

## Technical and Bibliographic Notes / Notes techniques et bibliographiques

The Institute has attempted to obtain the best original copy available for scanning. Features of this copy which may be bibliographically unique, which may alter any of the images in the reproduction, or which may significantly change the usual method of scanning are checked below.

L'Institut a numérisé le meilleur exemplaire qu'il lui a été possible de se procurer. Les détails de cet exemplaire qui sont peut-être uniques du point de vue bibliographique, qui peuvent modifier une image reproduite, ou qui peuvent exiger une modification dans la méthode normale de numérisation sont indiqués ci-dessous.

- Coloured covers /  
Couverture de couleur
- Covers damaged /  
Couverture endommagée
- Covers restored and/or laminated /  
Couverture restaurée et/ou pelliculée
- Cover title missing /  
Le titre de couverture manque
- Coloured maps /  
Cartes géographiques en couleur
- Coloured ink (i.e. other than blue or black) /  
Encre de couleur (i.e. autre que bleue ou noire)
- Coloured plates and/or illustrations /  
Planches et/ou illustrations en couleur
- Bound with other material /  
Relié avec d'autres documents
- Only edition available /  
Seule édition disponible
- Tight binding may cause shadows or distortion  
along interior margin / La reliure serrée peut  
causer de l'ombre ou de la distorsion le long de la  
marge intérieure.
- Additional comments /  
Commentaires supplémentaires:

Continuous pagination.

- Coloured pages / Pages de couleur
- Pages damaged / Pages endommagées
- Pages restored and/or laminated /  
Pages restaurées et/ou pelliculées
- Pages discoloured, stained or foxed/  
Pages décolorées, tachetées ou piquées
- Pages detached / Pages détachées
- Showthrough / Transparence
- Quality of print varies /  
Qualité inégale de l'impression
- Includes supplementary materials /  
Comprend du matériel supplémentaire
- Blank leaves added during restorations may  
appear within the text. Whenever possible, these  
have been omitted from scanning / Il se peut que  
certaines pages blanches ajoutées lors d'une  
restauration apparaissent dans le texte, mais,  
lorsque cela était possible, ces pages n'ont pas  
été numérisées.

# PUBLIC HEALTH MAGAZINE.

VOL. I.]

OCTOBER, 1875.

[No. 4.

## Original Communications.

### CLAIRVOYANCE AND SPIRITUALISM.

BY F. J. AUSTIN, M.D.

In the middle ages, when the light of Christianity was only beginning to dispel the darkness which shrouded all classes of men, from the highest to the lowest—when the superstition and gross darkness of mythology were, to a great extent, only tinctured and confused with the revelations of the Gospel—it was not surprising that anything wonderful or mysterious, anything that could not be brought down to the level of the ignorant and unenlightened minds of the period, and capable of being explained by natural and obvious causes, was looked upon with awe and dread, and ascribed to spiritual influences, either malign or benevolent. The human mind seems prone to imbibe and retain these impressions, looking with shrinking fear or credulous wonder on what to it seems supernatural or marvellous.

In this boasted nineteenth century of reason and enlightenment, how tenaciously do many of these superstitions cling around us, not only amongst the ignorant and weak-minded, but also among the educated and otherwise rational! It almost seems as if superstition was ingrained and inherited in our nature. True, most of these impressions are grafted into our minds in childhood, grow up, and frequently cling, almost unconsciously, to us in after life: still, how often do we see educated men and women, Christian men and women, firm believers in "clairvoyance," "spiritualism," and other exotic fancies of modern growth!

How many persons would rather go out of their way than walk under a *ladder*, or, if they do venture to pass under it, do so with an involuntary shudder? With what shrinking dread does the midnight watcher hear, or fancy he hears, the "death-watch"? Many an otherwise brave man would rather face death at the cannon's mouth than alone and at midnight enter a "haunted house," or feel his flesh creep as by the uncertain light of the moon he passes a lonely, quiet graveyard. With what blind confidence does the sufferer from cramps in the feet retire to rest after first turning up the soles of her slippers and placing them under the foot of the bed, trusting to some unknown mysterious influence to ward off the threatened attack. How the sailor dreads going to sea on Friday; or what ship-owner would send his vessel from port on that day if it could possibly be avoided?

The list of examples might be extended almost *ad infinitum*, but time and space will only allow brief mention to be made of the so-called "clairvoyant state" and "spiritualism." It is not the intention of the writer to enter into these subjects at any length, but merely to make a few observations on one aspect of the question, that, to a certain extent, interests and affects not only the public, but the medical profession, and, if possible, to throw some light on the veil of mystery and humbug which surrounds the doings and vaunted "cures" of the clairvoyant and spiritualistic "doctors."

To the weak and superstitious the performances and revelations of these clairvoyant impostors are so wonderful and attractive that it is not surprising they should be by them referred to an inherent supernatural power possessed by the exhibitor. This being the case, it is not difficult to understand with what unbounded confidence and superstitious awe they will submit themselves and their ailments, real or imaginary, to one who professes, and whom they believe, to have the power of so separating the soul from the gross material body as to see through them, read their thoughts, see every organ, and watch every function of their body going on, and, of course, in disease determine with certainty what part, organ or function is at fault, and what are the remedies suitable to re-establish health.

The *modus operandi* of the spiritualist, though not so profound and inscrutable, is ingenious, and of much interest to the medical

profession. The practitioner, who by a lifetime spent in patient study and untiring devotion to his profession, has made a justly world-wide reputation, when his time has come, and Death has marked him for his own, can no more console himself with the thought that he is about to leave a weary world for one of endless peace. Ah! no, the spiritualist has changed all that; henceforth he must be at the beck and call of any medium who may require his services; which, however flattering to his pride (if a spirit can have any such feeling), must be irksome, especially without the accustomed stimulus of a fee. The medium consulted by the patient, entering into communication with the spirit of some departed physician, orders it or him to make an examination of the case. It does not matter much to what school he belonged, or in what age he lived, as now he must be supposed to be well "posted" in all the latest ideas. The perturbed medical spirit accordingly makes his diagnosis; the patient being transparent to him, he can do this easily and precisely; indicates the treatment to the medium, who dictates it to an assistant, by whom it is handed to the duly impressed patient.

There are two features in common between the spiritualist and clairvoyant "doctors;" both are as a rule females; in the case of both it is by no means necessary for the patient to be present in person at the *séance*; a lock of hair from his head, no matter how far away his body may be, will do just as well. In fact, time and space being nothing to the piercing eye of the clairvoyant or to the ghostly Galen, they are able to "spot" the owner of the hair anywhere.

Possessing, as they maintain they do, such ample means and opportunities of clearing up many obscure points in pathology and physiology, which as yet the light of science is unable to elucidate, and thus doing a vast amount of good to the world, it is singular they have not even originated an idea or suggested a theory on these subjects. In fact, it appears as if they were dependent on, and limited by, the advancement of science for what little knowledge they possess, and were unable, in spite of all their boasted advantages, even to indicate a new line of treatment or introduce a new remedy.

