

will last a gang of 20 men on an average from six to ten days. In the former instance it would give to each individual a little over one pound and a half per day, and in the latter case exactly one pound. It must be born in mind that this is not their sole aliment, as they are supplied with bread and vegetables, such as pease, beans, but very seldom potatoes, and a liberal amount of tea. This forms the food of the lumbering class. If we take the class of Canadian French who reside in our cities their consumption of animal food is very much less in amount; and again if we look to the alimentation of the class of farm labourers, it consists in a large measure of bread, milk, onions, garlick and fish. Their pork is too valuable for their own consumption, and they generally reserve it for market. It would seem from the following extract of Dr. Hingston's assertion that he is made to draws a most singularly untruthful comparison between the French Canadians and those of British origin, as regards their vigour and general physique:

"According to Dr. Hingston, the well-known surgeon of Montreal, the Franco-Canadians eat a great deal of meat; the Anglo-Canadians very little. The former are robust, and the diseases which predominate amongst them are those of the digestive apparatus. The English are less vigorous, and pulmonary diseases prevail amongst them. Here is a strong argument in favour of beef."—*British Medical Journal*, Oct. 26.

Comment on this point is unnecessary, as those acquainted with the facts as they stand are fully aware that the Canadian population of English, Irish, and Scotch descent are universally superior in physique and appearance to those of their French Canadian fellow colonists.

We cannot agree with the doctor in the other point at issue, viz., that pulmonary diseases are more frequent among the British and less so among the French population, as from experience we hold that diseases of the lungs are quite as prevalent with the one class as with the other. We only refer to this subject because we cannot allow a question having such important bearings on the salubrious character of our country to go unchallenged.

BROMIDE OF AMMONIUM.

Bromide of ammonium is one of the best remedies we have ever used in whooping cough. To a child two years old, two or three grains may be used three times a day. Its value is enhanced by the addition of hydrocyanic acid and stramonium. We use a formula such as this: bromid. ammon., 60 grains; hydrocyanic acid, 20 minims tinc. stramonium, 20 minims; water and syrup, 4 ounces. A teaspoon full of this mixture three times a day to a child of two years, will seldom fail to produce a marked impression within twenty-four hours.