

### MAN'S AGE.

Few men die of old age. Almost all die of disappointment, passion, mental or bodily toil, or accident. The common expression "choked with passion," has little exaggeration in it, for even though not suddenly fatal, strong passions shorten life. Strong-bodied men often die young; weak men often live longer than the strong, for the strong use their strength, and the weak have none to use. The latter take care of themselves, the former do not. As it is with the body, so it is with the mind and temper. The strong are apt to break, or, like a candle, to run; the weak to run out. The inferior animals that live temperate lives have generally their prescribed number of years. The horse lives twenty-five; the ox fifteen or twenty; the dog ten or twelve; the rabbit eight; the guinea-pig six or seven years. These numbers all bear a similar proportion to the time the animal takes to grow to its full size. But man, of all the animals, is one that seldom lives this average. He ought to live a hundred years, according to physical law, for five times twenty is a hundred; but instead of that he scarcely reaches on an average four times his growing period; the cat six times, and the rabbit even eight times the standard of measurement. The reason is obvious—man is not only the most irregular and intemperate, but the most laborious and hard-worked of all animals. He is also the most irritable, and there is reason to believe, though we cannot tell what an animal secretly feels, that more than any other animal, man cherishes wrath to keep it warm, and consumes himself with the fire of his own reflections.

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BEGIN teaching at the standpoint of the pupils; guide them from there onward, steadily and thoroughly, without interruption.

THOUGHT RULES THE WORLD.—It makes no noise, but lives on and reigns when all the bustling and shouting that seemed to stifle it are hushed, and whilst the great works, which it guided, the hand of man to do, have either perished or remained to tell the work of a pomp and vain glory gone for ever. Thought is with us in the words of wisdom that "Shall not pass away," and to which we do well to give heed.

EUCALYPTUS IN A COLD OF THE HEAD.—Prof. Strgmbio, in a note in an Italian medical journal, says that notwithstanding the failure of all remedies hitherto recommended for the immediate cure of a cold, he wishes to communicate to the profession

the great success he has found attending a new one in his own person, and to ask them to test its efficacy. He found prolonged mastication of a dried leaf or two of the *Eucalyptus globulus* almost immediately liberated him from all the effects of a severe cold.

NEW ANTISEPTIC SALT.—During some experiments in separating sugar from molasses, a double salt of borate of potassium and sodium was found, that proved to have valuable antiseptic properties. The salt is now manufactured on a commercial scale, and costs about 10 cents a kilogramme or five cents a pound. It is obtained by dissolving in water equal quantities of chloride of potassium, nitrate of sodium and boric acid, filtering and evaporating to dryness. The salt is said to be quite deliquescent, and must be kept in tight bottles. It is quick in action, retains its qualities for a long time and has no injurious effect upon the taste, smell or healthfulness of the substances to which it is applied. It has already found a use in making sausages, in preserving meats, in tanning and in butter-making. A small quantity of the salt added to milk will preserve it in good condition for a week. It is also used in preserving beers and wines, and is being made the subject of experiments in several other directions.

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### BOOK NOTICES.

*The prices affixed include duty and postage.*

Among many valuable books published in relation to Hygiene, we desire particularly to draw attention to the following:

#### HOW TO LIVE OR HEALTH AND HEALTHY HOMES.

This work is now in its second edition, and is written by George Wilson, M. D., author of *Hand book of Hygiene and Sanitary Science*. Price 75c.

#### TECHNICAL AND EDUCATIONAL WORKS.

For the information and instruction of our readers we publish the following list of technical and educational works of a very useful and practical character, particularly for the improved education of those who have not had the advantage of perusing such books. Any of these books can be obtained by remitting to the secretary of the Canadian Sanitary Association the cost, which includes duty and freight. As many of these works are published in Great Britain some time will elapse before they can be received. No commission charged.