

organs of confirmed coffee-drinkers are in a state of chronic derangement, which reacts on the brain, producing fretful and lachrymose moods. Fine ladies addicted to strong coffee have a characteristic temper, which I might describe as a mania for acting the persecuted saint. Chocolate is neutral in its psychic effects, and is really the most harmless of our fashionable drinks. The snappish, petulant humor of the Chinese can certainly be ascribed to their immoderate fondness for tea. Beer is brutalizing, wine impassions, whisky infuriates, but eventually unmans. "Alcoholic drinks combined with a flesh and fat diet totally subjugate the moral man, unless their influence be counteracted by violent exercise. But with sedentary habits they produce those unhappy flesh sponges which may be studied in metropolitan bachelor-halls, but better yet in wealthy convents. The soul that may still linger in a fat Austrian abbot is functional to his body only as salt is to pork—in preventing imminent putrefaction."

IN REGARD TO STATE BOARDS OF HEALTH, the following facts deserve to be better known: After thirty years of effort by the medical profession, Massachusetts, in 1869, legislated into existence the first State Board of Health and Vital Statistics organized in the United States. This prolonged effort was no doubt used in conciliating that legal maxim which declares that 'no law can successfully precede its public sanction,' and serves to explain, at least in part, the preëminent success of this board. However, the Governor did exercise, in the choice of members of the board, an amount of discretion very unusual to politicians when acting in medical matters; and the legislature, beginning with an experimental appropriation of \$3,080 for the first year, has rapidly trebled it. The acknowledged superiority of this board is sufficiently proved by this fact, among many others, that it did at once recognize that the greatest obstacle to sanitary progress was popular ignorance, and therefore that its primary duty was to teach the people. Hence it at once organized a corps of reliable correspondents throughout the State; it solicits reports from, and issues circulars of information to, all the doctors, preachers, teachers, county and State officials, newspapers and journals in Massachusetts; and, in addition, it issues and freely distributes 10,000 copies of the most valuable annual health report ever published in this country. Thus, by enlightening the public, it has gained its favor, and has thereby its own power and the bounty