It is a noticeable fact that the prescriptions given by these persons are very similar in character, no matter what the disease

they are intended to relieve may be; and that they are largely composed of some particular drug, combination of herbs, or patent compound, which can generally be procured only from the prescriber or from certain indicated agents; suggesting the idea of much profit either directly to the prescriber, or indirectly in the shape of commission. On examining these prescriptions, which by the way are generally written in an execrable jargon of Latin and English, we find that they are as a rule composed of drugs having a general tonic or alterative effect, which, to say the least, if they did no good, would hardly do much harm, and might possibly *hit some nail on the head*.

Not long ago, a lady consulted one of these professors of the healing art, and was informed she was suffering from some disease peculiar to females; on receiving her prescription, feeling some misgivings about blindly using it, she asked a medical friend what he thought of it. A few days after, the same doctor, while conversing with some friends, was approached by a gentleman, a member of Parliament, who, in like manner and for the same reason, handed him a prescription given him by the same person, whom he had also consulted. Both prescriptions were identical. The joke was too good to be lost; and amid shouts of laughter, the unfortunate man was informed that he must have *uterine* disease, as the same treatment had been recommended for a lady suffering from that complaint.

The effect of the imagination, in inducing and simulating disease, is strong and well understood; but not more so than its power of so buoying up the system, by infusing hope and confidence, that the old saw, "Conceit can kill, and conceit can cure," has become proverbial, and plays by far the largest part in the vaunted cures made by those persons. And when, in addition, we consider the blind spirit of credulity which must possess those who submit themselves to the tender mercies of these harpies, we cannot be surprised if occasionally even an evil tree, by chance, appears to bring forth good fruit.

The ways of Providence are inscrutable. The Almighty, in His wisdom, may see fit to delegate authority and power to those who, to us, in our blindness and ignorance, may appear obscure and unfitted for the purpose. But it will hardly be credited, that some persons of refinement and education, who might

justly be considered examples of Christian faith and piety, maintain that these clairvoyant and spiritualistic "healers" are specially selected and divinely endowed instruments for the relief of suffering mankind. How can they believe this, and draw a parallel between them and the disciples of our Saviour, whom He sent forth, saying, "Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give?" Are their actions those of the dispensers of divine mercies? Do they freely give to suffering humanity the benefit of their miraculous gift? The pockets of their dupes can best answer this question. Their supposed power being from heaven, does it appear necessary or seemly to display it by public sensational performances, trances, &c. Again, it can hardly be said of them, "Behold I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves." Doubtless a good deal of the "serpent" enters into their composition, but the quality of the "dove" appears to be sadly deficient; and there is good reason to fear that some of them indulge in secret and forbidden practices, far more objectionable than humbugging the weak and credulous, and from which, if their eyes were open to it, men would shrink with horror and disgust.

*(To be continued in our next Number.)*

—o—

## NOTES ON HOUSEHOLD SANITARY MATTERS.

BY JAS. H. SPRINGLE, ARCHITECT AND CIVIL ENGINEER.

*(Continued from page 73.)*

### NOTE 3.

Having described the consequences and conditions attending the introduction of water-closets into dwelling houses, and the superiority of that admirable contrivance, if properly made and fitted up, over all others for the removal of excreta, I will now give some account of what is essentially requisite to secure for every dwelling house, in connection with its drainage, a safe, reliable water-closet, and the means to be adopted to ensure its permanent efficiency.

Considering the important interests involved in the proper arrangement, fitting up and completion of house drainage, by which are removed to the common sewer the excreta and water waste of a dwelling, it seems perfectly astounding that the few simple conditions necessary for securing the same have never yet received the slightest attention from the municipal authorities. The citizens of Montreal, who are rigorously forbidden to purchase their meat, fish or vegetables, excepting under such conditions as municipal wisdom dictates, would no doubt be great gainers in comfort, in time and in pocket, if free from such interference. But in this important matter of regulating the proper drainage of dwelling houses, which the citizens *cannot do for themselves*, because it can only be effected by public officers appointed for that especial purpose, the City Council has so far considered such matters entirely unworthy of notice.

The nature of the regulations required for efficient house drainage may be gathered from a brief description of the drain itself. In the first place, the earthenware drain-pipe is inserted into the upper part of the street sewer, and continued from thence into the house some distance below the level of the basement floor, to receive the vertical continuation of the drain or soil-pipe, as it is now called. The first length inside the house of this horizontal earthenware pipe should have a movable cover for the use of the Inspectors when testing the work; the next length inside should be a syphon air trap, and the last length, should be a "quarter bend," with a socket to turn up and receive the soil-pipe, the joint being made good with cement. This-soil pipe, which is made of lead, is continued directly up to, and connected with, the water-closet by what the plumbers call a "D trap," which is the best form for ventilation purposes, as it admits of the soil-pipe being continued in an unbroken column directly up and through the roof, where it is covered two or three feet above the same with a Tredgold exhauster. The portion of the soil-pipe above the "D trap" can be made of stout tin on galvanized iron, soldered tight at all the joints, and, to be an effectual ventilator, must be of undiminished diameter throughout.

We have now got this tubular branch sewer or house drain, or soil-pipe, as it is variously called, complete, from the common

sewer to the water-closet and from thence up through the roof of the house, and with proper workmanship and water supply, all sewer affluvia will be effectually excluded from the water-closet. We have other duties, however, for this branch drain or soil-pipe to perform, and before describing these, it may be well to say a word or two about dimensions. It is perfectly absurd to see the pipe drains which are used to carry away the water waste and excreta from even small dwelling houses in Montreal; they are often used of eight to ten or more inches in diameter, whereas there are not a dozen houses in the city that require a drain of more than six inches diameter, and for the great multitude of dwellings a pipe of five inches diameter is better than one of six inches. Better, because the syphon traps are generally more perfect than in larger ones; and better also, because the smaller pipes will be more often and easily flushed clean, than is possible with the larger. The metal soil-pipe is made from four to four and a-half inches in diameter and these dimensions are ample for all purposes.

To return—this branch sewer by being made of the above dimensions for the water-closet service, is also quite large enough to carry off the entire water waste of the house, and thus add to the efficiency of the whole by flushing out the drain and keeping it clean. Accordingly, all the waste water from the bath, the washstands, sinks, and lavatories, runs either into the soil-pipe or "D trap," and in consequence it is most essential that every one of these waste pipes should have a proper air trap, and that the combined area of all these waste pipes should exceed as much as possible the area of the soil-pipe or drain, so as to provide thereby the means of flushing the same whenever it may be necessary.

Now, the before mentioned comprise all the essentials of a proper system of house drainage, the whole is of a very simple character, but the great and paramount requirement is, that all these works shall be begun, carried on and completed under the strict supervision of an Inspector of house drainage, and that no house drain shall be allowed to be used under any pretext whatever until a certificate has first been obtained from the Inspector that such drain is fit for service.

*(To be continued),*



## VEGETARIANISM.

BY DR. ALFRED J. H. CRESPI.

There are few subjects on which greater misconceptions obtain than on that about which I am now writing. Without going the length of endorsing all the opinions held by vegetarians, it occurs to me that by laying before my readers some information on this topic I can add to their knowledge of the functions of food, and throw some light on the construction of wholesome dietaries.

What, then, is Vegetarianism? The answer that would at once suggest itself is, abstinence from animal food of all descriptions. In its narrowest signification that would be consistent vegetarianism. But in actual practice we find that strict vegetarians go much farther than this, and also abstain from stimulants—alcoholic and non-alcoholic—tobacco, salt, and apparently also from water. I speak with some reserve on this matter, but I can vouch for the fact that, in my presence, at a public meeting, a person of some standing in the Vegetarian Society denounced the use of salt and of water as injurious and unnecessary, and contrary to every sound vegetarian principle and to the laws of health.

