

sleep. There is no greater folly among the educated people of to-day than that of robbing themselves of nature's sweet restorer. The amount of sleep differs somewhat with the individual, but from seven to nine hours may be considered the usual modicum. We venture to say that very few people, in the cities at least, obtain anything like this allowance. Many, after falling into a nervous condition by depriving themselves of the necessary amount of sleep, forthwith repair to the druggist or the doctor with the foolish expectation that he can with narcotics undo the damage they have done themselves. False hope; how impossible to be realized. The sleep thus purchased is a costly luxury demanding each day a bigger price in loss of general health. Another mistake which we fear many of our medical brethren who ought to know better are making is that of turning night into day. If we must have nine hours sleep why not take it at night; surely from nine at night to six in the morning is no longer than from twelve till nine or one till ten. But it makes a great difference to the hardworked doctor. It means three or four hours less of artificial and three or four hours more of natural light, and if he is called up at three or four o'clock in the morning he will have had six or seven instead of only three or four hours of sleep. Just as living beyond our means must end in financial disaster, so must depriving oneself of ample sleep end in physical ruin.

"Early to bed and early to rise,
Makes a man healthy and wealthy and wise,"

is even truer to-day than it was in the oldest times in which the proverb was coined.

CANADIAN MEDICAL ASSOCIATION.

The next meeting of the Canadian Medical Association, which will be held in Montreal on the 16th, 17th and 18th September, 1891, promises to be of more than usual interest. Many prominent members of the

profession have promised to be present and contribute papers, and although the number is by no means complete, yet, from the following appended list, the scientific interest of the next meeting is well assured:—

- The Address on Surgery—Dr. Præger, Nanaimo, B. C.
- The address on Medicine: "Malaria, its Relations to and Influence over other Diseases"—Dr. Bray, Chatham, Ont.
- Address on Therapeutics: "Water, Some of its Therapeutic Uses"—Dr. Spencer, Brandon, Man.
- Dr. V. P. Gibney (New York)—"Early Diagnosis, the most important factor in the Treatment of Pott's Disease of the Spine."
- Dr. John Ridlon (New York)—"Spondylitis."
- Dr. John Price (Philadelphia)—"A Plea for Early Hysterectomy."
- Dr. F. Buller (Montreal)—"Functional Abnormalities of the Ocular Muscles." This paper is expected to be discussed by Drs. Stevens, Roosa and Webster (New York).
- Dr. Mullin (Hamilton, Ont)—"Some Notes on Cases of Post-partum Hæmorrhage."
- Dr. Cotton (Cowansville, Que.)—"Appendicitis."
- Dr. Slack (Farnham, Que.)—"Surgical Cases occurring in Country Practice."
- Dr. Small (Ottawa)—"Malignant Disease of the Cervix Complicating Labour."
- Dr. W. S. Muir (Truro, N. S.)—"Graves' Disease."
- Dr. Geo. Fenwick (Montreal)—"Calculous Pyelitis."
- Dr. Laphorn Smith (Montreal)—"Cases treated by Abdominal Section and by Apostolis method."
- Dr. Shepherd (Montreal)—"Cases of Strangulated Cæcal Hernia."
- Dr. Buller (Montreal)—"Conservative Surgery of the Eye."
- Dr. Jas. Bell (Montreal)—"The Local Treatment of Tuberculosis of the Bladder through a Suprapubic Incision."
- Dr. R. F. Ruttan (Montreal)—"Lead and Drinking Water."
- Dr. Wyatt Johnston (Montreal)—"Microscopic Examination of Sputum—Heart Disease."
- Dr. J. Bradford McConnell (Montreal)—"Suppurative Hepatitis with Jaundice from obstructions of the Common Duct by infected gallstones."
- Dr. Phelps (New York)—"The Mechanical Treatment of Hip Joint Disease."
- Dr. Macallum (Toronto)—"The Pathology of Anæmia."