

WITHIN the present decade, a marked change has taken place in public feeling in relation to public health questions. This is indicated by the increased interest shown by the daily and weekly press in health subjects, notably in vital statistics, the foundation of sanitary proceeding, and oftener in good, reliable articles, with less of the milk-and-water frequently misleading, advice of past times. It is the dawn of a happier sanitary era, when many more little children, by means of more suitable dieting and purer air, will be carried safely through the critical period of infancy and live on to become useful citizens; when diphtheria, scarlet fever and the like will be so starved and crushed that they will not number their victims by thousands nor hundreds among the "flowers" of the flocks of noble, promising boys and girls; when a far smaller number of our best citizens will be cut off in their prime and vigor by typhoid fever and pneumonia, or, later in life, by paralysis, cancer and Bright's disease; and when not consumption but real "old age," with true euthanasia, will cause by far the largest number of deaths. This is not an imaginary condition, only; it may be realized. If only those who, we are sure, must feel a strong interest in this cause of health, would put forth now an effort, this dawn would soon develop into the full light of the day.

ATHLETISM in man is something well worthy of aspiration. Where is the man who does not desire muscular strength, as the woman desires delicacy and refinement? Half the gross weight of the body of man is made up of about half a thousand separate muscles, great and small, the sole function of which is to produce motion—action. Without a certain amount of muscular action to promote the circulation, the whole human organism becomes debilitated and an easy prey to the countless enemies and adverse circumstances with which the human race is environed. Probably the majority of mankind would prefer to be noted for mental, rather than for muscular development and vigor, and in this age, by reason of wonderful mental developement and vigor, steam and dynamite have become such willing powers, while electricity and other and yet unknown forces are awaiting and ready to serve man in almost

any and every conceivable way in which force can be desired, there are not the same extensive demands for muscular power that prevailed in ages past, when the Greeks carried their athleticism perhaps too far; yet as a general healthy state of the brain and mind, as well as of the whole organism, demands muscular exercise, especially and most positively demand it in the growing and developing period of school life, so long as man is constituted as he is, athletic exercises will be always useful, and probably, at least, popular. Hence, athletic associations should be encouraged, and the proposed Gymnasium in Ottawa is well deserving of patronage.

It must be borne in mind, however, that athleticism may be easily carried to an injurious extent. Much care and caution should be exercised, and more especially after adolescence and during middle life, in engaging in severe muscular development. In this, as in all other things, in moderation is the only safety.—

"Use, use is life; and he most truly lives,
Who uses best."

No man is perfectly developed in all his parts. Not one is developed after the manner of the parson's fabled chaise. Every man has his weakest part or organ; although many know not which part or organ it is that is weakest. Death in most cases is the result of failure in this weakest part. A highly developed muscular system, as intimated elsewhere, is a constant strain upon less powerful parts, and hence, "invites dissolution." The excessive strength in one part is a source of constant danger in another. Athletes are not usually long lived. We would therefore urge upon all disposed to engage in heavy gymnastics and athletic games, especially of the more violent sort, to exercise caution.

OBSEEVATIONS AND ANNOTATIONS.

THE York County Grand Jury have recently spoken out strongly in regard to the sanitary condition of the Toronto gaol. "The closets and lavatory appliances in the various wards are in fact a disgrace to a modern institution." They "noticed the absence of proper and continuous ventilation in the corridors and cells. Flues already existed which might be made effective for ventilation at comparatively