A much larger class of vegetarians, however, hold different views, and only abstain from food which has cast life, that is to say, they eat eggs, milk and cheese, though they would not take pork or beef. These persons, Professor F. W. Newman tells us, practise Brahminism. They are sometimes also called Ovarians and Lactarians, and by their stricter *confrères* are considered only one shade better than flesh-eaters.

Now what are the grounds on which vegetarians of all shades and opinions defend their line of conduct? Just these, that it is wrong to destroy life to obtain food, and that health is endangered by eating animal food, which is an unnatural diet. That terrible inhumanity is practised in driving animals to market and in killing them no one can deny, and few persons can bear to think of this cruelty. Much of—though certainly not all—this awful suffering could, however, be prevented; and it is probable that animals intended for human food might be expeditiously and

almost painlessly killed. However this may be, the question of its being right or wrong to destroy animal life to obtain food is one that cannot be settled or even discussed in this article. Whether health is or is not more vigorous when vegetable food is alone eaten is not yet certain : something more requires to be made out. There can be no question, however, that vegetarians *are* as strong and healthy as persons who live on a mixed diet. It seems unreasonable to expect that except in a few rare cases there should be any difference in the *physique* and longevity of the two classes. The reasons for this opinion I shall enter upon later.

There can be no question that a vegetarian diet is not popular, and receives little favour from the medical profession. There can be as little question that it can be made perfectly wholesome, very agreeable, and with care extremely cheap. Now I think that vegetarians would have received far more support from the medical men of this country than they have had they been actuated by a better and more conciliating spirit. They have not been satisfied that many distinguished physicians have admitted that vegetarianism is quite as natural and wholesome as a mixed diet ; they have insisted on doctors practising and preaching abstinence from flesh, and they have branded them as unprincipled and prejudiced because they have refused to do so. They have dared to do what no one in these days is justified in doing—they have accused the medical profession of approving of the use of a mixed diet, because it is, say they, the surest way of causing disease. They have, in fact, assumed that the very men to whom the science of public health owes so much, the men who toil to relieve and prevent sickness, and who often receive in return for their labors a pittance few mechanics would accept, deliberately encourage a diet they know to be injurious. The same accusation is made by a host of other associations, all anxious to have the support of the medical profession, all unconscious that doctors faithfully practise those habits assumed to be so detrimental to health. Whether vaccination, a mixed diet, and the temperate use of alcoholic stimulants, be right or wrong, medical men show their faith in them by habitually practising them in their own families and persons. Medical men who might heartily approve of the motives of vegetarians, and whose assistance

would be invaluable, have been disgusted by the random and ungenerous charges brought against them. In their turn they have retaliated, and spoken strongly against a movement they would not have molested had they not been compelled to stand on their defence.

On one occasion I went to a public meeting in Birmingham, to listen to a paper read by a young man of more self-conceit than learning, and more presumption than judgment, on Vegetarianism. I had fully intended to mention (as I knew that my opinion would have weight with many of the persons present, to all of whom I was known,) that much could be said in support of abstinence from meat, and that vegetarians could live as cheaply and be fully as robust and healthy as any men under the sun. To my astonishment and indignation, the lecturer, after making statements so unqualified that no scientific man would dare to approve of them, such as, that no one ought to drink fluids of any description, proceeded to attack the medical profession as the cause of all the disease, immorality and drunkenness in the country. On the subject of vegetarianism he then waxed eloquent, and with well-feigned indignation quoted the opinions of a host of *scientific* men, living and dead, in favor of vegetarianism; these opinions, by the way, did not condemn the use of a mixed diet, but merely admitted that abstinence from flesh was compatible with health. Against what these scientific men had said, he with marvellous effrontery placed the practice and opinions of several well-known *physicians and surgeons*, whom he ridiculed as ignorant and presumptuous persons. Now it chanced that the scientific men whom he quoted were, with one or two exceptions, medical men. But he did not perceive the absurdity of placing the opinions of Richard Owen, Sir William Lawrence, Sir Everard Home, Linnæus, Thomas Bell, and other doctors against those of the medical profession. This was not the worst; in his anxiety to show the folly of eating flesh he descended to particulars that were quite out of place, and made one or two observations that for gratuitous indecency I never heard approached. This person, I thought, may make a few converts among Good Templars, too prone to adopt anything fresh, however absurd; he will only disgust every right-thinking person.

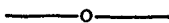
My advice to the advocates of any new movement would be

to speak with caution, to avoid arousing unnecessary hostility, and to set a good example of Christian charity to those whose faults they wish to reprove. Zeal without discretion is sure to do harm, and ardour and high principle show best when graced with modesty and courtesy.

And indeed, considering its manifest difficulties, it is not the medical profession which should be asked or expected to assist new movements. The medical profession is not like the church, the army, or the bar—all endowed professions in some sense of the word. The time the doctor gives to any good cause is taken from more lucrative pursuits. Officers, fellows of colleges, clergymen, may without loss support questions in which they take an interest; but the surgeon necessarily neglects his occupation, and perhaps offends his clients. No one approves of a doctor who may be thought disposed to try experiments on his clients, and who has not a large practice. In spite of all their eminence I question whether the thousands who applaud and reverence Owen, Huxley, Hooker, and Carpenter, would, were these distinguished men still in practice, trouble them much with fees. In other professions the advocacy of public questions and great eminence in some walk of life, unconnected with the routine of the daily occupation, may not interfere with success in the latter, nay, may promote it. Not so with the doctor. In Dr. Rumsey, of Cheltenham, one has a signal and lamentable proof of the impossibility of earning a large income as a doctor, and devoting time to other, not strictly professional, pursuits. Now that his long career of usefulness is over, poverty stares him in the face. In case he should sink beneath his heavy affliction his family is left unprovided for. All that his many admirers ask is a small Government pittance, to provide him with the necessaries of life. Such a fate as his awaits any doctor who, dependent on his profession—fortunately few are—ventures to give himself to the advocacy of any philanthropic movement, eminence in which means loss of professional prestige and income. I solemnly warn any young medical man, who feels tempted to advocate vegetarianism, teetotalism, or the science of health, to beware. Let him practise anything he likes; but let him leave to others the preaching. If he goes out of his way to teach others what he believes to be for their good, he will not, unless he throws himself in, heart

and soul, with the unpopular movement, get any credit or respect from any one. His fellow-workers will treat him with insult, and will pay more attention to refuting what they will call his dangerously lax views than to converting the indifferent. On those subjects of which he knows most, the opinion of the most ignorant upstart will be unhesitatingly preferred. He will be degraded by contact with an uncultured and fanatical set, and he will have reason to question whether he has ever done any good. Who would expect an ordinary teetotal society to approve of or to understand the cautions, well-considered and earnest utterances of a high-principled scientific man whose object is the discovery and triumph of truth? Certainly not those who have been rash enough to try the experiment of teaching men happy in their ignorance and fanaticism.

(To be continued.)



