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PUBLIC HEALTH MAGAZINE.

Vol. I.]

JUNE, 1876.

[No. 12.

Original Communications.

HAY FEVER OR SUMMER CATARRH.

BY DONALD BAYNES, A. M., M. D., L. R. C. P., EDINBURGH, LATE ATTENDING PHYSICIAN TO THE METROPOLITAN EAR AND THROAT INFIRMARY.

Hay fever, or summer catarrh, or as it is also called hay asthma. The season is now approaching when the victims of this disorder may expect a recurrence of their sufferings. I have thought, therefore, that though it is not strictly a sanitary matter, a few remarks on this peculiar malady may not be out of place, more especially as a few rules of diet, exercise, what to avoid, &c., may at any rate mitigate many of the symptoms. .

Hay fever is a subject that has received but passing remarks or meagre notices in most of our works on medicine, and is generally dragged in at the tail of some other disorder ; some never allude to it at all, and others (Trousseau among them) seem but little inclined to give it either a local habitation or name.

Trousseau regards it as a periodic asthma recurring more frequently in summer than winter, and is very loth to allow that new-mown hay, flowering grass, &c., is at all likely to produce an attack. He says, "I question how far emanations from freshly cut hay have any share in the production of the symptoms of hay fever, and whether the influence of the season is not a much more potent one."

Among the earlier writers on this subject are Drs. Heberden and Bostock (the latter a sufferer himself from this disease) ; latterly two interesting monographs on the subject have been published, viz : That by Dr. Phœbus, Professor of Medicine at the University of Geesen, in 1862. *Der Typiche Fruhsommer—Katarrah oder*

das sogemante—Hensieber, hew asthma, and the other by Dr. Abbotts Smith, Physician to the North London Hospital for diseases of the chest, &c., &c.

Dr. Abbotts Smith says, "The following is a curious fact in connection with the subject of hay fever, that three distinct *though erroneous* opinions are held by different persons, viz :

1. That no such disorder exists.
2. That it is only of slight consequence when it does occur.
3. That when it does present itself it must be looked upon as incurable.

This malady has a tendency to recur and recur annually and occasionally semi-annually in the same individual when it has once manifested itself. It seems to prevail to a greater or less extent in all countries, attacking both sexes, although men seem to suffer most in the proportion of two to one.

Animals even are known to suffer from it. Dr. Abbotts Smith reports a case of two dogs manifesting the more characteristic features of this disease after having new-mown hay placed in their kennels. Other cases are mentioned by Dr. Phœbus in his work.

This affection usually first manifests itself in a person when about the age of twelve to fifteen, although it has been noticed in a child of nine months. In this case the father and other relatives were very subject to the complaint. This disease has a tendency to disappear as old age comes on, though it then leaves the patient very liable to attacks of chronic bronchites and asthma.

The season at which this disorder usually manifests itself is from the end of May or beginning of June to the middle of September. The average duration of an attack is from five to six weeks, unless cut short by treatment. Some persons are liable to a second though milder attack in September.

Causes.—An hereditary tendency or predisposition is perhaps the chief one, though persons whose parents or relatives have suffered from gout or rheumatism seem very prone to attacks of this malady. Intermittent fever bears a close relation to this disorder, and may be the beginning of the malady or the means of transmitting it to one's offspring.

The first heats of summer, especially, if setting in suddenly after a cold, damp spring, usually cause much suffering. The odor of new-mown hay, flowering of grasses, rye, wheat, &c., strongly scented flowers, &c., decomposing vegetable matter occasionally, also other plants as beans, nettles, roses, lilacs, elder trees, &c., while in bloom, will bring on an attack in those susceptible to this

disorder. The species of grass most productive of the disorder are the *anthoxanthum odoratum* (sweet scented vernal grass), *Holcus odoratus* (sweet-scented soft grass). The *anthoxanthum* begins to flower during the end of May and continues during July and August. The peculiar odour of flowering grass is due chiefly to the *anthoxanthum* and *holcus odoratus*; this odor is probably owing to the benzoic acid they contain.

There is an analogous affection in the States where roses are largely cultivated while in bloom. It is called rose cold, rose fever, or rose asthma. Dr. Dungleson mentions it in his practice of medicine as summer bronchitis. In India it is met with among Europeans in the months of February and March when the mango tree (*mangifera*) and the neme (*melia azadirachta*) are blossoming.

