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CANADA HEALTH JOURNAL,

A MONTHLY MAGAZINE OF
PREVENTIVE MEDICINE,

— EDITED BY —

EDWARD PLAYTER, M.D.

Public Health and National Strength and Wealth.

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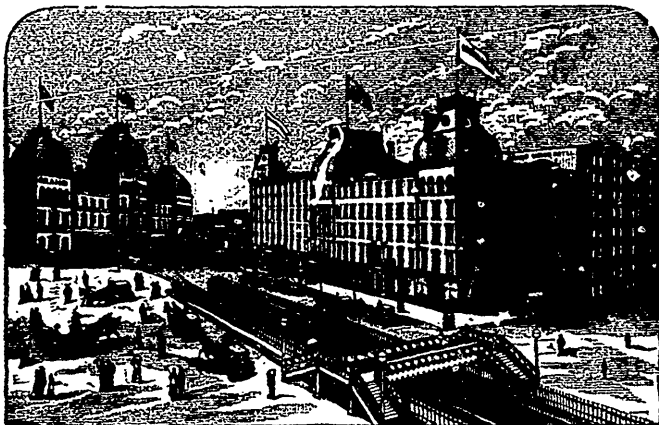
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THE CANADA HEALTH JOURNAL.

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SEPTEMBER, 1887.

No. 9.

VALUABLE CONTRIBUTIONS IN THE SECTION OF PUBLIC HEALTH AT THE MEETING LAST MONTH OF THE BRITISH MEDICAL ASSOCIATION.*

THE INFLUENCE OF MODERN PREVENTIVE MEDICINE ON THE PREVALENCE OF INFECTIOUS DISEASES.

ON this subject, THOMAS DONNELLY, M.D., F.R.C.S.I., M. A. O., Assistant Physician, House of Industry, Government Hospitals, Medical Officer of Health, North East District, North Dublin Union, said:—The subject was of the greatest importance, because it touched every member of the community, all being, at some period of their existence, liable to be attacked by one or other of these maladies. The measures used against zymotic diseases had been in this country so successful as to reduce the mortality from them by one-third, as was shown by the Registrar-General's reports. In the decade 1865-74, the average annual death-rate per 1,000,000 living was 3,062.9, and in the decade, 1875-84, 1,922.6, or about two-thirds. The measures at present taken to lessen the prevalence of infective diseases could be arranged under the following heads: 1, Inoculation; 2, Sanitation; 3, Isolation; 4, Disinfection.

Sanitation had improved wonderfully of late years, and concurrently with it the annual death-rate from zymotic diseases had decreased one-third. Formerly the soil-pipes of water-closets were not ventilated, and hence were conduits for dangerous gases from the main sewer into the houses. Now no

sewer-gas could enter through a properly fitted water-closet, because the new pans, having a syphon trap included in one piece of earthenware, prevented its entrance, and the ventilating shaft outside the house to the roof provided for its escape into the open air. Having any metallic fixture inside the house between the pan and the trap, as in old pan closets, was very objectionable, since the excreta were liable to adhere to the metal and act upon it, giving rise to a very offensive odour.

The first step to obtain the full benefit of our present knowledge of sanitation and improved sanitary appliances was to offer reasonable remuneration to properly qualified medical officers of health who should devote their entire time to their duties, uncontrolled by local influence. Ventilation was a subject which had been very carefully studied, and the methods of carrying it out safely and efficiently much improved in recent years. Much more, however, was required, especially in tenement houses and artisan's dwellings. The prevailing practice among the poorer classes of stopping up every crevice in cold weather was much to be deprecated. This was a matter of urgent importance, especially in large towns, since it was known that overcrowding and impure air were potent factors in originating typhus and spreading it and other diseases after

* From British Medical Journal.

they had arisen. The system of separating persons attacked by an infectious disease from the healthy was defective in practice. The greatest difficulty arose from the fact that the friends of patients strongly objected to their being sent to a fever hospital. The remedy for this state of affairs was the compulsory notification of infective diseases by the first registered medical practitioner who saw a case, and the payment to him, on receipt of certificate, of a fee not less than £2 2s. in each case. It should be considered a misdemeanour, and liable to fine, for any person, wilfully to conceal his knowledge of a case of infective disease from the sanitary authorities. In carrying out disinfection much opposition was frequently offered because the people were inconvenienced by the process. To overcome the prejudice and resistance of the public, due in a great measure to ignorance, popular lectures should be delivered regularly at convenient places and hours on subjects such as air, water, ventilation, cleanliness, and the like, so to educate the people and change their attitude towards sanitation, from being one of resistance to being one of assistance.

DR. C. R. DRYSDALE, of London, contributed the following on the same:— Sir Thomas Watson and Sir James Simpson had expressed a conviction, which he shared, that contagious and infectious diseases "might be finally banished from the United Kingdom." Small-pox, typhus fever, typhoid fever, scarlet fever, the plague, measles, whooping-cough, syphilis, and hydrophobia were germ-produced, and it was entirely the fault of society that they were allowed to remain in any modern country. It was only the other day that measles, introduced for the first time into the Fiji Islands, killed about

40,000 of the natives out of a population of 120,000. Those who believe that typhoid or typhus fever might arise spontaneously might be referred to the classical essay by Dr. Bancroft, of London, written in 1812, which showed that no filth or overcrowding could of themselves produce such diseases. Dr. Drysdale believed that, with a few exceptions, most medical authorities held this view. Thus small-pox did not appear to have been known in Europe previous to the eighth century, and had not been known in America before Columbus went thither in 1492. Scarletina first appeared in Arabia, and measles also appeared simultaneously with that disease. Whooping-cough was unknown before the sixteenth century, when it was epidemic in Paris. The plague rarely visited the North of Europe in our day, but killed 68,000 persons in London out of 500,000 in the time of Charles II. There was no case of measles in the Faro Islands for sixty-five years previous to 1846, but when imported, out of 7,782 inhabitants, more than 6,000, old and young, were attacked by it. Syphilis arose in Europe in 1492, and hydrophobia had not been allowed to enter our Australian colonies. Typhus fever, which was very contagious, was almost unknown in some parts of the Continent; whilst typhoid fever also was entirely due to contagion through the excretions, and in this resembled cholera, which was certainly a germ-produced disease. Thus there were fifteen diseases of man and eight of the lower animals that would admit of being stamped out by determined hygienic regulations. For instance, rabies and hydrophobia had been recently stamped out of Prussia by the simple plan of muzzling all dogs; and the adoption of vaccination in infancy and

revaccination at the age of twelve had nearly freed that country from small-pox. London was at this moment, in common with the rest of the United Kingdom, singularly free from small-pox, in comparison to other zymotic diseases, for last year—1886—out of 4,149,000 inhabitants, there were only 20 deaths from small-pox, against 2,077 from measles, 685 from scarlet fever, 2,834 from whooping-cough, 606 from typhoid, and only 13 from typhus fever. In Ireland no fewer than 222,029 persons died of typhus fever between 1841 and 1851, combined with typhoid.

A complete system of prevention for the infectious fevers included the isolation of patients during illness and convalescence, the isolation of suspected persons until the period of incubation was over, and the disinfection of clothing, bedding, furniture, and contaminated articles. Sir Thomas Watson's bequest to the profession in this matter advised immediate notification of all cases of disease, instant isolation of the infected person, disinfection of clothes, etc., and lastly, quarantine to keep out disease at our ports. Quarantine had long kept the plague out of Europe, the yellow fever out of New York, and the cholera out of our seaports. The extreme difficulty of preventing the spread of scarlatina was due to the fact that its contagiousness was greatest probably at the end of six weeks or two months after its invasion; and hence in Leicester, where a very successful effort had been made to stamp out small-pox, the effect on scarlet fever had been small. The treatment of such diseases in hospitals, he had no doubt, if carried out well, would extinguish such diseases entirely. In Leicester the working classes allowed themselves to be sent in family parties to the isolation hos-

pital without the city, and were kept there until a medical certificate was given to them of freedom from contagion.

The cattle plague was a good example of the way in which such fevers were allowed to spread, so long as medical men had not made up their minds what to do. The moment that it was agreed to isolate the infected animals in that disease, which was done summarily by destroying them, the disease was at once stamped out; and small-pox might in like manner be stamped out in six months in the United Kingdom. The isolation of all patients with such fevers should be compulsory both for rich and poor, because otherwise it would not be observed. Small-pox, typhus and typhoid fever, diphtheria and scarlet fever should all be isolated in such hospitals, and, of course, cholera and plague and yellow fever. When the patients were removed to the isolation hospital their homes could at once be disinfected by some capable sanitary authority at the public expense. The flooding of the drains in epidemics of typhoid and Asiatic cholera with some disinfectant or germicide was of great importance. Both the householders and the practitioners in charge of the case should be required to send in a notice of the existence of a case of infectious fever. With regard to the prevention of syphilis, which caused so many diseases and so many deaths among all civilized countries, it had been found that the Acts which were used for the purpose of extinguishing syphilis were inadequate, because they only applied to women and left men free. The better plan would be to punish all persons who infected their neighbours with such contagion with either fine or imprisonment, according as the contagion was spread

unconsciously or knowingly. This had been recommended by one or two able writers on syphilis both in London and in Paris. The patient with syphilis also might be required to notify his disease to some public officer. It could not be expected that the medical man he consulted should notify such a case. It was a reflection on the sagacity of the human race that it tolerated the continuance of a terrible plague like syphilis so uncomplainingly and did nothing to lessen its ravages.

