

It is high time some action should be taken in so important a matter, when the public are liable to become the subjects of disease, in so unlooked for manner. If you will endeavour to draw attention to this point in your valuable Journal, it may tend toward inducing the Pullman Company to reconsider the present construction of their *sleeping car*, in which disease, is often *wide awake*.

Truly yours,

JAMES A. GRANT, M.D.

Ottawa, June 23, 1876.

LIMIT TABLE OF WEIGHTS AND MEASUREMENTS.

To the Editor of the Toronto SANITARY JOURNAL

SIR,—The following table will be of service to the many examiners in Life Insurance in Canada, who are at the same time subscribers of your most excellent Journal. It was constructed by me seven years ago, as a guide in The Globe Mutual Life of this city, but has never been published. Experience has confirmed its value as a rule, that applicants 25 per cent. under standard weight and 45 per cent. over, are not safe cases for insurance at regular rates. As a limit therefore of under and over-weight, it will aid the examiner in forming an opinion of the safety of the risk for his Company :

LIMIT OF UNDER-WEIGHT, 25 PER CENT.—LIMIT OF OVER-WEIGHT, 45 PER CENT.

Height.		Chest.	Standard Weight.	25 p.ct. Under-w't.	45 p.ct. Over-w't.
ft.	in.			lbs.	lbs.
5		33½ in.	115 lbs.	92 lbs.	167 lbs.
5	1 "	34 "	120 "	96 "	174 "
5	2 "	35 "	125 "	100 "	181½ "
5	3 "	36 "	130 "	104 "	188½ "
5	4 "	36½ "	135 "	108 "	195 "
5	5 "	37 "	140 "	112 "	203 "
5	6 "	37½ "	143 "	114 "	207 "
5	7 "	38 "	145 "	116 "	210 "
5	8 "	38½ "	148 "	119¾ "	215 "
5	9 "	39 "	155 "	124 "	224¾ "
5	10 "	39½ "	160 "	128 "	232 "
5	11 "	40 "	165 "	132 "	239 "
6	0 "	41 "	170 "	136 "	246 "
6	1 "	41½ "	175 "	140 "	254 "

Twenty-five per cent. underweight is the loss of one-fourth of the man, and calls for the most searching investigation on