

often impossible for one to avoid causes of disease, however careful one may be in attending to all such laws. Hence it is to every one's individual advantage to aid in educating the masses of the people in relation to health, or at any time any one may be unexpectedly and unavoidably exposed to malignant disease.

A GENERAL ELECTION excitement and turmoil are liable to give rise to much greater ills than a temporary lull in trade or fluctuation in stocks. The extra strain thrown upon a number of individuals, many of whom are well past their prime, is liable to result in the collapse of a certain number, whose enfeebled heart and brittle arteries are not equal to the extra excitement; and hence the loss by death of some of our ablest men may be the result. The *British Medical Journal*, just after the recent general election in Great Britain, said, "Already we hear from different localities of the sudden death from apoplexy, pneumonia, etc., of would-be members, or their more energetic partizans; and before calm is re-established, others will doubtless succumb. It would be interesting to tabulate the deaths ascribable to times of political excitement; and as the task would not be altogether an easy one, it offers a good field for work for individuals gifted, or plagued, with the 'bump' of statistical inquiry." It is possible that more hygienic modes of living of the candidates would secure them immunity from mishap. Active politicians, past middle life, now in the fray, will you take warning?

Doctors' BILLS, as a rule, are larger and more common in the spring time, than at any other period of the year. The period of highest mortality in Canada, so far as statistics show, is in the second quarter of the year, and especially in March and April. And this mortality too, usually includes many of the most valuable lives—of vigorous men, in the prime of life—largely from pneumonia and other lung diseases. Why is this? Why is it not the other way? Why, with the warmer, pleasanter weather, the cheering spring, is not life more vigorous, and death less frequent? The March winds are blamed. Colder winds sweep down upon us in February, January, December. We have no doubt whatever that the increased mortality is owing to people being housed

up, little or much, in too warm, and, especially, unventilated rooms, breathing and re-breathing the same vitiated air, which must have a depressing effect upon the human organism, and render it susceptible to the causes of disease. Doctors are perhaps nearly as liable as others to neglect to have provision made for ventilation. Remember, if provision is made for the removal of the foul air in a room, fresh air will find its way in, no fear of that, in this country in cold weather, as we have often shown. Make an opening into a chimney or stove pipe that is usually warm, and through this the breathed air will pass out.

OBSERVATIONS AND ANNOTATIONS.

THE PUBLIC analysts branch of the Department of Inland Revenue, for the prevention of adulteration of foods, drugs etc., are making provision for materially increasing the usefulness of the branch, by reaching a much larger number of adulterators or adulterated samples. Simple and readily applied tests are to be employed by the local or district analysts whereby inspected articles may be at once distinguished from the pure ones, when only the former need be submitted to analysis; in this way, a much larger number of samples may be brought under observation and inspection. To milk and coffee, two very frequently adulterated articles, attention is to be first, it appears, especially directed in this way.

DR. F. C. MEWBURN, of Toronto, in a communication to the *Canada Lancet* of last month, suggested that medical students be taught the art of cooking. "How many drunkards have been made, how many just on the dangerous brink, have gone down to the pit from bad cooking will never be known... If those who are in good health suffer from poorly cooked food, what must it be to the sick... Is it not possible to have a short course of dietetics added to the [student's medical] curriculum? There is no need for more lectures: let the *materia medica* be purged of all the obsolete articles, and let the time devoted to them and to the preparation of chemicals, be utilized for this subject."

THE ADDRESS of his worship, mayor Stewart of this city, had a ring about it which, if thoroughly acted upon, will go a