

THE STATISTICAL BUREAU.

We hope the movement toward the establishment of a Central Bureau of vital statistics in connection with the Dominion Government will not be permitted to cease. Our esteemed friend doctor (now Senator) Browne, who has manifested a deeper interest in the public health and statistical matters than any other Legislator in the Dominion, will in his new and higher position be still able to press the matter, and we trust he will not fail to do so. Indeed we feel assured he will not let the subject drop through. The fact that a medical man (the Hon. Dr. Tupper) is so to speak, so near the head of the present Government may perhaps be favorable to the success of the movement. The necessity for a Central Bureau of this kind at Washington is being strongly urged by Sanitarians in the United States. With provincial departments of health in each of the provinces, a Central Federal Bureau will be essential to a complete system of health and statistics for this Dominion.

IMPORTANCE OF DIET.—How much the success or failure of our lives depends upon the food we eat, we little comprehend. No science is so neglected and so little understood. Man would not dare to treat a valuable horse with the same recklessness with which he treats himself. For with care he selects food for his horse, few if any changes being allowed, and he procures a competent groom to look after and care for the animal, that he may be capable of fleetness and endurance; while with himself he sits down to his table groaning under its burden of variety and richness, and without regard to the requirements of his system or the affinity the food may possess, fills himself to the utmost capacity of his stomach, regardless of consequences. But had he first passed this partaken dinner over to his chemist and allowed him to analyze it and hand it back to him labeled, he would have turned pale and wondered if such was truth. Again, were he to step into a drug store and attempt to promiscuously mix chemicals as he does his food, without regard to chemical laws, he would soon have his head blown from his body. Why not then study and investigate the laws of our own natures, and be as wise as is the ox or the ass that knoweth his master and his master's crib, and accuse not a kind and loving Providence of cursing us with ill health when the curse lies at our own door?

WHAT is really wanted is one recognized and sufficiently powerful Minister, not to centralise administration, but on the contrary to set local life in motion—a real motive power, as well as an authority to be referred to for guidance and assistance by all the sanitary authorities for local government throughout the country. The department should keep all local authorities and their officers in the active exercise of their own legally imposed and responsible functions, and should make itself acquainted with any default and remedy it.