

on this course, as most teachers do, it is necessary to restrain his intellectual ardour. Precocity of mind is often a precursor of disease, which is best cured by checking rather than encouraging its development. Young people are much to be pitied who have parents who are anxiously striving to cultivate their childrens' brains so as to rival their neighbours and associates, to the neglect of all hygienic principles and *regime*. Such children are often closeted for many hours in an unventilated schoolroom, breathing impure air, when they ought to be attending to those organs of the body which during the period of adolescence are in an active stage of development. They need and must have plenty of outdoor exercise to promote healthy growth. Those who are much admired in youth for their genius and talents often waste their energies unchecked by friends who should know better, and on arriving at manhood they are found to possess only ordinary minds.

The basis of all sound education should be organic health, and then instruction will follow in due course, as an ornament, to grace the robust youth with a solid substratum of education.

INCREASE OF CANCER.

On several occasions within the last two or three years reference has been made in this JOURNAL to the increase from year to year in the number of deaths from cancerous disease in Ontario, as shown by the returns of deaths to the department of the Registrar General. According to the last report from this department recently issued, the increase continues. The report reads:—In 1879, 278 deaths were recorded from cancer; in 1883, the mortality reached 403, being an increase of 125 or 44 per cent. in four years. In the SANITARY JOURNAL of March, 1881, it is stated that in 1871 the number from cancer was one in every 85, from all causes; in 1872, one in every 79; in 1873, one in every 89; in 1874, one in 72; in 1876, one in 57; in 1877, one in 58; in 1878, one in 62; and in 1879, one in every 61. In 1883 there was one death from cancer in every 52 from all causes.

H Percy Dunn, F.R.C.S., sends the following article on cancer in England, to the *Pall Mall Budget* (*Pop. Sci. Monthly*):—There is reason for the frequent inquiry which meets the ears of medical men in the present day, Is it not true that cancer is increasing? For

however much we may attempt to throw into the shade our convictions upon this matter, the records of the Registrar-General remain to show, in all the obtrusiveness of an unvarnished statement, the annual increasing mortality from this terrible disease. A reference to the forty-third annual report of the Registrar-General discloses a somewhat alarming state of things, in connection with which it must be conceded that reflection affords but little assistance in the attempt to solve the cause. According to the report, 80,049 deaths from cancer occurred during the ten years from 1860-'69 inclusive, and the annual average increase was 248. During the years 1870-'79 the total number of deaths from cancer was 111,301, and the annual average increase was 320. As far, therefore, as numbers are capable of showing, we have here conclusive evidence of the increment in the mortality from cancer. It is observable also that the rate of increase is higher in the years 1860-'69 than in the preceding decennium—namely, in the years 1850-59. In short, in the years 1850-'59 the increment was about 2,000; in 1860-'69, 2,400; in 1870-'79, 3,200. We have then confessedly to face the fact that cancer is increasing in our midst at a rate which bids fair to become more and more serious with the advance of time. In an article entitled "An inquiry into the Causes of the Increase of Cancer," published in the *British Medical Journal* a year ago, I drew attention to the observations which had been made upon the subject by the late Charles Moore, whose investigations into the pathology of cancer had brought under his notice the incontrovertible evidence of the increase of the disease. In the year 1865 he published a small book called the "Antecedents of Cancer," the contents of which chiefly consist in an attempt to explain in what manner the augmentation of cancer is influenced by the circumstances of life prevailing in this country. For instance he held that the introduction of corn laws, the discoveries of gold and sanitary improvements, whereby the well-being of the nation was conspicuously established, affected cancer indirectly by bringing into prominence the predisposing causes of its occurrence; and good living, it is thought, which follows as a carrollary of commercial prosperity, is intimately associated with the manifestation of cancer. Again, inasmuch as cancer is characteristic of the healthy, it may be expected to abound