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APRIL.

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# CANADA HEALTH JOURNAL.

VOL. I.

APRIL, 1870.

No. 4.

For the CANADA HEALTH JOURNAL.

## A Plea for a Popular Medical Science.

BY T. P. WILSON, M.D., CLEVELAND.

I WISH I could make it "as plain as a pike-staff" that "all the world, and the rest of mankind," should inform themselves about medical matters; and by this I do not mean merely the compounding and prescribing of drugs, for this would hardly be required of any one were the people better informed. For I hold it as an axiom that the more ignorant people are of the structure of their bodies and the laws of health the more drugs they consume. Doctors, when sick, take very little medicine, because they know better; but most people when sick consume a large amount of medicine because they do not know any better.

I never saw a physician in active practice who did not complain that he was obliged often times to give a good deal more medicine than he desired to, and all because the prejudices of the people required it. But why do not people seek after such knowledge? Medical art is not a secret. There is no end to medical text books. As for medical journals, they may be had in all sizes and shapes, and at all prices. But who reads them but the doctors? The people take our prescriptions, thankful that they do not have to peruse our literature. We deny to no man information upon these subjects, but we are morally sure that unless he intends to enter the profession he will never trouble himself about our text books.

I don't believe there is an intelligent person living who does not at times desire to have a knowledge of the facts of anatomy and physiology. Anna Dickenson says she never saw a woman who did not wish she were a man; and I am sure I never saw a man who did not wish he were a doctor, and the same desire possesses most of the women and children. These persons do not desire to practice medicine, but they covet the knowledge of the medical profession.

Our plea, therefore, is for a popular medical science ; for the taking down of the gates that have too long barred out the people from these vital questions, in order that we may let the people in, or else turn the questions out, where they can have a free range in the intellectual considerations of the public mind. If medical science was a system established solely for the benefit of its practitioners, it might be properly left where it is, in the hands of the doctors. Those medical gentlemen do not, as is well known, take their own medicine; they mix their doses for the dear people, and it is high time the dear people had some notion of what they were taking, and what they were taking it for.

I would not take this matter out of the hands of the profession, still I would put it in the hands of the people. Since both parties share in the profit and loss, I would have them joint partners in the capital stock. I would take the whole range of medical science, and make its general principles the common property of the world.

"That is to say," says brother Doubtful, "you would multiply our works of domestic practice, you would put such a book and a case of medicines in everybody's hands, and make everybody their own physician, and so practically abolish the learned, dignified and privileged class of doctors."

Softly, friend Doubtful, that might be well if it could be done, but we don't contemplate such a *coup d'etat*.

Who are our statesmen? Are they less learned, less honoured, less influential because in this enlightened country every man, and not a few women among us, are politicians? Who are our lawyers and judges? Are they degraded because the people study the principles of civil government? Look at our divines. Are they shorn of their strength because the Bible is in every household? Do Sabbath schools detract from the power and influence of the pulpit? Is not this knowledge possessed by the people their very safeguard from evil? Can despots enslave us, or bigots delude us, or villains cheat us while these things are cherished by the people? How can civil despotism or religious intolerance ever rise in our midst except upon the ruin of these unalienable rights of the citizen?

How, then, will a knowledge on the part of the people of the science and art of medicine prove detrimental to the interests of the medical profession? Quacks may tremble at the thought, but not the true medical man. More anon.

### A Plea for the Babies.

MRS. Harriet Beecher Stowe, writing in *Hearth and Home*, puts in a plea for the nervous, delicate children, which those who have them in charge would do well to listen to. A great many of the children born in the present age, she says, are *not* good, average, healthy children. They are children of deficient brain-power, of diseased nervous systems; children begotten of tobacco-smoke, late hours, tight lacing, and dyspeptic stomachs. The father has put his son's brain into his meershaum and smoked it out; the mother has diddled and dribbled it away in balls and operas. Two young people come together, both of them in a state of half-nervous derangement. She cannot live without strong coffee; her hand trembles, and she has a sinking at her stomach when she rises in the morning, till she has had a cup of strong coffee, when she is primed for the day. He cannot study or read, or perform any real mental labour without tobacco. Both are burning life's candle at both ends; both are wakeful and nervous, with weak muscles and vibrating nerves.

