

cities, and small cities and towns, is the manifestation of clearliness in public places. It is not a question of wealth, but enlightenment.

FROM BANCROFT and Kalakaua who recently died, we may all take a lesson. The slight, rather delicate historian, with intellectuality, cheerfulness and common sense temperance in all things, lived happily to be over 91 years old; while the stout, robust king of the Sandwich Islands virtually killed himself by excess—rich food and alcoholic spirits, at about half that age, and who can say he really enjoyed life while he did live.

THE statistics of cities show that consumption is, relatively, more prevalent in narrow than in wide streets, and that in narrow streets the mortality is greatest where the street is long and forms a *culs-de-sac*.

It is said that General Booth entertains the common sense belief that in soapology, and scrubology, rather than theology, are to be found the redeeming civilizing agencies for the lower nineteen-twentieths of humanity.

JIMMY says "We got the scarlet fever at our home and the doctor says I can't go to school: but I'm going to the dime museum this afternoon."

THE famous nerve cure of Father Knelp, at Waershofen, it is said, lasts twenty-one days, and consists in walking about barefooted, taking daily baths in ice-cold water, and living upon milk and vegetables.

THE digestibility of starch is greatly increased by prolonged cooking, says Dr. N. Butiagin, and since the ptyalin value of saliva is diminished by disease, starchy food for invalids should be well boiled.

IN LONDON, Liverpool, Manchester, Salford, Glasgow and other cities in Great Britain there are Sanitary Associations, voluntary, of the citizens for discussing sanitary subjects and aiding the authorities in promoting sanitary progress. If there were such an Association now in Toronto it would prove of great service in the present crisis. A live "Sanitary" or "Citizens" Association of largely interested citizens in every city would be of great service in promoting the welfare of the community.

IT is as true as it is trite, that a man's progress in civilization can be marked by his progress in cleanliness.

KOUMISS, or Russian milk wine, is a dietetic remedy of much value, which usually agrees with the most delicate stomach, and is used in many

forms for indigestion. We desire to draw attention to that prepared by W. A. Dyer & Co., of Montreal. Every bottle of it bears on its label the date of preparation, which is a great advantage. When from five to twelve days old it is creamy and soft, but soon after this age it becomes acidulous and sparkling. We have great pleasure in recommending Dyer's.

## NOTES ON NEW BOOKS AND CURRENT LITERATURE.

THE MODERN TREATMENT OF HEADACHES, by Allan McLane Hamilton, M.D., of New York, published by Geo. S. Davis, Detroit, is the latest issue of the "Physicians Leisure Library," and is a very practical little treatise for the practitioner. It is based mainly upon the writer's personal experience, and hence includes chiefly such medicines and measures as he has found most suitable in his actual practice. He divides headaches into six varieties, viz.: Congestive, Anæmic Organic, Toxic, Neuralgic, and Neurasthenic: the congestive being under two forms,—that in which there is general cerebral congestion and pain, and that which begins in one side of the brain.

A PRACTICAL DELSARTE PRIMER, by Mrs. Anna Randall-Diehl, published by C. W. Barden, Syracuse, N.Y., is "not a great volume unfolding the philosophy of Delsarte," but "a brief compendium which may be used as a manual and drill-book by the masses who study elocution," and desire to comprehend this great artist's method—the study of human expression and of the laws which govern it; a philosophy based on the triune nature of man and the reciprocal relations of body, mind and soul. Delsarte, believing that every mental state has its outward expression or gesture, and that there are fixed laws which govern these expressions, studied them out in a most scientific manner and worked them into a system. It is a charming system, and this little book will greatly aid any one desiring to become familiar with it.

IN THE ILLUSTRATED NEWS OF THE WORLD, W. Clark Russell's new story, "My Danish Sweetheart, the Romance of a month," is becoming of exciting interest; while the descriptive text with numerous sketches by the "special artist," in the "River Voyage of the Phoenix," "From the Thames to Siberia," is full of interest, but of a somewhat different kind. "The largest rivers in Europe unwind into absolute insigni-