

gallons of water. This solution may be used to wash furniture, clothes, floors and walls, and also to sponge the body after fevers. Unfortunately, the majority of Canadians are timid about giving baths after contagious diseases, and this is why the danger of contagion remains so long. Indeed, even in this city children are often sent to school soon after recovering from measles or scarlet fever, and without having had a single bath. It is no wonder these diseases have raged this winter; for even when the authorities of our public schools have endeavoured to enforce proper restrictions as to sending children from infected houses, we can scarcely say that our City Council upheld them. But, as we have said before, among the poorer classes it is almost impossible to give children a bath with safety, since their houses are too cold and they have no proper bath room, and even very often the water is turned off. Surely it would be possible to have bath rooms in connection with the schools in some of the poorer districts. It is said that many wealthy citizens have been converted lately, and we think they could give us no better proof of their Christianity than would be afforded by their contributing liberally towards the opening of public baths for the poor. It is a disgrace to our city, with its magnificent water works and unlimited numbers of so-called pious people, that the poorer part of our population cannot be clean even if they would. And it is not only the poor who suffer for this. Our servants visit in these homes of poverty where the water is turned off and sickness reigns, and return to us, bringing the germs of disease, and perhaps death; and when we wonder how our darlings caught the fatal malady our pious friends tell us that it was the will of Providence, and the affliction was sent for some good purpose. Alas! if our affliction would but lead us to realize the beautiful words of Sir Arthur Helps—"We are all so intertwined that the same wave beats on every shore." One may not think it worth while to know much about the char-woman who comes to help the servants occasionally, but should some fever carry off her half-fed, poorly-clothed baby this week, she will probably next week carry the disease to the home of some fine employer, and again we shall be told that it is the "hand of Providence" when the light of the household is laid low. Of course we must always have disease and death among us, but now-a-days most of us know that much of both may be avoided by proper precautions; and we cannot take these precautions for ourselves alone. If we are callous and careless as to the miseries and maladies of our neighbours we may rest assured that a certain amount of these miseries and maladies will eventually come to ourselves. The erection of public baths has been frequently and fully discussed by the press, but people glance hurriedly over the most eloquent editorials, and then declare there is "nothing in the papers." A murder, or a divorce case, or a terrible accident, would be worth talking about, but a simple scheme of sanitary reform—why people have not time to talk about such things. And so we go on from year to year, building churches and holding revival meetings, while our city becomes dirtier and more degraded, and disease and death run riot among us. When the warm weather again comes the poor children around the wharves will endeavour to snatch stolen plunges in the canals, and when they are promptly caught and punished, the papers will again cry out, praying that they may have some place set apart for them, where they may enjoy the coveted luxury in peace, but no action will be taken, and as usual the matter will be allowed to drop, unless some good Samaritan, or sanitarian will bestir himself and his neighbours and make an active beginning in the matter. But it must be remembered that to provide a place where men and boys may have a swim is not sufficient. The cold bath is *not* a cleansing agent. We cannot do better than copy an article on this subject which lately appeared in the *Lancet*, entitled "Dirt and Bodily Heat." "The part which the skin plays in the regulation of bodily heat is not adequately estimated. The envelope of complicated structure and vital functions which covers the body, and which nature has destined to perform a large share of the labour of health-preserving, is practically thrown out of use by our habit of loading it with clothes. It is needless to complicate matters by allowing it to be choked and encumbered with dirt. If the skin of an animal be coated with an impervious varnish, death must ensue. A covering of dirt is only less inimical to life." We are not now speaking of dirt, such as offends the sense of decency, but of those accumulations of exuded matter with which the skin must become loaded, if it is habitually covered and not thoroughly cleansed.

The cold bath is *not* a cleansing agent. A man may bathe daily and use his bath towel even roughly, but remain as dirty to all practical intents as though he eschewed cleanliness; indeed, the physical evil of dirt is more likely to ensue, because if wholly neglected the skin would cast off its excrementitious matter by periodic perspirations, with desquamation of the cuticle. Nothing but a frequent washing in water of, at least, equal temperature with the skin and soap can ensure a free and healthy surface. The feet require especial care, and it is too much the practice to neglect them. The omission of daily washings with soap and the wearing of foot coverings, so tight as to compress the blood vessels and retard the circulation of the blood through the extremities, are the most common causes of cold feet. The remedy is obvious: Dress loosely and wash frequently. In this country we think it is necessary to add an injunction as to the necessity of washing the head. Some Canadians do not consider it safe to wash their own or their children's heads during the entire

