

## EDITORIAL NOTES.

CLEANLINESS and sanitary science may be regarded as almost synonymous terms. Also, lute cleanliness, everywhere, within the body as well as without, covers almost the whole ground of the science and art of health. Want of cleanliness means dirt, and dirt means waste, used up, excremental matter in the wrong place :—within the body when it should have been cast out by active excretory organs ; in and around about our places of abode or resort when it should have been at once destroyed, burned, disinfected or in some way transformed into inert, harmless matter. All infections are directly associated with uncleanness ; local organs become diseased from excess of waste matters in the blood ; a "cold" would hardly ever be "taken" were the body absolutely clean within and without.

CONSUMPTION, the most destructive of all diseases, is doubtless directly caused, in susceptible bodies of course, by breathing the infection from or with particles of dried sputa, or spit, cast out upon the floor or sidewalk from the lungs of consumptives, more frequently than in any other way. The habit of so spitting is a dirty, vile and thus often even a fatal habit. It has been proved in many ways by many scientists that the disease may be, and it unquestionably is, frequently caused by inhaling the infection from this source. When Tappeiner was causing dogs to breathe the pulverized sputa of consumptives, a robust servant of forty laughed at the idea, that consumption could be caught in this way. In spite of warnings he went into the inhaling room, breathed the sputum dust, contracted the consumption just the same as the dogs, and in fourteen weeks he died of the disease.

TEN THOUSAND human beings at the lowest calculation die in Canada every year from consumption alone. If no consumptive were allowed to expectorate on floors, streets or anywhere except in a spittoon or a special flask (now obtainable) or on bits of cotton rag, and all the sputa were then daily or oftener carefully burned or thoroughly disinfected with corrosive sublimate, this great mortality would doubtless soon be reduced to five thousand or less. The education of the public alone in this important subject would go a very long way, without any

coersive measures. Thousands of consumptives would at once thus dispose of the expectation from their lungs, if they but knew the consequences of not doing so. Moreover, the consumptive reinfects himself, other points in his own lungs become the seat of the disease, and his chances of recovery are lessened if he continues to breathe germs from his own sputa. Or the germs may settle on food and this when eaten may infect the digestive canal—the stomach and bowels.

DAIRY BULLETINS are now being issued from the Experimental Farm here, which will undoubtedly be of great service to the dairy interests, as well as promotive of the public health by improving the quality and purity of dairy products in the Dominion. The suggestions relating to the food of cows and the cooling and cleanliness of the milk, etc., are excellent, and it is to be greatly hoped that all dairymen will practice them. In an introductory the editor of the Bulletin, Mr. Robertson, the Dairy Commissioner, says : "The first purpose of the bulletins will be to spread useful information bearing upon Dairying in the Dominion, for the benefit of its farmers. Their aim will be the education of the average farmer and those whose occupations are associated with his, rather than the furnishing of data of only scientific interest."

THE NEXT form of official bulletin to be issued by the Government we trust will be a Health Bulletin, "for the education of" ALL classes, on all subjects pertaining to HEALTH. What possibly could be more productive of good than to thus "spread useful information bearing" upon the health of the people—health, the most important capital or staple of the whole communities—Bulletins scattered by thousands with information based largely on health reports and statistics from all parts of the Dominion. Let every body who has influence aid in the effort to induce the Federal Government to establish a Health Department, also in connection with this prosperous and progressive Agricultural Department, which shall have for its prime object the education of the people of Canada in the ways of preventing disease and premature deaths.

A STARTLING REPORT on the Inquiry into the connection of disease with habits of intemperance, prepared by Dr. Isambard Owen,