Two such persons unite in giving existence to a poor, hapless baby, who is born in such a state of diseased nervous sensibility that all the forces of nature are a torture to it. "The fathers have eaten sour grapes, and the children's teeth are set on edge." What such children cry for is neither cold nor hunger, but irrepressible nervous agony—sometimes for fear, sometimes because everything in life is too strong for them, and jars on their poor weakened nerves just as it does on those of an invalid in a low, nervous fever.

Now, the direction about putting a child away alone to sleep, without rocking or soothing, is a good one only for robust and healthy children. For the delicate, nervous kind I have spoken of, it is cruel, and it is dangerous. We know one authentic instance of a mother who was trained to believe it her duty to put her infant to bed in a lonely chamber and leave it. Not daring to trust herself in the ordeal, she put on her bonnet, and positively forbidding the servants to go near the child, went out for a walk. When she returned, the child was still, and had been for some time. It had struggled violently, thrown itself over on its face, a pillow had fallen over it, and it was dead from suffocation.

Nervous children suffer untold agonies from *fear* when put to bed alone. No tongue can tell the horrors of a lonely room to such children. A little, delicate boy whom his parents were drilling to sleep alone, used to cry violently every night, and his father would come in and whip him. He mistook the pertinacity for obstinacy, and thought it his duty to conquer the child's will. One night he said: "Why do you always scream so when you know you shall be punished?"—"O father, father!" said the little fellow, "I don't mind your whipping me, if you'll only stay with me." That father's eyes were opened from that moment. He saw that a human being cannot be governed by dead rules, like a plant or an animal.

No, mother; before you make up a plan of operation for your baby, look at it, and see what it is, and use your own common sense as to what it needs.

Look at yourself, look at your husband, look at your own physical habits—at his, and ask what is your child likely to be.

A word of caution with regard to not suffering the child to sleep between the parents, is important for many reasons. There is scarcely a man that does not use tobacco, and if a man uses tobacco, there is a constant emanation of it from his person. Now, however he might justify the use of it himself, he can hardly think that stale tobacco effluvium is a healthy agent to be carried into the lungs of a delicate infant. Children of smoking fathers often have their brains and nervous systems entirely impregnated with the poison of nicotine in the helpless age of infancy. A couple came to a country place entirely for the health of their only boy, a feeble infant. The child was pale and sickly, constipated in bowels, and threw up his milk constantly. The parents had but one room, in which they lived with him, and which was every evening blue with tobacco-smoke.—Every evening that helpless little creature took into his lungs as much tobacco as if he had smoked a cigarette. Still more than this—the mother who was nursing that infant did what was equivalent to smoking one cigar every evening—she breathed her husband's smoke. Now, if your baby smokes cigars, you will find by-and-by, when he comes to need brains, that his brain-power will not be found. He will be starchy, fitful, morbid, full of nervous kinks and cranks, one of those wretched human beings who live a life like that described by

Hawthorn in his story of "Feathertop"—only capable of existing and efficiency while he is smoking, but sinking into dimness and stupidity when he stops.

Such are some of the chances of poor babies! God help the poor little things! They never asked to be born, and their parents, if they will bring them into existence, owe them every attention to make that existence a blessing.

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### More About Hair Dye.

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A PHYSICIAN writes to the Boston *Journal of Chemistry*, in regard to two cases of partial paralysis that had come under his notice, caused by the use of "Hall's Vegetable Sicilian" hair restorative. He says: One complained of cold creeping chills and a sensation of numbness in the back of the head and neck; the other had the peculiar symptoms of lead paralysis in the arm and wrist. Both had used the nostrum freely, and recovered after I had advised them of its contents, and they had discontinued its use.

Any one may satisfy himself of the contents of this filthy compound by the peculiar sticky feeling of acetate of lead, when rubbed between the fingers, or by placing a drop upon the tongue and noting the sweetish astringent taste of the salt. Or if he wishes more accurate evidence, let him try the effect of a drop or two of solution of iodide of potassium, added to a filtered portion of the 'Renewer.' Other tests might be given, but this is as convenient as any.


I cannot see how the consumer can fail to absorb lead into the system, if the directions on the bottle are carefully carried out: "*Rub the scalp thoroughly, after which leave the scalp and hair thoroughly saturated with it, &c.*"

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THE town clerk of Newton, Massachusetts, in his report of the vital statistics of that town, says: The number of deaths by consumption has usually been about one-fourth of the whole; the past year but fourteen; a favourable change in the leading disease of New England. The favourable result of the change from thin to thick soles on the boots and shoes of our females is already visible.

