

at foot ball. Many chronic diseases have also been reported by physicians as being caused by this same game. A physician writes: I have had under observation several young men whose general health has been undermined by long severe pulls at boating. "A word from the trusted family physician" will do much to prevent too severe exercise in these games.

ROPE JUMPING.—This in moderation is a good exercise, and is a favorite one amongst school girls. There is danger however of its being carried to excess, and the little rope "skippers" should be warned of the danger. At Lima, Ohio, recently, a girl fourteen years of age is reported to have jumped the rope 255 times without interruption. In about twenty minutes after she fell into an unconscious condition, and died in a little less than three weeks. Some might do themselves much injury with fewer jumps than 255.

Personal.

SIR CHARLES TUPPER'S withdrawal from the Government and from Canada has caused many regrets amongst members of the profession to which he is an honor. We regret very much the loss, from amongst those working here in the interests of the public health, of one who was ever ready to help on the good cause. There are too few of such; and we trust his absence may not be of long duration.

DR. O. S. WINSTENLEY, we are pleased to learn, has returned to Toronto from his trip to California. We trust his health is much improved.

DR. V. H. MOORE of Brockville has been nominated representative of Queen's College at the Ont. Med. Council in place of Dr. McCommon resigned.

DR. STRANGE having been appointed surgeon to the Infantry School in Toronto, has resigned his position as surgeon to the Queen's Own Rifles.

The **NEW TORONTO CITY BOARD OF HEALTH** is composed of Dr. Pyne, Mr. Allan Macdougall, associate editor of this journal, Dr. Carroll, Mr. A. R. Denison, architect, Mr. Meredith and Aldermen Blevins, Defoe and Irwin.

DR. NORMAN BETHUNE, in his great affliction, in the loss of his son with the destruction of the "State of Florida" and of his wife, suddenly, by apoplexy, so soon after, has our deepest sympathy.

Questions and Answers.

J. A., M. D., Toronto Regarding the "new steam heater," we cannot yet give any further information than appeared in our April issue, but we are endeavoring to learn more about it, and trust soon to be able to give the readers of the *JOURNAL* the benefit of the knowledge.

C. N., Montreal. In this number we give from a correspondent in the *Scientific American* what we believe to be an excellent process for home-made bread about which you made enquiry last month.

J. McD. Yes, perfumes used in moderation are believed to be beneficial to health. Principally on account of your question is given in this number the article "Binoxide of Hydrogen" relating to this subject. The value of perfumes is believed to be due to this Binoxide, which they give off.

Publisher's Notices.

TRAVELLERS AND EXCURSIONISTS wanting trunks or valises would do well before purchasing to see the large and varied stock of these at *Borbridge's*, 88 and 90 Rideau St., or 186 Sparks St.

THE **TORONTO LIFE AND ACCIDENT ASSOCIATION** is a new society well worthy the confidence of those desiring to secure a weekly allowance in case of accident or a fixed sum for a family in case of death, at rates much lower than ordinary life insurance.

FOUR RECEIPTS for washing blue.—Dissolve indigo sulphate in cold water and filter. Dissolve good cotton blue (aniline blue 6 B) in cold water. Dissolve Prussian blue in cold water, adding one-eighth part oxalic acid in water. Dissolve Tiemann's soluble blue in water with 2 per cent of oxalic acid. A receipt for a disinfecting washing blue will probably be given in the next number of this journal.