

10. Girls.—"Girls need health as much—nay, more—than boys. They can only obtain it as boys do by running, tumbling—by all sorts of innocent vagrancy. At least once a day girls should have their halters taken off, the bars let down, and be turned loose like young colts."

The *Bulletin* suggests a new proposition:

11. Boys, as well as girls, require *ad libitum* doses of outdoor exercise; plenty of mental calisthenics; the avoidance of narcotics and stimulants, and the deferring of wild oats cultivation until after ninety years of age.

### Curious Facts About Sponges

Some exceedingly interesting facts about sponges were brought out the other day at a lecture delivered in Boston before a class in natural history by A. W. Grabeau. He said that the sponge is now recognized by naturalists as an animal. It is a one-cell structure, each individual cell having a different function to perform. Some are for the absorption of water and some for the consumption and digestion of food. Sponges have no stomachs, but their food is assimilated. Soon after being taken out of the water the animal matter decays, leaving the substance, which becomes an article of commerce. Sponges are frequently found attached to shells, around which they entwine, but more frequently they attach themselves to rocks. The boring sponge is one of the most interesting and curious members of the family. It will bore holes into hard, calcareous objects, and Mr. Grabeau showed an oyster shell fairly riddled with holes. It was picked up on the Massachusetts coast, which abounds with similar specimens. The holes are supposed to be caused by some acid which the animal exudes, but none has been found. Sponges begin their work of boring when quite young, and even the hardest of rocks are drilled by them. They have existed from the earliest period of life on the earth. — *Pharmaceutical Era*.

### Powdered Camphor.

W. Schmidt, of New York, has patented a process for preparing powdered camphor. The camphor is dissolved in benzene of a boiling point not higher than 80°C., and the solution stands till it settles; the supernatant liquor is drawn off, and the major portion of the benzene distilled off. The remaining liquid, on cooling, deposits camphor in the form of very fine powder, which is filtered off and dried. This is said to be an excellent process, and will be of great use to pharmacists, saving as it does the time and trouble in pulverizing camphor in the old manner.

### Pharmaceutical Association of Quebec.

The annual meeting of the Pharmaceutical Association of the Province of Quebec was held in the Montreal College of Pharmacy on Tuesday, June 8th, Mr. R. W. Williams, of Three Rivers, president, in the chair. After the minutes of the last annual meeting had been read and adopted, the chairman called upon Mr. E. Muir, secretary, to read the council's annual report and treasurer's financial statement. The report, which we publish below, showed that the council had had under consideration a number of subjects important to the interests of the members. It also showed that they had been alive to their duties by their efforts to protect the interests of the association in prosecuting a number of persons who had been found guilty of infringing the Pharmacy Act. The financial statement was also very satisfactory, showing a balance on hand April 30th of \$3,157.31. The president, Mr. Williams, gave an admirable address, the opening paragraph of which paid a high tribute to the greatness, goodness, and Christian character of our beloved sovereign, Queen Victoria. On motion, the annual report, financial statement, and president's address were duly adopted and ordered to be printed and circulated among the members. On motion, a committee was appointed to draft a cable message congratulating Her Most Gracious Majesty Queen Victoria on her approaching diamond jubilee. This message was cabled during the progress of the meeting. The scrutineers reported the following gentlemen to have been duly elected, namely: R. W. Williams, re-elected; C. J. Covernton, re-elected; J. Ermaile, Roy, re-elected; J. E. Tremble, A. M. MacMillan, and A. E. DuBerger. These gentlemen, with the following who remained in office, will compose the council of the association for the year 1897-8, namely: Messrs. Joseph Contant, O. Lachance, R. McNichols, Dr. J. Leduc, A. Robert, J. G. Barnabe. The association's first annual banquet was held in the Windsor Hotel in the evening, about 100 pharmacists and others gathering around the festive board, Drs. Hingston and Roddick occupying seats as invited guests. Letters of regret were read from the Lieutenant-Governor, Hon. F. G. Marchand, Drs. Craig, Rottot, and Lachapelle, also from the presidents of several of the provincial pharmaceutical associations. The function was a grand success, and everybody left pleased, having had an enjoyable time.

### Quebec Pharmaceutical Association.

#### 27TH ANNUAL REPORT OF COUNCIL, 1896-7.

Your council, upon retiring from office, beg leave to report work done during the past year.

Your council have held six regular and three special meetings during the year, at all of which matters of general interest to

the members have been carefully discussed.

At the first meeting of the new council, held on July 5th, 1896, the officers of the association, together with the boards of examiners and auditors, were duly elected. At this meeting the registrar reported that Dr. J. M. Dionne, of Victoriaville, had paid the fine of \$50 for which the association had obtained judgment; also that judgment had been obtained against Charles Marin, for illegally keeping open a shop for the sale of drugs.

The registrar reported that, according to instructions, he had withdrawn from the Banque du Peuple the second instalment of \$795.73, and had transferred the amount to the City and District Savings Bank. At this meeting the following delegates to the American Pharmaceutical meeting, held in this city in August last, were appointed to meet that body, namely: R. W. Williams, president; S. Lachance, first vice-president; R. McNichols, second vice-president; Dr. E. Morin, and E. Muir.

Your council are pleased to state that the hospitality extended to our American pharmacists on that occasion was very highly appreciated, and they believe that the invitation extended to that body to hold its forty-fourth annual meeting in this city has been conducive of much good, besides it being the first time that the American Pharmaceutical Association had met in the province of Quebec.

At this meeting the following resolution was presented and carried unanimously, namely: Moved by Mr. Joseph Contant, seconded by Mr. C. J. Covernton, that the council of the Pharmaceutical Association of the province of Quebec, having with deep regret learned of the death of Mr. John Kerry, one of the original charter members of the association, desire to place on record the deep sense of the loss this association has sustained by the death of Mr. Kerry, and to convey to the members of his family their deep regret and sympathy for the great loss they have been, by Providence, called upon to suffer, and that the secretary be instructed to forward a copy of this resolution to the family of the deceased.

At a meeting of the board of examiners held in July last, it was considered advisable that some changes be made in the rules governing the major and minor examinations, those mainly suggested being as follows: An increase in the number of questions from four to six upon each of the subjects. An increase of the time allowed the students for writing their answers to the questions, from three hours to six hours, the time being divided into morning and afternoon sessions of three hours each, and that the examinations include physics and pharmacy, both in the written and oral examinations, and that on and after the April examinations of 1898, practical chemistry take the place of dispensing in the major examination. In addition to these, the hours of work for the examiners in preparing the ques-