#### DR. EDWARD JENNER.

In Dr. T. J. Pettigrew's "Biographical Memoirs of Eminent Physicians and Surgeons," it is stated that the King of Russia submitted his own children to vaccination, in consequence of an interview which Jenner had with him. The Empress of Russia sent Jenner a very valuable diamond ring, accompanied with a letter expressing her admiration at the Doctor's discovery.

When the war with France broke out, among others who were detained in that country, was Dr. Wickham, one of the travelling fellows of the University of Oxford. Dr. Jenner was solicited to use his influence to procure his release, and addressed a petition to Napoleon for his liberation. The petition was presented to the Emperor when he was in a carriage, while the horses were being changed. "Away, away!" Napoleon impatiently exclaimed. "But do you see," said Josephine, who accompanied him, "from whom this comes—*Jenner?*" The tone of his voice was immediately softened. "What that man asks must not be refused," said he; and the prayer of the petition was granted. Dr. Jenner was also successful in obtaining the release of numerous other prisoners.—*Pub. Health, Lond.*

## Sanitary Reports.

---

### THE MELBOURNE CENTRAL BOARD OF HEALTH.

---

27th MAY, 1875.

In reference to the cases of typhoid fever now prevalent in the city and suburbs of Melbourne, my attention for some time has been forcibly drawn to a new method of treatment which has proved very successful in Switzerland, Germany and England. This mode of treatment, first adopted by Dr. Brand, of Stettin, consists principally in immersing the patient in a cold bath of 67 deg. Fahr. for fifteen minutes every three hours, and at the same time pouring over his head as he goes into the bath some colder water of the temperature of 45 deg. Fahr. Iced drinks and cold water enemas are administered between the baths. When much depression is present, a little good wine should be administered before each bath. The diet should be milk, tea, and beef or mutton broth. Up to 1868 Dr. Brand had by this treatment cured 170 cases of typhoid fever, and lost none. The evidence of Professor Behier, of the Hotel Dieu, Paris, of Dr. Glenard, and many other eminent European physicians who have given the treatment a fair trial, entirely supports Dr. Brand's views. In England Dr. Henry Blanc, of the Indian army, has published the result of the same treatment adopted by him, combined with the internal use of antiseptics, such as alcohol, quinine and diluted sulphuric acid, and the results have been highly favorable. I have had only one opportunity of trying this mode of treatment in this colony. It was a very bad case of typhoid fever, which occurred in the gaol, and in which the symptoms were such as to indicate a fatal termination. A change, however, took place immediately after the baths were used. The only medicine administered was half a drachm of sulphurous acid three times a day. Under the treatment the patient speedily recovered. To my knowledge few of the medical men of this colony have given this treatment a trial, and I am satisfied had it been adopted the mortality would have been materially diminished.—W. M'CREA, President.—*The Melbourne Leader.*

## Correspondence.

---

### THE MANUFACTURE OF LIQUOR EXPOSED.

---

(FROM A LECTURE BY PROF. M'BRIDE.)

---

*To the Editor of the Public Health Magazine.*

DEAR SIR.—Having had the pleasure of attending a very interesting lecture on the manufacture of liquors, and their adulterations, delivered by Prof. McBride, and presuming that it may be interesting to many of your readers, I venture, through the medium of your Magazine, to furnish them with an epitome of it.

Professor McBride having produced a bottle of pure alcohol, said there was no such thing as a glass of pure whiskey in Montreal. He then took a tumbler and filled it about two-thirds full of alcohol; then adding enough water to make it drinkable, he sweetened it with sugar, and stated that this was the basis and the substance of all liquor; this is what is drunk whether it is called whiskey, rum, gin, brandy, or any other spirituous liquor. Dropping a few drops of extract of prunes into the above, he said this was what was sold as Scotch whiskey—two-thirds alcohol, a little sugar, and one or two drops of extract of prunes. Then taking up the glass of Scotch whiskey, the Professor added a few drops of caramel, making it a light straw color, which has the reputation of being the color of good Irish whiskey, the only difference between Scotch and Irish whiskey being one or two drops of caramel, the effect of which is but a little difference of color. But, he asked, why is Irish whiskey colored? Because those who drink it think it must be a certain color—therefore saloon-keepers color it to please them. Think but for a moment what color it should be. *Certainly colorless.* Is it not supposed to come direct from the still, and is not every fluid colorless when

it comes from a still? He then made a glass of rum by adding a little tincture of orange, as also a little more caramel to make it darker in color. Taking then another glass of alcohol and water and sugar, as above prepared, it being the basis of all spirituous liquors, he dropped a little oil of Cognac into it, saying, "This is brandy, the most ruinous of all liquors. Beware of it, the only flavoring being oil of Cognac, which is poison. This I would entreat you not to drink; in fact, if you take my advice, you will not drink spirits at all; but if you must drink spirits then take a little whiskey straight—by which term I mean alcohol reduced with water—this is the least hurtful of all spirits."

I was fortunate enough to obtain a seat near a person who had been brought up in the distilling business, and he told me that all the above was perfectly true, adding the statement that it was principally the essences and oils that caused *delirium tremens*, and not so much the alcohol.

The Professor also touched upon temperance drinks, saying that if a man wants to be a teetotaler he must make his own drinks, as all these so-called temperance drinks are fortified with spirits to prevent them fermenting. He showed us that we could make our own ginger ale as follows:—In one glass of hot water dissolve a quantity of ginger; allow it to cool; add one teaspoonful of bicarbonate of soda, and a few drops of essence of ginger. If not intended to bottle, cool with ice, add one teaspoonful of Tartaric acid, and drink while effervescing. If intended to bottle, do not add the Tartaric acid until the mixture is in the bottle, then add the Tartaric acid and cork immediately. He also gave a very good recipe for making a lemonade, being the same as above, with the exception of putting lemon syrup in the place of essence of ginger.

He also added that the Government was well aware of these adulterations. Now, Mr. Editor, if such is the case, how is it possible that they allow such wholesale robbery, and I may add poisoning? Apologizing for having trespassed upon so much of your valuable space,

I am, your obedient servant,

L. A. G.



## L'ASSURANCE SUR LA VIE.

*A Monsieur le Rédacteur du "Journal de Santé."*

MONSIEUR,—Ayant étudié pendant plusieurs années les différents systèmes d'Assurances qui nous sont exposés par diverses Compagnies, tant Européennes qu'Américaines, j'aimerais que vous seriez assez bon d'insérer dans votre journal quelques réflexions concernant les nouveaux plans établis par la "Metropolitan," lesquels répondent à tous les besoins qui peuvent se présenter dans le cours de la vie, et qui sont, par ce seul fait, supérieurs à tous ceux aujourd'hui en existence.

Les plans de Dotation conservée et d'Assurance à Dividendes réservés de la "Metropolitan" offrent comme avantages: des bénéfices plus forts, une grande simplicité et une parfaite sécurité, ils répondent par cela même à tous les besoins et formes diverses d'Assurances réclamés par le public.

Personne n'est meilleur juge que soi-même de décider combien de temps il a besoin d'une Assurance, soit pour la protection de sa famille, soit pour aider ses affaires ou pour tout autre but.

La Police d'Assurance à Réserve de la "Metropolitan" s'étend pour un terme de 10, 15, 20 et même 40 années, au choix de l'assurant et peut en outre se terminer à sa volonté, à n'importe quelle année intermédiaire.

