

it not for the steadily maintained work of sanitary authorities and their officers throughout the kingdom. In England and Wales the people have of their own accord, aside from government dictation, spent over eighty millions sterling for purposes of a sanitary character."

IMPORTANCE OF DIET.—We have always in this JOURNAL, as its readers know, urged strongly the importance of diet, in the animal economy, as in relation to the health. J. Leslie Foley, M.D., L.R.C.P., Lon. of Boston, gives the following in the Canada Medical Record: Within the last decade, diet, in reference to the etiology and treatment of disease, has become an element of considerable weight. So much so, that the scale of medical opinion has shot far up in the high numbers. And well it might. Food is a great factor in health and disease. It has made and unmade nations. The energy which food develops in forming a muscle, a healthy brain, etc., expends itself equally in deranging or disorganizing a stomach, liver or kidney. As there is no portion of the body but what feels its beneficial influence so there is no part which may not be visited by its dire effects. But, verily, as one enters a restaurant, casts the eye over the inviting bill of fare, observes the coaxing dishes, smells the saliva exciting odors, it is sad to think, that comingling with the jovial conversation and good natured smiles of the bon vivants, is the harassing thought, as we trace the food from the first digestive process prehension, to the final act of defecation, with all the intervening tions, what evil may it do, are we sowing the seeds of a dyspepsia, or is there perhaps looming in the distance a Bright's disease, skin disease, etc.? Food is potent for fair or ill in skin

diseases no less than in other affections. . . . A moderate meat diet is good, but there is a tendency to take it in excess, far more meat being consumed than is of benefit. This applies more especially to the well-to-do class, meat being a luxury with the poor.

DISEASE AND THE MENTAL CONDITION.—According to the New York Tribune at a late Science meeting Dr. Hart made an address upon the correlation of certain mental and bodily conditions in man. He said that the mind greatly influenced the body, and conversely the body greatly influenced the mind, but this, though conceded, had never been sharply defined nor technically expressed. The facts had always been floating in his mind, but a circumstance had led him to examine into the co-relation of mental and bodily conditions, and he found that patients suffering from chronic maladies whose seat was above the diaphragm were optimistic, and those who suffered from maladies seated below it were pessimistic. So lung patients were notoriously hopeful, and their certainty of recovery is actually one of the worst features of such cases, the danger being in proportion to the hopefulness. The speaker classified the percentage of mental feeling according to the disease. Thus bronchitis gave 96 per cent of optimistic feeling, phthisis gave 97 of hopefulness, heart disease 80 per cent and asthma also 80 per cent. On the contrary, men suffering with liver disease were troubled with 88 per cent of pessimism, dyspeptics had 91 per cent of misery, kidney suffers 61 per cent of unhappiness, and dysenterical patients 64 per cent. of gloom. Rheumatic patients were optimistic up to 79 per cent, but dropsical patients, through optimistical also, were only to the degree of 63 per cent.