

sought to be terse, it is my misfortune, and would seem to indicate that my long-unused pen hath lost whatever of cunning it may have been once thought to possess. If such be the deliberate verdict of my confreres, I might plead in extenuation, the very unfavorable conditions in which these letters of mine were penned. A private correspondence with the medical electorate involving, during the last three years, written replies to nearly three thousand letters and post-cards, and an official connection which led to some twenty-five visits to Toronto, each causing one or two days' absence from home, super-added to the professional claims of a country practice, have left, at my disposal, but little time to devote to the mere graces of epistolary composition, and may be held to excuse the shortcomings and faults to be found in my press correspondence. My whole claim is that I have written with honest intent, without malice, and with the single desire to elevate the status and to advance the best interests of the medical profession in Ontario.

Yours, etc.,

JOHN H. SANGSTER.

Port Perry, March 11th, 1895.

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### To Blow or Wash.

*To the Editor of the CANADIAN MEDICAL REVIEW.*

SIR,—Having been afflicted with the pervading epidemic la grippe in the form of a persistent influenza for four weeks, using all kinds of sprays locally and medicaments of all sorts internally; feeling as miserable as a man could feel; taste gone, even had I appetite to eat, which I had not; one ear entirely deaf from inflammation of Eustachian tube; stock of handkerchiefs nearly used up from constant use; nose very sore from constant blowing, the supply seemingly as inexhaustible as the widow's cruse, a lucky hit brought to my notice the enclosed short article from the *British Medical Journal*. I did not use plain water, but very hot, in which I put sufficient boracic acid to make the strength 1 to 40. The relief experienced was almost immediate, hearing returned in the deaf ear inside three hours. The widow's cruse began to give signs of bankruptcy in about four hours, and the sense of smell and taste returned next day. I used this method every hour for six hours, and next day every two hours. This is, of course, but an isolated case and, there-