

service in England and Wales are five-fold greater than the lives thus destroyed by civil accidental violence. A reduction of the death rate by $4\frac{1}{2}$ per cent. is only an installment of sanitary progress. Thus, in the instance of Croydon, visited by the delegates of the Congress, the death rate has been reduced from 24 to 16 per 1000, chiefly by the methods introduced by the first General Board of Health, by which spring supplies of pure water are carried into the houses, and the fouled water carried at once out of the houses and out of the town, by one Local Board authority, while all putrescible matter, instead of remaining for months and years in conditions of putrefaction, is undecomposed, and flows upon the land within two hours. So in Salisbury, Leamington, and a number of other places. At Croydon it has been stated by Dr. Alfred Carpenter, that by complete sanitation, the death rate might be reduced to 10 in a thousand. In the metropolis the death rate among the wage classes in their common dwellings is upwards of 30 per thousand. In the model dwellings in London, it is, however, about 16 or 17, even with surrounding deteriorating conditions. On the demonstrations of various model instances, it may be held that the reduction of the general death rate by $4\frac{1}{4}$ per cent., as reported, satisfactory as this is, cannot be considered more than one-third of the results obtainable by advanced sanitary administration and further sanitary works. The pain and misery and the social disorder occasioned by excessive sickness and premature mortality, are generally beyond pecuniary estimation. Such estimates as those given serve to show the money loss incurred, by inattention to the continuance of preventible physical evils.

George Eliot said: "Ignorance is not so damnable as humbug, but when it prescribes pills it may happen to do more harm."

DRAINAGE LOWERING THE DEATH RATE.

At a recent meeting of the Yorkshire Association of Medical Officers of Health, Dr. Britton, Health Officer of the Halifax Union, gave some statistics on the beneficial effects of improved drainage in lowering death rates, selecting the Hipperholme Local Sanitary District as an example. For four years, including 1873-6, the death rate was high, but during that period steps were taken to obtain a complete system of drainage, and the water supply was "all that could be desired. Zymotic diseases ranged from 2 to 3.9 per 1000 per annum. In 1876 the death rate was 23.9. In 1877 the drainage scheme was commenced, and the death rate dropped to 18.1. In the following year, 1878, the schemes were completed, and the death rate fell to 12 per 1000. In 1879 the death rate rose to 22.5; but this he attributed to the fact that the district was visited by three epidemics of zymotic diseases. The next year, 1880, the death rate again fell to 16 per 1000. The average rate for the three years prior to the drainage scheme was 24.9, and for the three years after the scheme was finished was 16.8, or a fall of no less than one-third.

SLEEP AND SLEEPLESSNESS.

Dr. Granville, in a work on this subject, says, with reference to the difficulty some persons have in getting to sleep: "Habit greatly helps the performance of the initial act, and the cultivation of a habit of going to sleep in a particular way, at a particular time, will do more to procure regular and healthy sleep than any other artifice. The formation of the habit is, in fact, the creation or development of a special centre, or combination, in the nervous system, which will henceforward produce sleep as a natural rhythmical process. If this were more generally recognized,