Tout assureur désire non seulement protéger les siens contre l'éventualité de sa mort, mais aussi jouir lui-même, s'il est possible, des bienfaits de sa propre prévoyance.

La Police à Réserve de la "Metropolitan" non seulement est payée en cas de mort, mais si la personne survit l'époque indiquée et choisie par elle, la Police peut, de même qu'un *bond* (garantie) du gouvernement, être convertie en espèces pour une somme proportionnelle.

La Police à Réserve de la "Metropolitan" accorde toujours un délai de 1 à 6 mois, suivant l'âge de la Police; ce qui donne plus de facilité à l'assuré, surtout en temps de crise monétaire.

Les termes, conditions et obligations de la Police à Réserve de la "Metropolitan" sont courts et clairement définis, la somme payable en cas de décès ou à époque déterminée en cas de survie est indiquée dans la Police.

La Police à Réserve de la "Metropolitan" s'engage à conti-

nuer la prolongation du contrat sans en augmenter la prime du moment que l'assuré n'a pas contracté de maladie qui pourrait nécessiter le refus du médecin.

Les plans principaux qui ont été jusqu'à ce jour présentés au public sont : l'Assurance sur la vie entière, l'Assurance de dotation, l'Assurance avec tontine et l'Assurance en co-opération. Je désire passer brièvement en revue leurs défauts tout en admettant les bienfaits qu'ils peuvent produire dans certaines circonstances.

L'Assurance sur la vie entière étant la moins dispendieuse se trouve pour cette raison la plus aisée à contracter ; mais, c'est une erreur de croire qu'une personne peut ou est dans la nécessité de continuer l'Assurance toute sa vie, et d'en baser les conditions sur la supposition qu'elle devra payer la même prime toute sa vie, car il est certain que celle assez heureuse pour atteindre l'âge de 30, 50, ou même 100 ans, sera bien avant cet âge dans une position pécuniaire rendant l'Assurance inutile et impuissante à atteindre le but proposé.

Pour être plus explicite, quel est ce but, par qui est-il désiré et quand cesse-t-il ? Le père de famille, pour la protection de sa femme et de ses enfants en bas âge ; mais, lorsqu'ils sont élevés, que les fils ou les filles sont dans les affaires ou mariés, l'appréhension de mourir en les laissant sans appui n'a plus sa raison d'être et le but proposé par l'Assurance n'existe plus.

Par l'industriel pour se garantir d'une diminution de capital par la mort subite d'un associé ; par le créancier comme sécurité ; par le propriétaire, pour couvrir une hypothèque ; par le jeune homme, pour s'assurer une ressource dans l'avenir ; par des parents, pour constituer une dot à de jeunes enfants et aider à leur établissement, pour mille bonnes raisons, qui ne sont que temporaires, et si elles cessent d'exister, ce qui arrive toujours dans le cours de la vie, que faire alors d'une Police d'Assurance sur la vie entière ? Deux choses seulement, et plus défectueuses l'une que l'autre : vendre la Police à la Compagnie pour ce qu'elle lui offrira, soit de 25 à 50 pour cent de la valeur légale, si toutefois elle n'en refuse le rachat.

Comme il est démontré, l'un des plus grands désavantages de ce plan, jusqu'ici mal compris, est de n'offrir aucun moyen de discontinuer l'Assurance sans perte réelle.

Un autre désavantage de ce plan est que plusieurs membres se retirent annuellement sans considération pour leur engagement et ce sont toujours les mieux constitués et ceux qui peuvent le mieux compter sur les chances de longévité, ceux qui demeurent fidèles à leur pacte sont ordinairement les moins robustes.

Ceci a pour effet de changer les prévisions de la Compagnie en augmentant la proportion de la mortalité.

Sans aucun doute les compagnies ont adopté ce plan, mais les efforts qu'elles font pour maintenir l'équilibre tendent à diminuer leur solvabilité et leur sécurité.

Le seul et désirable plan d'Assurance, est celui qui offre une large compensation aux survivants; les encourage à rester fidèles à leur contrat et divise les bienfaits de l'Assurance entre ceux qui ont le plus couru les chances.

L'emploi du système à Dotation a été jusqu'ici un sujet constant de désappointement; chaque jour nous démontre de plus en plus combien il est defectueux.

La prime à payer est beaucoup trop élevée, et il arrive rarement à maturité. Les dividendes sont loin de compenser la fabuleuse somme à payer; aussi est-il tout-à-fait discrédité.

#### LE SYSTEME AVEC TONTINE.

Les avantages de ce plan semblent légitimer plus ou moins le patronage du public, seulement ce qui l'empêche d'être généralement approuvé, c'est parce qu'il n'offre que des espérances basées sur des *probabilités*, rien de *positif*; qu'il ne garantit que des sommes payables après décès sans rien spécifier de celles payables en cas de sur-vie.

L'homme prudent, en s'assurant, ne s'engage en rien sans avoir la sûreté des profits qu'il devra en retirer.

L'Assurance en co-opération à qui le nom de co-illusion appartiendrait mieux est inutile d'être discutée.

Dans l'Assurance en co-opération, le plus jeune devant très-probablement vivre le plus longtemps aura à payer pour le plus âgé, et sa prime augmentera chaque année suivant le nombre toujours croissant des décès; c'est donc un plan primitif totalement dénué de fondation et d'équité; c'est un jeu de hasard dissimulé sous le nom d'Assurance.

Je demanderai à tout lecteur si les plans à Réserve de la "Metropolitan," ainsi qu'ils ont été démontrés, ne répondent réellement pas à tous les besoins, et s'ils ne mettent pas l'Assurance sur la Vie et ses bienfaits à la portée de tout le monde.

Je suis, Monsieur le Rédacteur,  
Votre toute dévoué et obéissant serviteur,  
P. LAFERRIERE.

---

O

PAT'S CRITICISM.

BY CHARLES F. ADAMS.

There's a story that's old,  
But good, if twice told,  
Of a doctor of limited skill,  
Who cured beast and man  
On the "cold water plan,"  
Without the small help of a pill.  
On his portal of pine  
Hung an elegant sign,  
Depicting a beautiful rill,  
And a lake where a sprite,  
With apparent delight,  
Was sporting in sweet *déshabille*.  
Pat McCarty, one day,  
As he sauntered that way,  
Stood and gazed at that portal of pine;  
When the doctor with pride  
Stepped up to his side,  
Saying "Pat, how is that for a sign?"  
"There's wan thing," says Pat,  
"Ye've left out o' that,  
Which, be jabbers, is quite a mistake;  
It's trim and it's nate,  
But to make it complate,  
Ye should have a soine burd on the lake."  
"Ah! indeed! pray then tell  
To make it look well,  
What bird do you think it may lack?"  
Says Pat, "Of the same  
I've forgotten the name,  
But the song that he sings is 'quack! quack!'"  
*Scribner's American Monthly Magazine.*

## Reviews.

---

THE SANITARIAN, of New York. Edited by A. N. Bell, M. D.

It is a journal that in every way deserves the support and confidence of the public. It is now in its third year, and its chief objects have ever been to awaken public attention to the extent of the field of sanitary science, and to the facts indicating how beneficially it may be cultivated; by showing the amount of ill-health and mortality from preventable causes of disease; by pointing out the nature of those causes, and the way in which they operate, by showing that such causes are removable; and by exhibiting improved health, longevity and happiness, as the fruits of their removal.