An analogous affection is noticed by some after passing through a grove or wood containing larch trees. Their faces become swollen, red and inflamed; their eyes get bloodshot, and a thin mucous-purulent discharge is noticed from the nostrils and eyes. These phenomena are said by some to be due to a minute fungus growing on the bark; by others, to the larvæ of the *phalæna bombyx*, which are found in great numbers on the larch tree, and which, when handled, give rise to swelling of the hands and feet, considerable irritation of the eyes and nose. The odour of powdered *ipecacuanha* will give rise to an attack. In some, this may, however, be due to mechanical irritation, as is the case when other minutely divided substances are inhaled. Strong light or great heat aggravates, (as is noticed in hot, dry weather), while a reduction of temperature or a heavy fall of rain diminishes the sufferings.

As in other cases, anything that may weaken the patient tends to increase the malady. The symptoms of this malady are arranged by Dr. Phoebus into six groups, viz. :—

1st. These connected with the nostrils, and are similar to those of a very severe catarrh, especially sneezing, which is very loud and frequent, and recurs in paroxysms coming on at short intervals. This sneezing seems to make the bronchi irritable and renders them liable to spasm, hence the frequent occurrence of asthma at night during the attack. The nose becomes swollen, tender and inflamed. At first there is no secretion of the mucus, but in a few days there is a considerable discharge of watery, limpid fluid. The sense of smell may diminish, and is rarely lost; in some, strange to say, it becomes morbidly acute.

The second group of symptoms are observed in the eyes. We have a sort of catarrhal ophthalmia with increased secretion, heat,

and a sense of fulness are felt along the edges of the lids. This soon extends over the whole eye, accompanied by acute itching and irritation, the flow of tears is often excessive. The conjunctival lining of the eyelids becomes red and swollen, and secretes a thick, yellow matter. The eyesight is weakened, and there is more or less intolerance of light.

The third group of symptoms are those of the throat, and, to a certain extent, resemble catarrhal sore throat. The pharynx is red and swollen, with great itching of the fauces and posterior part of the soft palate. We often observe a number of minute inflamed points at the back part of the mouth, often a difficulty with pain during deglutition is observable. The secretion at first diminishes, but soon becomes very abundant. Strange to say, this morbid condition seldom involves the uvula or tonsils, though they may appear redder and more relaxed than usual.

The fourth group are connected with the head, as, for example, headache, either frontal or occipital, more or less severe, sometimes involving the whole head, sometimes it assumes a neuralgic character and extends along the facial nerve or unto the external auditory passage. It is often accompanied by itching about the forehead, nose, chin and ears. Again, there is often giddiness, buzzing or ringing in the ears, &c., &c..

The fifth group of symptoms attacks the larynx, and extends to the bronchi. The mucous membrane of the larynx and the vocal chords become red, irritable and inflamed, and the patient is affected by bronchial catarrh, asthma, cough and dyspnoea. The cough is sometimes very troublesome and loud, and often accompanied by profuse expectoration, the voice becomes hoarse, and is sometimes aphonic. The symptoms become worse towards evening. The patient is often awakened out of his sleep at night by a sharp asthmatic attack.

The sixth group comprise general symptoms, and are of catarrhal fever. The pulse is increased in frequency, specially towards night, we have shivering and cold perspirations, the patient becomes restless, unfit for work, weary, is unable to fix his attention, and finds the exercise of his memory a defective effort. He is irritable, loses his appetite and is more or less troubled with constipation or diarrhoea, sometimes both alternating, urine is scanty and high colored. The skin is sometimes hot and dry, sometimes clammy and moist, and occasionally profuse perspirations are present, eruptions of the skin as Herpes Urticaria or nettle rash often appear.

The above symptoms are of course seldom, if ever, all present in one individual. Some suffer to a much greater extent than others; some are attacked in a manner so mild as to be hardly noticeable.

The prognosis, or the progress and future termination of this disease, is favorable as regards any actual danger to the life of the patient. The annual attack having passed, the patient regains his good health, although asthma, chronic bronchitis, &c., do sometimes follow in its wake, and we must not lose sight of the fact that this disorder frequently becomes complicated with asthma or chronic bronchitis. These complications become graver as the patient gets old.

