

ent upon the water as its cause. This particular epidemic is referred to as but an illustration of the increasing danger in the sewage pollution of even largestreams.

In the lectures which Professor Brouardell gave recently in the Academy of Medicine, Paris, in the discussion which was raised on depopulation, there was shown a series of facts which placed beyond doubt the propagation of typhoid fever, largely it appears from stream pollution, as an agent most active in reducing the population of France.

Dr. Christian in his paper contends that the fever is sometimes, it may be often, spread by the use of milk from cows which have drank water containing the typhoid

poison, and gives instances in support of this contention.

The fact is, as said recently by an eminent practical Sanitarian of London, Dr. Vivian Poore, quoted in another article herein, on "Water Supply," &c. If we persist in thus fouling our streams, the farmer may soon have to pay a "water rate" for providing an artificial water supply for his horses, cattle, sheep and even poultry ;—especially in view of many diseases of animals being communicable to man.

Here is certainly something for reflection, and *action* by our Canadian authorities, relative to the pollution of streams.

VEGETARIAN.

Men capable of sustaining fatigue for an indefinite period are the pulse-eating Sikhs, and the date-fed Arabs. The Kasir and Tartar live on milk. The Smyrna porter can shoulder a load of eight hundred pounds, yet his diet is fruit and olives. Officers in the English army who have served in India say that there are no more active or efficient soldiers in the world than the vegetarian troops in Northern India. They can out march if not out-fight any regiment of beef-eaters. Irish and Scottish soliders brought up, the one on potatoes and buttermilk, the other on oatmeal, are at least equal in strength and endurance to the same number of Englishmen who owe their powers and bull-dog propensities to roast-beef and foaming ale. Cyrus, the great Persian conqueror, lived from his youth, it is said, on vegetables, and drank only water. The diet of the heroic Spartans was black bread and vegetables. The ancient Egyptians were opposed to killing animals, from religious scruples. Buddha, Pythagoras, Plato, Plutarch, Diogenes, Seneca, Lamartine, Milton, Newton, Leonardo da Vinci, Wordsworth, Franklin, John Wesley, Wm. Cullen Bryant, Bronson Alcott, and many other great thinkers and indefatigable workers, all

bear witness to the value of simple living, without the use of flesh meats.—So says, The Laws of Life.

SANITARY administration, says Erastus Brooks, means not only personal comfort and health in the family, but economy to the estate and family. Two hundred and fifty-thousand lives lost, three million cases of sickness and \$20,000,000 in money are traced, in one decade in England alone to neglect of sanitary care. The sword and musket are terrible ministers of death, but even in armies, where battles kill one person disease kills at least three."

THIS may save the time of some busy physician: A very loquacious lady, calling one day to consult her physician, talked on and on with such volubility that the latter could not get in a word. Growing impatient, he at length told her to put out her tongue, which she did. He then said: "Now please keep it there until you have heard what I have to say to you."

THE Democrats recently in Michigan proposed to abolish the State Board of Health. This awakened such a storm of remonstrance from every portion of the State and from every class of intelligent citizens that at this date it seems probable that the Board will not only be continued, but that there will be increased appropriations and improved facilities for it.