

tions which were passed denouncing our present system of education in the primary schools, harmful to the health of the children and not productive of the best-rounded and well-trained minds. Any one who has studied our present system could not fail to observe that, instead of allowing the mind of the child to develop upon its own lines, giving it a chance to expand and broaden in the direction in which it tends to develop and flourish, the tendency is to manipulate and bind mentally until all brains are similar and all standards the same. Many of the subjects taught are not only unnecessary, but absolutely a torture to minds unadapted to them, and the result is, as in the case of the Chinese woman's foot, you have a cramped, irregular, distorted product, instead of the broad foundation which true training would give. The Honorable Minister of Education, who addressed the meeting, stated that he was in entire sympathy with the profession in their endeavors to place the school system upon a proper footing. The only thing we fear is, that in the well-rounded phrases and charming periods of the Minister the strong outlipes of the resolutions disappeared to reappear so similar to our present school system as conducted by the Hon. Minister that there appears little necessity for change; but the one thing that was perfectly distinct was, that the Minister promised to place himself at the disposal of a committee, to be appointed by the Association, to give their recommendations every consideration, and to endeavour, as far as possible, to meet the views of the profession in the education of our children. The matter is now in the hands of the committee, and we depend upon them to so place matters that, even if no changes are made, or whatever changes are made, there will be no doubt as to which party to the contract is at fault.

## THE USE OF TOBACCO

Ontario doctors use little tobacco, as compared with their Quebec and Yankee confrères. Its use, however, in our cities is on the increase, particularly cigarette smoking, notwithstanding the prohibited sale of cigarettes to boys. Bicycling has not decreased the use of the weed nor lessened its harmfulness. The bicycle and the weed are hard on the heart if used to excess.

While medical men are always ready to give the precept that tobacco is harmful, their practice is at variance with this teaching. This leads one to enquire what benefit is derived from tobacco smoking. Experience shows that it lessens longevity and causes various neuroses and heart lesions; yet there are certain compensations.

What can be more tranquilizing after the relaxing and enervating duties of a doctor's day of toil and anxiety than to sit down for a quite pipe of good, fragrant tobacco! What more gentle, reflex stimulation of the fifth nerve can be found wherewith to induce that flow of soul which pours itself forth in agreeable and profitable discourse and communion with a congenial spirit! The medical man knows (or should know), too, when to stop. He recognizes the dividing line between the state of divine afflatus and narcotism, between gentle cardiovascular stimulation and cardiac irregularity. *Qui fœdere certo et premere, et laxas sciret dare jussus habenas.*

He sticks to the one pure good brand, and uses it one way only—not using the pipe, the cigar, and cigarette indiscriminately; smokes a dr. pipe; inhibits his salivary outflow; smokes leisurely; observes several tobacco Lents during the year; and keeps his excretory organs in working trim. So, he receives in the end, the minimum amount of harm with the maximum amount of good.