They have lived in malarious districts, slept on the banks of malarious rivers for years, without contracting any of the forms of fever peculiar to such neighbourhoods, and ascribe their exemption solely to the habit of breathing through the nose.

In cities and other centres of contagion many examples of the unnatural "mouth" respiration may be seen, which is always hurtful. No perfect rest in sleep, can be obtained with the mouth open, and quiet rest is a valuable consideration; it is nature's great restorer. Mr. Catlin in his little work entitled "Shut your mouth and save your life," contrasts the natural repose of an Indian child, with the uncomfortable slumbers of an infant of civilization, with its wide open mouth and gaspings for breath." The Indian child, was never allowed to sleep with its mouth open; as it fell asleep the savage mother never failed to press its lips together, till she had fixed a habit that was to last for life; for when these children grow up, waking or sleeping they keep their mouths shut." And to this habit, he ascribes the immunity that the native race of America then enjoyed from the deplorable diseases and mortality rate among civilized people. Among two millions of these people that he had visited, he never saw or heard of a hunchback or crooked spine, an idiot or a lunatic, whilst premature death was quite uncommon. The mouth should be kept closed when in a crowded or dusty room, when among a crowd at any time, when on the street, in the field, work shop or mill —in fact at all times when possible so to do. If the habit is once acquired and put into practice, it will pay in improved health and prevention of disease. A firmly closed mouth also promotes personal beauty; open mouths cause the best features to wear an insipid and unattractive appearance.

## LEGISLATIVE SANITARY COMMITTEE.

The committee recently appointed by the Ontario legislature to enquire into and report upon the sanitary condition of the Province have issued a number of questions addressed to medical men with the view of collecting as much informaiton on the subject as possible. As was to be expected some physicians who have paid attention to such matters have sent replies, but the great majority have taken no notice of them—but were rather disposed to laugh at the absurdity of some of the questions. Many of the questions were most important and should have been replied to. We have before us the replies given by Dr. Philip of Brantford, to one of the questions with its subdivisions A, B, C, from which we take a few excerpts.

A.—Drainage—nature, extent, etc. There is practically, no drainage in the city of Brantford, except private drains. In most cases, house drainage passes into large cess-pits at a distance from the houses of from ten to one hundred yards. When these are full, other pits are dug alongside of the old ones. Most of these cess-pools are in close proximity to wells, in some cases not more than five feet away. In not a few cases, especially in the older parts of the city, the back yards are saturated with *ordure*. The result of this state of things is simply pollution of the soil in proximity to dwellings, which, if persevered in must engender zymotic diseases. Of this there is clear evidence in the constantly recurring cases of virulent diphtheria, typhoid fever, *et hoc genus omne*.

B—Nature of soil and distance to bed rock. The soil on the surface is mainly sand and gravel. The city is built in a basin of the grand river valley the sides of which rise to about 100 feet all around, enclosing an area of about 1½ miles in breadth and 3 in length, the high lands draining naturally down to the river. The natural drainage is thus good, and the facility for artificial drainage, the best that could be secured. The sand and gravel vary in depth, from a slight covering in the low grounds to from 50 to 60 feet in the high; below it, lies clay, yellow and blue which has a thickness of from 50 to 150 feet, and in some places probably more, before the Onondaga lime-stone is reached.

C.—Depth of wells, quality of water, supply, ample or limited. Wells, dug from 20 to 30 feet deep, are generally abundantly supplied with water from the clay beds. That the wells and springs are supplied, in part, from the surface water, due to the precipitation of rain and snow, is very manifest. The increase of late in the number of wells is lowering the water level and diminishing the flow of the springs. This being the condition of things, the water in the wells and from the springs naturally holds, in both chemical and mechanical solu-