

should at once have fallen entirely into disuse ; that none of it should have been used by any one in the village. Such changes are never to be effected suddenly. The result observed was just such and such only as I looked for. From eight to thirteen fresh cases had been coming under observation weekly for a period of five weeks ; but in the week following the twelfth day from the introduction of unpolluted water the weekly number of cases fell to five, and in the next week to one.—*Medical Times and Gazette.*

**DEATH OF ANOTHER LADY FROM CHLORAL.**—Another death is reported from the reckless taking of chloral privately. In this case the victim was a lady of about thirty-five, who resided with her step-father at Exeter. She had, it is said, been in the habit for two years past of taking chloral "to soothe pains in the stomach," and had been repeatedly found lying on the floor in an unconscious state from its effects. The preparation she usually took was that known as "Hunter's solution of chloral," which has been ascertained to contain twenty-five grains of chloral to the drachm, and each bottle contained 300 grains. It is calculated that the deceased took 125 grains within two hours. It is futile to caution those who are in the habit of taking sedative narcotic preparations of the risk of doing so except under medical supervision : the only plan likely to succeed is to place heavy restrictions on their sale.

**THE LONGEVITY OF BRAIN-WORKERS.**—By *George M. Beard, A.M., M.D.*—*Separate Pamphlet.*—Dr. Beard assigns as the cause of the exceptional longevity of great brain-workers :—  
1. That great men usually come from healthy, long-lived ancestors. 2. That a good constitution usually accompanies a good brain. 3. That great men who are permanently successful have a correspondingly greater will than common, and force of will is a potent element in determining longevity. The one requisite of great success is "grit." 4. Great men work more easily than ordinary men. 5. Great brain-workers have not all been rich nor all been poor. The majority have been most of the time surrounded with at least moderate comforts.

THE Health Officer's Report of the city of Oakland, for the year 1875, informs us that Oakland is a city of about 25,006 inhabitants, situate on San Francisco bay, with a rainfall of about 21 inches, a minimum temperature of 30°, a death rate of 13½ per 1000 ; the unavoidable being 9 per 1000. The birth-rate was about 21 per 1000, showing a slight decrease for the last three years. During the last year 205 children were born of U. S. parentage, 84 of mixed, and 235 of foreign ; but the report shows that while more children are born of foreign parentage, a greater number of those born of U. S. parentage survive the first year.

Unlike some pretentious cities we know of, it has an active Board of Health composed of medical men, of which Geo. E. Sherman, M.D., is health officer, and C. S. Kittridge, M.D., is secretary ; and what is more interesting to eastern cities, it has an excess of 2648 adult males. *Verbum sat.*

**PROFESSIONAL MUSCULAR ATROPHY.**—Dr. E. Onimus, in a short article with this title, says : Activity of muscles determines the development and energy of muscular fibres, and the general law is that the more a muscle works the larger and the more powerful it gets. This law, however, has its limits, and I have just observed a certain number of cases in which the exaggerated work of certain muscular groups, far from producing hypertrophy, induced, on the contrary, a condition of considerable atrophy.

These cases are observed only in individuals who, through the nature of their trade or work, are obliged to contract the same muscles constantly. Through excess of activity, irritation of the muscular fibres supervenes. Thus, in a man employed in a draper's establishment, and whose business was to replace the unfolded goods on their shelves, there supervened, little by little, a most remarkable atrophy of the deltoid muscles of both sides. And, indeed, it was these muscles which were constantly actively employed in performing this special work.

In a workman employed in a tannery, who was every day for eleven hours at work, and always felt aching and fatigued after his day's labor, there likewise supervened marked muscular atrophy, confined to certain muscles. In