THE PROPHYLACTIC ADVANTAGES OF THE
EARLY AND CONTINUED INUNCTION
OF CARBOLISED OIL IN SCAR-
LET FEVER.

DR. J. BROWN, L. R. C. P., London, Medical Officer of Health of the Borough of Bury, said: Scarlet fever and small-pox are the two diseases, *par excellence*, in which early isolation, as a rule, effectually stamps out the disease. Isolation, however, is not adequately provided for by the sanitary authorities. Even where hospitals are provided there exists a great prejudice against them, and they are rarely made use of, unless compulsory measures are enforced. Isolation in the home is rarely possible amongst the working classes, therefore any treatment which can be carried out in the home which promises to prevent the spread of scarlet fever must be a great boon. Experience has proved that scarlet fever generally attacks every inmate in the home who is susceptible to the contagion, or who has not been protected by a previous attack. The contagion is spread chiefly by the peeling of the epidermis. Any treatment which can destroy the germs and prevent the dissemination of the skin must prove a valuable prophylactic. The treatment which I have carried out for a period of nine months partially, if not effectually,

fulfils these two things. The success has been very satisfactory, although the treatment has not been rigidly carried out in all its details; this applies particularly to the operative class, who have not the time to do all that they would. As soon as the rash is out, apply carbolised oil all over the body, except the face, over which apply olive oil. Let this be done twice a day, with a warm bath every night. Continue this treatment until the fourth to the sixth week, when we may hopefully expect to have prevented the spread of the disease. The carbolised oil contains 5 per cent. of carbolic acid. It is important to have the pure medicinal carbolic acid and the best olive oil. The patient should not be exposed during the process; the temperature of the room should be 65°; the hand must be warm. In a severe epidemic of scarlet fever, the Town Council adopted my recommendation, and provided carbolised oil for free distribution. In twenty-five consecutive cases taken from my note book, there was not one death, no case of renal dropsy, nor any sequelæ of any importance. There were five cases between 1 and 5 years, fifteen between 6 and 12 years and one adult. The *rationale* of the treatment may be summed up as follows:- Carbolic acid is an antiparasitic, and probably destroys the vitality of the germs; it also acts as a sedative to the skin by its anæsthetic action on the sensory nerves, and thus conduces to the comfort of the patient. Pure olive oil arrests the dissemination of the skin, which is removed by the daily warm bath. It probably assists in the earlier desquamation of the skin, and also prevents the susceptibility to chill during the convalescent stage by forming a thin covering for the skin, and thus warding off the tendency to renal

dropsy; it conduces to sleep by allaying the irritable itching of the skin, and gives a sense of coolness which many patients highly appreciate, especially in the early period. The oil prevents the free access of air to the skin, and may thus attenuate the virulence of the contagium. If properly carried out there are no dangers in the treatment. In no case has it

produced any unpleasant symptoms. The carbolic acid has not been absorbed so as to affect the urine. Last December I was informed that Dr. Taylor, of London, wrote a little book over twenty years ago, in which he advocated the inunction of suet and lard in the acute stage of scarlet fever. Not having seen the pamphlet, I am unacquainted with its details.

DIET, NATURE AND ALCOHOL IN DISEASE AND ITS PREVENTION.

ALTHOUGH relating to the cure as well as the prevention of disease, we are tempted to extract the following from the *New York Medical Times*; a most welcome exchange and one of the most "liberal," advanced and practical that we ever have the privilege of reading. They are given in the "*Times*" in relation to Homœopathy and other "pathies," in reply to the enquiries of a correspondent.

It is true that the cure of many diseases is aided by medicines; and equally true that many diseases are cured in spite of them, by that determining, animating principle which presides over the destiny of organic life, the Unconscious. We hold to the doctrine of medical thinkers of all ages that Nature, or the powers of the Unconscious, alone possess the beneficent and marvellous power to heal our wounds, and to remove or cure our diseases, the agents and appliances of the medical art aiding or hindering these vital processes according to the degree of wisdom with which they are made use of.

In its popular sense, however, "cure" has a meaning altogether different. The power to cure is, in popular phraseology, invested in the doctor, and various other persons for that matter, and curative virtues are attributed

to drugs and other agents and measures, homœopathic and non-homœopathic, physical and psychological, because curative results follow their administration and application—the true and infallible power and source of all healing being ignored or overlooked, viz., the powers of the Unconscious. In discussing the means and methods of curing disease, therefore—of "obviating the tendency to death," and restoring the sick to health, we should fail of being understood did we make use of the term *cure* in any other than its popular sense.

ALCOHOL IN SEPTICÆMIA, DIPHTHERIA AND CHOLERA INFANTUM.

One of the most desperate cases of puerperal septicæmia that ever came under our observation, made a good recovery by the free use of alcohol. During three weeks, with a temperature falling now and then to 95° and rising to 107°, the patient was nourished by whiskey and water exclusively, and was constantly bathed and swathed with alcohol. Other antiseptic measures were used, such as vaginal douches of the hydrargyri bichloride and the carbolic acid spray; but the central element of treatment was alcohol. This was continued until all evidence of sepsis subsided.

Alcohol, we make bold to say, is the prince of antiseptics and the most per-

fect and reliable medicine of which we have any knowledge in diphtheria. Diluted with equal parts of water and given in small and repeated doses the malignant symptoms of this most fatal malady soon disappear and convalescence becomes assured. It is interesting to note with what facility the alcohol dissolves the diphtheritic exudation in the throat, lowers the temperature and becalms the pulse, showing its destructive action upon the germs of the disease which have been absorbed by the glands and gained access to the blood. This remedy has been used by us in the treatment of diphtheria since 1873, during which time no case of the disease has slipped through our hands except in one solitary instance, and that case was in *articulo mortis*, before the remedy was given. The remedy is also prophylactic to the disease, as we have found in many instances where it has not been expedient to quarantine the patient. For this purpose, it is only necessary for exposed persons to use the remedy, diluted as above stated, as a gargle and to swallow a little of it three or four times a day. The ease with which the remedy may be prepared and administered to children of all ages is a point of no mean advantage.

The importance of the subject will excuse the mention of the use of alcohol as a most valuable adjunct in the treatment of infants suffering from another and a most fatal form of blood-poison—that of cholera infantum. It is a most certain and valuable remedy in the severer forms of cholera infantum, in the form of brandy, one part diluted in twelve parts of boiled water with an added minimum of sugar or glycerine, withholding other nourishment, meanwhile, until the stomach can bear it. It has served us unflinchingly in many desperate cases of the

malady. The remedy is an effective auxiliary in cholera morbus as well.

DIET AND FASTING IN DISEASE.

Twenty-eight years ago (1859) a young man who had been the rounds of the profession and under various methods of treatment without avail, was placed in our charge by his father, a wealthy citizen of our sister city, Brooklyn, to be treated for epilepsy. The attacks were severe and recurred frequently, sometimes as often as three times a day. The Graham system of diet was then popular in New York, and on the hypothesis that the young man was afflicted with intestinal worms—he was a voracious eater—it was decided to try the effect of a rigid dietary and to confine him to a few Graham crackers, an apple, and a glass of water for each meal. This austere regimen was faithfully enforced by an attendant who had him in charge, during a period of three months, when the epileptic seizures suddenly ceased, not again to return—nor have they down to the present writing, returned.

The relation of food to certain abnormal states is well known, to disregard which would be fatal to the success of any method in therapeutics. There are conditions, in fact, in which diet and not medicine, is the leading indication of treatment. We have repeatedly cured chronic flatulence, occurring in aged persons, with enlarged livers, by eliminating sugar from their dietary. All know the superiority of lean meat and skimmed milk over any form of medicine in diabetes; the benefit of a milk and farinaceous diet in catarrhal affections of the stomach; of cooked milk (boiled half an hour or more) in enteritis and ulceration of the mesenteric glands; of fresh vegetables in scurvy; of fruit, and bread made from unbolted wheat meal in chronic constipation, etc.

A volume of similar and equally suggestive observations clinical might be adduced. It would be pleasant to us to detail observations made in the department of psycho-therapeutics, and to show by clinical facts what may be done—nay, what is being done—with physical agencies in curing diseases, such, for example, as the curative influence of the Doctor, one who is thoroughly alive to the demands of his calling, apart from his method or medicine; the curative power of Expectation as made use of by the ignorant charlatans who pose under the name of Christian Scientists; the marvellous power over the unconscious processes possessed by Faith—all of which are

non-homœopathic. It will not do for an "earnest practitioner of medicine" to close his perceptions to these things. The science and art of medicine is being revolutionized before our eyes. Let us not ignore the fact. . . . The world will be better off when the medical profession study sanitation more and materia medica less, The advancement made in the knowledge of morbid causes and their removal, within the last two generations, in England, has added a decade to the average length of human life in that country. Would that we could record equally humane results as due to progress in therapeutics and materia medica during the same period.

FRIED FOODS—HOW TO FRY.

BY MARION HARLAND, IN JOURNAL OF RECONSTRUCTIVES.

