

and watched in regard to these points. Abundance of hot (boiling) water is a daily essential for all milk cans, with free exposure to sunlight. Fruits and fresh meats must be well looked after, or dishonest persons will sell such as are not fit for food to unsuspecting persons. It is largely to impure or diseased food that the prevalence of diarrhoeal diseases is due at this season of the year. August is a month of great fatality from diseases of this class, often even in villages and quite rural districts, and great circumspection in relation to the food is very essential.

In shallow wells, at this season, the water is liable to be low and highly contaminated, and in many country places if the water must be used for drinking, careful filtration or thorough boiling should be enjoined upon the heads of families.

All school buildings should during

the holidays be placed in as perfect a sanitary condition as possible. The drains, basements, walls and floors all want a complete cleaning and renovation, and so to be prepared for the fall commencement.

A little intelligent advice and "Moral Suasion" at the hands of sanitary inspectors, and more especially of medical health officers, will often do more in the promotion of health measures, much more, than attempts at coercion; although some persons, as everybody knows, must be coerced, for their neighbors' sake if not for their own. There are but few however, if they can be convinced that there is really danger to the health of their own families and persons—danger too of a draw on their pockets for doctors fees and medicine—from insanitary conditions, who will not make successful effort toward remedying the evils.

INTERESTING OBSERVATIONS ON LONGEVITY.

RECENT researches in various countries have brought to light some interesting facts relating to this subject which are given as follows in the *New England Medical Monthly*: It appears that one third more women than men attain advanced age, this being due partly to their social condition and surroundings, and partly to their superior capacity of enduring pain, privation, etc. On the other hand, acute diseases are more fatal to males, both young and old, while many disorders, such as affections of the brain and liver, seem almost entirely confined to the latter sex. The proportion of those dying suddenly is about 100 women to 780 men. Statistics for the year 1870 show that of those who committed suicide 1080 were men and 285 women.

Consumption attacks women oftener than men, the death-rate of the former being very much in excess. The birth-rate in foreign countries shows a larger proportion of females, especially among the higher classes and in the royal families. In the negro race, while the birth-rate about equals that of the whites, the deaths are greatly in excess, and a much smaller proportion reach advanced age. In these, such affections as Bright's disease, rheumatism, malarial-fever and cardiac trouble are doubly fatal, as well as much more frequent. There are, no doubt, abundant reasons to be adduced in explanation of these facts, but scientific research has not yet demonstrated them. Possibly the mere fact of sex and physical conformation has little to do with the