

severed, and the Sanitary Department has been attached to the Assistance-Publique of France. M. Monod (whose reputation as an enlightened sanitarian is established throughout Europe) has been nominated by presidential decree, director of the two services, with the title of the Director of the Health Service. It would be well and profitable, if Canada were to set the next example in this regard.

MENTAL DEPRESSION, as the N.Y. Medical Journal says, is a functional disorder. Melancholia, according to Broadbent, is in many cases an aggravation of mental depression, and often both may be due to the same cause. In the "Practitioner" a few months ago, Dr. Haig considered the relation of mental depression to the excretion to uric acid. "A certain form of headache bears a close relation to such excretion and the author's researches concerning headache have shown him that mental depression and its opposite condition of well being and exaltation are also dependent upon the amount of uric acid in the blood. Variation of this amount may produce or put an end to the headache; and in like manner, mental depression or the joy of living may be called into existence. The amount of this acid required to produce headache is probably greater than that which causes depression, irritability, or simply that undesirable state known as being on bad terms with one's self. The Journal discusses the uric acid condition in a most lucid manner, and gives a dietary for persons disposed to it, which we purpose alluding to further on a future occasion.

ON THE SPIRITUAL EFFECTS OF PAIN, an address was recently delivered to the students in a London hospital, by the Rev. Edward White. The lecture included many suggestions well worthy of much consideration by every man and woman. Starting with the proposition (Brit. Med. Jr., Mar. 30) that the human capacity for enjoyment necessarily involves that for specific suffering, he urges that, from the scheme of the Everlasting Cause, suffering cannot be excluded, but is a consistent extension of a method of government which is uniform. Mere Almighty benevolence is the mildest of all notions of an Eternal Power. "The glory and force of ancient Judaism consisted of its assertion of Almighty Love, whose plan of creation admitted of educational suffering, and of a redeeming energy ever crushing out the moral evil which is in the world." Educational pain, poena, penalty, as we all un-

derstand—no thinking medical man could spare from any scheme of moral government. But now comes the question, how far are we to go in eliminating pain, as seems the direction of our modern methods of education? Savage nations inflict tortures on their young men to teach them endurance, and there is no question that most of our liberties and highest privileges have been won in the past by fortitude learned in the school of suffering; "a school which in this age of comfort and coddling, seems in danger of closing its doors for want of pupils.

TWO QUESTIONS of a simple and practical nature about our modern anesthetics, the lecturer asks in conclusion. One, does not their use in war tend to remove one of the restraints in the statesmen who control the policy of warlike nations? The other, are not the women who have given birth in labor under chloroform, and have never felt the martyrdom of prolonged parturition, to some extent deficient in the great and lifelong love which was the product of the "perilous birth?" He thinks they are, and he gives cases in point. He says that "Truth is ever bipolar, and softens as well as toughens," and he illustrates the maxim by examples of the beautiful tenderness learned in the seminary of physical and mental anguish, which can readily be confirmed by experience of most medical practitioners.

THE DECAY OF MANLINESS, is the heading of a communication in the last number of the British Medical Journal, by Dr. N Stevenson. He writes: I have lately been much struck with what I think is a symptom of want of tone in physical courage, due, I suppose, partly to coddle, the natural result of luxury. People are encouraged to suffer no hurt, or even the slightest inconvenience, that can by any manner or means be avoided, and so, when necessary troubles or pains have to be endured, there is no normal courage to face them. Advice is too often given to insist on anesthetics for every, even for the most trivial, operation, such as the extraction of temporary teeth, or loose roots, etc. All such ought to be endured patiently, because of the false impression that a dreadful agony has been prevented by the anesthesia. This false fear too often leads to the abandonment of every healthy effort to courageous endurance, and to the development of a cowardly disposition.

BEWARE of impure ice. One should never drink water or anything else in which ice has been