THE dietetic chord for the day is sounded at our national breakfast in fried chops, fried cutlets, fried eggs, fried ham or bacon, fried fish, fried fish-balls, fried potatoes, fried sausage, fried tripe, and, in some homes (heaven help them!), fried beefsteak. The relative mirror is indicated in fried buckwheat or other griddle-cakes, fried mush or hominy, or, what some prefer, to all these, fried bread. Luncheon and dinner maintain the theme in fried vegetables of all sorts, in fritters and pan-cakes, and, if supper be served, croquettes, fried oysters and doughnuts "give the diapason closing full."

The reasons for the preference we display for this mode of cookery are neither various nor many. It is the easiest way of making ready raw material or "left-overs" for the table. The steady, slow simmer that from toughness brings forth tenderness; the steaming, roasting, boiling—to perfect

which attention must be paid to degrees of heat, to basting and turning—require skill and time. Our middle class women are overladen with work, and ambitious to accomplish what they consider as higher things than cookery. What can be hurried up is "put through" in what Americans (and no other people) call "less than no time." The frying-pan makes short work in unrighteousness of whatever is cast into its gaping maw. The house-wife—with no conception of the valuable truth that cooking of the right sort will take care of itself, if once put properly in train, while she is busy with other matters—delays setting about it until the margin of time is reduced to a minimum. With this class and with most hired cooks frying is misconducted.

The best writers on dietetics prescribe fried foods so unsparingly that even she whose chief aim in the day is to run through a given quantum of

labor, might pause to read and ponder. The pernicious properties of hot grease and substances soaked in it are published in the market-place of medical and domestic journals. "As a broad rule," says Dr. Fothergill, "the harder the fat, the less digestible is it." When all that is volatile and soluble is driven out of it by rapid heating and cooking, and the ever-nauseous touch of calcined grease is superadded, the digestive organs give over trying to assimilate it.

Yet our dear sisters continue to fry everything that can be fried; to grow sallow and spleeny; to take patent medicines to patch up the coats of their stomachs. In the certainty that no one journal or writer can reverse the habit of generations, I modestly essay to palliate the evil by telling how frying ought to be done.

Griddle-cakes should not be fried at all, but baked on a soap-stone griddle, if your cook will keep one intact. If on an iron surface, rub it lightly while hot with a bit of salt pork. The cakes should be as dry on the outside as muffins when taken off. For real frying have plenty of fat, heated gradually to the boiling point. Drop in a bit of bread or dough to test it. If it sinks for a few seconds, then rises to the top and begins almost directly to color, you may risk whatever may be the subject-matter in hand. Put in a few articles at a time, turning them but once, and when of the right shade of brown take them up directly with a split spoon or strainer, then shake and lay in a heated colander to get rid of clinging drops of fat. Potatoes thus treated will not oil the napkin on which they are laid. Fish-balls, croquettes, chops, cutlets, sweetbreads, etc., must be rolled in egg, then in crushed cracker, before immersion.

The whole croquette family should be moulded hours before they are cooked, that, by stiffening, they may the better resist the soaking grease. Mush, hominy and fish must be coated thickly with flour. The object of this and of the egg and cracker process, is to form at the instant of the plunge a crust impervious to the fat, which is the unwholesome element in fried foods. Properly treated, the interior of a fried fish-ball or doughnut is no more indigestible than if it had been baked, provided it is taken from the oleaginous bath as soon as it is done, and shaken free of fat.

To sum up the stages of the operation: 1. Prepare the substance to be fried by moulding, or trimming, or (as with oysters) drying for the grease-proof coating, and apply this before the pan goes on the fire. 2. Heat enough lard, or butter, or dripping, or oil, to float the objects and slip them in gently the moment it boils and has been tested, as directed. 3. Keep the heat steady rather than fierce. 4. Take up promptly, shaking and draining off the grease. 5. Serve soon and hot.

TOBACCO AND THE PULSE. — Dr. Troitski (*Jour. de Med. de Bruxelles*) has made a number of observations upon the effects produced on the temperature and pulse by smoking. He found that in every case, varying according to the condition of the individual, there was an acceleration of the pulse rate and a slight elevation of temperature. If the average temperature of non-smokers were represented by 1,000, that of moderate smokers would be 1,008; and while the heart in the former case was making 1,000 pulsations, in the latter it would beat 1,180 times. It is in the latter effect that he thinks the danger of tobacco smoking is manifested.

THE "SELECT" "BIVALVES"—CHEMISTRY OF THE "FAT" OYSTER.

AT the meeting last month in New York of the Association for the Advancement of Science, before the chemical section, Prof. Atwater, of Wesleyan University, Conn., who is so well known as a writer on the Chemistry of food, in discussing "The Chemistry of the Floating of Oysters," gave the following:

Not every lover of the oyster knows that the size and plumpness, which are so highly prized in the great American bivalve, and which are so attractive in specimens on the half shell or in the stew as to lead the average man to pay a considerable extra price for extra size, are not entirely natural, and even those who do not know that the majority of oysters in the market are artificially swollen, are not all aware that the process by which this is done is closely analogous to that by which the food in our own bodies is conveyed through the walls of the stomach and other parts of the digestive apparatus, and poured into the blood and lymph to do its work of nourishment.

The following statements are adopted from a paper presented to the last meeting of the American Fisheries Association: It is a common practice of oyster dealers, instead of selling the oysters in the condition in which they are taken from the beds in salt water, to first place them for a time, forty-eight hours, more or less, in fresh or brackish water, in order, as the oystermen say, to 'fatten them,' the operation being called 'floating' or 'laying out.' By this process the body of the oyster acquires such a plumpness and rotundity and its bulk and weight are so increased as to materially increase its selling value.

The belief is common among oystermen that this 'fattening' is due to an actual gain of flesh and fat, and that the nutritive value of the oyster is increased. A moment's consideration of the chemistry and physiology of the

subject will make it clear, not only that such an increase of tissue substance in so short a time and with such scanty food supply is out of the question, but that the increase of volume and weight of the bodies of the oysters is just what would be expected from the osmose of dialysis which would naturally take place between the contents of the bodies of the oysters as taken from salt water, and the fresh or brackish water in which they are floated.

If we fill a bladder with salt water and then put it into fresh water, the salt water will gradually work its way out through the pores of the bladder, and at the same time the fresh water will enter the bladder; and, further, the fresh water will go in much more rapidly than the salt water goes out. The result will be that the amount of water in the bladder will be increased. It will swell by taking up more water than it loses, while at the same time it loses a portion of the salt. It does this in obedience to a physical law, to which the terms osmose and dialysis are applied. We should expect the same principle to apply to the oyster.

In the experiments here reported the increase in bulk and weight amounted to from one-eighth to one-fifth of the original amounts. This is about the same as is said to occur in the ordinary practice of floating or 'fattening' for the market. According to this five quarts of oysters, in their natural condition, would take up water enough in 'floating' to increase their bulk to nearly or quite six quarts. The flavor of oysters is often much improved by the removal of the salts in floating and they are said to bear transporting and to keep better. But when the oyster man takes 'good fat oysters,' which 'yield five quarts of solid meat to the bushel,' and floats them so that 'they will yield six quarts to the bushel,' he has an extra quart, and that a quart of the largest and highest-priced oysters to sell.

THE ABNORMAL MORTALITY IN SOME CANADIAN CITIES AND
OTTAWA IN PARTICULAR. THE REV. W. W. CARSON MAKES
IT THE SUBJECT OF A SPECIAL DISCOURSE IN
HIS PULPIT.

On the evening of Sunday, the 4th inst., the Dominion Methodist Church, Ottawa, was crowded to its utmost capacity to hear the pastor, the Rev. W. W. Carson, deliver a sermon on "Our City's Health, Religion, and Sanitary Science." Two large vases of flowers, presented by a member of the congregation, stood on either side of the pulpit.

The Rev. gentleman took for his text Amos vi. 7—"Shall a trumpet be blown in the city, and the people not be afraid? Shall there be evil in a city and the Lord hath *not* done it?" He stated that he would address them on that all-important subject, the gospel of health. He called it a gospel, because it was part of that revelation which was contained in the Testament of God through which He had been pleased to reveal His will and His principle of self-government. It was a subject for sober thought and one which affected the prosperity of the fair Capital city of the Dominion. The subject itself was of vital importance, affecting, as it did, the existence of some and the happiness of all. He divided the punishment resulting from the neglect of nature's laws, revealed through God's word, into two, consequential and punitive, which he illustrated by anecdote. Consequent upon a people's neglect of the ordinances of health, or of wrongdoing, disease broke out in a city. Consequential evil was preventable evil. The evil came as a consequence of conditions that might have been removed. Men were beginning to see that the laws of nature were in point of fact the laws of God.

God's punishments, as he had said before, were consequential. God's law executed its own punishment. He held that religion covered the whole plane of human existence and relationship, and was intended in the beginning and would ever do so, to influence civil government, and the sanitary conditions under which men lived. It was not the will of God that anybody should be tortured by sickness. God, on the contrary, had rebuked sinners. They were born heirs to a thousand years of sanitary blunder, and therefore from birth they were engaged in battle against these difficulties. That was one of the reasons that caused such great mortality, especially among infants. He closed his remarks by an eloquent peroration, in which he stated that the trumpet of alarm had been sounded in Ottawa. He then quoted from the mortuary statistics of the Department of Agriculture for the year 1886, (as published in this JOURNAL,) and drew attention to the mortality in the different cities.