The practical questions of State Medicine: the health of armies and navies, marine hygiene, quarantine, civic cleanliness, water supply, drainage and sewage, sanitary architecture, light, space, warming and ventilation, climate and domicile, epidemic, endemic and hereditary diseases, occupation, exercise and habits, food and beverages, in all varieties of quality and quantity, in short, whatever thing, condition or circumstance is in relation with, or antagonistic to, the most perfect culture of mind and body, is considered legitimate matter for the SANITARIAN to discuss, advocate, condemn or reject at the *bar of health*.

---

## ACADEMY OF PHYSICAL EDUCATION.

---

We have just received the prospectus of Mr. Barnjum's Gymnasium and Academy of Physical Education. We must confess to being greatly interested in this Academy, as being the *only one* in Canada where Physical Education is carried out on Scientific principles. Parents who value the health of their children, and desire "a sound body to contain a sound mind," cannot attach too much importance to Scientific Gymnastics.

We also see that Mr. Barnjum gives particular attention to

cases, where from deformity or weakness, the regular classes are not available. The following are the special classes, and when they are held, with prices:

LADIES—Tuesday Afternoon, 3 to 4; Thursday, 4 to 5 o'clock.

JUNIOR CLASS—For children of both Sexes, under Eleven years of age—Monday and Thursday Afternoons, 3 to 4 o'clock.

BOYS—Wednesday and Friday Afternoons, 3 to 4.30 o'clock.

LADIES—Monday Morning, 11 to 12 o'clock.

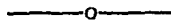
STUDENTS—Monday, Wednesday and Friday Afternoons, 5 to 6 o'clock.

LADIES AND CHILDREN:—One Term, \$5.00; Session, \$10.00; Session, two in same Family, \$16.00; Session, three in same Family, \$20.00; Session, Family, \$23.00.

ORDINARY BOYS' CLASSES—Session, from \$3.00. to \$5.00.

Ordinary Member's Annual Subscription, \$5.00.

All Fees payable in advance.



## POISONING BY A HAT—ANILIN.

An extraordinary case of poisoning happened a short time ago in Steltia. During the Pentecost, a shoemaker bought a felt hat. The wearer, although the hat no where pressed the head, experienced severe headache, and upon his forehead a raised eruption broke out, the papillæ of which soon went into suppuration. Also the eyes became inflamed in a similar manner; in fact they were almost closed by the swelling, which now extended, more or less internally, to all parts of the face. It was but too evident that this process had been brought about solely by wearing the hat. This, therefore, was given to a Lyal chemist for examination. He proved that the brown leather encircling the hat within had been dyed with poisonous anilin color, as is unfortunately still too often practised,—*Virg. Med. Monthly.*

# PUBLIC HEALTH MAGAZINE.

---

---

OCTOBER, 1875.

---

---

## MONTREAL VETERINARY COLLEGE.

We were much pleased with our visit to the new Veterinary College on Union Avenue, to which we had been invited by the energetic Principal, Mr. D. McEachran. A circular has just been issued, which states that nine years ago the Board of Agriculture, feeling the want of qualified Veterinary Surgeons in the Province, conceived the idea of endeavouring to establish a Veterinary College in this City, for which purpose a small grant was given, Mr. McEachran was appointed as Professor, and a satisfactory arrangement made with the Medical Faculty of McGill University for admission of Veterinary students to the lectures on Chemistry, Physiology, and Botany. Such has been the success of the College that to accommodate the increasing number of pupils, it was found necessary to increase the grant to enable Professor McEachran to erect suitable premises.

The new College is now completed, and it is intended to open the ninth session by a public meeting of those who take an interest in this important profession, at which short addresses will be delivered by friends of the institution, and also an Introductory Lecture by the Principal.

The new College is situated on Union Avenue. It is built of red brick, with cut stone facing, 57-feet-long and 101½ feet deep, three stories high, with mansard roof. Its cost, including the land, has exceeded \$22,000. There are two entrances to the building on Union Avenue, one leading to the surgery, consulting and compounding rooms, above which are the apartments of Mr. McEachran's assistant, Mr. Bruneau, fitted up with all modern conveniences; the other leading to the lecture room, which is on the second story, containing benches and desks, eight in number, fit for the accommodation of fifty students. Above this is a large and well-lighted

Museum, which is to be filled by Mr. McEachran's very large collection of anatomical and pathological specimens. The yard is large, and well drained by a twelve inch drain to Union Avenue, with a well-trapped tumble-bay, the stables are drained by nine inch pipes to this tumble-bay, so that it is impossible for generated gases to rise; these are to be flushed daily. The stable proper is twelve feet high, and made to accommodate twenty horses, with cast-iron feeding boxes, and hay racks. The ventilation is perfect, being obtained by shaft as well as side ventilators. Above this is a dwelling for the groom, and the hay loft, harness room and dog infirmary, warmed by a stove. The manure pit is especially worthy of attention, it being floored by solid masonry of stone, walls and vaulted roof of brick. It has a brick drain also, running up the lane at the side, and entirely separate from the one in the quadrangle; there is also a ventilating shaft that leads into the chimney which runs through the dissecting room. The dissecting room is above this, and the coach house. It is a large, high, and airy room, fitted up with gas and water. The subjects are raised by a windlass with ease. If we might suggest, the addition of a sky-light would greatly add to the comfort of the dissectors. The whole building is admirably finished and well fitted up for the purposes it has been erected for. We have no doubt that the school will be well attended—certainly the present prospects seem to be very promising. The course consists of three sessions of six months each, at \$50 per session.

---

—o—

### PUBLIC BATHS.

---

When will our Corporation endeavor to improve the health of our poorer fellow-citizens by the erection of Public Baths? The Paddington Public Baths, Queen's Road, Bayswater, London, are now a source of great comfort to the citizens. Some idea of the benefit which these institutions confer upon the community, may be derived from the fact that on one day in August, 2,240 persons (viz, 1,914 men, and 326 women) took tickets for the swimming and other baths at the Paddington Baths. This is not an exceptionally large number, seeing that as many were taken the following day.



### DUSTY STREETS.

---

We have frequently expressed the opinion, that the dust which is constantly flying in our streets is a frequent cause of inflammation of the conjunctiva, causing granular lids, &c., and in an able article by Dr. A. Proudfoot, in our July number, will be found a full description of the insidious manner in which this disease attacks the eye. The *Lancet*, in a recent number, enters into the subject at great length in an editorial. It says: "Diseases like small-pox, typhus and typhoid fevers, are attended with such marked symptoms, and are so frequently followed by fatal issue, that they cannot fail to arrest the attention of the most unobservant, and excite the fears of the most heedless, but the case is very different when we come to study the history of granular disease of the conjunctiva and contagious ophthalmia. And yet outbreaks of these affections in schools and pauper institutions are not by any means infrequent occurrences. Whether we regard its insidious nature, or the great difficulty of eradicating ophthalmia when once fairly established in a community, or the disastrous results by which it is followed, so far as the integrity of the vision is concerned, this subject is much more important than is commonly imagined, and the study of it does not lack practical advantages, for ophthalmia is in a great measure a preventable disease, its causes being mainly such as are attributable to defective hygiene and bad management." It then enters into a long history of the disease in the army, and concludes thus:

"And it is a practical hint, worthy of being borne in mind, that dust is frequently an exciting cause of ophthalmia, for we remember a case in which the surgeon of a regiment had recourse to a water-cart for watering the barrack-yard and parade-ground, with manifest advantage."

