

good, as quinine, nux vomica, quassia, &c., or the preparations of zinc and arsenic—occasionally a saline cooling aperient is advisable. I have found some of the new *herbal* remedies most useful in this complaint. The diet should be nutritious and easily digested. If stimulants are taken, pale ale, dry sherry, claret, or some of the light Rhine wines are best. Hot tea and vegetables, with the exception of potatoes are to be avoided. Moderate exercise to be taken in a cool shady place, or in the cooler parts of the day.

SYNOPSIS OF MORTALITY FOR APRIL.

The total mortality for the city and suburbs is 548, of this 89 were outside the city limits making a mortality of 459 for the city proper; this, estimating the population at 150,000 as we stated it was in our last number, and which was adopted at a meeting of the Board of Health in May, gives a death rate of 36 per thousand. This result is favorable and indicates that increased sanitary precautions are in use by our fellow-citizens. If our French fellow-citizens would only be advised and adopt vaccination generally, the city would have been saved 42 deaths from small-pox—which would further have reduced our percentage. In regard to ages, the greatest death-rate was amongst children under one year, being 261, (this is generally the case); the next largest is from those between one and five years, being 79; then those between 20 and 40, who should be the healthiest of our population, give us the enormous number of 73. Tabulated according to nationality, the French-Canadian death-rate predominates, being more than all the other nationalities put together—viz: 296 French-Canadians, and the rest were made up by British, Irish, Scotch and other countries to the number of 252. As to Wards, the highest mortality is in St. Mary's Ward, there being 72; St. Ann's and St. Antoine being respectively 60 and 63; St. James, 57.

The charitable institutions show too great a percentage, being no fewer than 119 in four weeks, or four and a fraction per day. For more minute information, *vide* page 362.