## Our Canadian Poets.

### THE MAPLE.


 All hail to the broad leaved maple  
 With its fair and changeful dress—  
 A type of our youthful country  
 In its pride and loveliness :  
 Whether in the Spring or Summer,  
 Or in the dreary Fall,  
 'Mid Nature's forest children.  
 She's fairest of them all.

Down sunny slopes and valleys  
 Her graceful form is seen,  
 Her wide umbrageous branches  
 The sun-burnt reapers screen.  
 'Mid dark-browed firs and cedars,  
 Her livelier colours shine,  
 Like the dawn of a brighter future  
 On the settlers hut of pine.

She crowns the pleasant hill-top,  
 Whispers on breezy downs,  
 And casts refreshing shadows  
 O'er the streets of our busy towns ;  
 She gladdens the aching eye-ball,  
 Shelters the weary head,  
 And scatters her crimson glories  
 On the graves of the silent dead.

When the winter frosts are yielding  
 To the sun's returning sway,  
 And merry groups are speeding  
 To sugar-woods away,  
 The sweet and welling juices  
 Which form their welcome spoil,  
 Tell of the teeming plenty  
 Which here waits harvest toil.

When sweet-voiced Spring, soft breathing;  
 Breaks Nature's icy sleep.  
 And the forest boughs are swaying  
 Like the green waves of the deep ;  
 In her fair and budding beauty,  
 A fitting emblem she  
 Of this our land of promise,  
 Of hope, of liberty.

And when her leaves, all crimson,  
 Droop silently and fall,  
 Like drops of life-blood welling  
 From a warrior brave and tall,  
 They tell how fast and freely  
 Would her children's blood be shed  
 'Ere the soil of our faith and freedom  
 Should echo a foe's man's tread.

—H. F. DARNELL.



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**Editorial Department.**

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**How to Prevent Consumption.**

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**T**HERE is no disease whose nature and treatment is so full of interest to the community at large as consumption, because none is so prevalent and so generally fatal. Scarcely a person lives who has not lost a relative, a friend, or at least an acquaintance by the fell destroyer. But though familiar with its symptoms and its history and its presence, we are still to a great extent ignorant of its first cause, ignorant of its nature, and ignorant of its cure.

We shall not occupy space in giving our theories on these points. The discussion of theories belongs more to strictly medical journals. Our object is to give facts of a practical nature as far as we understand them. And in the present case, we desire to call attention to only one element, and a very important one in the character of consumption, that is, its transmission from parent to child. We say of this disease that

**IT IS HEREDITARY.**

By this we mean that consumptive parents are apt to have consumptive children. Or it may pass over one generation and appear in their grandchildren. This is a generally-accepted doctrine, supported by medical experience and public opinion. We are told that in one of the rural cemeteries of Massachusetts, over the grave of a man and his wife who had both died of consumption, is this inscription: "Insatiable disease! thou hast destroyed both parents: spare, O spare our children!" It would seem as though the minds of the dying parents were filled with the thought that they had transmitted the seeds of disease and death to their offspring; and scarcely one would deny that they had good grounds for their fear. Yet it does not follow that in any case consumption must necessarily be transmitted; on the contrary there is a certainty that

**IT CAN BE PREVENTED.**

While it is true that a tendency to consumption is transmitted from parent to child, it is equally true that in most cases, if proper precautions be followed from infancy to maturity, that tendency can be overcome, and the individuals become strong and healthy. But, to this end, years of watchfulness, of careful attention to details, and, it

may be, of sacrifice, are required, and few are equal to the task. Still more, many are ignorant of the common laws of hygiene—obedience to which brings health; and some are careless of them, with little faith in their efficacy.

We shall devote this article to a brief summary of the precautions necessary to be taken with children of consumptive families, in order to protect them from the disease to which they are liable. And these same precautions will, of course, be still more effective in preserving in health those who are not of consumptive families, than those who are. And first,

#### CLIMATE.

It is certain that some countries enjoy comparative immunity from consumption, while others are scourged with it. And, as this irregularity in the distribution of the disease is to a great extent independent of the the state of civilization and the customs of the people, the result must be attributed to the climate. And the evidences are all in favour of those countries possessing a dry atmosphere. Not necessarily a warm climate. The North-West Territory, Minnesota, the high lands of Mexico, and other places, may vary in the degree of temperature from cold to hot, but they are equally fortunate because of their dryness.

