

NEW JOURNAL—LE GUIDE SANITAIRE.—This is the name of a new journal of practical hygiene, published in French, in Montreal: Tardiff & Turcotte, editors and proprietors. We have received the first number, which contains articles of vital importance. We wish our *collaborateur* in the field the success which it merits, and believe it will be the means of doing much good.

SANITARY MATTERS IN QUEBEC.—A Public Health Bill for the Province of Quebec has been brought before the Local Legislature of that Province, but has been deferred to the next session. Certain amendments to the city charter of Montreal, giving the Health Officer much more power, have passed the Committee on Private Bills.

The Government of the Province have promised an allocation to establish a Bureau of Vaccination in Montreal, which will supply fresh, reliable lymph. All medical men obtaining lymph from it will be required to keep a register of all his vaccinated cases, and to report them to the Bureau.

AT THREE RIVERS small pox appears to be on the increase, and it is deemed advisable to establish a Sanitary Board. A building has been secured a short distance from the town for a small pox hospital.

CAUSE OF SUDDEN DEATH.—Many cases of death more or less sudden are reported throughout the country, caused chiefly, we are told, by congestion of the lungs. The late severely cold weather is blamed for this. But the cold is only the exciting cause, and we must look further for a primary or *pre-disposing* cause. We believe this may be found chiefly in the contracted state of the lungs of many persons from want of active exercise. It is well known that gymnastic exercises or "training" greatly increases the capacity of the lungs, and it may naturally be inferred that inaction will give rise to the opposite condition; indeed there is no doubt about this. Where respiration is not full and vigorous, the power of the lungs and of the entire organism are below par, and when, upon a little extra exertion in the cold, condensed air, more blood is forced into the lungs, both by the exercise and the condensed, and possibly highly ozonized atmosphere, these organs are unable to send on the current of blood, and hence the congestion.

WORTHY OF CONSIDERATION.—It has been suggested to us by the Medical Officer of the Health Department, Montreal, that that city and Toronto each send a deputation of two or three persons to meet in Ottawa during the present session of Parliament, in the interest of the Public Health question. The public, however, do not seem to be alive to its own interest in matters of Health.