

*Ways to Commit Suicide.*—1. Wearing thin shoes on damp nights in rainy weather.

2. Building on the air-tight principle.

3. Surfeiting on hot and very highly stimulating dinners.

4. Beginning in childhood to drink tea, and going on from one step to another, through coffee, chewing tobacco, smoking, and drinking.

5. Marrying in haste, getting an uncongenial companion, and living the rest of your life in mental dissatisfaction.

6. Following an unhealthy occupation, because money can be made by it.

7. Tempting the appetite with niceties when the stomach says no.

8. Continuing to keep in a continual worry about something or nothing.

9. Retiring at midnight and rising at noon.

10. Gormandising between meals.

11. Giving way to fits of anger.

12. Trying always to insult or injure somebody.

#### OBITUARY.

Died, in Queen street, Kingston, on Thursday, Jan. 24th, in consequence of a wound received on the preceding Saturday, in making a *post mortem* examination at the Kingston Hospital, Benjamin J. Dougall, son of the late John Dougall, Esq., of Belleville.

Mr. Dougall was only 20 years and five months old, and was one of the most devoted and promising pupils in the Medical Classes of Queen's College, his life may be said to have been sacrificed to his ardour in the pursuit of knowledge.

"The death of Sir George Ballingall, M. D., Professor of Military Surgery in the University of Edinburgh, took place Tuesday, December 11th, at his country residence, Altamont, near Blairgowrie. He had filled the chair of Military Surgeon for 32 years, his appointment dating from 1823; and besides discharging the duties of that office, his able services were long given to the Royal Infirmary as consulting Surgeon. Sir George began his career in the army, and was some time Surgeon in the 33rd. The profession is indebted to him for several valuable contributions to medical literature. Owing to advancing years Sir George had for some time past contemplated retiring from the active duties of his profession.—*Dub. Hos. Gaz.*