

saved and the domestic was drowned. During the recent wreck of the Empress of Ireland, there were several instances of noble self-sacrifice, and generous aid extended to others.

A young lad, Laurence Belmont, gave up his life belt to his mother who was saved thereby, but he perished. The bar steward of the Empress, known only by the name "Tom," gave his life belt to Mr. Henderson, of Montreal, because the latter was a married man. Mr. Henderson was saved and "Tom" of the generous heart was lost. Dr. Hunt, of Hamilton, had a life belt on, and was in the water making for a boat. He generously offered the help of this belt to a young man in the water and told the latter to grasp the belt. In this way he saved a life. It is impossible to speak too highly of the heroism of the ship's surgeon, Dr. Grant. His many acts of daring and bravery would take a lengthy article to tell.

A few years ago a young woman in Montreal lost her life in a burning school by going into it to see that all the children were safe. A year ago two sisters lost their lives in a burning school in Texas, which they would not leave until every pupil was out. Not long ago in a flood in India two nurses remained in a small hospital with their patients. As the waters rose they removed the patients higher and higher in the building until they had them on the flat roof. At this stage the waters began to subside. When the flood commenced these nurses could have made an easy escape, but they chose the path of duty and danger along with their patients.

THE EFFECTS OF TOBACCO.

In a recent issue of the *Medical Times* there was a symposium of papers on the effects of smoking. The trend of these articles is that the use of tobacco is harmful, and especially in the case of growing boys. Some of the writers hope that the day is not far off when teachers will be required to explain the injurious effects of tobacco on the brain and growth.

Other writers pointed out that users of tobacco have not as good a chance of recovery from severe illnesses as those who have not used it.

The concensus of opinion is decidedly against cigarette smoking, as the most injurious form of using tobacco.

One of the writers states that in a certain college the non-users gained in height and weight 18 per cent. more than the regular smokers, and 12 per cent. more than the irregular smokers.

Ford and Edison are both of the opinion that the use of tobacco is