Ottawa's death rate was 30 per cent. greater than that of any other city in Ontario, and was only surpassed by a few cities in the Dominion, including Hull and Montreal. Why this enormous death rate with such advantages as Ottawa possesses? The death rate of the city was fully 20 per cent. greater than in any city in England, and 25 per cent. greater than in the great City of London, which had a population equal to that of the whole Dominion. If the death rate of Canada were reduced so that it would be equivalent to that of England some 20,000

human beings would be saved each year. He said it would be desirable that a cure be effected, and that some rational method or plan of sanitation be carried into effect. Not only would health officers have to work arduously against the evil, but citizens would

have to co-operate with them. Ottawa should be the Queen City of health of the Dominion.

We regret that space will not permit us to give a more complete report of the rev. gentleman's admirable address.

THE ABNORMAL MORTALITY IN CANADIAN CITIES DISCOURSED IN THE PULPIT AND ITS HOPED-FOR RESULTS.

IT is a hopeful symptom, one of approaching change for the better, that the subject of the abnormal death-rate in the Dominion and in the Capital in particular, with the unsanitary removable causes thereof, is being brought prominently before the public from the pulpit of one of the three leading churches of the Capital, in a special discourse, and that in the presence of the Premier, Sir John, himself. It is perhaps half the battle of reform when the public are brought to see the absolute desirability and necessity for it; and from the vigorous manner in which the Rev. Mr. Carson, of the Dominion Methodist Church, on the first Sunday in this month, treated this subject, and graphically placed before his large congregation the disgraceful existing causes of the destruction of human life which surrounds us, it cannot be that any large proportion of the large number who had the privilege of hearing the rev. gentleman were so thick-headed as not to see at once the necessity for reform. "Shall a trumpet be blown in the city and the people not be afraid? Such (Amos vi. 7), was a portion of Mr. Carson's text. Sure enough; shall not the people now be afraid. Will not the calloused apathy of the "dry bones" be "shaken up?" and will not some effort be made to remedy the strong and dark reflection upon our fair city and country?

If anything but strictly fact has been given by Mr. Carson in his pulpit discourse, or in the past in this JOURNAL, in relation to the mortality in the cities of Canada, reflection convinces us that the whole truth has hardly been given: that is, if there are any errors in the figures, the mortality has been and is on the average, even greater than represented.

The actual population of cities is probably always over estimated, from the very natural desire of every citizen to estimate rather over than under the "mark," as relating to the growth, etc., of the city; individuals being in many cases twice counted. On the other hand, with the number of deaths it is quite different. Name and time and place and other circumstance must be given, and if there are any errors, they must be those of omission. Indeed, it is well known that many deaths occur that are never recorded. Much is sometimes attempted to be made by persons who hesitate to believe in the high mortality, and are evidently ashamed of it, of the fact that there are cases brought from the country into the city hospitals, in which death takes place that are enumerated in the death-rate of the city. This, doubtless, not infrequently occurs; but does it not as frequently happen that residents of the city visiting elsewhere die and are buried elsewhere; or, with

their old home and nearest relatives in another locality, die in the city, but have their bodies conveyed home for burial? Any one could give instances affirmatively answering this question. Moreover, the statistical or health officers of the city know, and doubtless endeavour to do, their duty, and they know that it is their duty to record or enumerate in the cities' mortality only those deaths which may actually and fairly be considered a part of the mortality of the city. And this holds good as well with regard to the infantile as the adult mortality.

As to the publicity of the facts, the sooner the facts are known and realized and made public the better for all. They cannot be made known publicly in the cities without being known

abroad and every where; for they must be dangled and dangled again and again before the eyes and ears of an apathetic public, and this, too, usually an indefinitely long time, before public action takes place.

'And when will there be some public or official action with the view of preventing a continuance of what is nothing short of a standing disgrace to the country? We would again urge that a public meeting be held at an early day to practically consider this subject and suggest some preventive measures. The Capital would be a most fitting centre in which to make a commencement of work in this cause and stimulate and promote some early official or legislative action.

THE HIGH DEATH-RATE IN SOME CANADIAN CITIES AND ITS CAUSES.

IT need hardly be stated again here, as almost everybody knows it, that the mortality in many of the cities of the Dominion, continues year after year to be shamefully high. There is no doubt whatever about this. The deaths would not be recorded did they not take place, and the population of the cities is usually rather overestimated than under estimated. What is the cause of the high mortality? Briefly, ignorance and poverty—ignorance of the natural laws pertaining to the essentials of health, in this advanced civilization with its effeminating influences on the human constitution and with the herding together of large numbers of persons in unventilated dwellings in the midst of decomposing excrement and its poisonous effluvia.

The poor (and sometimes the rich too) need the gospel of health preached to them—explained to them. Too much is expected from COERCION. Human nature is such that it rebels against coercion, and it is especially so

in people who do not know WHY they are coerced. They want teaching—educating. The mortality of 54 per 1,000 of population per annum in By Ward in Ottawa last year, as it has been shown in this JOURNAL that it was, was not due, except it may have been in exceptional cases, so much to indifference, as to ignorance and actual inability. The causes of the mortality have, through ignorance, been accumulating year after year, until now the people are unable, even did they know how, to remove them. Those not ignorant—the intelligent, and the well-to-do, must help those not able to help themselves. In Ottawa, and elsewhere, if this is not done, when the explosion of an epidemic comes to clean up, as it is sure to come soon or later if the filth is so left to itself, then the intelligent and well-to-do must suffer with the others in the general destruction. At the meeting last month of the British Medical Association, Dr. Drysdale read a paper on "The Influence of

Easy Circumstances on Longevity," and brought out many interesting facts which should be profitably utilized. Tubercular diseases, for example, cause 65 per 1,000 of all deaths among the rich and 250 per 1,000 among the poor. Diarrhœal diseases would probably be found to cause a not unlike proportion of the deaths among the rich and the poor in Ottawa. Preventable or filth diseases are usually vastly more pre-

valent among the poor than among those who are in easy circumstances.

In all cities and countries where much sanitary progress has been made, voluntary, philanthropic associated action has preceded and aided municipal effort. The votes of the ignorant masses (alas! for—almost—universal suffrage) will not sufficiently sustain municipal governments in such good and useful work.

THE PUBLIC HEALTH IN THE FIRST HALF OF 1886 AND 1887 COMPARED.

TWENTY of the principal cities and towns in Canada had commenced previous to January 1886, to make monthly returns of deaths to the Department of Agriculture in Ottawa. These twenty cities and towns then comprised an estimated population of about 600,000 people. They gave a record during the first half of 1886 of 7,795 deaths, or a mortality at the rate of about 26 per 1,000 of population per annum. These same cities and towns during the first half of 1887, with an estimated population of 640,000, made returns of 7,369 deaths, or 326 less than in 1886; a rate of mortality of about 23 per 1,000 of population.

In Montreal, during this period, there were 474 more deaths in 1887 than in 1886, and in Sorel, 3 more; while in every one of the 18 other cities and towns there was a smaller number of deaths recorded in 1887 than in 1886, giving in the 18 places a total record of 900 more deaths, or a mortality 20 per cent. higher, in 1886 than in 1887.

On another occasion, we purpose touching upon what may have been the causes of this great difference. Were all the deaths recorded in these

18 places in 1887? The record amongst a large number of people (nearly half a million, exclusive of Montreal) does not vary like this in other countries.

BINIODIDE OF MERCURY IN SCARLET FEVER.—Dr. Dukes, in Brit. Med. Jour., July, '87, calls the attention to an observation made by Dr. Illington that the biniodide of mercury is a specific in scarlet fever. Dr. Dudes also has tried the remedy in a number of cases with great satisfaction, claiming that it not only arrests the fever but prevents desquamation wholly or to such an extent that only a slight scurfiness of the skin of the hands and feet arises. He thus summarizes the theory of action: 1. If the bacilli of scarlet fever are only discovered in the blood for about three days: 2, if the bacilli, after this date, chiefly occupy the desquamating, cuticle; 3, if this desquamation can be prevented altogether by a medicine which destroys bacilli; 4, then in all probability, the infection of scarlet fever will only last a few days, and we are within a measurable distance of limiting the spread of scarlet fever, and of removing its fangs by preventing the sequelæ.

MISCELLANEOUS NOTES AND SELECTIONS.

GOOD ADVICE.—Dr. Carpenter (Mem. of the Royal Col. of Physicians and Vice-Prest. of the Brit. Med. Association), recently in a lecture advised that every authority provide lime-wash, and lend out brushes to all classes of people without charge. "Encourage cottage people to give their back places a lime-whiting every year, to whiten their walls and ceilings two or three times in the year, without cost to themselves except time, and the spread of infective disease would be most wonderfully checked. It is one of the most important duties for inspectors of nuisances to urge such proceedings, and the loan of brushes, with free distribution of milk of lime, is in the first rank of their work; and if they secure the services of an instructor in the art there would be no lack of applicants for the loan, provided the knowledge of the fact was fairly made known. Even in every rural district it would be advantageous to have such a distribution at stated times and seasons. It is quite as necessary in rural districts, for there is a greater danger of water pollution there than there is in towns."

