

the least diminution of appetite, and to drink all kinds of strong liquors without appearing to be any the worse. Others, again, suffer if their meals are not served exactly at the usual times; a little extra work or a little anxiety would either destroy their appetite or impair their digestive power; a meal somewhat too hearty, or the slightest indulgence in wine or alcohol, was sure to be followed by unpleasant consequences. Yet even those persons might go on for months and years with comfort, digesting their food perfectly, provided only that they took care to fulfil the necessary conditions. Their digestion was healthy, but it was weak.

When digestion was imperfectly performed, the person was said to suffer from indigestion. Indigestion might occur in those who habitually had either a strong or weak digestion, and by proper methods it might frequently be cured in both. They might sometimes be able to strengthen the naturally weak digestion, though they could hardly expect to alter the natural constitution of the patient, so far as to enable a man who had naturally what was called "a weak stomach" to compete with one who had naturally got the digestion of an ostrich, at a civic feast or at a succession of private dinners.

SLEEPLESSNESS.—Sleep is a perfectly natural function. (*Lanset*). It is not a negative act, but a positive process. Herein lies the difference between real sleep and the poison-induced torpor which mimics the state of physiological rest. We ought to be able to sleep at will. Napoleon and many busy men—the late Mr. Wakley, for example—developed the power of self-induced sleep to such an extent as to be able to rest whenever and wherever they pleased, for longer or shorter periods, as the conditions admitted. We have been led to believe that Mr. Gladstone at one time possessed this faculty. If that be so, his recent insomnia must be assumed to have been the result of such intense brain worry as inhibited the control of the will; or there may, of course, be physical causes which render the apparatus of the cerebral blood-supply less manageable by the nerve centers.

In any case, it is much to be deplored that, in the study and treatment of insomnia, the profession generally does not more clearly and constantly keep in memory that what we call sleeplessness is really wakefulness, and that before it is justifiable to resort to the

use of stupefying drugs the precise cause of disturbance should be clearly made out. This, of course, takes time, and involves a scientific testing of the relative excitabilities of the sense-organs, central or radial and peripheral. The discovery of the cause, however, affords ample recompense for the trouble of searching for it. With the sphygmograph and a few test appliances, such as Galton's whistle, an optometer, and other instruments, the recognition of the form and cause of sleeplessness can be made in a brief space, and then, and then *only*, we protest, it can be scientifically — *i.e.*, physiologically treated.

THE TORONTO SANITARY ASSOCIATION appears to be doing good work. At the regular monthly meeting on the 2nd inst., Mr. Langley, president, in the chair, Mr. S. Curry, architect, gave an address on plumbing and drainage, illustrated by numerous diagrams. He said the best method for securing good plumbing would be to have all plumbers registered, and to insist on all work being done up to a certain approved standard. One great cause of complaint was ventilating pipes, which defeated themselves by being connected so that sewer gas might pass through them and into the room. A number of illustrations were shown where pipes which were supposed to ventilate a room really conducted sewer gas into it. Waste materials of the household should be carried out of the house within the shortest possible time. To do that, it was necessary, to have a direct line of piping, of good material, smooth on the inside, laid to good fall. The fixtures should be of approved pattern, made to retain no filthy matter of any kind, in order that decomposition could not go on in or about them. The traps should be close up to the fixtures, and of such form as would not allow any filth to be retained in them, and they should contain no more water than is absolutely necessary for an efficient seal. All pipes should be placed so that there would be no danger from frost, and in such positions that they could be easily got at with the least possible trouble. . . . The city, with the object of draining vaults, was at present building a large number of sewers with but little fall in back lanes, where there was only a small amount of fluid sewage to be removed. As there was no means of effectually flushing such sewers they would become abominable, elongated cess-pools. Referring again to plumbing, the speculator must