

was given the credit of being the first Province in the Dominion to erect a Government sanitarium for consumptives. The suggestion was offered that the appointment of a Minister of Health was advisable in each Province. Touching upon the public fear which has been aroused regarding the impossibility of checking consumption, Dr. Roberts

characterized it as one of the most ludicrous and pitiable "bogies" which ever alarmed the public. The advantage of the hospital system of treatment, and the fact that the prevention of the disease was bound up in the solution of the great social and economic problems which are engaging the attention of the various nations, were emphasized by Dr. Roberts.

Facts About Man

THE average weight of an adult is 140 pounds. The average weight of a skeleton is about 14 pounds, and the number of bones is 240. The skeleton measures one inch less than the height of the living man. The average weight of the brain of a man is $3\frac{1}{2}$ pounds; of a woman, 2 pounds 11 ounces. The average number of teeth is 32.

The average height of an Englishman is 5 feet 9 inches; of a Frenchman, 5 feet 4 inches; and of a Belgian, 5 feet 6 $\frac{3}{4}$ inches. The average weight of an Englishman is 150 pounds, of a Frenchman 135 pounds, of a Belgian 140 pounds.

A man breathes about 20 times in a minute, or 1,200 times in an hour. He breathes about

18 pints of air a minute, or upwards of seven hogsheads a day. He gives off 4.08 per cent. carbonic acid gas of the air he respires.

The average of the pulse in infancy is 120 beats per minute; in manhood, 80; at 60 years of age it is 60. The pulse beats of females are more rapid than of males.

The weight of the circulating blood is about 23 pounds. The heart makes four beats while we breathe once. Five hundred and forty pounds, or one hoghead, of blood pass through the heart in one hour. One thousand ounces of blood pass through the kidneys in one hour.

The lungs of a man have 174,000,000 cells, which would cover a surface thirty times greater than the human body.

Fresh Air as a Cure for Colds

A WRITER in the British Medical Journal declares that there is a good deal of mystery in connection with the "common cold," and makes the following observations which he says are based on a study of the subject extending over three or four years:

1. "Colds" are always infectious. The source of infection can be discovered in more than ninety per cent. of cases.

2. The period of incubation is usually less than twenty-four hours and almost always less than forty-eight hours. Only very rarely is it as much as four or five days. Possibly these differences in the period of incubation may be caused by a variation of micro-organisms in different cases.

3. The infection must be fairly concentrated, as in a badly ventilated room, church, or railway carriage, and must be continued

for some time (twenty minutes or half an hour).

4. Whether a person be hot or cold, wet or dry, does not at all influence his liability of becoming infected. The important point is the dose of the infection.

As for treatment, the best that can be done for a patient is to place him in the open air or in a room with a good through draught. The reason, apart from the obvious improvement in general health resulting from such a force is that a "cold" is a disease in which a patient reinfects himself again and again if shut in the confined space of an ordinary living room.

The best means of prevention follow as a corollary to these facts: Never sit in a room that is not thoroughly ventilated, and avoid especially any room occupied by a patient suffering from a "cold."

Weather Proverbs

If on Candlemas day (February 2nd) it is bright and clear, the ground-hog will stay in his den, thus indicating that more snow and cold is to come; but if it snows or rains he will creep out, as the winter is ended.

* * *

If Candlemas day be fair and bright,
Winter will have another flight;

But if Candlemas day bring clouds and rain,
Winter is gone and won't come again.

* * *

On Candlemas day the bear, badger, or woodchuck comes out to see his shadow at noon; if he does not see it he remains out; but if he does see it he goes back to his hole for six weeks, and cold weather continues for six weeks longer.