

THE EXAMINATION PAPERS for the qualification in State Medicine, Dublin University, are given in the *Sanitary Record*. They are under the following heads:—Vital Statistics, Hygiene, Meteorology, State Medicine, law and Engineering. We should be glad to be able to give the questions, as they would be interesting to our medical readers, but our space is too limited.

A WRITER IN THE JOURNAL OF PHARMACY recommends the use of plain rectified spirits, or raw corn whiskey, when patients require alcoholic stimulants, rather than run the unnecessary risk of inculcating in them a taste for fragrant French Brandy or Bombon, &c. Besides, the former are much less experience, a consideration in the case of poor patients.

SANITARY VIGOUR.—It was recently reported, says the *Sanitary Record*, to the Portsmouth Town Council by the medical officer and the engineer that sixteen small habitations had been built in defiance of the by-laws upon a site which had been for years a common receptacle for sewage refuse; whereupon, after discussion, a resolution was passed that notice be given to the builder requiring him to pull down the houses.

DANGER OF RESPIRATION BY THE MOUTH.—John Catler wrote a little book with the title "Shut your Mouth." He insisted that many diseases were at least encouraged by breathing through the mouth. M. Guyes, of Amsterdam, (*Medical Times*) recently calls attention to evils which arise from respiration through the mouth, instead of through the natural passage, the nostrils. The olfactory sense, he says, causes impurities in the air to be recognized; the nasal walls render the air, as it enters, in a degree humid and less irritating; and they retain many of the solid particles suspended in the air, as proved by the quantity of dust often accumulated in the nostrils. Among those who habitually breathe through the mouth, pharyngeal disorders, chronic catarrh, &c., are very common, and are often transmitted to the eustachian tube and tympanum, producing deafness. A somewhat singular case in point is given in the London *Lancet*, by Dr. Charteris, in which, in a diabetic patient, great benefit, was received apparently by constantly breathing through the nostrils only. The theory seeming to be that it aided in restoring to the lungs their partially lost combustive power; enabling them to consume more sugar. It is undoubtedly highly important that every one should form the habit of breathing with the mouth closed, even during sleep.