THE HYGIENE OF OLD AGE.—Many a man of sixty-five to seventy years of age, slightly declining in health, an exchange truly says, would prolong his days and increase his comfort if he were to make a tour of from six months to a year. If he dreads the sea, he can easily be entertained and profited by a journey of that length in his own country. Many, however, who have the means to travel, will go on in the same rut; the harness, which they have worn for threescore years, wearing through the skin in the same place, until finally, like the ancient

stage-horse, they will be unable to stand up under the weight of the harness and the shafts, much less pull the load.

OLD ENGLISH SANITARY LEGISLATION.—Edward II. decreed that a butcher who sold measled pork should be fined for the first offence, pilloried for the second, imprisoned and fined for the third, and expelled from the town for the fourth. Richard II. took measures against the pollution of rivers. Henry VII. prohibited cattle slaying within walled towns, with three exceptions. Elizabeth enacted that only one family might dwell in a cottage. The plague in the time of Charles II. led to many health enactments. More than two centuries ago we read that Shakspeare's father was fined by the authorities of Stratford-on-Avon for throwing garbage into the street in front of his cottage.

ANIMALS AS CARRIERS OF DISEASE GERMS.—S. E. Earp, M. D., of Indianapolis, Ind., (Prof. Mat. Med., etc., Ind. Col. of Phys. and Surg.) contributes the following to the St. Louis Courier of Medicine: In instances where epidemics of scarlatina and kindred diseases are unusually severe in their ravages, the various boards of health take every precaution to prevent the spread of disease, especially in not permitting members of the family who have been in contact with the patient to mingle with people in the thoroughfares. Yet there can be no doubt that the various pets of children are not infrequently a means by which the disease germs are carried from one house to another. In some instances where pet rabbits, kittens and lap-dogs have been constantly fondled by the little

patients, I think I have traced the source of contagion. Furthermore, it is apparently quite possible that the animal itself may be susceptible to the disease. Dr. O. Bourn reports in the *British Medical Journal* a case of whooping cough in a cat (noted in the August number of the *CANADA HEALTH JOURNAL*). In 1864 my father and one other member of our family were attacked with this disease, and during the time a large house cat was frequently asphyxiated by attacks of coughing; at times when long continued there was a peculiar noise which it was thought, very much resembled what my father called a "whoop." In October, 1886, I was treating a family by the name of Hare in this city, where there existed three cases of diphtheria in small children. The baby, a child eighteen months old, kept constantly at its side a pet poll-parrot; in fact, oftentimes the parrot would take sweetmeats from the mouth of the baby. At a later date the feathers of the parrot began to drop; it seemed to lose its activity, it coughed frequently and its mouth was filled with a glairy mucus. During health it was a superb linguist, its voice now became hoarse and eventually lost. Upon examination the throat presented a well-developed membrane. A few days ended the life of the bird. The children had been using the spray of a corrosive sublimate, and this was adopted with the bird but proved a failure. With these instances mentioned, which seem very much as if infectious diseases would in some instances attack the lower animals, too much care cannot be given to this method of spreading the contagion.

PREVENTION OF ADULTERATION.—The question is frequently asked, says Dr. Bartley, chief chemist, Health De-

partment, Brooklyn, N.Y., in *Annals of Hygiene*, why do not the Health authorities put a stop to adulteration? The answer is that the people have not risen to a knowledge of the importance and the magnitude of the work, and will not support a sufficient force of officers to carry out the laws. As long as this is the case, and so long as the people insist upon pleasing their eyes and palates instead of demanding pure, nourishing and wholesome food, all the laws in Christendom cannot stop adulterations. Besides this, Boards of Health are organized and supported to protect the public health and not to suppress frauds. Hence they only take cognizance of adulterations which may affect the health of the consumer, and not his pocket. Public sentiment must be educated up to the spirit of the laws, before the latter can be made effective. Some time since, an inspection showed that grossly adulterated milk was being served to a leading hospital in this city. After the machinery of the law had been set in motion, to punish the offender, the superintendent of the hospital implored the authorities to withdraw the charge, because they had no fault to find with the milk. The superintendent believed that adulterated milk was good enough for invalids. It is to the daily and weekly press that we must look for the education of public sentiment upon these matters.

A CAUSE OF DIPHTHERIA.—Instances of the occurrence of diphtheria in the vicinity of partially dried mill ponds have been reported, but in these cases there was not clear and definite knowledge of the absence of contagion as a factor. Similar reports have been made by Health Boards, the most circumstantial of which, is to be found in the report of the State Board of

Health of California. An outbreak occurred in a locality on the borders of a large body of swamp land, in the course of which it was noted that not a single case appeared to windward of the swamp. Almost every child and many of the adults living to the leeward of the swamp, were stricken with the disease. The virulence of the disease was in direct ratio to the proximity of the swamp and the exposure to the emanations therefrom, modified, of course, by the individual characteristics of the patient and his surroundings. To the northeast (and leeward) of the swamp, are three canons in the mountains, by which the winds passing over the swamp reach a valley on the on the other side of the mountain range, only one of these canons being passable for ordinary travel. At the mouths of these canons, and there only, did the disease appear in the valley with which they communicated.

FRENCH WOMEN IN MALE ATTIRE.—It is reported that a number of prominent French women have appeared in masculine attire. Madame de Valsayre, well known in Paris, has addressed a petition to the Chamber of Deputies, asking that women may have freedom to wear the usual garb of man. She says: "In all the incidents of human life, whether on sea or land, woman, in consequence of the dress she is obliged to wear, is predestined to become a victim. The catastrophies, fatal or otherwise, which result from this cause are of daily occurrence. The mere thought of the unfortunate beings thus prevented from escaping from the flames of the Opera Comique must suffice to prove that it is not only urgent but also logical and humane. to abolish the old routine law which prohibits women from wearing masculine attire. That sort of costume, whatever may

be said to the contrary, is just as decent as the present fashion of female garments. It has also the advantages of being more healthy. In the name of those who are not slaves to frivolity or luxury I humbly pray you to pass a law enacting full and entire liberality in the matter of women's dress. Such a law would benefit thousands and do no harm to anybody.

THE DEVELOPMENT OF SANITARY SCIENCE, says the Saturday Review, has advanced with rapid strides during the last three decades. Thirty years ago it scarcely had an existence. The diminished rate of mortality, is due to a greater extent to this cause than to improved methods of treatment of diseases. We put this out, not with the intention of sneering at the anxious and too often thankless work performed by our doctors, but to accentuate the fact that preventive medicine is more powerful and far reaching in its effects than the endeavor to cope with disease. Not only is 'prevention better than cure,' but it is also easier.

IT IS REPORTED that Cardinal Manning objects to a carriage and walks whenever his health permits. He says that when cardinals went about in fine carriages they generally went to the devil; and, says the Annals of Hygiene, we may add, they were, doubtless, troubled greatly with dyspepsia and gout.

A GOOD PILOT.—A Mississippi boat captain advertised for a pilot. A tall, awkward man applied. "Do you know where the snags and sawyers are?" asked the captain. "Wa'll, no, cap'in, I reckon I do not;" was the reply. "You *do not*; well, how dare you apply for the place of pilot? Clear out." "Look-a-here, cap'in, I'll tell you what I do know. I know where the snags and sawyers *ant*." The captain's eyes opened wide; he stared at the

man a moment, then with an appreciative smile, he exclaimed: "You are my man!" They are wise who know where the causes of disease are not and pilot themselves in that course.

GENIUS NOT A NEUROSIS.—Dr. Kierman, in the July issue of the *Alienist and Neurologist*, says the *N. Y. Medical Times*, takes strong ground against the idea recently promulgated by eminent alienists that genius, especially poetical genius, is a neurosis, and while he admits that many a matter of fact young man or woman in the emotional stage of insanity has composed respectable verses yet the power, instead of being sustained, is lost upon restoration to health. The subtle chain of associating power which constitutes genius in its highest and best sense, differs decidedly from the disjointed condition existing in *paranoia*. Huxley's phrase, "the scientific use of the imagination" is strictly applicable to the highest poetic genius. Sophocles was summoned to court by his sons, when at a great age, to have him placed under guardianship as a dement, but upon his reciting to the judge "*Œdipus Coloneus*," which he had just composed, the clearness of his intellect was so apparent that the case was at once dismissed. Fox, McCullough, and Bartley Campbell were parietic dements. After the disease set in histrionic power vanished. Napoleon Bonaparte's epileptic insanity marred his work. The failure of the Russian campaign and most of his political blunders were the result of his suspicious delusions and epileptic stupor. Plato and Socrates were clearly victims of sexual perversion, and like most sexual perverts had a dreamy, emotional, pseudo-ethical sentimentality which led to the Platonic love idea in one case, and made Xantippi miserable

in the other. William Pitt, the elder, suffered from acute gouty insanity, during which he was worthless as a statesman. Shelly and Cowper were victims of periodical insanity, which alternated with literary production. When Southey and Rogers fell victims of dementia their poetry ceased to appear. Contrast the *Lady of the Lake* and *Rob Roy* of Walter Scott with his *Count Robert of Paris* and it is very easy to see which was penned when the brain was in full healthy activity and which was written after poetic dementia had seized him. Genius is not a product of a morbid mind. Insanity, in its emotional stage, may touch the lips of a timid poet, but its song soon sinks beneath the disease.

