

we should not expect from our bodies the full amount of muscular exertion that they are capable of." "I remember well," he continues, "when I was a student at the University of Virginia, that those students who did more hard study than any of the others found that a brisk walk of about two miles a day gave them plenty of exercise to keep them in health, but did not fatigue them so much as to prevent them from studying, and those others who took leading parts in base-ball, boat-rowing, foot-ball, and all kinds of athletics, were,

with a few exceptions, not the hard students, but rather the reverse."

Great mental work and great physical work too it is plain cannot be carried on by any one for a length of time. The vigorous Gladstone has only indulged in the quiet exercise of chopping.

The greater danger of all is probably for men who lead sedentary lives to start out suddenly in the summer on their vacations to climb mountains, row boats, run or walk long distances. They are frequently worse off after their vacation than before.

NOTES FROM MEDICAL OFFICERS' REPORTS.

SOME months ago we noted the sanitary progress made in Brantford (Ont.) under the energetic medical officer, Dr. Griffin; the sweeping out of the privy pits and replacing them with earth closets, and the improvement in the milk supply.

In Guelph, Dr. Keating had during the year all the rooms in the different schools throughout the city thoroughly disinfected every other week for two months, at a time when a large number of cases of diphtheria was reported amongst the children of the city.

In London Dr. Hutchinson reported that: "In a group of six dwellings, five families used well water, which, upon examination, was found to be wholly unfit for domestic purposes. These five families—fifteen persons in all—contracted typhoid fever, while the families living in the centre of the group used the city water, and remained entirely free from the disease. Seventy per cent. of all the wells examined in the city during the year were more or less contaminated.

In Brockville, Dr. Vaux, M. O. (who has been recently appointed one of the members of the Provincial Board of Health) reports that: "In a population of 8,900 we have had a *death rate* of 109, or only about 12 in the 1,000" (which is not very plain). The Dr. also refers to many *surface drains* being choked up and the tiles exposed and completely filled with

the most offensive matter; to which nuisance "one death from diphtheria can be directly traced." Brockville has done a good deal of sanitary work, but very much more remains to be done.

Harriston's medical officer, Dr. Henry, reports that: "In a general way the sanitary condition of the town is fairly good; but I am of the opinion that if more dry earth closets were in use and the inhabitants attended regularly and strictly to cleaning their wells, we would not be troubled very much with contagious and infectious diseases. No general system of vaccination has been adopted here for the last four years." Can not *somebody* stir up the dry bones of this little town, near the centre of Ontario?

From Meaford, Dr. Snelgrove, referring to privy pits, states that: "Believing such to be sources of contamination of the water supply the Board caused notices to be printed and distributed to the property owners, or their agents, on whose property such objectionable closets existed, to have the same cleaned out, disinfected and the pits filled up with earth, and water-tight boxes substituted for the pits. The aforesaid boxes being designed to receive the excreta and also to serve as a receptacle for the ashes resulting from the consumption of wood or coal in the stoves. The ashes serve to absorb the liquid portion of the excrement and act as a deodorizer." A good procedure if the