

of individual initiative. I am at one with him ; but I do not follow him when he maintains that 'officials' in municipalities, since they must be more or less in opposition to the people, are not well suited to voluntary propaganda, which, therefore, to be effective, must be non-official. On the contrary, I should say the officer of health, whose interest is the public interest, is by his free position, personal connections, and direct sources of information, pre-eminently the person to initiate, to organize, and to develop a general voluntary system of health instruction." Mr. Mackenzie further urges that it is the work of the Medical Officer to disturb the public apathy in regard to health, to generate a social sensitiveness that shall regard filth as an indecency, defective ventilation as a breach of fashion, and more sleeping space as, at least, a legitimate ambition ; in short to institute a fashion of healthiness.

During the next quarter of a year the health officers of Canada could do an incalculable amount of everlasting good by instituting in their various municipalities or localities a system for health propaganda. The non-medical officer, the secretary or inspector of the local board, or the chairman when he is not a medical man, if not disposed to engage directly in the work, could enlist the services of the medical officer or other physician, and himself aid in organizing a series of health lectures or health "talks," for the instruction of the people. Local societies could be formed for this purpose, for the distribution of health pamphlets and leaflets. The aid of teachers and the clergy could often be enlisted in the cause. The special subjects to treat upon are numerous—ventilation, water supply, and a host of others, the most practically useful of which in each case would naturally be suggested to the mind of the medical practitioner. On another occasion we may endeavour to enter more into detail on this important subject. How is it that it has not been brought up and acted upon by the Association of Ontario Health Officers? Since writing the above, we observe that a councillor in Scotland has moved to make the medical officership of the county at least in part a teaching position.

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#### MISCELLANEOUS NOTES AND COMMENTS.

HOW EASILY HE GET NEARLY ALL DISEASES AT ONE TIME.—Mr. Lawrence K. Jerome, in his "Three Men in a Boat" says: "It is a most extraordinary thing, but I never read a patent medicine advertisement without being impelled to the conclusion that I am suffering from the particular disease therein dealt with, in its most virulent form." This is the experience of many and hence the free use of the patent nostrums. He says, I went to the British Museum to read up the treatment for some slight ailment which I had—hay fever I fancy it was. I got down the book, read all I came to read ; and then, in an unthinking moment, I idly turned the leaves, and began indolently to study diseases generally. I forget which was the first distemper I plunged into,—some fearful devastating scourge, I know,—and before I had glanced half down the list of premonitory symptoms, it was borne in upon me that I had fairly got it. I sat for a while, frozen with horror, and then, in the listlessness of despair, I again turned over the pages. I came to typhoid fever, read the symptoms, discovered that I had typhoid fever, must have had it for months ; wondered what else I had got ; turned up St. Vitus's dance, and found, as I expected, that I had that, too ; began to get interested in my case, and determined to sift it to the bottom and so started alphabetically—read up ague, and learned that I was sickening for it, and that the acute stage would commence in about another fortnight. Bright's disease, I was relieved to find, I had only in a modified form, and, so far as that was concerned, I might live for years. Cholera I had, with severe complications ; and diphtheria I seemed to have been born with. I plodded conscientiously through the twenty-six letters, and the only malady I could conclude I had not got, was housemaid's knee. "I felt rather hurt about this at first ; it seemed somehow to be a sort of slight. Why hadn't I housemaid's knee? Why this invidious reservation? After a while, however, less grasping feelings prevailed. I reflected that I had every other known malady and I grew less selfish, and determined to do without housemaid's knee. I pondered, then wondered how long I had to live. I tried to examine myself. I felt my pulse. I could not at first feel my pulse at all. Then all of a sudden it seemed to start off. I pulled out my