

of alcoholism itself, to determine how far it is itself a symptom of nervous irritability, or an index of misery, over pressure or boredom." Enquiries and investigations, and the collection and compilation of health statistics, and the free distribution amongst the people of all classes of the knowledge so obtained, with much other information bearing upon health, could be better and more uniformly done, and with vastly less expense, by one federal centre than by many centres, as one in each province. This work would be altogether aside from, and would in no way interfere with, except by aiding, the health work of the provinces.

THE GOOD MOVE recently made in the Toronto school board, in passing a resolution favouring the adoption of a public school curriculum which should only include what is absolutely practical and useful in the way of education, leaving higher but less immediately essential branches of education to be dealt with by the high schools, will afford an opportunity, an opening, for the more general teaching of hygiene in the schools; while it will probably relieve the pupils from the murderous cram system now in vogue, and which, together with the foul air and dirty skins in the schools, make these fruitful sources of disease.

RIVER POLLUTION is another very fruitful source of disease. According to a writer in the *Ingersoll Chronicle*, even bathing in some of the rivers of this country is already unpleasant, to say nothing about drinking the water, even after filtration. The writer says: "When the public, young and old, through the heat of midsummer and for purposes of health and cleanliness or pleasure are tempted to take a bath in the river, it is not pleasant to contemplate the possibility of receiving the diluted wash from the thousand or more slop pails of Woodstock, or stirring up the rank and more solid contents discharged from the sewer of the town."

A GOOD SUGGESTION is made in the same communication in the *Chronicle*. It is this: "Now that the county farm is located within available distance, why should not the county council be asked to go a step further and take charge of the river end of the main sewer pipe, convert the contents into rich fertilizers for the benefit of the poor, and forever settle Woodstock's sewage question as well as contribute

something to the comfort and health of the inhabitants who live in the valley of the Thames and makes use of its waters."

IF THE CAPITAL of the Dominion would set the example, as more than once has been suggested in this JOURNAL, and have the sewage of the city utilized on the Central Experimental Farm, many other centres of population would doubtless soon follow the example. Who will make a move in this direction? We have predicted that sometime the towns and cities below Ottawa will put an injunction on the city, from objections to drinking or perhaps bathing in the sewage of even the Capital.

THE N. Y. Medical Times, in reference to rubbing the walls of rooms with bread for removing infections, says (according to *Wien Bua. Zeit.*), bread will not only remove dirt and stains, but will also eradicate all disease germs and seeds of contagion. It mentions experiments with rooms which had long been occupied by patients with contagious maladies. After a single careful rubbing, three out of twelve walls were found free from germs. After a second treatment, every wall was pronounced clean and disinfected. The process is cheap, unskilled labor can apply the bread. An ordinary room was cleaned completely with about sixty cents worth of bread.

"ALCOHOLISM" is alleged to be the chief obvious cause of suicide in Northern Europe; but before we can admit this doctrine, says the *Lancet*, we should require to investigate the causes of alcoholism itself, to determine how far it is itself a symptom of nervous instability, or an index of misery, overpressure or bore-kom. No error in sociological enquiry has been more widespread or pernicious than the tendency to accept alcoholism as an ultimate fact, requiring no further explanation or analysis, and to trace to the fact of alcoholism all the deplorable evils which follow in its train, without regard to the predisposing causes or the associated conditions. The same hereditary or racial peculiarities that incline one individual to alcoholism *minus* suicide may incline another to alcoholism *plus* suicide.

THE FACT that labor is a great means of human health, vigour, development and progress has been reinforced by the last studies, which the popular Science Monthly says, show "that the prevail-