#### THE RESIDENCE

of the consumptive should then be in a dry country, and especially in a dry section of that country. Avoid a damp soil for residence. The report of the English privy council on this subject, as well as investigations made by others, shew that in localities thoroughly drained there was a marked diminution in the number of deaths from consumption. The house should be on a slope, rather than a plain, where the sun can have free access. It should not be thickly surrounded with trees, nor covered with vines. Rooms large and well ventilated. The old-fashioned fireplace is a ventilator of the first class; but if the house be heated by air-tight stoves and furnaces, ventilating shafts of some description should be adopted. Let sunlight and air into the house; throw open blinds and curtains. Every morning the windows should be opened wide to let out the foul air that has accumulated during the night. And at night be not anxious to close the windows very tight—even if it is in winter. Leave a few air holes, and put on more blankets. Do not be afraid of

## PURE AIR.

People are apt to be greatly alarmed about "catching cold," and if the weather is not of the mildest possible kind, are fearful of venturing out. Says an eminent physician, giving advice to consumptives, "Whenever in doubt about going out, *always go out*. If a violent storm is raging then keep within doors; but when it ceases, seize the occasion for out-door exercise." Pure air, to a consumptive, is the greatest blessing. The oxygen which it contains is necessary to the purity of his blood. Without oxygen there is no life; and the consumptive, of all persons, needs this life-giving element. The air that he breathes should, therefore, be of the purest quality. Not only should it be air free from the odours of decaying vegetable and animal matter, steaming up from filthy back-yards and streets, from slaughter houses, and oil refineries, and bone-boiling factories; but it should also be air rich in Oxygen. The air we inhale loses its Oxygen, which is replaced by Carbonic Acid, a poisonous gas. Consequently, we should not breathe the same air twice. Without the Oxygen health and life soon vanish; let a poison like Carbonic Acid take its place, and the fatal end is the sooner hastened. See, then, how essential it is for the child, tainted with consumption, to have pure air, not only out-doors but in-doors as well. And he wants the

## SUNLIGHT

also. Plants deprived of light, if they succeed in living at all, are thin, white, unhealthy. So children, as well as adults, living in rooms where little light enters, grow up pallid, emaciated, sick. The researches of science point out the sun as the centre of force and life to all organized living beings, whether vegetable or animal. The rooms occupied by a consumptive should then be free to the light of the sun, with not the thinnest veil to shut out his rays. Besides these natural elements of health he will need plenty of

## NOURISHING FOOD.

Enough to eat, but simple in quality. From the food the blood is formed, and if the one be deficient in quantity or quality, so will the other. A person may have plenty to eat, but if it be of poor quality he will suffer more than if he had but a small quantity of the proper kind. A man may die of thirst on the ocean with "water everywhere, but not a drop to drink." So he may starve when surrounded by an abundance, if it is unfit for nourishment. Avoid stimulants

and condiments, pastries and candies. They not only fail to nourish, but when given to a child spoil its appetite for wholesome food.— Beef is a valuable article of diet—hog meat the very opposite. But it is not so much any special article as the general rule of simplicity in the character of the food.

#### CLOTHING.

Deficient or improper clothing, leaving the necks and arms and legs of children bare in winter, wearing thin shoes, compressing the lungs with tight dresses, instead of leaving them free to draw in all the air possible; all this is inviting consumption and strengthening its power. Children are often sacrificed to the vanity of parents, who dress them to look like angels, and very often make angels of them by so doing. "Plenty of flannel for the children," said John Hunter, and if the advice were followed there would be fewer little graves in our cemeteries. The first object of dress is protection, ornament should be secondary. A healthy dress is a comfortable one, warm in winter, and in the changeable weather of Spring and Autumn, cool in the heated Summer.

#### CLEANLINESS

is called for, washing the body daily with cool water, all over, thoroughly drying the skin after every bath.