PRACTICAL RESULTS IN RESTRICTING DIPHTHERIA.—Dr. Baker, secretary of the Michigan State Board of Health, gives some valuable facts bearing on the communicability of diphtheria, and the practicability of its restriction. He presented to the State Medical Society a table and a diagram based on a compilation of reports by local health officers in Michigan for the year 1886. They exhibit the results of isolation and disinfection in outbreaks of diphtheria. In 102 outbreaks where isolation or disinfection, or both, were neglected, the average cases per outbreak were a little over 16, and the average deaths were 3.23; while in 116 outbreaks in which isolation and disinfection were both enforced, the average cases per outbreak were 2.86, and the average deaths were .66, indicating a saving of over 13 cases and 2.57 deaths per outbreak, or 1,545 cases and 298 deaths during the year by isolation and disinfection in the 116 outbreaks, compared with those in which nothing was done.

THE PUBLIC HEALTH FOR AUGUST.

MORTUARY RETURNS FROM THE TWENTY-SIX CANADIAN CITIES AND TOWNS.

THE twenty-six principal cities and towns in Canada which make monthly returns of deaths to the Department of Agriculture in Ottawa show a record for August of 1676 deaths; 384, or 23 per cent. less than for July. While the total mortality in July was at the rate of about 36 per 1,000 of population per annum, that in August was not much over 29 per 1,000.

In Montreal, the mortality fell from 45.5 per 1,000 in the previous month to 33.5 in August; in Toronto it fell from 36.5 to 30 per 1,000; in Quebec, from 45 to 38 per 1,000, and in Ottawa from 32 to 25 per 1,000. On the other hand, in Hamilton there was a slight increase in the mortality in August as compared with July; but it must be observed that the mortality in Hamilton in July was much lower than in any of the larger Western cities.

In Halifax and St. John, the mortality, which was low in July, greatly increased in August.

The total mortality from zymotic diseases in the twenty-six cities and towns fell in August about 18 per cent., as compared with July; or from a record of 791 deaths to that of 652. This was owing to a fall in the mortality from diarrhoeal diseases.

Only one death was recorded from measles, and one from scarlet fever; still none from small-pox.

From diphtheria there was an increase in the number of deaths, from 55 in July to 76 in August. The total increase was chiefly from a large increase in Hull and considerable of an increase in Montreal.

Typhoid fever increased from a total

record of 25 in July to that of 34 in August.

From diarrhoeal diseases the mortality fell nearly 25 per cent in August as compared with July; or from a total of 668 to that of 509.

While from constitutional diseases there was an increase in the mortality, from local and developmental diseases there was a decided decline, as there was also, and a large decline, from deaths by violence.

While the rate of 29 per 1,000 of population is a very high mortality, it is satisfactory to note so marked a decline for August; which decline will most probably, and as it is to be hoped, be continued during the present month.

It is satisfactory to be able to report that the country is still free from malignant epidemic disease.

ALAS! TOO TRUE.—The *Detroit Lancet* very justly says, the most quarrelsome doctors have one common characteristic, lack of a generous broad culture, and recommends as a remedy a four year literary and scientific course and a four year medical and hospital training, and thinks if this does not teach them the manners of a gentleman they are hopeless. We fear, says the *N. Y. Medical Times*, that the *Lancet* loses sight of the old Calvinistic doctrine of natural depravity or the Darwinian theory of evolution, and that there are some persons who could never in this world rise above brute instinct however much they may have studied, like the calf who suckled two cows, the only difference was—it was a very big calf.

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A blue cross opposite this indicates that the subscriber to whom it is addressed is indebted for *this year's* subscription (from Jan. to Dec.), and all such will confer a favor by kindly remitting, for which we shall feel obliged.

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All not remitting during the early part of the year—the first month or two—must expect to pay \$2.00; we must insist on this in common fairness. Physicians pay \$3 00 for their Medical Journal, containing no more reading matter than this one.

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EDITORS' SPECIAL CORNER.

A SPECIAL, SEASONABLE POINT.

Again, we would urge the great necessity for making preparations for the better ventilation of dwellings. Now is the time. Windows cannot much later in the season be kept wide open to let in the fresh air freely. But people cannot keep well or healthy unless there be abundance of fresh air let into the apartments they occupy. The statistics of this Province show an invariable marked decline in the death rate in October and November, after the free summer exposures to the fresh air, and an invariable and marked increase in the rate in March and April, after the foul air, debilitating, housing-up process of winter. Depend upon it, a provision for a little extra fuel for warming abundance of fresh out-door air during the cold weather, will be a most wise and economical provision. Remember too, simply an opening into a warm stovepipe or chimney to constantly draw off the breathed foul air is the chief requisite in ventilation; the outer cold air will then usually find its way in, or a small opening may be provided between the two sashes of a window, where they join. In the case of furnaces, be particular WHERE you get the fresh air,—never from the cellar, nor near the ground's surface.

ANOTHER SPECIAL POINT.

The winter milk supply, especially for the growing little folks, demands more consideration than it usually receives. Heads of families look after the bread, vegetables and meat often, and see that the

supply is good and wholesome, and even the water supply is receiving more attention but so long as people get fair milk—not too thin and watery, little or no attention is given to the sort of cows which provide it; how they are fed and housed; and how the milk is preserved—whether or not it be exposed after being milked to foul emanations or even the infection of disease, which it very readily absorbs. There are many tuberculous cows giving milk. The tuberculous disease is always a serious one and it is infectious. We would not be an alarmist, and hesitate to detract from the wholesome relish for foods, but one should FOR HIMSELF, as there is no special system of milk inspection (as there should be), look after the condition of the cows giving the milk, the cow byres, and the manner of caring for and disposing of the milk, which is supplied to the household. The bottling of milk immediately after being taken from the cow, removes many dangers. Scarlet fever, typhoid and other diseases are not infrequently spread by milk.

WINE, BEER AND PATENT "BITTERS."

Our friends who favour prohibition, even to wine and beer, would probably not aid us in the prohibition of the vast array of patent bitters containing a large proportion of alcohol, which, by a system of misrepresentation in fraudulent advertisements, are almost forced down the throats of thousands of people and do ten times more harm than do wine and beer. Thousands are deluded by such advertisements

into taking, habitually indeed, "hop bit-
ters" and other such illegitimate conco-
ctions when they could serve their purpose
much better by taking some of the pure
Canadian wine now produced, or good ale,
containing less alcohol probably than the
"bitters" or "cure" or "cordial." We
should be glad to have these friends turn
their attention to prohibition in regard to
these nostrums, manufactured for the sole
purpose of drawing a fortune from the
public.

In this connection we would draw the
attention of any of our readers who require
a nutrient tonic—far superior and safer
to use than any "hop" or other of the so-
called "bitters" and such in the market, that
is, good, pure wine or ale, or both, con-
taining but little alcohol, comparatively—
to the genuine articles named below: The
wines produced by the Ontario Grape
Growing and Wine Manufacturing Co., of
St. Catharines, are highly commended for
their agreeable character and genuineness.
We are familiar with two sorts, the "Con-
cord" and the "Rogers." The latter is a
very pleasant, dark, fruity, sweet wine,
almost equal to the imported "Alicante,"
with which many of our readers are
familiar, and at only half the price. It is
especially a suitable wine for ladies. With
regard to ale, we have not tasted any other
Canadian made, quite equal to that of Mr.
Labatt, of London, Ont. Indeed, his
"India Pale Ale" has a pure "hoppy"
aroma and taste more marked than in any
ale we have any recollection of ever having
tasted, and we have abundant reason for a
firm belief in its genuineness and purity.
His porter, "XXX Stout" is said by com-
petent judges to compare very favorably
with, if not to even equal, any of the
imported.

OBSERVATIONS AND ANNOTATIONS.

CENTENARIANS.—The collective investi-
gations on the causes of disease by the
British Medical Association have brought
out some very useful facts. In reference
to "old age," between eight and nine hun-
dred physicians replied to the questions
sent out. The British Medical Journal
says, "The average centenarian qualities
are precisely those which might have been
anticipated: a good family history; a well-

made frame of average stature; spare
rather than stout, robust, with good health,
little troubled with ailments of any kind;
with good digestion, regular daily action
of bowels; active, capable of much exer-
tion, with the restorative advantages of
sound sleep, permitting or inducing early
rising; good vocal organs; a good appetite
moderately indulged, with little need of
animal food; an energetic yet placid tem-
perament; a good intelligence; the hair
holding its ground and its colour well; the
organs of sight and hearing performing
their functions well and long. Our centen-
arians afford, in short, good examples
through life of the *mens sana in corpore
sano*; and in by far the greater number
there was a total absence of any evidence
of rheumatic or gouty affection, past or
present, in the joints of the hands and
fingers."

INFECTIOUSNESS OF CONSUMPTION.—The
investigations on the causes of disease
above noted produce evidence of the
existence of a far more widely spread
belief in the communicability of phthisis
than had been thought to exist, a belief
which was, in the majority of cases,
founded on actual observation. Cases of
communication had been especially ob-
served in persons who, from their ante-
cedents, might be considered prone to the
disease; in other words, that the danger
of communication is much greater in the
constitutionally predisposed than in others.
Prior to this investigation, "there appeared
to exist in many minds a logical inability
to conceive of two factors as commonly
operative in the causation of phthisis; first,
a constitutional predisposition or a suitable
soil; and, secondly, an exciting cause or an
infecting germ. The minds of many were
so fully occupied with the first conception
that there was no room left for the second.
It is now the exception to find any physi-
cian of eminence on the continent who has
not stated his belief in the communicability
of phthisis from person to person under
certain conditions.

