

## Scientific and Sanitary.

No fact is better established than that the meats of animals that have suffered just before dying are more or less poisonous. Even fish that are killed as soon as taken from the water are more wholesome than those that die slowly.

To-day, at Boston, will be celebrated the jubilee of painless surgery. It will then have been fifty years to the day since the first public demonstration of etherization took place at the Massachusetts General Hospital, in that city. Upon that eventful occasion the inhalation was personally administered to the patient, from whose jaw a tumor was removed, by Dr. William Thomas Green Morton. Dr. Morton was a graduate of the Baltimore College of Dental Surgery, the first dental college established in America, and was at that time only two months over his twenty-seventh year. Within another month he had secured a patent upon his painless process under the title of "Letheon."

"Certain facts about lightning strokes have recently been tabulated," says Popular Science News. "Thunder storms reach their maximum in June and July, though reported in every month except January, the region of winter thunder-storms centering about Louisiana. Forty such storms are the maximum average for any such section. The average annual loss of life from lightning in the United States is twenty-four persons; or loss of property over \$1,500,000. People living in cities and thickly built towns run little danger, the risks in the country or suburbs being five times as great. For the same reason the center of a grove of forest is safer than its edges, the dense growth acting to distribute the current."

Dr. Drysdale, writing to the British Medical Journal, apropos of certain recently published statistics of smokers among the students of American colleges, recalls some facts discovered by Bertillon in 1855. He found on inquiry made by him concerning the pupils of the Polytechnic School of Paris that 108 of the pupils smoked and 52 did not smoke. He then arranged the 160 pupils into eight divisions, according to the place they had in examination, 20 in each rank, and found that of the twenty who stood highest, six were smokers and fourteen non-smokers; of the next twenty, ten were smokers and ten non-smokers; of the next twenty, eleven smoked and nine did not smoke; thus showing how much higher the non-smokers stood intellectually than the habitual smokers. He also found that the mean rank of the smoker, as compared with that of the non smoker, deteriorated from their entering to their leaving the school. As a result of Bertillon's inquiry, the Minister of Public Instruction of France issued a circular, addressed to the directors of schools and colleges, forbidding the use of tobacco and cigars to students.

Probably the majority of men eat too much and do not drink enough water. As a result of this there are deposited in the tissues many effete products that should be carried off by the kidneys. The work done by these organs is in this way interfered with, and in time organic disease often comes on. It is owing to the large amount of water that much of the benefit from a milk diet arises. In advocating the use of abundance of water with the solids, attention is called to the danger of washing down the food with it, and not taking time to masticate properly. While water is of prime importance, it cannot take the place of saliva. The benefit derived from a sojourn at a mineral spring is almost entirely due to the flushing-out the system gets. Waste products are dissolved and washed away by the kidneys. The opinion is expressed that pure water drunk for a lengthy period would have as good an effect. In advocating the use of water, its excessive use must be guarded against. The habit of taking too much of it may be indulged in. This is the other extreme, and may result in harm. The effect of water is to make the kidneys act, and by overdrinking these organs may be overworked. If many people drank more water and used less solid food, kidney diseases would not be so common they are at present. —*Dietetic Gazette*

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