

are cordially co-operating in this important movement. Notwithstanding, however, the great progress of medicine during recent years, the results have been less manifest than the brilliant advances of modern surgery. There is no organ or region of the body which has not been investigated by the surgeon; year by year the science has gained wider application and reached a higher state of perfection by new methods of diagnosis and improvements in surgical technique. Only three and a half years ago the remarkable discovery of Professor Röntgen was communicated to the scientific world, and it has already proved of great value in surgical practice.

The time is coming when there will be a considerable reduction in the number of adults suffering from hernial troubles, and this important result will be due to the latest improvements in radical operations. There will be a great reduction in the number of persons afflicted with loss of sight, the issue of the modern treatment of infantile ophthalmia and the corneal diseases of children, and also the early correction of errors of refraction. During the last twenty-five years great advances have been made in aural surgery, and the number of deaf persons in this and other countries has been greatly lowered. The experimental investigation of the causation of human septic disease is still far from complete, and the treatment of cancer and its manifold complications is another great field for inquiry in coming years.

Altogether, during the last fifty years there has been a steady increase in the value of human life, and we can confidently hope that the health of Great Britain will continue to improve. In the coming century a stronger and broader warfare will be carried on against preventable disease; sanitary authorities will grow in wisdom and will more graciously accept their responsibilities; the public health service will be better organized; the medical officers of health will be better paid, and wholly devoted to their duties; hospital accommodation for contagious disorders will be considerably increased, and the houses of the working classes transformed and reconstructed on modern lines. There is every reason to anticipate that the death rate of the country may still be greatly reduced, and that 10 to 12 per 1,000 may be the figures of the coming century.

In the meantime, the great hindrance to the progress of preventive medicine which we have to overcome is the overcrowded and insanitary condition of the dwellings of the working classes, but, beyond this, it must be remembered that the basis of national health is the personal cultivation of health. In conclusion, Dr. Cousins said that they wanted the fathers of England to be the enlightened sanitary officers of their own households. They desired to see a wider knowledge of the laws of health, and he hoped the day was not far distant when they would be zealously taught in every school in the kingdom.— *The Insurance Observer*, London.

CAPE BRETON.

A CANOEIST'S MEMORIES OF ITS BEAUTY.

The formation of a great coal company and the projected establishment of mammoth steel works in Cape Breton has aroused the greatest interest in that hitherto almost neglected corner of the Dominion. But while our railway magnates and those engaged in industrial pursuits are spying out the land for business purposes, they cannot fail to recognize the extraordinary attractions the country possesses for tourists, travellers and those in search of summer homes for their families. Lest the opportunity to dwell upon the beauty of Sydney, Louisburg, Baddeck, Barra and the Bras d'Or Lakes should be neglected, the following extracts from the account of a canoe voyage from Sydney to Barra Straits in 1885 may prove interesting to those who wish to know something of the whereabouts, people, scenery and climate of the island of Cape Breton. The author of "Canoeing in Cape Breton" says of the wonderful Bras d'Or Lakes: "As we steamed through the calm waters of the winding channels that open into St. Peter's Bay, from the lofty wheel-house we looked out upon the wood-fringed shores and the ever-changing lights and shadows of scenery which tourists and writers have raved about. Here is a small bay in the calm depths of which is reflected faithfully not only every object on its shores, but even the varying tints of the trees. It is not surprising that description fails to convey to the senses any impression of the lakes as they are when the light summer air disturbs their surface at midday, and causes the tiny sun-kissed waves to plash against one's canoe in drowsy murmurings, or when the last faint puff of the evening breeze passes away and leaves the water so motionless that it seems like sacrilege to dip a paddle therein."

For the people of Cape Breton this traveller of years ago has nothing but words of kindness. He remarks:

"How the eyebrows of dwellers in cities will be elevated when I tell them that the tourist in Cape Breton, who forsakes the beaten path of travel, who tramps through the small settlements, or skirts the coast in a canoe, will find little use for money as an equivalent for the necessaries of life. I have tasted tea guiltless of sugar, but sweetened with true Scottish kindness; I have made a hearty meal of everything that the pantry of a Cape Breton cottage could produce, and have slept soundly in beds clean and wholesome. I have been fairly smothered with kindness and hospitality all the way from Sydney to Barra, of which charming nook I carry recollections fond enough to make me sigh for next summer. And yet, I found the currency of the country almost worthless as a means of shewing gratitude, and discovered that a few words of kind courtesy are, in Cape Breton, better than specie payment. I have heard people say unkind things of the Scotch, I have heard them abused for being *clannish*, and I have joined in laughter created by some story of their proverbial thriftiness. But during the cruise of the *Nettie* I did penance—and am now vainly groping along the branches of