

This goes on from day to day ; therefore, can anybody gainsay the fact that this habit alone will not tend in time to undermine the system ? Not that I advocate total abstinence, far from it, for in that part of the world a certain amount of stimulation is required for the debilitated system. If greater attempts were made to moderate the amount of alcholic stimulants taken, I feel confident that the death-rate would rapidly decrease.

Thus we have, then, very briefly considered three important factors which play a most important part in the etiology of malaria.

From personal observations, I would advise the following preventatives for malaria :

I. Better sanitation in the towns and villages.

II. Traders to supply their clerks with better food and ice machines (of which there are very many good ones on the market).

III. A shorter service on the coast. The Government only demand a 12 months' stay on the coast, which is quite sufficient.

IV. More medical men to be sent out, and when a clerk by force of circumstances is situated at some distance from medical advice, he should be supplied with a specially prepared medicine chest and explained the use of the various drugs.

V. Each resident to take at least three grains of quinine twice a week, and no more.

These suggestions are only a few of many that could be given, but these are essential.

With care and attention to the ordinary rules of general health, I do not see why life at the west coast of Africa should not be as healthy as life in England itself. The high death-rate on the coast is more noticeable, naturally, on account of the smallness of the population. If the mortality rate were considered pro rata to population, I fancy that of England would take the lead.

Another great and very important evil which affects