

IF Life Insurance Medical Examiners, instead of hammering at a man's chest to learn if he has a tendency to any disease, an exchange aptly says, would enquire if he has a cess-pool leaking into his well, or an un-trapped pipe beneath his closet, they might save some losses to their companies and benefit the public as educators.

ASTHMATICS, from necessity, become spare feeders, and are often very thin. In so many cases a heavy meat meal is followed by an attack that a restricted dietary is inevitable. To certain asthmatics certain articles are specially injurious. All articles of food which are indigestible, such as pastry, pickles, uncooked vegetables, salads, cheese and richly dressed or highly flavored dishes, are to be strictly avoided. Digestion should be completed before bed time.

WHOOPIING-COUGH has been very successfully treated in four cases by Dr. Britton, Toronto, (reported in Can. Lancet) by the so-called "sulphur treatment." One case was that of a six-year-old child of his own. He burned a handful of common sulphur in the bed-room, from which all hangings, carpets, etc., were removed, confined the fumes for two hours, and aired the room for an hour just before the children retired. A cure was completed in three or four nights.

THE Croton Water, New York, will be the next point of attack for the Ladies Health Protective Society. They have appointed a committee of six to confer with Dr. Peters and visit the Croton watershed. They are deeply impressed with the idea that the water is spreading typhoid and scarlet fever, diphtheria and measles at the present extraordinary rate in the city.

WATER, Dr. Coan, of New York, says, is the most dangerous drink known to man. It brings typhoid fever, cholera and other deadly diseases. Croton is reasonably safe from contagion on the principle that dirt is healthy.

ICE, too, is "a purveyor of death, because the little microbe garnered from the filtering inland streams don't mind being frozen up for months. He blossoms out at the proper time just the same."

ON drains. Dr. Honeyman (in Sanit. Jour.) says: Besides plenty of air and periodical flushing, one thing more is essential, that is, that they should be regularly CLEANED. I see no difficulty whatever in having this cleaning done periodically at less expense, and with very much less trouble than the sweeping of chimneys. There is, indeed, no reason why we should not have drain sweeps as well as chimney sweeps.

SOME modern "dishes" Dr. Hunter describes thus: One, will soon bring a man to his crutches; another, contains a considerable quantity of gout and scurvy; and a third, is diabolical and only fit for the Sunday dinner of a rustic who is to work the six following days in a ditch.

A NEW deodorant is recommended in the N. Y. Medical Journal; that is, Cromine, a cheap by-product in the manufacture of salt. It completely deodorizes decomposing organic matter, and is particularly recommended for stables, privy vaults, urinals, etc. One part by weight to 800 gives a practical strength for ordinary use.

MANY broken bones follow falls, and are caused by sudden stoppage at the ground; because one usually in falling tries to stiffen the joints in order to "catch ones self." Fall limp, like a drunken man or an acrobat in the circus—go down as limp as a rag, with all joints loose, and you will usually be able to get up alone.

A LEAN, misanthropic physician, in a small hamlet, had as his only opponent a handsome robust man. One day a lady asked the first why he was continually in bad health, whereas the other was so well all the time? "You see, madame," he replied, "I am the only man who can treat him; the only physician whom I can get is he."

THE SEPARATE SYSTEM for the disposal of sewage (*i.e.* separating the storm water from the sewage), which the medical officer of Victoria, B. C., Dr. Milne, is urging upon that city, is one worthy of deep consideration by the authorities of many towns and cities, as regards both economy and efficiency. There are parts of the capital of the Dominion in which it appears it might be applied with benefit.

"SPRING medicines" for "purifying the blood" will now soon be in abundance in the drug market. Don't touch them. They do vastly more harm than good. If your blood be impure, from living in close rooms or over eating, or both, be a little "abstinent"—fast liberally for a few days—don't go near anything tempting—eat only the plainest of food, and go out in the open air and sunshine freely and let both freely into your rooms.

To succeed well in life a man wants, not the athletic strength of the Ancient Greek, but a vigorous body, good digestion, pure blood, and a clear brain. Abundance of out in the sunshine exercise and strict temperance in both eating and drinking will give this.

THE ravages of cholera or smallpox give terror to many persons yet where cholera destroys one life typhoid fever destroys ten. In Canada alone, every year there are not less than about 3,000 deaths from typhoid, looked on calmly by everybody, yet every death of which might be prevented.

It is a mistake to suppose that because a remedy, such as some patent medicine, makes one feel better for a time, that it is a good thing; the after effect on some organ or part may be very injurious.