

ine and dominant people, races or nations, and the flow of superior human energy, have always come from the cold, bleak, inhospitable regions of the North ; " where greater exertion is necessary to life. This is very favorable to our own Canadian progress and dominion. Such facts are used by Prof. Williams to enforce the maxim that " every human being should earn his daily bread by daily work.

ON THE VALUE of statistics, the Hon. Carroll D. Wright, in a paper in the Popular Science Monthly for August, just received, says : " Legislators and philanthopists could ill spare their statistical guides.... Know thy self applies to nations as well as to men, and that nation which neglects to study its own conditions and affairs in the most searching and critical manner must fall into retrogression." This applies especially to mortuary, natal and disease statistics. How about "guides" in Canada, relating to these? Must we fall into retrogression for want of them?

RECENT OBSERVATIONS confirm previous evidence that a defective diet is the cause of many forms of skin disease, especially those of an eczematous character—"tetter," "sault rheum" &c. A writer in the N. Y. Medical Journal says : "Eczema in infants, or in sewing women, is often traceable to a deficiency of nitrogen in the food." According to Dr. Corbett (in Med Analectic), defective alimentation in infancy develops eczema, and later on, urticaria ("nettle rash," "hives") and erythema (rose colored patches on the skin). He says : "Eczema in infants often appears as the result of too early weaning when the child is fed with a little of everything." And again. "There is no doubt that defective alimentation is a potent factor in contagious pathology

THE LATEST simple test for arsenic in wall-paper, which any one may use, is given in the National Druggist, as follows : Put a small piece of the paper into strong ammonia water. If arsenic be present a bluish color will be developed. Since copper gives a similar reaction; as a further test moisten a crystal of nitrate of silver with a drop of the fluid. If the color be due to arsenic, a yellowish deposit will be formed on the crystal.

AS DISINFECTANTS and deodorizers hot water, steam and dry heat are universally conceded to be the best. Sulphur as a fumigator maintains its place. It must however be used freely—sulphur is cheap ; with moisture, it is best, and

all cracks and crevices in the room must be tightly closed, if the disinfection is to be efficient.

FOOTBALL casualties are very numerous in England. The Pall Mall Budget (N. Y. Med. Jour. July 18th), in a recent issue, had a classified list of the incidents consequent upon rough play at this game. Upwards of fifty casualties were given as having occurred during the six months' season just expired. Of these, not fewer than seventeen were known to have resulted in death, a considerable proportion of the fatalities being due to rupture of the liver, spleen, or intestines. Rupture of the kidney has been assigned as the cause of death in a still more recent case reported in the Lancet.

THE LATEST investigations relative to influenza, or the grip, indicate that it belongs to a contagious-miasmatic or to a purely contagious disorder, the weight of evidence being that it is a contagious-miasmatic; that the bacteria that have been found in the secretions and tissues of those suffering from it do not cause the disease, but that they have developed in large numbers in the body, because, during the progress of the malady, they have found conditions suitable for their growth and propagation ; but that they may be the cause of the complications ; and that there is much reason to suppose that the micro-organism is not a bacterium, but allied to those supposed forms which cause malaria.

FOR infantile diarrhoea August is the worst month of the year usually. Diet is of the first importance; it is indeed almost "everything". Over-eating is a most common cause of the trouble. The mother when nursing should exercise great care in her diet. Keep baby's skin clean and active, its limbs warm and give it abundance of out-door air.

ICED FISH is a subject of notice and warning in the Lancet. "Ice spoils the freshness, firmness, and flavor of fish by rendering it, prior to putrefaction, insipid, soft and flabby." Where fish is preserved on ice, it appears that the ice favors putrefaction by furnishing a constant supply of moisture, carrying with it putrefactive bacteria. On the other hand, keeping fish dry and cold in no way favors putrefaction.

THE Inland Revenue Department Bulletin on teas just issued indicates that the higher priced teas are the more economical ones to buy. There is not much adulteration of tea in Canada, but plenty of that with once drawn leaves in and so poor in substance. Black teas contain less tannin and more theine than Japan and green teas, and are therefore less disposed to interfere with digestion, especially if not "drawn" long.