---

### BURIED ALIVE.

---

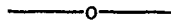
A subscriber who had read our brochure on "Disposal of the Dead," sent us an account of a poor insane "Unfortunate," who after her (supposed) death was buried. A day or two after, the

with

grave was opened, and the corpse was found turned on its side and the face distorted by the agony she must have suffered. We must first premise that the indecent haste with which this poor female was buried is in the highest degree culpable, and utterly unjustifiable, except in cases of plague, and dangerous and raging epidemics. It may be well asked who were the witnesses to this supposed death on Wednesday night, and on whose authority did the burial take place on Thursday morning? Can a body be hurried into a grave without a proper medical certificate as to the cause of death? The facts seem to us to carry with them rather an ugly look; no doubt, to get rid of a poor insane fallen girl might appear desirable, and the administration of drugs would keep the unfortunate quiet enough from the night on Wednesday to the Thursday morning at 8 a. m., and to leave the tomb as the only witness of the terrifying recovery. But surely if this is the probable explanation, then no murder ever perpetrated exceeds the terrific cruelty of this demoniacal tragedy. Let us hope that human nature would shrink from treating a dog so, and how much more a human being. But our special object in bringing this before the public is, first, to see that an investigation be held at once as to the cause of death, and who last saw the deceased and ordered the burial; and, secondly, to urge again the necessity for that most useful officer, established all over France, and elsewhere on the Continent, the "Médecin Verificateur," whose duty is to inspect every dead person, and without whose certificate no body can be buried. This would at once preclude the possibility of a burial taking place where there is foul play, without detection.

Every Town Council should appoint such an officer, and then no such horror as this now recorded could take place. And we are not afraid still to advocate Cremation as the least revolting form of the disposal of the dead; preserving in their purest form the relics of the departed till the hour of their resurrection, and effectually preventing the horror of such a death as this poor girl endured; for 2000° fahr. is at once unconsciousness. It is now almost in working order in England and on the Continent, and since the publication of our Pamphlet on "Disposal of the Dead, by Land, by Water, or by Fire, which?" the *Canada Medical and Surgical Journal* has endorsed the views advocated in our lecture. On sanitary grounds, there are no opponents to

Cremation, and the silence is significant, confessing the importance of destroying contagion by fire, as the only effectual means. We must not be discouraged in endeavouring to educate the public mind, ever slow to receive what is useful and beneficial. It might seem that the insane outburst the other day against vaccination would make it almost hopeless to put light and experience into the popular mind; but children have to be educated, whether in their dislike they kick their schoolbooks from one end of the playground to the other, or ingeniously devise all sorts of mischief against their poor, patient, ill-used masters; and the rabble is only a great, overgrown, thick-headed dunce that wants a good caning. It never does to treat the multitude as if they were of consequence enough to take serious measures with. It was the wisest of men that ever wrote proverbs who said, "Answer a fool according to his folly," in other words common sense is too good for him; just let us go on never minding, and truth and sense will prevail in the end. All great efforts have fought their way into universal acceptance, and quiet persistency invariably succeeds. Witness the great question of the abolition of slavery, and the present war against murder by dram-drinking. But to return; there must have been great neglect or ignorance displayed by those in attendance, which should be reprimanded severely; or there has been foul play, which should be punished with the utmost rigour of the law. We must confess that we are inclined to suspect foul play. For the signs of death are as certain after a few hours' suspension of the vital functions, as they can be after many days.



#### DIARRHŒA IN LEICESTER, ENGLAND.

Dr. Buck and Mr. Franklin have just been appointed to enquire into the cause of the great prevalence and fatality of diarrhœa in Leicester. They have been instructed to examine every house where the death of a child from diarrhœa has occurred, since July 1st. Inquiry is to be made as to diet, the occupation and health of parents, the condition of drainage. The investigation is to be made wherever the disease has made its appearance, no matter in what locality. There can be no

doubt that the energetic measures taken by the Sanitary authorities will be rewarded by a suppression of the epidemic. How long are we to wait here in Montreal for such measures as will relieve our infant mortality? Public health is worth paying for. It is worth as much as the lighting, paving, or safe guarding of our streets. We do not expect these services to be rendered for nothing; why should we expect those who are busy curing disease to devote, unpaid, time and effort to prevent it? Society has recognized the need of a staff of officers of health, and it will be wiser and cheaper in the long run to pay them sufficiently to make the service thoroughly skilled and exclusive—a duty and a profession apart by itself. We agree with the *Lancet*, that "If it could be arranged to pay officers of health adequately for their services, and to relieve them wholly from private practice, one of the most serious obstacles to their usefulness as a staff to crush out disease, would be removed." It would be well if the intervention of skilled Sanitarians could be secured, immediately an epidemic occurs; and if, without in any way, either sentimentally or practically, interfering with the medical man in attendance, they were able to direct and enforce the precautions necessary to isolate cases and exterminate the active causes of "infectious" or "contagious" disease. But it is indispensable that medical officers of health, to be widely and sufficiently appreciated, should not themselves be practitioners. It is a mere question of money. It is not worthy of a great people, or of a wise State, to leave its vital interests to be vaguely and spontaneously protected.

---

### EARTHWORMS AS A THERAPEUTIC AGENT.

---

In looking through an old work of the last century we came across the following remedy. It seems to have been in great vogue among the ancients also. We do not suppose it will meet with much favor among the English public, but we mention it, as some may be induced to try it experimentally.

Actius, in his *Tetrabiblos* (Serm. IV., chap. 33), thus alludes to them: "Take about five or seven worms of fishermen, which are found in the mud of rivers (and are called *lumbrici*), bruise them, and add to them boiled dates, and mix them together.

Give this compound in beer to the woman, upon an empty stomach, daily, and in about ten days you will be surprised at the quantity and excellence of the milk found."

The author of *Gynæciorum* also recommends their exhibition !!!\* He also recommends their exhibition boiled in milk and honey-wine as a remedy most efficacious in inducing an abundant secretion of milk.

\**Lumbricorum vivorum*. Scrup. ij. tere et cum mellis cyathis ij. bibat, ut non cognoscat.

R. Bradley, F. R. S., Lecture on *Materia Medica*, 1730, says: "Lumbricus terrestris officinalis, or earthworm, is so well known that I need not explain its figure. In its use it proves very diaphoretic, diuretic and anodyne. It is a discutient and emollient. It is good in apoplectic cases, and where the muscles and nerves are affected; in the great dropsy, the colick, and in the scurvy, it has been used with great success."

—:0:—

### SCHOOL PUNISHMENT.

What is required to keep in order a class of thirty or forty boys, none but a teacher can know—what patience, calmness and anxiety. What prudence is necessary to restrain the hand when disappointment and anger may prompt him to express his feelings by a blow, which the child may possibly remember all his life, even if it be not attended with injury to his health. To pull the hair, or to pinch the ears, is equally wrong, illogical, and unsatisfactory; and to rap a boy's knuckles with a cane will not make him write better, nor is boxing the ear calculated to make his head clearer, but it may injure the delicate organ of hearing.

