

NOTES ON CURRENT LITERATURE.

In the September Popular Science Monthly, Dr. Andrew D. White will relate how hygiene succeeded fetichism as the reliance of the Western world in checking the ravages of epidemics. These articles form a highly interesting series for Sanitarians

THE Dominion Illustrated during the last few weeks has given some very fine illustrations with good reading matter, and the publication is highly creditable to Canada as well as the publishers; who announce that they have already begun the preparation of their Christmas number. to be "the finest holiday souvenir ever issued in Canada.

OF THE Illustrated London News (N. Y. Edition, World building) we feel we never can speak too highly. It gives so much for so little (only \$4 a year),—instructive scenes with descriptive text and some very pretty pictures. "The Scapegoat," an Oriental romance by the author of the "Deemster," is a singular and interesting story.

AMELIE RIVES has returned to the United States, and after two years of silence and—marrying and travel, matured, she contributes to the Cosmopolitan a new story, which is said to fulfill the great promise of her earlier productions. The scene is laid in Paris, where the author has been living, and the heroine is a Virginia girl who is studying music abroad with a negro servant for a chaperone. The story is very prettily illustrated. The frontispiece of the August Cosmopolitan is a truly charming portrait of the handsome Amelie. This is a most excellent magazine.

ORDINANCES OF THIS JOURNAL.

PREVENTION first. Sir Wm. Jenner has said, "To prevent disease is the most important aim of the science and art of medicine"; and the eminent Dr. Samuel Wilks, F.R.S., &c., in a lecture at Guy's Hospital, said. "The idea of cure is low-born and common-place," "Cur- lies at the bottom of all quack systems," Pre- vention is significant of higher intellectual advancement: "with all of which this JOURNAL has ever been in full accord," and outspoken in its views thereon, alone and in council

Pure air: The complete destruction of all waste organic matter, by fire or otherwise; no collections of excrement anywhere—perfect

sewerage, or daily disinfection or deodorization with frequent removal; thorough ventilation of all buildings, public and private; complete isola and disinfection in all cases of infectious disease.

Pure Water: Strict prohibition of the pollution of all inland waters—rivers, lakes, streams—by sewage or other waste substances; filtration of public water supplies; closing of suspected wells.

Pure Wholesome food: Prompt and severe punishment of all adulteraters of food, with frequent and repeated analyses; thorough inspection of foods—meat, milk, flour, bread, fruits, &c., with punishment of all offering impure or bad food; improved methods of preparation and cooking food.

Clean People: Public baths, frequent washing of the surface of the body, with free water drinking, a judicious diet, suitable clothing, exercise, abundance of rest and sleep.

Education of the public in all Matters Pertaining to Health.

STANDING HEALTH MAXIMS FOR DAILY PRACTICE.

Remember: money lost or spent you can earn or get again, but health once lost you may never regain.

PERHAPS, most important of all, never sit or sleep very long in a room without some means for changing the air in it—ventilation. Air once breathed is highly poisonous, remember.

Do not shut out with shutters or blinds, the sunshine from your rooms. Neither rooms nor the human body can be long in good condition without abundance of sun light.

BE careful what water you drink. Boiling always renders it safe, for the time.

LEARN to enjoy the "good things" of the table by eating them very slowly. It is a good rule to try how fine you can chew every mouthful. Never take a mouthful of drink when you have solid food in your mouth.

WELL considered moderation in eating is a wonderful promoter of health.

NEVER eat when very tired, nor when overheated. Wait and rest a little.

WATER acts as an internal as well as an external bath, and one who drinks but little water is not clean within.

ONE-FOURTH of the disorders of fashionable life are said to be due to lack of sufficient water in the dietary.

LEARN to take things QUIETLY during the heat of the day at this season, and avoid getting dangerously overheated.

IN walking, when warm, walk very slowly, or sit a few minutes or stand and face the wind, as there is usually a little stirring