

in density of population, with 530 persons to the square mile; next follows Holland, with 365; and the United Kingdom, with 312; but whereas in England the density is 480, in Scotland it is only about one-fourth, and in Ireland about one-third that of England. In Norway and Finland, the most thinly populated countries in Europe, there are only about 16 persons to the square mile. Of China the estimate is 361 millions, giving a density of about 77 to the square mile. It is in respect of Africa that the greatest doubt necessarily exists. These statistics make it manifest that there are still vast areas of the habitable surface of the earth almost, if not quite, unpeopled.

**INFLUENCE OF DIET ON HAIR GROWTH.**—In the British Medical Journal of July 25th Dr. E. C. Mapother says: Several cases of shedding of hair after influenza have confirmed my opinion that diet has much to do with the production and with the cure of symptomatic alopecia. Hair contains 5 per cent. of sulphur, and its ash 20 per cent. of silicon and 10 per cent. of iron and manganese. Solutions of beef, or rather of part of it, starchy mixtures, and even milk cannot supply these elements, and atrophy at the root and falling of hair result. The color and strength of hair in mammals is not attained so long as milk is their sole food. The foods which most abundantly contain the above named elements are the various albuminoids and the oat, the ash of that grain yielding 22 p.c. of silicon. With care these foods are admissible in the course of febrile diseases. I have often found a dietary largely composed of oatmeal and brown bread greatly promote the growth of hair, especially when the baldness was preceded by constipation and sluggish capillary circulation. Those races of men who consume most meat are the most hirsute (hairy). I have always found that friction of the scalp with pomades and lotions dislodges many hairs which might otherwise remain, and that cold or tepid baths with salt added and rough rubbing of the rest of the body will flush the capillaries of the affected part more effectually. Besides, when pomades are used, frequent washing becomes necessary, and this is conducive to baldness.

**DIET AND GOUT AND KINDRED AFFECTIIONS.**—In a late number of his Archives of Surgery Mr. Jonathan Hutchinson says (Brit. Med. Jour.) that he has for many years been in the habit of forbidding fruit, with sugar, to all patients who suffer from tendency to gout. In every instance in which a total abstainer of long standing has come under his observation for any affection related to gout he has found that the sufferer was a liberal fruit eater. Fruits are, of course, by no means equally deleterious; cooked fruits, especially if eaten hot with added sugar, are the most injurious, the addition of cane to grape sugar adds much to the risk of disagreement. Fruit eaten raw and without the addition of sugar would appear to be comparatively safe. Natural instinct and dietetic tastes have already led the way in this direction, few wine drinkers take fruit or sweets to any extent, and Mr. Hutchinson suggests as a dietetic law that alcohol and fruit sugar ought never to be taken together, and he believes that the children of those who in former generations have established a gouty constitution may, although themselves water drinkers, excite active gout by the use of fruit and sugar.

**TO THE PROFESSIONAL AND NON-PROFESSIONAL.**—Dr. Frederick Montizambert, (Que., Can.) at the October meeting of the American Public Health Association, in his presidential address, said: to the medical men of Kansas City and its vicinity, the meeting was meant in part as an appeal to quicken interest in the more purely preventive work of the profession, to increase interest in the organization and working of the coast quarantines and health boards; the sewerage of cities; the disposal of garbage and refuse; the purity of water-supply; the infectious diseases of animals now known to be closely related to those of man; as well as other broad questions of modern sanitation. To the non-medical of all ages, sexes and conditions it is an appeal to take a lively and an active part in the great crusade against dirt and disease. Sunlight, pure air, and thorough cleanliness are natural enemies to disease germs. There is no sounder philosophy than the old saying that, "there is more health in a sunbeam than in drugs, more life in pure air than in a physician's skill," and that, "sunlight may fade your carpets, but better that than have its absence fade your checks."