

progress had been made in securing health officers for such boards. The secretary stated that the progress in this direction had been great, and it was largely due to Mr. Parker's efforts.

Dr. H. F. Lyster read a continuation of his paper on the subject of Healthy Homes. He considered the subject mainly with reference to their location and the measures to be taken to secure good drainage, and traced much of the ill health of people to dampness in and about their dwellings. He had issued a circular to the correspondents of the board, and with this paper he presented the substance of about 40 replies received, showing the nature of the soil, practice as to tile-draining, sources of drinking-water, character of cellars, disposition of decomposing organic matter, etc., about the homes in the several localities.

The Secretary read an outline of a report of the work of his office during the last quarter. It included the distribution of about five thousand copies of the document on 'Restriction and Prevention of Scarlet Fever,' and sixteen hundred copies of the Fourth Annual Report of the Board, the printing of six thousand copies on the 'Treatment of the Drowned.' Much time had been given to the compilation of 'Weekly Reports of Diseases,' and a large amount of miscellaneous correspondence and other business had been transacted.

During the year large additions have been made to the library of the board.

EFFECTS OF TOBACCO.—Dr. Henry Gibbons, one of the editors of the *Pacific Medical and Surgical Journal*, in a little work on tobacco and its effects, writes as follows:—The use of tobacco tends to vitiate the sense of taste, and to create unnatural and morbid thirst, which craves some other means of gratification than the pure and wholesome beverage provided by the Creator. In this way it leads to the use of strong drink, and becomes a stepping-stone to intemperance. It has been contended that tobacco is in some degree a substitute for alcohol, and tends to protect from intemperate drinking. But such is not the experience of mankind. Bad habits do not go singly; they are gregarious. One brings another of its kind. The man who loses his self-control in one respect is less his own master in everything. There is no slavery more relentless than that of tobacco—no chain harder to break. Even the appetite of the drunkard is often more easily overcome. Besides, tobacco leads away from good company and into bad company. From the family circle and from the society of virtuous females it is often excluded: from corrupt society *never*.

IN REFERRING TO INFANTILE MORTALITY, an exchange truly says, 'The regard for infant life is one of the greatest virtues in a community, both for its own sake and for what it implies. It is opposed to all the vices—to drunkenness, to unchastity, to idleness, to coarse selfishness. The care for tiny lives as yet unproductive and giving to their parents nothing so much as trouble, is a virtue that should be cultivated in a community.'