

ELSEWHERE we have alluded to the desirability of endeavoring, by a little easy, peaceful work during all the year, especially the winter, to prevent this terrible annual spring warfare with dirt which devolves regularly upon every local board of health. It can be done, and if done would be a vast improvement on the present course: upon which, we venture to predict, no one would willingly "go back." But this preventive work has not yet been done, and in many hundreds of municipalities in Canada at this season there is a vast, a positively incalculable amount of cleaning up to be done, if human health and human life are not to be wantonly sacrificed. With some boards we have found a tendency not to be early at this cleaning up work. Some appear to think, for some unaccountable reason, that it is better to wait till a little later in the season. This is unquestionably a mistake—in some cases it may be a fatal mistake. The sooner the work is done, entirely and completely, the better, and it should by all means be completed before the hot season commences. It must be remembered too that often this hot season commences early. We think we cannot too strongly impress upon boards and inspectors and upon householders, the desirability of early and most thorough work. And it is not enough to get the great bulk of the dirt removed from the most conspicuous places. The inspector

must become for the time and occasion a veritable "Paul Pry," and look into every out of the way corner and see that it is effectually cleaned. Disinfectants, including plenty of strong fresh-lime wash, should be freely recommended and indeed insisted upon in all places whence filth has just been removed and about out-buildings generally. And rural inspectors have just as nice and important work, if not so much of it, to attend to as those of the cities and towns.

Besides this actual work, which has been long left for the spring cleaning, inspectors, if properly instructed, could now do much to make far less work for next spring. By timely suggestions and advice they could convince householders of the great advantage and economy of burning much of their refuse during the winter or of having much of that which cannot well be daily burned with present facilities at once or weekly carted away to more suitable, safer places than to be dumped in the everywhere existing "back yards" or laneways, to be left till spring; where the earliest rains falling upon the filth, wash much of the worst of it into the soil beneath, whence it often can not be removed, but must only be disinfected, when the preventive measure of earlier removal would have been vastly better. Now, then, is a good time to begin to prevent so extensive a warfare next spring as is necessary this spring.

THE PREVENTION OF INSANITY.

THIS is a part of the public health question which has not yet received much attention. The Superintendent of the Eastern Michigan Asylum for the Insane, Dr. Burr, recently read a valuable paper at a Sanitary Convention bearing upon this important subject. That the terrible affliction, insanity, in any form, may be caused by our own indiscretions, as it certainly may be, should more than any other sequence cause us to become specially interested in the preservation of physical health; and this affliction appears to be everywhere on the increase.

Insanity being merely an expression more or less profound of perturbation of the brain, has, like disease in general, ultimate causes, and the careful study of these and the dispelling of the mystery surrounding insanity have shown the latter to be largely preventable. An exaggerated idea exists as to the part which emotional causes play in the production of mental diseases. Mental disease is frequently the result, directly or indirectly, of the conditions which impair the general nutrition. Unsanitary surroundings, exposure to the contagion of communicable diseases, labour in ill ventilat-