

which there are usually several in each municipality, be induced in some way to interest themselves in the matter? It is very essential that the returns be made complete in some way.

Finally, the completeness in the returns is largely in the hands of physicians. Few deaths take place previous to which a doctor has not been called upon, if only for the purpose of having him witness the death-throes and give a certificate of death. If all physicians would but give due consideration to the importance of this matter, we have no doubt they would take a little trouble to see that all cases of death coming to their knowledge were properly registered. The same remarks apply, though not quite so fully, to births ;—more births than deaths take place without the doctors knowledge.

There is no reason why physicians should not be paid for giving a certificate of death. In most cases the deceased's friends are able to pay for it. They do pay frequently for a showy and superfluously expensive funeral. Arrangements might be made for the municipality to pay in cases wherein the friends are not able to do so. Until this is compulsory, we hope physicians will act on the liberal principle, and see that the death is registered, pay or no pay, as they usually visit the sick.

PRACTICAL HYGIENE.

The following good advice on individual practical hygiene was communicated to the *Herald of Health* (Ill. U. S.) for the benefit of its readers, by Dr. J. L. White, and is quite applicable in this country at the present season :—Just at this time, it is more than ordinarily necessary to guard against the insidious approaches of disease, and to destroy, if possible, all germs of contagion. The winter through which we have just passed, has been without parallel in the last half a century, in regard to mildness of temperature. As a consequence of this, all realize that the system has not been invigorated as it is wont to be by the bracing weather of ordinary winters. The hot months of summer will find us with enfeebled powers of resistance to any noxious germs that may find their way into the blood ; while, on the other hand, the long continued moist and warm weather has been most favourable for the development of parasitic life in all its forms. It is reasonable to suppose the coming season will be fruitful in zymotic diseases, and there is great danger that they will be of a severe type. In view of this probability, it behooves all to take the best possible care of themselves in every particular, to avoid intemperance and excess of all kinds, to be regular in their habits of eating and sleeping, to avoid over-fatigue, and, as far as may be, mental anxiety, which last, in my humble judgment, at this time, is doing more than anything else to depress the vital energies of our people and render them easy victims to what otherwise would be curable diseases. The skin should be kept in a healthy condition by frequent bathing. The diet should be generous and of the most