

MANKIND'S MISTAKES.—(From an exchange). It is a mistake to labor when you are not in a fit condition to do so.

To think that the more a person eats the healthier and stronger he will become.

To go to bed at midnight and rise at daybreak and imagine that every hour taken from sleep is an hour gained.

To imagine that if a little work or exercise is good, violent or prolonged exercise is better.

To conclude that the smallest room in the house is large enough to sleep in.

To eat as if you had only a minute to finish the meal in, or to eat without an appetite, or continue after it has been satisfied, merely to satisfy the taste.

To believe that children can do as much work as grown people, and that the more hours they study the more they learn.

To imagine that whatever remedy causes one to feel immediately better (as alcoholic stimulants) is good for the system, without regard to the after effects.

DR. TACHE'S INVESTIGATION ON CENTENARIANISM.—The careful investigation of the Deputy Minister of Agriculture and Statistics at Ottawa, Dr. Tache, into the records relating to the actual age of so-called centenarians in Canada, is of much importance, bearing as it does so directly upon the longevity of Canadians. In only 82 cases out of 421 reported to have survived the age of 100 years, could authentic documents be obtained, it appears, for close examination, and out of these 82 alleged centenarians, it was found that only 9 (5 men and 4 women) were really 100 years old or over. The greatest number of errors were committed in good faith, and the age of several *seemed* based on authentic records. We shall probably refer to this subject on another occasion.

WOODEN-BLOCK STREET PAVEMENTS.—We have many times been asked our views on the probable effect on the public health of the cedar block pavement which is coming into such general use. In the next number of this Journal we purpose giving the latest views obtainable on this question. In the meantime it may be stated that any future ill effects on health from the wooden pavements will proceed more from the manner of construction and after management than from the pavement, *per se*. It should be laid on a well constructed, thoroughly under-drained bed, be kept well cleaned afterwards, and all sunken spots be repaired at once as they appear.