

unknown, but in these forty-five households not a single case of fever has taken place. Moreover, infected milk is not confined to Jolimon, and although there are difficulties in tracing its ramifications, I have discovered six houses in other localities in which twelve persons, all supplied with M'Auley's milk, were attacked with typhoid fever between March 23 and the 15th inst.'—*Sanitary Record*.

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#### ATHLETIC SPORTS.

The contests between professionals in rowing, wrestling, pedestrianism, etc., have, particularly during the past year or so, stirred up quite an interest throughout the country, and have produced quite a number of amateur imitators. The extent to which these athletic sports is practised is sufficient to call the attention of the medical profession to them. While we regard the interest manifested in these things as a healthful indication, we cannot close our eyes to the dangers to which an indulgence is subject. Youth is given to excesses, and a wholesome restraint in the matter of athletic sports is as well-timed as it is in other directions. Professional athleticism is physically, as well as morally, an evil, the only redeeming feature of which lies in the stimulus it has a tendency to give to physical culture in the community, for men are more wont to admire physical prowess than mental acumen, and it is well that it is so; for without strength of body, masculinity of body is never found. The tendency of modern education, and especially in this country, is to the development of the mind to the neglect of the body. While such a system is favorable to production of that "cuteness" which is an American characteristic, it does not produce that robustness of intellect which always takes the lead. We can afford, therefore, not only to tolerate, but also to encourage the exhibitions of physical endurance and muscular activity which have been more than usually abundant lately, seeing that their evil physical effects at least, are confined to those who undertake them, and are willing to run the risk of the dangers incident thereto for the money and the *eclat* which are the direct outcome. Such exhibitions, however, should not be held up as examples for emulation by the youth and young men of the country; they are useful only for the interest they excite in that which they are an abuse of.

A proper amount of physical exercise is necessary to bodily as well as mental health; that is a fact which goes without saying. When indulged in systematically, and with a view to bringing into play muscles