

years ago Miss Porter's magnetized beefsteaks were the specifics in vogue. Might not the advocates of the baths, accelerate the cure of their patients by such a diet?

There has been doubtless an immense accumulation of *quasi* facts in every department of medicine; but the most pressing want under which our science at present suffers is the due elimination of the false from the true. It is only by the statistical test that we shall finally arrive at correct conclusions. Let us hope, therefore, that the mode of collecting these statistics will be so improved as to reduce to a minimum the errors resulting from a false diagnosis. In framing a bill for the better carrying out of sanitary laws, we trust the Government will bear in mind the indisposition that all municipal bodies display in carrying out the essential reforms in the usually existing faulty drainage, sewerage, and disposal of sewage, inasmuch as such changes involve a large expenditure; and to enable the members of Boards of Health satisfactorily to discharge their onerous and responsible duties, they should be armed with plenary powers, whenever the report of the Government engineer endorses that of the local. We consider also, that every local Board should have at least two Government nominees. In cases where the magnitude of the work requisite for sanitary purposes would be beyond the means of the rate-payers, a very slightly increased county rate would without being onerous on the inhabitants, be necessary. The local boards should insist upon the latrines being placed at least a hundred yards distant, and not in a direct line with the wells. In small towns where no water-works exist, the dry earth or Rochdale system might be tried. As a rule the police officer appointed by the board to see their ordinances properly carried out, should be instructed to report immediately any non-compliance with the laws, and the onus of enforcing them should rest on the board, and not on the officer.

KEEP THE MOUTH CLOSED.

In these times when people are becoming alive to the nature of many contagious diseases through a better acquaintance with the "germ theory," and when diseases of a preventable class are so prevalent as to be quite alarming, it is well to enquire

into some of the most convenient means of prevention.

Now granting that "disease germs" are everywhere found floating in the air, even from the dust arising from the carpet on which the satin slippers lady may be treading, a little advice about keeping the mouth closed and thus excluding them from the system, may be seasonable, and of advantage, for although we write for the professional reader, yet a gentle reminder on a subject so important may lead him to repeat the advice to his patients with the endorsement of his own authority. "Keep your mouth shut," used to be said to us in our noisy boyhood days, when we happened to cause a little annoyance to older people with our romps; or when we artlessly were inclined to tell all we knew, and a little more, to the newest arrival; but there is a more important sense than this in which the mouth should be kept closed.

By the evil habit of breathing through the mouth, we take in mouthfuls of unstrained air, full of dust or disease-germs, as the case may be; and in cold weather predispose ourselves to sore-throats and bronchitis by bringing into direct contact with the throat and air-passages, air full of frozen particles of moisture, which cause considerable irritation. In this way incipient lung affections are established and much trouble occasioned; common sense should suffice to teach people that the nostrils, not the mouth were evidently constructed for breathing through. These are the natural channels of ingress and egress of the air. Moreover the air-passages are provided with a natural strainer, in the form of a lining of hairs, which, in some degree at least, prevents the ingress of dust and other noxious matters, in the air we breathe. Besides, by drawing our breath through the nostrils only, the air is warmed by coming in contact with the membranes before it reaches the lungs, and in this way congestions or inflammations of these organs are avoided.

It has been confidently asserted by some, who pretend to have tested the matter, that *miasms* are prevented from entering the blood, if the breathing is performed through the nose. All the air taken into the lungs, in this way, comes in contact with the mucous membrane of the nose, and this is supposed by those who have travelled and dwelt much in malarious districts to possess some power of neutralizing malarious and contagious poisons.