#### EXERCISE

In the open air is necessary to health, for all classes. But a little judgment has to be used, not to overdo it. Especially is this the case with young men. The extravagances of athletic sports often do more harm than good, injuring both body and soul. Betting and gambling affect the one, while strained, over-exertion affect the other. Injuries to blood-vessels and heart, to muscles and joints, have frequently been traced to undue intelligence in ball-playing and rowing. The question is sometimes asked, what effect has our system of

#### EDUCATION

upon the health of pupils? The danger lies in too much study.— Prolonged intellectual labour, even without the miserable hygienic arrangements too common in our schools, has hurried many a youth to his grave. Five hours a day, including recesses, is time sufficient; while more is injurious to the majority of children. Some children take great pleasure in study, and, instead of being guided and controlled by parents and teachers, they are more likely to be encour-

aged to put forth every effort. They are stimulated by the approbation of friends, and the prospect of winning honours and carrying off prizes. The evenings at home are occupied with school studies, and the days are often spent in rooms very unfit, especially in Winter, when they are over-heated and poorly ventilated. There is danger in attempting to cram the memory, and in exercising the mind, at the expense of the body. Physical training should be part of the regular course of study at school, *and for girls as well as boys*. Whenever attention is paid to physical culture, it is generally in reference to boys alone; while the future wives and mothers of the country are not considered. The bodies of the one class require care as well as the other, and especially in the case of consumptive children.

#### OCCUPATION.

The choice of a trade or profession is of great importance. A man may, in general, follow almost any occupation with comparative safety, by taking proper precautions, and by strict attention to hygiene. But there are some especially injurious to any one with a tendency to consumption. Any of those practised in places where fine dust is floating in the air, as machinist, knife and scissors-grinding, etc.; the dust clogs up the small air-cells of the lungs, and hastens the advent of the dreadful disease. All trades that cramp the chest should be avoided, such as that of shoemaker and seamstress.—These not only hinder the free expansion of the lungs, but being from their nature sedentary, they become doubly injurious. The consumptive youth should avoid all sedentary occupations, such as clerkships, the ministry, or any other semi-literary employment, and should choose the more active occupations, which will call for bodily exercise in the open air. He should also avoid all manner of

#### EXCESSES;

whether mental or physical, of labour or pleasure. Excesses in the use of alcohol, apart from their general injurious effect, should be specially avoided by the consumptive. Its use drives the nervous system to insanity, permanent as well as temporary, stimulates the circulation to a more rapid flow, causing obstruction of internal organs, and various diseases, and besides, impairs digestion and destroys the appetite for wholesome food. It is a false idea that the person with a tubercular tendency will escape by the free use of liquors. He runs more risk of dying by consumption than if he kept sober, and the

only escape he has, is when he is killed by the whisky before consumption gets a chance. Excesses in the sexual relations, also hasten the attack of consumption, and render it more speedily and certainly fatal.

We have already stretched this article to an undue length, and must close, leaving the consideration of other points to some future time. But by pursuing the course we have recommended steadily, not for a few days, nor a few months, but from the cradle to maturity, there is no doubt the tendency to consumption can be crushed out; and, in the language of another: "Out of weak, puny childhood we may form stalwart men and graceful and healthy women, fit to be the future parents of the race."



### White Flour vs. Graham.

ANY well-meaning persons, anxious to reform the public taste and the public health, exercise themselves terribly over the popular attachment to white flour in preference to Graham. In the ardour of their zeal they often go beyond knowledge, attributing almost every conceivable form of disease to the use of bread made from fine flour, and promising perfect immunity from these evils if people will only use unbolted meal.

Now, it is an undoubted fact that a great amount of nutritive matter, especially certain mineral substances, is contained in the shell of the wheat, and is consequently lost by the separation of the bran from the flour; and it is consequently true that Graham bread is more nutritious in the abstract than white bread. But beans contain nearly twice as much nutriment as Graham bread; and, therefore, on this same principle people should give up wheat altogether as an article of diet, and live on beans.

Common sense would seem to teach, that in the selection of our food we should take into consideration other things than simply its nutritive power. Graham bread is unquestionably healthy and nutritious for some people, but not for all. It is very distasteful to many, and this lessens its value in those cases. To cram food down the throat against the taste is poor policy, and is far from being either healthful or economical. Besides which, the bran in the unbolted meal is irritating to the delicate lining of the bowels, and

often does positive mischief. We do not consider it wise to recommend this coarse bread for indiscriminate use, as its admirers would have us do. It is said in a certain book, that "man shall not live by bread alone," and though this may not originally have had reference to hygiene, yet it is a good dietetic rule. A variety of food is better than constant adherence to one article. The occasional use of Graham bread, oatmeal porridge, corn meal mush, and such like, is advisable; though, of course, if any person admires the taste of black bread and grows hearty and strong by its use, his best plan is to eat it often. But for the majority of people a variety in food, animal as well as vegetable, will be found the safest course.

