

into taking, habitually indeed, "hop-bitters" and other such illegitimate concoctions when they could serve their purpose much better by taking some of the pure Canadian wine now produced, or good ale, containing less alcohol probably than the "bitters" or "cure" or "cordial." We should be glad to have these friends turn their attention to prohibition in regard to these nostrums, manufactured for the sole purpose of drawing a fortune from the public.

In this connection we would draw the attention of any of our readers who require a nutrient tonic—far superior and safer to use than any "hop" or other of the so-called "bitters" and such in the market, that is, good, pure wine or ale, or both, containing but little alcohol, comparatively—to the genuine articles named below: The wines produced by the Ontario Grape Growing and Wine Manufacturing Co., of St. Catharines, are highly commended for their agreeable character and genuineness. We are familiar with two sorts, the "Concord" and the "Rogers." The latter is a very pleasant, dark, fruity, sweet wine, almost equal to the imported "Alicante," with which many of our readers are familiar, and at only half the price. It is especially a suitable wine for ladies. With regard to ale, we have not tasted any other Canadian made, quite equal to that of Mr. Labatt, of London, Ont. Indeed, his "India Pale Ale" has a pure "hoppy" aroma and taste more marked than in any ale we have any recollection of ever having tasted, and we have abundant reason for a firm belief in its genuineness and purity. His porter, "XXX Stout" is said by competent judges to compare very favorably with, if not to even equal, any of the imported.

#### OBSERVATIONS AND ANNOTATIONS.

**CENTENARIANS.**—The collective investigations on the causes of disease by the British Medical Association have brought out some very useful facts. In reference to "old age," between eight and nine hundred physicians replied to the questions sent out. The British Medical Journal says, "The average centenarian qualities are precisely those which might have been anticipated: a good family history; a well-

made frame of average stature; spare rather than stout, robust, with good health, little troubled with ailments of any kind; with good digestion, regular daily action of bowels; active, capable of much exertion, with the restorative advantages of sound sleep, permitting or inducing early rising; good vocal organs; a good appetite moderately indulged, with little need of animal food; an energetic yet placid temperament; a good intelligence; the hair holding its ground and its colour well; the organs of sight and hearing performing their functions well and long. Our centenarians afford, in short, good examples through life of the *mens sana in corpore sano*; and in by far the greater number there was a total absence of any evidence of rheumatic or gouty affection, past or present, in the joints of the hands and fingers."

**INFECTIOUSNESS OF CONSUMPTION.**—The investigations on the causes of disease above noted produce evidence of the existence of a far more widely spread belief in the communicability of phthisis than had been thought to exist, a belief which was, in the majority of cases, founded on actual observation. Cases of communication had been especially observed in persons who, from their antecedents, might be considered prone to the disease; in other words, that the danger of communication is much greater in the constitutionally predisposed than in others. Prior to this investigation, "there appeared to exist in many minds a logical inability to conceive of two factors as commonly operative in the causation of phthisis; first, a constitutional predisposition or a suitable soil; and, secondly, an exciting cause or an infecting germ. The minds of many were so fully occupied with the first conception that there was no room left for the second. It is now the exception to find any physician of eminence on the continent who has not stated his belief in the communicability of phthisis from person to person under certain conditions.

**CATTLE A SOURCE OF INFECTIOUS DISEASE.**—Readers of The Sanitarian, that journal in its last issue states, only need refer to a series of papers in Volume XI., by Dr. Peters, of New York, to learn that this source of infection was well recognized