

at the instance of the United States National Museum in behalf of its food collection, and it is said that he has studied food and nutrition as no other student in this country has studied it. His chief aim is to show the economic value of foods, a subject little understood even by the intelligent. He says, "I have been led to the conclusions that, in this country, many people, not only the well to do, but those in moderate circumstances also, use a needless quantity of food; that part of this excess, however, is simply thrown away, so that the injury to health, great as it may be, is doubtless much less than if all were eaten; that one great fault with our dietaries is an excess of meats and of sweet meats; that even among those who desire to economize there is great pecuniary loss from the selection of materials in which the actual nutrients are really, though not apparently, dearer than need be; that many whose means are limited make still more serious mistakes in their choice of food, so that they are often inadequately nourished when they might be well fed at less cost; and what seems the most painful thing of all, that it is generally the very poor that practice the worst economy in the purchase as well as in the use of their food.

REST and sleep, as we have long contended, is the great restorer. Dr. J. Leonard Corning, of New York, in the proceedings of the Medical Society of New York, says:—"Prolonged sleep may beset down as the cardinal principle of physiological brain rest. It must be combined with systematic and scientific feeding, in order that repair of the exhausted brain may proceed in a physiological manner during the interval of unconscious repose. He secludes the subject in a darkened room, eventually for from ten to fifteen hours at a time. The amount of sleep is progressively increased by habit, moderate medication and hydrotherapy; but he never resorts to forced sleep by the reckless use of sedatives. When the patient awakes, nourishment is administered, but always in an easily digested form. The few hours of wakefulness are devoted to some form of amusement, but all forms of mental exertion are strictly prohibited.

SIR HENRY THOMPSON says, "I have come to the conclusion that more than half

the disease which embitters the middle and latter part of life is due to avoidable errors in diet....and that more mischief in the form of actual disease, of impaired vigor and of shortened life, accrues to civilized man....in England and throughout central Europe from erroneous habits of eating than from the habitual use of alcoholic drink considerable as I know that evil to be." Again he says: It is a failure to understand, first, the importance of preserving a near equality between the supply of nutriment to the body and the expenditure produced by the activity of the latter; and secondly, ignorance of the method of attaining this object in practice, which gives rise to the various forms of disease calculated to embitter and shorten life.

DR. ALFRED CARPENTER of Croydon, Eng., writes as follows in a late number of the *British Medical Journal*:—"In your annotation of my address to the 'Public Sanitary Inspectors,' in the *Journal* of April 9th, published on another page of this issue of the *JOURNAL*, there are two references which may mislead if not explained. The microbes which spread small-pox will in ordinary instances lose their vitality in the air in much shorter distance than '100 yards' when they have been detached from feverish patients. It is only when they are dormant, or in a condition in which the active agency of life is suspended, that they may be wafted some distance and retain their vitality. As to carbolic acid, I did, and do, recommend it as destroying the living growing germs; but I stated that in dilute solutions it had no destructive effect upon the dormant spores, that something more than carbolic acid is necessary to effect this object, and that the over-advertised nostrums which are being pushed by manufacturers are not able to put an entire stop to infective agencies; nay, they are assisting to preserve the dormant seeds from decay, so that in such cases, when trusting to such, we are trusting to broken reeds.

"A VALUABLE SERIAL, which ought to be in the hands of every Mayor, Alderman, Town Councillor and Health Officer in the Dominion." So it is stated of the CANADA HEALTH JOURNAL in a Report on Epidemic Diseases, &c. By J. T. Bell, Esq., late Chairman Board of Health, Belleville.