

In conclusion : we see no reason why the local health board, (as well as the local boards of all other municipalities) should not be somewhat of an *educational* body as well as a coercive organization. The masses of the people yet require a great deal of educating in order that they may see the value of sanitary improvements and of voting money therefor. The frequent and free distribution of sheets and pamphlets containing a copy of the chief points in the health regulations and other instructive matter, showing the necessity for attending to health laws and comply-

ing with the sanitary regulations, would cost but very little and yet would do a vast amount of good. The public as a rule will not vote money for health purposes, nor buy extra fuel even for ventilating their houses in winter, unless they can see clearly that it is likely to prove of direct advantage to them. Much more might be done than has heretofore been done by local boards in instructing the people in this way, and so getting their sanction for spending money more liberally with the object of preventing disease.

### MISCELLANEOUS NOTES AND EXTRACTS.

#### SPLENDID RESULTS OF THE SANITARY SYSTEM IN ITALY.

About two years ago there was organized in Italy the most complete sanitary system probably in the world, to which attention has been drawn on several occasions in this JOURNAL. In 1888 there were recorded there, it appears from a statement recently published, a total of 442,122 cases of the seven principal diseases—small-pox, measles, scarlet fever, diphtheria, typhoid fever, typhus fever and puerperal fever ; while in 1889 from the same diseases there were only 290,107 cases, or nearly 150,000 less than in 1888. This means, with the usual or average mortality from these diseases, a saving of about 12,000 lives, besides the enormous amount of sickness indicated ; a pretty good showing for the first year. The following is a tabulated statement of the number of cases of each of the two years :

	1888.	1889.
Small-pox . . .	63,632 cases.	39,004 cases
Measles . . .	220,953 "	130,961 "
Scarlet Fever . .	44,419 "	30,192 "
Diphtheria . .	41,742 "	28,399 "
Typhoid Fever . .	59,526 "	54,865 "
Typhus Fever . .	2,831 "	2,206 "
Puerperal Fever .	9,019 "	7,480 "
Total . .	442,122	293,107

#### REST, ESPECIALLY FOR MOTHERS.

Many times we have drawn attention to the subject of rest, and to the necessity of

it in this ever active age. Rest—entire freedom from everything that worries or disturbs, is an essential of health and life. Thousands of mothers, of ever busy, cooking, knitting, mending mothers, suffer incalculably and die every year from want of rest. As an exchange aptly puts it: Good mother, overseer of a province, rest a little. Have a chair by the stove, and when you peep into the oven; sit while you look, yea even a moment after. You will work all the faster for the change of posture. While mending, have your chair in the coziest corner, where good light will come in, if possible, over your left shoulder. Drop your hands occasionally and let your eyes rest, by looking at something interesting out of doors ; thus many a holy thought will enter the chamber of your mind and abide with you. Don't rule all the time. Drop the reins of government for only a little while and be a child with your children. Rest and gather restful things about you. Every working woman should have a cot and an easy chair in her working room ; if this is every room in the house, then every room should have these resting appurtenances. We have personally urged upon hundreds of mothers their great need of rest, more than anything else, to take every possible opportunity to sit or lie down for a few moments even. Rest more than "good mothers" and leave not your little ones motherless.