To make a child the object of laughter or derision, and to reprimand him publicly, and to degrade his position in the school, is wrong. Far from producing the effect we wish—the humbling of the heart—it attacks his moral character, and puts him out of the honest circle in which he moved, and wounds his self-respect, which it is our object to develop, and makes him dissatisfied with his associates, and so endangers his morality.

To keep children "in" after school hours ought to be discontinued. It deprives them of their regular food and exercise, and is very detrimental to their health; and the work children do all those hours does not profit them.

The first object of a master should be to gain the esteem and respect of his pupils; for to conciliate them, is to respect himself; for when he loses his temper, and his countenance expresses anger or rage, the pupils at once perceive it, and the remainder of the lesson is painful and useless. But more of this at a future time. Much can be said on both sides as to corporal punishment, but there is no excuse for "keeping in."

## Miscellaneous Selections.

---

### COMPLETION OF THE METROPOLITAN MAIN DRAINAGE, LONDON.

---

A labor of sixteen years, and the expenditure of more than four millions sterling, has brought to a successful completion the gigantic undertaking known as the metropolitan main drainage system, which was commenced in 1859. The whole of the sewage of more than four millions of people, living on an area of over 117 square miles, is now diverted from the Thames near London, and discharged at Barking and Crossness, fourteen miles below London Bridge, into the river at high water, in order that the ebbing tide may carry it out to sea. Until the opening of the western pumping station at Pimlico on the 5th inst., the sewage of an area of nearly fifteen square miles of West London, including Chelsea, Fulham, Brompton, Kensington, Shepherd's-bush, Wormwood-scrubs, Notting-hill, and Hammersmith, was discharged into the Thames at Cremorne. The last portion of the metropolitan sewage has now been diverted from this part of the Thames, is lifted to a height of eighteen feet, and then finds its way into the low level sewer, which carries it to the Abbey Mills pumping station. So recently as 1815 a penalty was incurred by discharging house drainage into the sewers, which were only intended for surface drainage. Up to that date, the cess-pool system reigned supreme in London. The nuisance of this system, however, became so intolerable that in 1847 a law was passed making cesspools illegal, and requiring all householders to do what was a penal offence before 1815—that is, to drain into the sewers. In the meantime, however, the Thames was rapidly becoming a gigantic open sewer, and three warnings in the shape of cholera epidemics in 1832, 1849 and 1854, combined with the powerful incentive to action in the matter, produced by the effluvia of the Thames upon the legislators in the

Houses of Parliament, led to the inauguration of the metropolitan main drainage system in 1859. The system is now complete, but the sixteen years during which it has been in progress have passed without the solution of the problem how to utilise this vast amount of sewage now cast into the sea. This still remains to be solved.—*The Lancet*.

—:o:—

### CAPTAIN WEBB AFTER HIS CHANNEL FEAT.

We have received the following interesting communication from Mr. Thomas Law Webb, M. R. C. S. and L. R. C. P., Lond., of Ironbridge, Salop:—

“A few facts relative to the physical condition of my brother, Captain Webb, on his leaving the water after swimming from Dover to Calais, will be of interest to the profession. He assures me that on landing he did not feel at all cold, but was as warm as when he started. He felt, however, fearfully tired and exhausted, and was very sleepy. He fell asleep several times as he was being driven to his hotel, though roused repeatedly by his cousin (Mr. G. H. Ward, who never left him throughout), who thought it best not to let him sleep until he had taken some nourishment. At the Hôtel de Paris, he went to bed, and drank some hot wine. Immediately on getting to bed, he took his own temperature with a thermometer with which I had provided him, and found it to be exactly 98° Fahr. He did not *count* his pulse, but *felt* it, and says it was ‘slower than usual.’ After five hours or so of sleep, he awoke feeling rather hot and feverish. He then took his temperature again, when it had risen to 101° Fahr. He says that his face was then flushed, and his skin hot and dry. He then slept again for some time, and on waking felt himself ‘all right,’ excepting a troublesomeness and stiffness of the arms and legs, scarcely to be wondered at.—*The Lancet*.

TINCTURE OF CAPSICUM IN THE TREATMENT OF  
"TIPLING."

A correspondent of *Land and Water* throws out some suggestions to alleviate, if not cure, "tippling in private life." He says. "Of course, as a rule, moral means, such as persuading or frightening the patient, are futile. Dr. Ringer, in an able article in the *British Medical Journal* in 1874, advocated the use of capsicum, "given in doses of the tincture (ten drops), or the powder, twenty grains, to be taken before meals, or whenever depression or craving for alcohol arises." It also induces sleep in the early stages of delirium tremens. It obviates the morning vomiting, removes the sinking at the pit of the stomach, the intense craving for stimulants, and promotes appetite and digestion. This treatment I have tried with great success in several cases, and in one in particular, that of a young man, whom no one, by any means in their power, could possibly keep from tippling. Shut up the spirits, he had a key made on the quiet, while his wife was away for a day—of course he sent her. Take away his money, he would "tipple" on credit. He came under my care for bronchitis. I soon heard of his propensity, and tried Dr. Ringer's treatment. I began by giving him five drops of the tincture in a little syrup of orange-peel, and some orange bitters, and increased the dose of capsicum to twelve drops. He rapidly improved, and at the end of a month was quite another man. He was no longer to be seen in a half muddled state, hanging about the low cabarets and taverns by himself, but every day walking out with his wife, and taking an interest in all that was going on. He left here for England about three months afterwards, and I have since heard that he still takes to his bottle (the capsicum bottle) whenever he feels inclined to indulge in the other sort of "tincture." Another case was that of a lady, over forty years of age, but not so successful as the one above cited. Of course, it is a great thing to wrap up the capsicum in a convenient vehicle, and the above, suggested to me by M. Dutertre, the well known *pharmacien* of our town, is, I think, as good a form as any.—*British Med. Journal.*



## BLIND USE OF DRUGS.

Heads of families, who are in the habit of indiscriminately using patent medicines for all sorts of affections and all ages, should be warned of the disastrous effects which sometimes result from the ignorant administration of drugs, valuable in themselves and when given under proper medical advice, by the facts elicited at a recent inquest before Mr. Bedford. A child, aged six months, suffering from diarrhœa was given a dose of chlorodyne by her father. Death soon after ensued. Although, after a post-mortem examination, an opinion was given that diarrhœa was the cause of death, it is easily conceivable that a very small dose indeed of the preparation would prove fatal to a baby. Chlorodyne contains opium, chloroform, and prussic-acid, ingredients that should teach any one the risk of giving it to children under a certain age.—*The Lancet*.

---

 Editorial Notices and Answers to Correspondents.
 

---

The Editor begs to state that he will be happy to receive any communications on the following subjects, and others allied to Hygiene: Water supply, drainage, ventilation, building, adulteration of food, &c., warming, clothing, education, manufactories and their influences on health, scavenging; also, Public Health Reports from Canada, United States, or any part of the world.

THE PUBLIC HEALTH MAGAZINE being a monthly periodical of progress, neither advocating party interests nor influenced by prejudice, its columns are thrown open to all who desire the advancement of sanitary knowledge. Contributors, in sending papers, will please mark the places to which they especially wish our attention drawn.

---

A Subscriber,—We will answer you by private letter.

---

ERRATUM: At page 69, line 6 from bottom, for "neutralize" read "centralize."