winter. This is a mistaken idea, as there is not the slightest danger of catching cold if the head and hair be properly dried, which can be easily done by sitting near a register, or any warm draught and after thorough rubbing with towels, brushing the hair until dry. Short hair may be dried in a few minutes, and even long heavy hair will not take over fifteen minutes, brisk brushing. It is believed that contagion is very often retained in the hair long after it has disappeared from the body and clothing. We all know that we perspire in summer, or when very warm, but many are not aware that even in winter, if we are in health, more than two pints of perspiration ought to come out daily through our skin. This invisible perspiration contains carbonic-acid gas—a deadly poison, which is continually being formed in us and thrown off through the breath and skin. There are thousands of little holes in the skin, each leading into a little pipe of twisted skin, or sweat gland, and it is through these that the perspiration is carried and cast out. If all these little glands were closed up we should of course die; and as many of them must be upon our heads we can see the importance of keeping them open; and the danger of allowing our heads to be unwashed, since dust must accumulate more rapidly in the hair than on other parts of the body. We have reason to be thankful that hair-oils and pomatums are no longer fashionable except with Bridget in the kitchen while her mistress now glories in her soft, well-washed fluffy hair.

CORRESPONDENCE.

It is distinctly to be borne in mind that we do not by inserting letters convey any opinion favourable to their contents. We open our columns to all without leaning to any; and thus supply a channel for the publication of opinions of all shades, to be found in no other journal in Canada.

No notice whatever will be taken of anonymous letters, nor can we undertake to return letters that are rejected.

All communications to contain the name and address of the sender.

Letters should be brief, and written on one side of the paper only. Those intended for insertion should be addressed to the Editor, 162 St. James Street, Montreal; those on matters of business to the Manager, at the same address.

To the Editor of the CANADIAN SPECTATOR:

SIR,—F. H. T., of London the lesser, has scored a hit! "Very neat indeed," as the Cockney said when he saw the Falls of Niagara. *Saxon.*

To the Editor of the CANADIAN SPECTATOR:

SIR,—In the Toronto *Telegram* of March 24th, 1886, appeared a letter over the signature of "Doctor," which, from the extraordinary sentiments it contains, ought to arrest the attention of abler critics than I. Permit me to make a somewhat lengthy quotation: "It is not at all likely that the Legislature intended that the public should waste their time in vainly trying to take care of their own health, or they would not have relegated such matters to the medical profession. The wisdom of this course is apparent when we consider that a large number of our young men are devoting their time and means to acquiring a professional education, and if every means of maintaining a standard of health is disseminated among the people, how are they to get a living by their profession?" In giving birth to such an original theory, is it not to be regretted that the "Doctor" should mar his own usefulness and innovate upon the merits of his discovery by the neglect or refusal to usher his name into the world? Inventions when favourably regarded by scientists are uniformly patented, and the community do not grudge when they see the patentee rising into importance as the benefactor of his race. In such a case publicity points to credibility. It may be that the "Doctor" luxuriates in popularity within his own home-walk; and it is possible to conceive that in consequence of a friendly pressure from that quarter he has been prevailed upon to maintain the soundness of his views in the columns of a newspaper. I admit at once these views are far-reaching in their results. Sanitary boards will be put in possession of a sinecure, if not consigned to oblivion; ventilated sewers are no longer wanted; the use of filtered water must be condemned as unceremoniously as are those who presume to teach the people to eat brown bread. "I shall not describe its effects," exclaims the "Doctor," "upon those who eat it. I trust that if the law as it now stands does not reach those cases, application will be made next session of the Legislature and have the law so altered as to put a stop to such work," &c. Avaunt, brown bread! Nothing but clear grit or grist for me. An occasional change of diet cannot be recommended—divergence from the prescribed groove comes accompanied with dangerous, if not fatal, results. If a lover of turtle soup, continue in its indulgence; if an enthusiastic admirer of the flavour of a sheep's head, resolve to be consistent; if an enemy to the tyranny and brow-beating of the teetotaler, do not resile from your position; if content to remain among the unexcavated masses as a practical heathen, take no heed of the counsels of well-meaning though weak men. The observance of these injunctions would appear to harmonize with the "Doctor's" system, as he pleads in defence of hopeful medicos and strives to point out how they are to get a living by their profession.