

month. Despite the rapid growth of the city, population showed a falling off over the same month last year. There were 633 marriages registered in July.

Reports show that the general health of the city during July is much better than prevailing during the same period last year. Deaths reported from contagious diseases were two less last month than in the corresponding month last year. Tuberculosis claimed the greatest number of victims. The following is the report: Tuberculosis, 29; diphtheria, 1; scarlet fever, 1; measles, 3; whooping cough, 3; typhoid, 1.

IMPORTANCE OF STATE MEDICAL DEPARTMENT.

Major Sir Ronald Ross, winner of the Nobel prize for medicine in 1902, and now professor of tropical medicine at the University of Liverpool, in discussing tropical sanitation at one of the sectional meetings of the International Medical Congress advocated the formation of a separate department of State to deal with the health of the community. He denounced the British system of subordinating the sanitary to the medical service, and declared that the precedent introduced by the United States in the Panama Canal zone, making the chief sanitary officer the head of both services, was a far better method. Sir Ronald, who has made a special study of malaria, was in the Indian medical service for many years.

RULES FOR PRESERVING HEALTH.

Prof. Vincenz Czerny, one of the greatest of the Heidelberg surgeons and an authority on cancer, is leaving his post this month, having attained the age of seventy. He has issued a kind of moral statement in the shape of seven injunctions to those who wish to go through life with healthy body and mind.

“1. Look after both body and mind in a rational way; divide the day reasonably between labor and recreation; eat healthy food; observe all rules of cleanliness and live in a dry, sunny and well aired house.

“2. Work eight hours at your calling, take eight hours for recreation, exercise and self-improvement and eight hours for sleep. One gets rest when asleep between two hours before and two hours after midnight. In the other eight hours you may count two for the three meals of the day, two for art or reading, two for family intercourse, or for public works, and two hours for some exercise or sport—walking, climbing, riding, rowing, swimming or gymnastics.

“3. Food must be both sustaining and easily digestible. You should not consume more than a pint of food and drink at each of the