CHOICE TEA.—We read that a physician was lately consulted by a lady on account of discoloration of her teeth, which she supposed to be due to certain pills he had prescribed for her. On investigation, the effect was traced to the tea used at her boarding house, where the cheering beverage was kept from day to day in a tinned vessel, and heated up at meal-times, with the addition of a fresh quantity of the oriental herb. The tin had worn off in spots, leaving a surface of iron, on which the infusion, in cooling, acted chemically, forming a tannate or gallate of iron. The lady and her fellow-boarders had been regaling themselves on *ink*. It is said that this delectable way of making tea is not uncommon in boarding-houses and restaurants.

WINE, BEER AND TEA.—M. Block, a high European authority on statistics, gives the following figures regarding the extent to which different nations consume the popular beverages. The average consumption of wine, in *English pints*, for each person is,—in France 228, Italy 211, Portugal 140, Switzerland 103, Austria 93, Spain 53, Great Britain  $3\frac{1}{2}$ . The proportion of beer is very different: each inhabitant of Great Britain consumes, on an average, 244 English pints, while in Belgium the quantity is 242, in Bavaria 220, in Switzerland  $149\frac{1}{2}$ , in France  $33\frac{1}{3}$ , in Spain  $3\frac{1}{2}$ , and in Italy  $13\frac{1}{4}$ . The contrast in the use of tea and coffee between England and France is very marked. While each individual in France consumes on an average 42 ounces av. of coffee and 5 drachms of tea, the average consumption in Great Britain is  $59\frac{1}{4}$  ounces av. of tea, and 16 7-10 ounces av. of coffee.

THE authorities in Paris have prohibited the use of copper salts in pickles, and aniline in confectionary.

FIFTY thousand people die of drunkenness in England annually, and twelve thousand of them are women.

ONE hundred and fifty babies have been left in the basket at the New York Foundling Asylum since the twentieth of November last.

IN a barber's shop in North Shields there is a bill recommending a certain patent medicine, with a very dubious heading: "Try one box—no other medicine will ever be taken."

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### Literary Notices.

THE AMERICAN AGRICULTURIST—\$1.50 a year—four copies for \$5: Orange, Judd & Co., 245 Broadway, New York. The number for April is full of practical information, beautiful and instructive illustrations, useful chapters on the work of the farm, garden, and household, including for the children, a capital description of tea culture in China, by "Carleton," who has "been there." Get the paper and read it. The hints and suggestions will be of great utility, not only to farmers, but to villagers and city dwellers who have their garden plots, and to all housekeepers.

OUR YOUNG FOLKS—Fields, Osgood & Co., Boston, Price \$2 per year. This is the most readable journal for the young that we know of. Some of the best writers contribute to its pages. Grown up children will find in it something to interest and instruct them as well as our young folks.

THE JOURNAL OF PSYCHOLOGICAL MEDICINE, a quarterly review of diseases of the nervous system, medical jurisprudence and anthropology; edited by W. A. Hammond, M. D.; Appleton & Co., New York. Every physician and lawyer should read this valuable journal. The number for April contains articles on spinal irritation, magnetism, opium, paralysis, some medico-legal contributions, the case of *Herinan Albert*, besides minor topics. It is well worth the subscription price to all interested in the subjects of which it treats.

HEARTH AND HOME—edited by Donald G. Mitchell, is an interesting weekly journal, full of valuable reading; and suited to every family. Read the advertisement.

PUBLICATIONS RECEIVED THIS MONTH.—Chicago Medical Investigator, Cleveland Medical and Surgical Reporter, Philadelphia University Journal of Medicine, Dominion Medical Journal, Canadian Pharmaceutical Journal. Frederickton (N. B.) Headquarters, Elora Observer, New York Medical Gazette, Nashville Journal of Medicine and Surgery, New York Medical Journal, Buffalo Medical and Surgical Journal, New York Weekly Sun, Canadian Builder, The Educator, Canada Journal of Dental Science, Aylmer Enterprise, Charlottetown (P. E. I.) Patriot, New York Journal of Applied Chemistry, New York Bee-Keepers' Journal.