

SIR JAMES PAGET, by computation, finds that the loss owing to the sickness of the working people of Great Britain amounts to twenty million pounds per week. This is bad and calls for thoughtfulness as to money value of health. "We often wonder," says an exchange, "how many millions are lost each week from simple laziness; how many more from pure wickedness? Verily, the loss from these causes, entirely preventable, amount to very many hundreds of millions of dollars. As it is, the healthy, the industrious, the virtuous, are compelled to support the rest in the poor house, by charity, or in jail.

THE HEALTH OFFICER'S TRUE PLACE.—Dr. B. W. Richardson, in his admirable work on "Preventive Medicine," writes the following: In every local district the medical officer of health should have the true place that belongs to him, in all that relates to official action bearing upon health. He should hold to the sanitary department just the same position as the recorder does to the legal. He ought not merely to be the adviser of his board; he ought, by virtue of his office to be the chief and chairman of the sanitary department. He ought to be elected for a definite period; he ought to be upheld in every useful health reform he brings forward; he ought to be encouraged to inaugurate reforms; he ought to be placed in such an independent position that he can inaugurate any reform and correct any evil without being subjected to the risk and personal anxiety of dismissal for good service. He ought, in a word, to be able to put down disease, of which he is, the medical judge, as freely, as unsparingly, as fearlessly as the legal judge puts down crime. Until this is the rule medical officers of health will remain as mere clerks and

chroniclers of disease; suggesters of placebos in sanitation; scapegoats of sanitary blunderers; gentlemen of education engaged by money for perfunctory service.

DIET AND DIGESTION.—Dr. F. W. Pavy, F. R. C. S., physician to Guy's Hospital, London, in his valuable work on Food and Dietetics, gives us the following: Under natural circumstances instinct guides us in the selection and consumption of food and drink. Whilst keeping to simple articles of diet, it may be left to the sensations of hunger and thirst to regulate the amount of solids and liquids taken. In many disordered conditions, however, there is such a perverted state existing that the promptings of nature fail to be evoked, and it devolves upon reason to assume the initiative and dictate the supply to be furnished. Under these circumstances the nature and amount of food administered will often exert a most potent influence for good or evil, and the art of dietetics thus comes into great importance. Skill and attention are called into requisition—indeed it is not too much to say that success in the treatment of disease is largely dependent upon a display of judicious management with regard to food. . . . It must be borne in mind that the demand for food is dependent upon its proper application, and failure of the appetite is often due to the defective manner in which nutrition is performed. It is not what we eat, but what we digest, assimilate, and apply that concerns us about nutrition. Food introduced into the stomach, but not digested, assimilated, and employed, is calculated to prove a source of irritation and to do harm. It is not, therefore, to be thought that because it is got down it must needs prove of service.