

DR. J. A. BEAUDRY, of Montreal, recently read an interesting paper on "The Farmers and Hygiene from a social point of view." He held that according to statistics carefully gathered by himself during the last ten years in the surrounding country districts the death rate was higher there than in our cities, though the farmer certainly ought to enjoy the best health and live the longest. This alarming phenomenon was due to the non-observance of the laws of health, and also to ignorance, prejudice and habit. The doctor referred doubtless chiefly to the province of Quebec, but in many respects his remarks are applicable to the Dominion.

THE FARMER in winter, Dr. Beaudry says, shuts himself up with his family in the kitchen. Ventilation he never dreams of, so that the family live for months in foul air, and experience shows that during the winter months deaths are more numerous among women and children in the country districts. Bathing is almost unknown among Canadian farmers. On Sunday morning the face and hands are given a thorough washing, but the rest of the body never feels water. Still another fatal mistake is made by the farmer in sending his best produce to the market, and keeping for his family what is least salable. There is imminent danger of an enfeebled state of the agricultural race, a weakness is already ascertained to be a fact in parts of Quebec.

THE NINETEENTH CENTURY contains an article by Henry Behrend, a Hebrew physician of London, relating to the Hebrew method of butchering and inspecting meat. It shows (1) the great advantage of rigid meat inspections as a means of preventing tuberculosis; (2) an alarming proportion of diseased animals; and (3) a equally alarming lack of altruism in the Hebrew race as regards other races.

"OF 13, 116 beeves slaughtered for the Hebrew trade in London in six months, only 6,973 were deemed fit for Jewish use." "The average rejections for five years have been forty per cent. But these rejections are often sold to the Gentiles for food." "In a large practice of over thirty years he has never met a case of consumption in a Jew, and other busy physicians make similar statements."

THE LANCET reports as occurring in England, during a period of five months, the following injuries from football: Thirteen deaths, fifteen fractured legs, four fractured arms, eleven fractured collar-bones, three injured spines, one injured nose, one injured knee, one injured ankle, and one injured cheek.

A PORTION of Paris is supplied by water from springs, and the rest by water from the

Seine. The mortality from typhoid fever is four times greater in the latter than in the former districts.

PROF. NEUMANN, of Vienna, says that he has had under treatment eighty-four cases of syphilis acquired by such innocent means as glasses, towels, soap, pipes, or other utensils of a domestic sort, or the fashion of kissing.

MM. DOYEN and Lajoux analysed seven samples of water sent from Pont Favarger, where a typhoid fever epidemic had appeared. Five samples obtained from contaminated wells contained 25,000,000 bacteria to a quart of water; of these, 15,000,000 to 20,000,000 were typhoid bacilli.

WHAT is known as Pessimism, or asking "Is life worth living?" Time says, should properly be called a sort of liver complaint.

SWEAT BANDS of hats may contain twenty-eight per cent. of fatty acids, which in summer penetrate the forehead and corrode the skin. Rub with burnt magnesia frequently, so as to leave a small film on the band; wipe it off with a cloth before applying again.

LAWSON TAIT says.—To keep a young girl during her first efforts of sexual development, seated upright on a musical stool, with her back unsupported, drumming vigorously at a piano for several hours, can only be detrimental.

THE Conseil de Hygiene of Paris is about to take steps to suppress the use of old magazines and newspapers for wrapping foods. The Austrian government has prohibited the use of such papers, and also of colored papers for wrapping articles intended to be eaten.

FLANNEL underclothing should not be taken off or even exchanged for very light flannel with the first warm weather. Some persons unwisely throw off or change their flannel quite too early, even in April and May. Colder weather will follow the first warm spell. Keep on the flannel.

FRESH EGGS form a valuable article of diet, not easily procured, because they soon become stale. Almost every body could keep a few hens. If well bred, they more than pay for their keep, if they get any chance at all; and the one keeping them can make it a pleasure to look after them, instead of a trouble. There are no better breeds than the Plymouth Rocks and Wyandots for either laying or for the table; indeed but very few are so good. They will lay very well in the winter if kept warm, and their flesh is abundant, tender and juicy. Any of our readers desiring fowls—eggs or birds would do well to communicate with Mr. T. W. Tapscott, of Brampton, Ont.