**CATTLE A SOURCE OF INFECTIOUS
DISEASE.**—Readers of The Sanitarian, that
journal in its last issue states, only need
refer to a series of papers in Volume XI.,
by Dr. Peters, of New York, to learn that
this source of infection was well recognized

more than three centuries ago. "Dr. Klein's recent discovery of the morphological identity of a micrococcus found in the blood of human scarlet-fever patients with that obtained and cultivated from certain cows affected with a similar disease is, therefore, confirmatory only of a long since well-established truth. Measles, diphtheria, and several other diseases hold the same relation.

THE Executive Committee of the American Public Health Association have selected the following topics for consideration at the Fifteenth Annual Meeting, to be held in Memphis, Tenn., November 8th-11th, 1887:—I. The Pollution of Water Supplies. II. The Disposal of Refuse Matter of Cities. III. The Disposal of Refuse Matter of Villages, Summer Resorts, and Isolated Tenements. IV. Animal Diseases Dangerous to Man. These topics, as the Secretary says, are exceedingly important, and apply to every section of the United States and the Provinces. Therefore it is hoped that sanitarians, and others who have had experience and observation in these matters, will give their views to the Association, and through it to the public. The Special Committee on the first subject named consists of Major Charles Smart, U.S.A., Washington, D.C.; Dr. S. W. Abbott, Wakefield, Mass.; Dr. G. C. Ashman, Cleveland, O.; Prof. Daniells, Madison, Wis.; and Dr. Playter, of Ottawa, Can. Dr. Laberge, Health Officer of Montreal, is a member of the Committee on Disposal of Refuse Matters.

AN Inebriate Asylum is likely to be established in Toronto, we are much pleased to learn. Such an institution is very much needed in Canada. We often have wondered why there were none; why the Ontario Government did not carry out its apparent intention some years ago and provide one. Inebriety is really a disease often hereditary and so unavoidable in a generation, which requires special treatment that can only be successful in a special institution. Such measures will do more than prohibition to promote temperance, and we heartily hope all possible encouragement will be given by the "authorities" and others in the "Queen City" to the project.

THE London Advertiser, in referring to the high mortality among the young, says, "Some of the public money which is now devoted to bring to Canada juvenile inmates of workhouses and reformatories, often tainted with crime, might well be spent in trying to prevent the slaughter of the innocents born in the Dominion. With parents properly educated as to their responsibilities, and a much-needed improvement in the sanitary surroundings of the chronically poor in our large cities, a great reform could be effected."

THE CHOLERA in New York quarantine, we think, need not create alarm; although the danger of it spreading next summer is thereby increased. There need be very little fear of the introduction of cholera into Canada from Mediterranean points, as the quarantine regulations at Grosse Isle are no doubt exceptionally good, and the system of fumigation the best known. Its spread rests more with personal and municipal acts.

A PROVINCIAL Board of Health has been established in the Province of Quebec, but we have not yet been able to learn much or anything about it. It has been stated that one gentleman who had been appointed to the position of member, Mr. Alderman Dupuis, of Montreal, has resigned the position, because, as he frankly said, he found himself unsuited for it, and not possessed of sufficient medical knowledge to make him an acquisition to such an organization. Did the authorities who appointed him consider his fitness, or only his political influence.

CONSTIPATION as a cause of female disease, was recently the subject of a valuable paper by Dr. Harriman, of Massachusetts (N. Y. Medical Times). In the case of failure to empty the lower bowel with normal frequency, we find the pernicious influences of such a state exerted through the general system. When the excrement is retained for days and it may be for weeks, the functions of the colon are so perverted as to give rise to pathological processes. The effect of such a state can be seen in the slow toxæmia which exerts a benumbing influence on the nervous system, and depresses every function in the body. This state of the general health opens wide the door to all local troubles in the active organ of generation.

A LETTER addressed to the members of the British House of Commons by Lord Henry Buce, in reference to the dwellings of the poor, states that there are more than 50,000 families in London alone who have only one room each to live in, and who exist more like vermin than human beings. They are driven out of one place into another, although no better accommodation is provided for them. The Peabody Trustees have done a great deal of good, but they have not gone down to the lowest stratum.

A LAW passed by the Federal Council of Switzerland decrees that in outbreaks of small-pox, cholera, typhoid fever, or the plague, the authorities of the canton in which the epidemic has appeared must examine the dwellings, the water, and food-stuffs in use; they must provide means of isolation and of special conveyance for the patients, and appropriate refuge for persons not attacked with the epidemic.

IN Switzerland they are looking well after the food supply. In Zurich during three months not less than 678 samples of milk were examined by the police-officer, and in 227 suspicious cases by the analyst of the canton or at the towns laboratory. In 23 cases, where the standard amount of fat and ashes was not reached, the names of the fraudulent dealers were published. During the same time 622 samples of meat were examined, and those consignments which were not accompanied by a certificate of the meat examiner of the it came from were sent back to the seller.

THE price of freedom (from disease) is eternal vigilance (in the matter of cleanliness).—N. Y. Medical Times.

DR. CHRISTIE, editor of the Sanitary Journal, Glasgow, wishes to give prominence to the fact that scarlatina is contagious from the moment that the disease first declares itself, even before the appearance of the scarlet rash, and that the process of isolation and disinfection should be commenced, at the earliest period of the stage of invasion, even before the disease has declared itself by the scarlet efflorescence, and long before the stage of desquamation, or peeling of the skin, has begun.

FREQUENT COMPLAINTS are made in various journals, especially in England, of the

annoyance arising from the whistle on trains. The fact is that the unnecessary and exaggerated shrieks and yells which are indulged in, nominally for signalling purposes, on railways in towns are a source of serious and constantly recurring annoyance, and even injury, to the inhabitants of adjacent houses.

THE prevalent idea that mushrooms are a nutritious food is not supported by facts. Recent investigations show that they contain but little nutriment; in some varieties the nutritive value is almost nil.

AT the Association of American Physicians, Dr. Henderson, of Albany, reported in detail the histories of twenty-nine cases coming under his observation, in which various diseases appeared to have been due to the inhalation of sewer-gas. He thought it probable that the following may result from sewer-gas poisoning: vomiting and purging, separately or combined, general debility, fever, sore throat of a diphtheritic type, neuralgia and perhaps myelitis.

A RIVER of Soup, the Union Medicale regards the Seine, which, an exchange says, is suggestive of the shipwreck of a menagerie. The following defunct animal organisms were removed from the river within the limits of Paris during the year 1886; 2,021 dogs, 977 cats, 2,257 rats, 507 fowls and ducks, 210 hares and rabbits, 10 sheep, 2 foals, 66 sucking-pigs, 5 pigs, 27 geese, 27 turkeys, 2 calves, 2 monkeys, 8 goats, 1 snake, 2 squirrels, 3 porcupines, 1 parrot, 609 birds (various), 5 foxes, 130 pigeons, 3 hedgehogs, 3 peacocks, and 1 seal, besides 3,066 kilogrammes of offal.

DR. MARTIN, in charge of Professor Graucher's service, Paris, remarks in (communication to Phila. Med. Times). "Hygiene is of the utmost importance, and whether we believe or not in the importance of the rôle acted by the micro-organisms in the pathogeny of disease, hygiene can act all the same. It is enough to know that some sort of contagion exists, and that it is transmissible, in order to have good reason to prevent its transmission. Most of us know enough to make a prescription when we see a disease, but perhaps it would be better for us if our clients did as the Chinese, and pay as long as they are kept well.

A severe outbreak of trichinosis is reported from Hamburg. In one house alone, nine persons are said to have suffered from the disease. The authorities seized a number of suspected living hogs, as well as a quantity of pork.

CLOACA TAMESIS, is the name given to the Thames by the British Medical Journal. "To say that the present state of the Thames below bridge is a public scandal but feebly describes the dangerous offensiveness of the lower reaches of the royal river. From Poplar to Barking the Thames is a black and reeking sewer.

It is stated from Vienna that the Crown Prince of Austria-Hungary will open the Hygiene Congress in person; and will deliver a short address and receive the delegates at the Hofburg.

AT a recent meeting of the Board of Health of New York, sixty-one physicians were reported for failing to report cases of contagious diseases within the time prescribed by the Sanitary Code. It is stated that prosecutions will be instituted in every case where a valid excuse is not forthcoming.

THE TIMES, in a recent article, estimated that in the last thirty years scarlet fever had destroyed the lives of more than a half a million of persons, and occasioned an expense of six millions: yet England hesitates to appropriate the few hundred dollars necessary for scientific search for the means of preventing these losses.

THERE are plenty of cases on record in which death has been produced through the influence of the mind, says Good Health. and if the imagination will kill, why will it not cure as well?

THE Camera Magazine, (N. Y. Med. Times) says a child was photographed in apparent health and clear skin. The negative showed the face to be covered with an eruption, and three days later the child's face was covered with prickly heat. In another similar case the spots discovered in the negative, in two weeks proved to be small-pox.

