

Secretary to the Investigation Committee of the British Medical Association, gives some statistics which should cause "temperance" people to take a broader view of the causes of intemperance, and turn them to be active sanitarians instead of only "temperance" workers. Particulars have been obtained by the committee of 4,234 deceased lives, aged 25 and upward, in which the habits of the person in regard to alcohol were reported in five classes—total abstainers, habitually temperate, careless drinkers, free drinkers and decidedly intemperate. The ages of death in each class show an average as follows: Total abstainers, 51.22 years; habitually temperate, 62.13; careless drinkers, 59.67; free drinkers, 57.59; decidedly intemperate, 52.03. This makes the lowest average duration of life that of the teetotaler and the highest that of the moderate drinker, his average being nearly eleven years longer.

ANOTHER TABLE prepared by the committee from which all deaths under thirty were excluded, showed the following durations of life: Total abstainers, 57.31; habitually temperate, 66.48; careless drinkers, 61.52; free drinkers, 58.87; decidedly intemperate, 53.42. Omitting lives under forty years, the average of death was: Total abstainers, 62.74 years; habitually temperate, 67.71; careless drinkers, 66.45; free drinkers, 61.98; decidedly intemperate, 57.47.

THE Rev. W. W. Carson, late of Ottawa and now of Kingston, is taking the lead in Canada in making the pulpit, as it should be, a place for the dissemination of knowledge on the care of the body as well as of the soul. He recently preached a sanitary sermon from a bible text to an immense congregation in Kingston, according to the Daily News of that city. He is a firm believer in sanitary science and designated it by the title of "the new gospel." "The natural inference to be drawn from the text, is that if life is worth living, it is surely worth living at its best, and it is not at its best if all the dimensions of man are not taken in. Religion is a broader word than men have been wont to make it. The phrase has been narrowed down till it means the church to which one belongs, while it enhances the whole plane of human existence. It directs the right use of the body as a temple, defines man's duties to himself, his neighbor, God, his church and the state. Sanitary science or what is called the observance of health, was observed by the Jews. Personal cleanliness was inculcated under a penalty. Thus is the unparalleled longevity of the race accounted for. The doctrines of health are laid down in the Bible. Man was never doomed to suffering on this earth, and I do not believe said he: that it

is the will of God that we should be tortured with pain and that the bosom of this beautiful earth should be opened to receive the bodies of our beautiful children cut off by the inexorable hand of death.

IN FRANCE, in view of the large number of consumptive patients using the *wagon-lits* on the railways on their way to the South, it is proposed to adopt measures for the thorough disinfection of the bedclothes, etc. The velvet cushions and silk hangings are to be done away with, and the seats covered with smooth leather, so that they can be easily washed. Carpets are to be replaced by rugs, to be shaken in the open air after each journey. The bedclothes are to be subjected to the action of heat in vapour stoves, and the mattresses are to be covered with impermeable silk or gutta percha tissue, so that they can be readily cleaned. The invalids will travel in separate compartments, and each will be provided with a spittoon, the contents of which will be destroyed.

THE UNITED STATES Senate recently passed a bill providing for the inspection of meats for exportation, and forbidding the exportation of adulterated food or drink. The bill also forbids the importation of adulterated or unwholesome food or adulterated wines or liquors, and provides suitable penalties. It authorizes the President to suspend the importation of animals by proclamation when such a step is necessary to prevent infectious or contagious diseases.

IN PITTSBURGH it is proposed to appoint veterinary inspectors who shall be empowered to condemn all tuberculous meat, a reasonable compensation being paid to the owners of animals found in that condition; and who shall visit all milk dairies and condemn every cow found suffering from tuberculosis, particularly those with mammitis. It is proposed to make it illegal to breed from tuberculous animals.

THE CHICAGO Tribune has published nearly a whole page of replies to the question "How do you get yourself to sleep?" The replies came from all classes, but from the doctors interviewed on the subject came the important announcement that insomnia was very extensive and on the increase. Sleeplessness is not natural. It is induced by the violation of some hygienic law. There is a cause for insomnia and it can be prevented. It is assuming serious proportions. The Sanitary News says, The Tribune can now render its readers a greater service by asking them: what have you done that causes sleeplessness?

SOME STARTLING FIGURES, says the Canadian Gazette (which is said to be the organ of Sir Charles Tupper), "were given in the House