

being given. The services of Mr. Baldwin Latham, the eminent sanitary engineer, have been secured with a view to his preparing an exhaustive report on the best means of draining Cairo. This desirable measure has been arrived at through the instrumentality of Sir Evelyn Baring, whose eldest son lately went through a severe attack of enteric fever there.

A DELEGATION from the Provincial Board of Health of Quebec recently visited the Grosse Isle quarantine station, where they were received by Dr. Montizambert, medical superintendent. The medical gentlemen made a thorough examination of the island and its appliances, and were seemingly well pleased with everything they saw.

ANOTHER "Elixir of youth" is reported. Dr. Szikszay, a Hungarian physician, has been making experiments in the State Prison at Engelsfeld by injecting a liquid, the composition of which is not revealed, into aged persons. The results are said to be remarkable. The strength of the "subjects" was tested with a dynamometer before and after the injections. In the case of a man aged 75 his strength was found to have been increased after the seventh injection from 14 to 19 kilogrammes, and after the thirteenth to 35 kilogrammes.

THE movement of population in France indicated by the summaries published for 1888 in the *Journal Officiel* cannot be read without regret. They are summed up pithily by M. Georges Michet in a few words: Diminution of marriages, augmentation of divorces, decrease of legitimate births, increase of illegitimate births, excess of deaths over births in forty-four departments.

DR. U. G. CURRIER, of New York city, has recently conducted elaborate experiments on the efficacy of various filters and other means employed to purify water. His conclusions are decidedly unfavorable as to the virtue of filtration. Moral: Boil all suspected water.

THE Vaccination Commission have presented their first report to Parliament, consisting of minutes of evidence, appendices, etc., but it will, in all probability, be a long time yet before the Commission are in a position to come to any conclusion upon the evidence laid before them.

WARTS may be removed by Unna's method: namely, mercurial ointment, containing 5 to 10 per cent. arsenic. The ointment is spread on linen, and applied over the wart, which gradually softens, and is finally absorbed without giving pain, it is said, or leaving any mark.

THE "PACKET" of Orillia, ever alive to Sanitary interests, says: Typhoid fever appears to be prevalent in most of the towns of this province. Penetanguishene has suffered severely, one of the latest taken down there being Dr. Bowman, who is under treatment in the general hospital at Toronto; there are a number of cases in Barrie; Orillia has not by any means escaped, and at Longford Mills and other places in this section many more cases are reported. Still sanitary measures progress with a tardiness almost disheartening.

THE American Public Health Association which holds its annual meeting on the 22, 23, 24 and 25 of this month in Brooklyn, N. Y., comprises over eight hundred members, all devoted, officially or otherwise, to its declared purposes—the advancement of Sanitary Science and the promotion of organizations and measures for the education of the public in all subjects pertaining to health. With the hope of still further magnifying this interest and effort it is the purpose of the Association, at this meeting, to provide an Exhibition of everything available adapted to the promotion of health.

A MOST SUCCESSFUL man, U. S. Post-Master General Wanamaker has been. In a recent address to his Sunday School Class, after relating the history of the killing of the Philistine giant, by David with a sling and stone, he said: "There were five stones which he thought were necessary for use against the many temptations of life:—Health, Education, Courage, Truthfulness and Faith in God." It is a significant fact that such a sagacious man as Wanamaker should place health first.

THACKERY'S HABITS, as regards health, seem to have been about as bad as possible, according to our exchanges. Like Dickens, he was a great eater; but Dickens compensated to some degree for his excesses at the table by taking a large amount of out-of-door exercise, sometimes walking twenty-five or thirty miles before breakfast. Thackery seldom took exercise of any kind. He constantly suffered as the result of his violation of the laws of health. When urged to obtain medical advice, he said: "What is the use of advice, if you don't follow it? They tell me not to drink, and I do drink; they tell me not to smoke, and I do smoke; they tell me not to eat, and I do eat. In short, I do everything that I am desired not to do, and therefore, what am I to expect?"

EVERY man is his own ancestor, and every man is his own heir. He devises his own future, and he inherits his own past.

EDISON, it is said, is a small eater. He says that a pound of food a day answers his needs.