

enormous sums upon water and drainage. Bombay is going to carry out a drainage scheme, and other towns are not behind hand in such work.

CRAMMING AND OVER-WORK, AT SCHOOL.—On this subject a late number of the *Lancet*, Lond., comments as follows; the two first sentences we should like particularly to impress upon parents: "It should never be forgotten that youth is the period of growth and development, and that the boy is then laying in the stock of health which has to bear him bravely through the vicissitudes and struggles of adult life. A few hours of work can speedily be made up later on, but nothing can restore the tone to the jaded nerves exhausted by premature toil and excitement. In the same manner that factory children are protected from excessive physical labor ought the children of our middle-classes to be protected from the excessive strain that ambitious parents and school-masters would put on them. A gentleman connected with an educational establishment of high standing, and who has often spoken with authority on educational questions, considers the question to be worthy of Government inquiry. Only a Royal Commission could get at the real truth and reveal the amount of mischief that has been done by the reckless employment of the grinding system.

DRESS REFORM.—This subject is commencing to attract, as it certainly should, some attention. Not long ago Dr. Atlee, President of the Pennsylvania Medical Society, delivered an address, strongly condemning the confining of the waist, the weighty dress, the fashionable shoe, &c. In Finland the subject has been approached in a very practical manner. A meeting for opposing extravagance in dress has been held in Ilveskylä, Finland, which was visited by a large number of ladies; and the following, from the *Health Reformer*, is part of an address read by one of the ladies:—"We love our native land. We love its people. May we then express love, not only in words, but also in acts, with our judgment, and in our whole appearance. Some have spoken against excess in drink; we Finnish women would enter into a covenant to oppose excess and vanity in dress. How much it becomes us, who are surrounded by the youth and children, to set good examples before them, setting forth in our dress, simplicity and true humility! The eyes of the children are fixed upon us as we set forth the truths of Christianity and the truths of knowledge. Shall we then appear before them clad in the modern disgusting and whimsical apparel which causes wonder and laughter? No; we would together decide, as true friends of our country, to be faithful in the smallest matters and to make use of the