AT the meeting last month of the Society for the Advancement of Science, Prof. Albert R. Leeds read a paper on "The Scientific Basis of the Feeding of Infants."

He said that out of every one hundred infants fed on mothers' milk, statistics showed that about eight die at the end of the first year; out of one hundred wet-nursed, eighteen died, and of one hundred fed on "infant foods," fifty-one died by the end of the first year. He advocated the use of cow's milk diluted to the standard of human milk. So we have repeatedly urged in this JOURNAL.

THE Paris municipal council have decided to open a hygienic museum, in which the microscopic effects of allowing water to stagnate, the skin to remain dirty, and bad air on the blood, will be shown as well as other causes of disease. Lectures on the laws of health, too, will be delivered in connection with the exhibition.

IN the cholera epidemic which recently prevailed throughout Japan, Dr. Berry says that, of the various kinds of treatment tried by different physicians the best results were secured by: 1. Absolute rest, with fasting and subsequent regulation of diet; 2. Support of vital powers by heat, etc.; 3. Small doses of opium in early stages with an acid or aromatics.

By substituting chromate of lead for good eggs, a baker of Philadelphia was able to sell fourteen bright yellow buns for ten cents, says the Press of that city, but the poor people who bought them found them terribly expensive, deaths resulting from their use. The use of this poison is said to be becoming common.

A LOVING father, says the Annals of Hygiene, who, at a summer resort, had left behind him four beautiful children, dead of diphtheria, said to a physician, "That hotel proprietor was as much of a murderer as if he had shot my little ones." "Yes," was the reply, "but you, the guardian, ought to have been armed and equipped against such foes."

THE Medical Congress in Washington this month seems to have been quite a success, notwithstanding the early trouble. Dr. Hamilton, the Secretary-General, remarked that the speech of Sir James Grant, of Canada, proposing a vote of thanks to Dr. Unna, for his valuable paper on skin diseases, was a sufficient answer to the criticism of these medical men who allege that their congress was not a success.

THE Prison Congress in Toronto have had some valuable discussions. We cordially support those who are opposed to a tobacco supply for prisoners, which is nothing less than an outrage on honest people, small an item as it involves.

THE suggestions of Archbishop Lynch, to the Prison Congress, are especially notable and very valuable. "Should not men who brutally beat their wives be punished corporally by the lash?" Who will not say, yes? "Could there be any remedy suggested to prevent crime? It is engendered on the streets principally in youth. The youths were condemned to the filthy lanes, and miserable houses, and often with bad fathers and mothers. The children have no place to play or amuse themselves except the streets, and children require amusement and fresh air as much as they do food. The streets with bad companions are their ruin. Lanes and filthy tenement houses are the nurseries of crime. Could there be any remedy suggested to compel landlords to keep their houses and surroundings in proper condition?" Open parks and sanitary houses would undoubtedly prevent crime.

WOODSTOCK, (Ont.), by a large majority it appears, has rejected a by-law for providing a new and necessary water supply. One would suppose that the influence of two "Health Conventions" under the auspices of the Provincial Board of Health, would have given a more desirable result.

A RECENT poisoning case in Philadelphia, according to the American Analyst, has brought to light some startling facts concerning the manner in which the public are deliberately done to death by the unscrupulous food purveyors. A baker named Palmer has been held for trial on the verdict of a coroner's jury, which investigated four cases of death arising from eating buns and cakes made and sold by the prisoner. It was revealed on investigation that Palmer was in the habit of using chromate of lead instead of eggs to give a proper coloring to his wares. The autopsies in the cases showed the deaths to have been produced by chronic poisoning, and it is believed that a dozen other deaths have been caused in the same way.

DR. BÉCHAMP, in the Paris Academy of Medicine, declares that the human econo-

my itself fabricates and eliminates alcohol, independently of any being swallowed. In proof of this he states that he has found alcohol in the urine after some days of fermentation, as also in the parenchyma of the liver and in the muscular substance, previously to putrefaction. An ostrich's egg also may produce two cubic centimetres of absolute alcohol. It is also produced in the *living* economy from the urine of persons who have completely abstained from its use. Milk also contains it, and even substances totally devoid of saccharine matters. M. Gautier observed that from his own researches, he could corroborate the statement made, that living tissues do generate alcohol independently.

NOTES ON CURRENT LITERATURE.

THE last number of "The Physician's Leisure Hour," published monthly by Geo. S. Davis, of Detroit, is on Diarrhoea and Dysentery, and is admirably practical. The author, Prof. Palmer, of Michigan University, says: The practical object of all medical investigation, study and teaching, is the prevention, alleviation and cure of disease. As summer diarrhoea, with its closely-allied affections, inflicts so much suffering and is such a frequent cause of premature death, the very great importance of understanding its most successful management, prophylactic and curative—hygienic and medicinal, must at once be apparent. The practical causes of few diseases are better understood and more controllable than those of this, and preventive measures are first to be considered.

MILLENNIAL DAWN is the name of a new book of 350 pages, which we have found exceedingly interesting. Reference was made to it in our August issue as being supplied by Mrs. Lemuels. It is published by the Tower Publishing Co., Alleghany, Penn'a, U.S. The character of the work is fairly indicated by the following extracts from it: "In ignorance of God's plan for the recovery of the world from sin and its consequences, and under the false idea that the nominal church, in its present condition, is the sole agency for its accomplishment, the condition of the world today, after the Gospel has been preached for nearly nineteen centuries, is such as to

awaken serious doubt in every thoughtful mind so misinformed. . . . But though this is the gloomy outlook from the standpoint of human creeds, the Scriptures present a brighter view, which it shall be the purpose of these pages to point out. Instructed by the Word, we cannot believe that God's plan of salvation was ever intended to be, or shall be, such a failure.

IN THE CENTURY for October the frontispiece will be a striking portrait of Harriet Beecher Stowe, engraved by T. Johnson from a photograph by Sarony. The portrait will be apropos of a paper by James Lane Allen, entitled "Mrs Stowe's 'Uncle Tom' at Home in Kentucky," which will recount the life of the Kentucky slave of the old time, in a series of typical scenes. The paper in the series on "English Cathedrals" will be devoted to Ely, which is called by Mrs. van Rensselaer, "the great queen of the fen lands, always imposing, always superb, always tremendous. "Nowhere," she says, "is there a more magnificent piece of handiwork." Mr. Pennell's drawings will not be less interesting or effective than in the previous articles of the series.

AFTER the "War Series" and the Life of Lincoln, the most important enterprise ever undertaken by THE CENTURY is the forthcoming series of illustrated papers upon Siberia, and the Exile System, by George Kennan, author of Tent Life in Siberia, who has recently returned from an arduous journey of fifteen thousand miles through European and Asiatic Russia, and made a careful and thorough study of the Russian exile system on the ground.

ST. NICHOLAS for October is the last but not the least excellent number of the current volume. A charming story by Miss Alcott, with which it opens, lends strength to the hope that there are "more to come" in the new year of St. Nicholas. The present story is entitled "An Ivy Spray." It is a kirkness story, and it tells in a strong, helpful style how a brave girl danced her way to happiness. Frank R. Stockton contributes one of his capital "Personally Conducted" papers, on "The Low Countries and the Rhine," with abundant illustrations of the many interesting scenes.

A NEW Bulgarian periodical is announced. The hygienic bi-weekly Zdravié

(Health), which has been ably edited by Dr. B. Oks, of Varna, has been discontinued in order to coalesce with another Bulgarian journal called Um (Mind). The new periodical is called Um i Zdravie, a Naturalist and Medico-hygienic Review.

WE are informed that in this month a new quarterly journal entitled the "Climatologist" will appear in Baltimore, edited by Dr. George H. Rohe; who is well fitted for the work, and will doubtless make it a very useful publication.

THE HOUSEKEEPER for October will contain a full account of the wedding of the manageress of that paper in the Minneapolis, Minn., Exposition, on the evening of September 28, together with accurate descriptions and illustrations of the participants' wedding dresses and presents. A copy of this issue will be mailed free to any lady reader who may desire to read a description of this unique marriage and who will send her address to the Buckeye Pub. Co., Minneapolis, Minn., U. S.

PUBLISHERS' SPECIAL NOTICES.

THE furniture establishment of Messrs. Harris & Campbell, the well-known manufacturers, of O'Connor street, is one of the most complete of its kind in the Dominion. Their stock embraces every class of goods, from the cheap set of kitchen chairs to the most expensive art furniture for the drawing-room and boudoir. Some of the sets are highly artistic and very handsome.

THE demand for Bull's Health Corsets, manufactured by Mr. Brush, of Toronto, it is gratifying to learn, is largely increasing. We believe they are the best corsets made, as stated in this JOURNAL on a former occasion, and the safest to be used by young girls especially, as with these corsets it is impossible to lace very tightly, they being of a yielding character. The ladies will wear corsets, and every parent knows that sometimes young girls will lace themselves about as tightly as they can. The above named are the best that we know of.

OF all things connected with writing, nothing has ever given us so much trouble as the difficulty of getting a good pen when wanted. Recently we have chanced to find two sorts that suit better than any we have found for years. They are nos. 808 and 130 of the Esterbrook make.