

straight and stiff, and the shoulders held back in order to allow the thorax to move easily. In this position regular rhythmical inspirations should slowly be taken, and deep enough to fill the lungs with inspired air. Dr. Bernard tested the truth of these directions, and escaped sea sickness; also a number of his fellow passengers. Would the extra amount of oxygen inhaled account for this?

ELECTROTHANASIA is the heading of an editorial in the British Medical Journal (of Dec. 21) in which it is stated that Dr. H. M. Briggs has made an interesting observation, which is, that the majority of fatal accidents have occurred on or after wet days. With a wet skin and wet clothes there is good contact, and therefore little burning of the skin, but serious internal effect. With a dry skin and dry clothes there is more burning of the skin, but less penetration, less shock and less danger of death.

NOTES ON CURRENT LITERATURE.

IN THE CENTURY for January the next to the last installment of "The Life of Lincoln" appears. This installment contains a graphic account of Lincoln's last day and his assassination, also a chapter on the fate of the assassins. A notable paper is Miss Amelia B. Edwards's account of the recent very extraordinary discoveries at Bubastis, in Egypt. One stone of these ruins is almost sixty-one centuries old, and Bubastis is as ancient as the earth itself used to be considered. The second of the "Present-Day Papers" is by Rev. Dr. Dike, and has to do with "Problems of the Family." It incidentally some startling statistics with regard to divorce in the United States are presented. The number is a very good one.

IN "THE POPULAR SCIENCE MONTHLY" for January, Benjamin Reece cites figures which show that crime does not decrease as illiteracy is diminished, and says that our school system should have the addition of moral teaching. The correspondence between Herbert Spencer, Prof. Huxley and others under the title "Letters on the Land Question," are commenced. There is an account of "The Rare Forms of Orchids," with pictures of several varieties. Also an illustrated article on "Palm Trees and their Uses."

THE VEGETARIAN MESSENGER is a 32 page monthly which gives a great deal of very good

evidence in favor of vegetarianism, some of which we may quote in future numbers. It does seem that flesh eating is becoming less popular.

THE YOUTH'S COMPANION double Christmas number is a charming souvenir. Its delicately colored cover encloses a wealth of stories and pictures that are highly interesting to readers of all ages. Some of the features are, "Christmas in a Wagon," by J. L. Harbour, a story of pioneer life in the Rocky Mountains; "A Double Decker," by Mrs. Frank Lee, a story for the boys; and another for the girls, entitled "Beth's Memorial Stocking," "A Christmas Night's Sensation," and "Alice's Christmas," both fresh and appropriate to the season; highly beneficial editorials on "Thoroughness" and "Stanley's Return," with a pretty page for very young children, with other articles, anecdotes and bits of fun, combine to make a treasury for the whole family.

PUBLISHERS SPECIALS

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TO THE PUBLISHER of any paper who would like to give the readers of it a reprint of any articles appearing in this JOURNAL and will inform us of the fact, we will mail regularly to such paper advance sheets of the most popular or practical articles about to appear.

ADVERTISERS please observe that this is the only Health Journal now published in Canada in the English language; it is now in its twelfth volume, and for certain specialties is the best medium in Canada with which advertisers can reach a good class of readers—manufactures a good class of consumers. Rates very reasonable and sent on application.

THE GOOD WORD "Canada," while we were "pushing" the JOURNAL much into the United States, was advisedly left out of the title. At the request of a number of our subscribers, we now have pleasure in adding it again and as our first word.