

2. Reduce the number of subjects in the curriculum, and shorten the periods of study.
3. Ventilate the school rooms in accordance with the most approved methods.
4. Regulate the temperature of the school-room—an atmosphere which is too warm debilitates the system.
5. Provide properly constructed and arranged seats and desks.
6. Instruct pupils to sit erect, and to hold the book or paper at least twelve inches from the eye.
7. Provide highly myopic pupils with proper spectacles, which will enable them to read at the natural distance of twelve inches.
8. Furnish pupils with well-printed books.
9. Furnish abundance of light, without producing glare. Let it come from the left side if the room is narrow, from both sides if the room is wide.
10. Provide for the physical education of school children, and teach them the importance of outdoor exercise.

PROF. BARTHOLOW says iodide of ethyl is a very valuable antisposmodic, singularly, and immediate beneficial in spasmodic asthma, also lessening liability to subsequent attacks. In capillary bronchitis it is conspicuously beneficial, as also in catarrhal pneumonia. In chronic bronchitis it is a most valuable agent, from its local action. It will probably take the place of iodine vapor for respiratory diseases. The dose is gtt. v-xx three or four times a day, by inhalation, generally from a handkerchief.—*Coll and Clin Record.*

FOR TORPIDITY OF THE LIVER.—Professor Delafield, of New York, recommends the following :

R Podophyllin,	grs. ij,
Hydrarg. bichlorid.,	gr. j,
Pulv. ipecac.,	grs. iv,
Ext. colocynth co.,	grs. x. M.
Ft. pil. No. xx.	
Sig. One pill three times a day.	

PAINLESS PARACENTESIS.—Since general etherization is sometimes interdicted owing to some heart trouble, etc., and since the ether-spray is disagreeable, owing to the odor of the ether, the following, not very new, but practical suggestion of Dr. F. P. Stapes in the *Brit. Med. Jour.*, Nov. 17, '83, is worthy of note. He applies a mixture of salt and ice for about twenty minutes before the operation. This completely destroys all sensibility in the part.—*Med. and Surg. Reporter.*

ETHER IN TYPHOID FEVER.—A French physician considers hypodermic injections of ether very

valuable in the adynamic forms of the disease. He reports five cases so treated. Two injections, of twenty drops each time, were made daily, and under its influence the patient was aroused and delirium ceased. In pneumonia, these injections are of the greatest utility, as they are in every malady assuming a typhoid form.—*Med. and Surg. Reporter.*

At the clinic (*Col. and Clin. Record*) Prof. Pen-coast's wrist tourniquet is used by him. It consists of two compresses over the ulnar and radial arteries, covered by a strip of adhesive plaster extending almost around the wrist. He reported an operation in which the palmar arch was cut, and hemorrhage was prevented by this tourniquet alone, no ligatures being used.

NEURALGIA—Prof. Roberts Bartholow recommends equal parts of chloroform, camphor and hydrate of chloral, as an efficient local application to allay the pain of neuralgia. This simple mixture, he recently stated to his class, is very rapid in its anodyne action on the part to which it is applied.—*Med. Summary.*

PROF. PARVIN says that a strict milk diet is the best and almost certain remedy for the albuminuria of pregnancy. A recent case thus treated was delivered of twins, no convulsions occurring.—*Coll and Clin Record.*

Prof. Rogers, last week, demonstrated the folly of decolorizing solutions of iodine, the reaction being really the formation of an iodide and iodate.

Births, Marriages and Deaths.

On the 23rd ult., the wife of Dr. J. Fulton, Toronto, of a daughter.

At Chatham, N. B., on the 13th ult., John Thomson, Esq., M.D., aged 75 years.

At Whitevale, Ont., on the 4th ult., J. R. Tabor, M.D., aged 43 years.

In Chicago, on the 26th of January, Alexander C. Savage, M.D., formerly of Ottawa.

At Harrowsmith, Ont., on the 17th ult., Dr. J. R. Smith, aged 45 years.

In Kingston, on the 26th ult., Dr. C. H. Lavell, eldest son of Dr. M. Lavell.

* * * The charge for Notices of Births, Deaths and Marriages is Fifty Cents, which should be forwarded in postage stamps with the communication.