

Young people and others cannot read and study much by lamp-light with impunity.

The best remedy for eyes weakened by night use, is a fine stream of cold water frequently applied to them.

When eyes fail by age, the aid of spectacles should be called in, instead of being deferred as long as possible.—*Dr. Warren's Tract on Health.*

MAXIMS OF ORDER AND NEATNESS.

1. Perform every operation in proper season.
2. Perform every operation in the best manner.
3. Complete every part of an operation as you proceed.
4. Finish one job before you begin another.
5. Leave your work and tools in an orderly manner.
6. Clean every tool when you leave off work.
7. Return every tool and implement to its place at night.

THE WAY DOMESTIC ANIMALS COLLECT THEIR FOOD.—The horse, when feeding on natural herbage, grasps the blades with his lips, by which it is conducted between the incisors, or front teeth. These he employs for the double purpose of holding and detaching the grass, the latter action being assisted by a twitch of the head. The ox uses the tongue to collect his food. That organ being so directed as to encircle a small bundle of grass, which is placed by it between the incisor teeth and an elastic pad opposite to them in the upper jaw—between these the herbage is pressed and partly cut, its complete severance being effected by tearing. The sheep gathers his food in a similar manner as the horse, but is enabled to bring his cutting teeth much nearer to the roots of the plants, in consequence of the upper lip being partially cleft. For his upper lip is thin, and is susceptible of considerable mobility; while that of the ox is thick, hairless, with a very limited action.

REPORT ON QUARANTINE.—The General Board of Health have just presented to her Majesty a report on quarantine, the main object of which is to show the greater security to the public health which would result from the substitution of sanitary for quarantine regulations. The report proves by statistical and other details that the great epidemics are governed by laws over which quarantine has no controul. In tracing the rise and progress of cholera, for instance, in British America, during the years 1832 and 1834, it is observed that this disease on both occasions advanced with post-like regularity in the same course, attacking the same places on nearly the same corresponding days. The rapidity of the course of great epidemics further shows how vain the attempt must be to stop their progress by such machinery as that of quarantine. In 1817, influenza spread in one day over every part of the metropolis. "It met you everywhere," says the registrar-general; nearly the whole population were affected more or less, and without taking slight instances, not less than 500,000 persons in 2,100,000 suffered in London from the epidemic. In like manner, when cholera broke out in Cairo, in 1831, it spread within the space of five days over the whole of Lower Egypt, infecting at the same time all the towns and villages of the Delta. In 1832 it leaped at one bound from London to Paris, and out of the 48 quarters of that city it spread in five days over 35. What conceivable influence, it is asked, can quarantine or sanitary cordons exert in checking the progress of disease possessed of such powers of diffusion? After entering into a minute investigation of questions of plague, the sanitary condition of the merchant ships of Great Britain, and the actual mortality among merchant seamen, as presented by the marine register; and presenting an exposition of the principle of legislation

recommended, namely, that of concentrating responsibility on those who have a direct interest in prevention, and who possess the best means of securing it, the report concludes as follows:

"Having carefully examined what appeared to be the best available evidence as to the facts on which the system of quarantine rests, having considered the report made to the Royal Academy of Medicine in France, and the written testimony of the most eminent professional and scientific observers and writers, as well in Austria and America as in England, we have now to report as our conclusions:—1. That the chief pestilence in respect to which quarantine establishments have been kept up in this country, the Oriental plague, is, in its antecedent circumstances or causes, in the localities, classes, and conditions of the population attacked, and, in its rise and progress, a disease of the same essential character as typhus, being according to the most recent authorities who have had practical experience of the malady, a form of that disease modified and rendered more intense by peculiarities of climate and of social condition. 2. That the notion of the propagation of the plague by means of goods appears from one uniform mass of evidence to be as entirely unfounded as the opinion which formerly prevailed in this country that typhus could be propagated in the same mode. 3. That the true danger of the propagation of plague is not by contact of the affected with the healthy, but by exposure on the part of susceptible subjects to an infected atmosphere, under the like conditions which are known to produce and propagate typhus fever in this country. 4. That the quarantine establishments in this country, and every other of which we have information, are wholly insufficient, even on the assumption on which they have hitherto been maintained, to prevent the introduction and spread of epidemic disease. 5. That these establishments are of a character to inflict on passengers extreme and unnecessary inconvenience, and to subject such of them as may be sick to increased suffering and danger, while they maintain false securities in relation to the means of preventing the spread of disease. 6. That typhus and other dangerous epidemic diseases are frequent on board merchant seamen vessels at sea and in port, for which no effectual or suitable provision is at present made. 7. That, as far as relates to the cases of epidemic diseases generated at sea, the principle of the concentrating of responsibility on the shippers, in making it their pecuniary interest to complete the voyage with healthy passengers, operates most effectually in the cases where it has been applied, such as to emigrant, transport, and convict ships, and should be extended to all cases; and that in respect to ships in port, the regulations applied to the prevention of the spread of epidemic diseases from houses in towns are applicable, and would practically be highly beneficial. 8. That the substitution of general sanitary regulations to ships in port, for the existing quarantine regulations, would far more effectually extinguish epidemic disease and afford better protection to the uninfected on shipboard, whilst it would relieve passengers and crews from grievous inconvenience, abate the motives to concealment of sickness and to false representations as to its nature, greatly lessen commercial expenses, and remove obstructions to the free transit of goods and uninfected persons which the existing system of quarantine occasions. 9. It follows that we propose the entire discontinuance of the existing quarantine establishments in this country, and the substitution of sanitary regulations. 10. By such substitution the most effectual security which the present state of knowledge affords would be taken against the importation of foreign contagion, the maintenance of infection, and the origin and spread of epidemic disease." The report is signed by Lord Carlisle, Lord Ashley, Mr. Edwin Chadwick, and Dr. Southwood Smith.