

be acted on in time to be of service to the community. There are other duties more of a personal character which deserve mention. House cleanliness, frequent ventilation, and the free use of lime ought to be insisted on; the police should have the power under instruction of the Health Officer of enforcing sanitary measures under penalty.

But while we are attending to the condition of our houses and thoroughfares, let us not omit personal sanitary precautions.

Intemperance both in eating and drinking should be avoided at all times, but more especially during the existence of epidemic disease. The daily use of spirituous liquors is unnecessary if not positively injurious, and especially so with the thermometer ranging between 90 and 100 degrees in the shade. We advise no sudden change in the habits of life, but would especially enjoin temperance and abstemiousness in all things.

The diet should be plain, nutritious and easily digestible—unripe vegetables and fruit should be avoided; in a word, let each individual live—as far as his diet is concerned—in that manner which he has found most conducive to his health.

Severe mental or bodily fatigue is highly injurious, inasmuch as considerable waste of nervous power is the consequence, and hence the system is rendered more liable to an attack of any prevailing malady. The necessity of personal cleanliness cannot be too urgently recommended. The clothing should be comfortable, seasonable; let each individual watch the changes which occasionally occur with such rapidity, and if need be change his clothes to suit the temperature. Nothing can be more injurious than the sudden arrest of free action of the surface, by exposure, without sufficient or adequate clothing during the sudden vicissitudes of our ever changeable climate. Such are the measures we would recommend for general adoption. The object being to preserve the body in a state of as perfect health as possible, avoiding excesses of all kinds and abstaining from anything likely to derange or impair the digestive functions.

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Our readers will receive with this number of the journal a circular from Dr. Hingston, to which answers are requested. The same circular has been sent to the French Canadian Physicians through the *Gazette Medicale*, and in these ways a fair expression of the views entertained by the profession generally, is expected. We are in a position to state that should the answers indicate a more than usual acquaintance with the subjects contained in the questions, Dr. Hingston will give them expression, and the writers due credit. As the questions are of interest to the profession generally, we hope the circular will receive immediate attention.