

were called. Tracts containing practical information as to isolation, sanitation, and general treatment were to be distributed to families one of whose members had contracted the disease, and notices should be sent to school-teachers, that they might at once exclude children coming from such families. In the country the schools were the leading means of spreading the contagion. In cities and towns it might also spread by contamination of the drinking-water, by sewers and cess-pools, and by aerial infection by means of ground-air or sewer-gas.

**TO REMOVE FRECKLES.**—Shirley Dare recommends a lotion of chloride of lime made very weak and dried on the face in the sun for five minutes, and washed off

with lemon juice, followed by glycerine. "If they don't go at the first application, they will with sufficient repetition. Or you may touch the freckles with javelle water, taking great care it does not touch the eyes, lips or inside of the nose; after a few minutes wash off with lemon juice or vinegar as before."

**FOR BLACK-HEADS, flesh-worms, which** are found in the skin of the face and especially of the nose, may usually be removed by the following safe prescription of Dr. Unna: China clay, 4 parts; glycerine, 3 parts; acetic acid, 2 parts. Add to this a sufficient quantity of any perfume desired. On going to bed apply the ointment to the parts affected, and leave it on all night. Repeat four or five times and wash with fine pumice-stone soap.

## THE PUBLIC HEALTH.

**CANADIAN CITIES.**—The total number of deaths recorded for December in the twenty-eight principal cities and towns which make monthly returns to the Department of Agriculture, in Ottawa, was 1,356; 66 more than in the previous month. For the corresponding month of last year the record was 1,441 with two cities less making returns, which with the increase of population, gives again for December (as for the previous month, as reported in our December issue) a decidedly lower rate for last month than in 1887. No deaths from smallpox were reported for December. From measles there were 37 deaths, 14 of which were in Halifax, and 17 in Montreal. In the previous month there were only 22 deaths from measles. From scarlet fever there were 21 deaths in December, 14 of which were in St. John, N. B.; 4 less than in the previous month. From diphtheria there were 85 deaths, 26 more than in November. Of the 85 deaths, 38 were in Montreal, 12 in Toronto, 11 in Ottawa and 7 in Winnipeg. With a further decrease in the mortality from zymotics, there was an increase in that from local causes, such as inflammations.

**THE MORTALITY IN 1888.**—The total mortality in the 20 principal cities in Canada in 1888 was 17,100. The total mortal-

ity in the same cities during 1887 was 15,636; although in 1886 it was 16,018.

**IN LONDON, Eng.,** according to the British Medical Journal of January 12, 1889, notwithstanding the unseasonable weather which prevailed during a great part of the year, the death-rate was considerably below that recorded in any year since civil registration was first established in 1837—18.5 per 1,000 of population. The mortality from the principal zymotic diseases was also below the average, although epidemics both of measles and of whooping-cough prevailed during the year.

**THE MARKED IMPROVEMENT** in the health of London has thus been more than maintained; the death-rate from all causes, which had averaged 24.4 per 1,000 persons estimated to be living therein in the ten years 1861-70; 22.5 in 1871-80; and 20.4 in the first seven years of the current decade, further declined to 18.5 during 1888, the lowest rate on record.

**IN MICHIGAN** in November, small-pox was reported in seven places. The disease, it is reported, is prevalent in many centres in different parts of the United States. Three places are mentioned in New York in which there are isolated cases; and five centres are reported (Jan. 19) in Ohio.