Important and Seasonable Remedial Agent, 240.—American Delegates to the British Medical Association, 240.—The Journal of the American Association, 240.—A Ten Ounce Baby, 240.—What Lunatics think concerning the Responsibility of the Insane, 240.—Mortality of Montreal for the Month of June, 1882..... 240

Original Communications.

HYGIENE OF OUT-DOOR SPORTS.

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A lecture delivered before the Young Men's Christian Association, December 6th, 1881.

Mr. Chairman, Ladies and Gentlemen,—It has fallen to my lot to give you a lecture to-night on the hygiene of out-door sports, or, in other words, to tell you something of the manner in which these sports should be indulged in so that your health will be improved and not injured by them. Some of you may smile at the hint of the possibility of a person's health being injured by out-door sports, as most people are led to believe they can do nothing but improve a person's health. I have nothing to say on the subject of out-door sports but what is commendable, but I have something to say on the abuse of them, and a good deal to say of the accessories that accompany that abuse. Here, in Canada, we have been fortunate in inheriting most of the sports of the Mother Country, not only the sports themselves, but the love for them as well; and I think you will agree with me, the people in England, from the events of the last two years, will confess that the Dominion, whether on water or on land, can shew representatives of whom she is not a little proud. Some of the sports of the Old Country are not much followed here, for the simple reason our young men have neither the time nor the money to do so. In this country,

which is young, we have to work for our living, and in doing so we are helping our country to progress, so that what time is given to out-door sports is snatched, as it were, from the wear and tear of every-day life, and herein lies the danger of abusing them, that is, of attempting to do too much in a short time, without sufficient preparation. It is a sorrowful fact that the few young men of Canada who have inherited wealth from their parents, are generally poor specimens of manhood. They do not care for anything that helps to build up a nation. They take no pride in a fine breed of horses; to be in a well-built yacht would be a nuisance to them; to have a well-stocked farm and to take pride in it is foreign to their nature; their only pleasure and occupation appearing to be, to spend recklessly, the wealth their parents worked so hard for. In addition to the sports we have inherited from the Mother Land, we have those that are peculiar to our country, and can be truly called Canadian. I refer to lacrosse, snow-shoeing and tabogganing. Cricket playing is well implanted here, but it does not seem to have taken root as deeply as it has done in England. There appears to be a growing desire for yachting, but that is limited to a few who have the means and the time to indulge in it. For those who can, there is no recreation that affords such health-giving exercise. Boating or rowing nearly all can take part in, as there are splendid opportunities close to the city for its exercise.