

BEWARE OF HURRY. From the *London Lancet*.—The maxim of safety—to avoid physical and mental hurry alike—is, prepare, deliberate; in a word, adopt an orderly method. The man with a weak heart who endangers his life by hurrying to catch the train, unless under altogether exceptional circumstances, is probably the victim of a defect in early training, which leaves him at the mercy of impulse without order; or he is striving to fill a place in life for which his chief qualification has been the faculty of accomplishing by effort more than can be achieved naturally by steady labour. Some persons are ever hurrying after their engagements; others are goaded onward by the pressure behind them; but however the 'hurry' is produced, it is full of peril to happiness of mind and health of body, and in the end, exhaustion, if not prematurely by accident, it *kills*.

LAUNDRIES AND THE SPREAD OF DISEASE.—The public should be reminded that contagious diseases may be spread by laundries. Such establishments may, the proprietors not being aware of it, receive the clothing from the bodies of those who had suffered from contagious disease; for there are, doubtless, individuals thoughtless enough to send such clothing to a laundry.

SPECIAL NOTICES.

AS THIS IS THE LAST NUMBER OF VOLUME III, we hope those in arrears will kindly remit the amount due without delay.

TO ALL IN ARREARS for MORE than the last volume, **AFTER THE 25th MARCH**, we purpose sending accounts, for collection, by express.

BILLS WILL NOT BE SENT with this number, as they have been sent several times already, but the amount due will be found marked on **FIRST PAGE OF COVER**.

ARRANGEMENTS ARE ABOUT TO BE MADE whereby it is hoped the next volume of the **SANITARY JOURNAL** will be greatly superior to any of its predecessors. The first number may be delayed however.

ANY REQUIRING TITLE-PAGE for binding Volume III, will please send address by P. O. card.

SOME NOTICES OF BOOKS and Journals received will appear in next number.