Treatment—Though there is no specific or no one remedy that will meet every case, and relief and cure must be sought by meeting the various symptoms as they occur in different individuals, still I may say that judicious treatment will, even if it does not succeed in eradicating the malady, at any rate cut short the attack and diminish most materially the severity of the suffering. The treatment may be divided into two parts, the prophylactic, and the curative or palliative. The former means avoidance of the various exciting causes, as the aroma of new cut hay, ripe or flowering grass, highly scented flower and irritating substances as Ipecacuanha, &c. Protection from the heat of the sun must be enjoined, exercise to be taken in shady places, or early in the morning or evening. Trips to the sea side or mountain districts, are usually beneficial, although, occasionally, they aggravate the disorder. When the affection has actually made its appearance, we must, besides any constitutional treatment that may be required, treat the various symptoms as they are. Hot fomentations with or without poppy heads, will relieve the pain and irritation of the eyes and eyelids. The interior of the nostrils may be smeared with zinc ointment, glycerine, or cold cream. The various medicated inhalations or atomized fluids by spray, are very useful—amongst the various inhalations, those of cannabis indica conium, tincture of opium, sweet flag, iodine and bromine, are good as atomized fluids; the chloride and sulphate of zinc, ipecacuanha, may be mentioned—lumps of ice sucked, often relieve the heat, dryness and tickling of the mouth and fauces, &c. Internally we may give lobelia, compound tincture of camphor and acornite, if the attack be accompanied with fever, while bromide of potas and bromide of ammonium are useful where there is great irritability of the fauces and bronchi. If invigorating treatment be required, the bitter *vegetable* tonics are

good, as quinine, nux vomica, quassia, &c., or the preparations of zinc and arsenic—occasionally a saline cooling aperient is advisable. I have found some of the new *herbal* remedies most useful in this complaint. The diet should be nutritious and easily digested. If stimulants are taken, pale ale, dry sherry, claret, or some of the light Rhine wines are best. Hot tea and vegetables, with the exception of potatoes are to be avoided. Moderate exercise to be taken in a cool shady place, or in the cooler parts of the day.

SYNOPSIS OF MORTALITY FOR APRIL.

The total mortality for the city and suburbs is 548, of this 89 were outside the city limits making a mortality of 459 for the city proper; this, estimating the population at 150,000 as we stated it was in our last number, and which was adopted at a meeting of the Board of Health in May, gives a death rate of 36 per thousand. This result is favorable and indicates that increased sanitary precautions are in use by our fellow-citizens. If our French fellow-citizens would only be advised and adopt vaccination generally, the city would have been saved 42 deaths from small-pox—which would further have reduced our percentage. In regard to ages, the greatest death-rate was amongst children under one year, being 261, (this is generally the case); the next largest is from those between one and five years, being 79; then those between 20 and 40, who should be the healthiest of our population, give us the enormous number of 73. Tabulated according to nationality, the French-Canadian death-rate predominates, being more than all the other nationalities put together—viz: 296 French-Canadians, and the rest were made up by British, Irish, Scotch and other countries to the number of 252. As to Wards, the highest mortality is in St. Mary's Ward, there being 72; St. Ann's and St. Antoine being respectively 60 and 63; St. James, 57.

The charitable institutions show too great a percentage, being no fewer than 119 in four weeks, or four and a fraction per day. For more minute information, *vide* page 362.

Sanitary Reports.

MORTALITY OF THE CITY AND SUBURBS OF
MONTREAL, FOR APRIL, 1876.

CLASS.	ORDER.	DISEASE.	Total by Sex.		Total both Sexes.	
			Male.	Female.		
I. ZYMOTIC.	I. Miasmatic.	1. Small Pox.....	18	24	42	
		2. Measles.....		2	2	
		3. Scarletina.....	2	4	6	
		4. Diphtheria.....	4	12	16	
		5. Quinsy.....				
		6. Croup.....	1	2	3	
		7. Whooping Cough.....	3		3	
		8. Typhoid Fever, (Infantile Remittent Fever)	3	8	11	
		9. Typhus, and Infantile Fever.....				
		10. Relapsing Fever.....				
		11. Continued Fever.....	1	3	4	
		12. Erysipelas.....	2	1	3	
		13. Metria, (Puerperal Fever).....		3	3	
	14. Carbuncle.....					
	15. Influenza.....					
	16. Dysentery.....		3	3		
	17. Diarrhoea.....	4	3	7		
	18. Pyæmia.....		2	2		
	19. Cholera Infantum.....	3		3		
	20. Cholera.....					
	21. Ague.....					
	22. Remittent Fever.....					
	23. Cerebro-Spinal Meningitis.....					
II. CONSTITUTIONAL.	II. Diabetic. Embolico	1. Syphilis.....	1	1	2	
		2. Hydrophobia.....				
		3. Glanders.....				
	III. Diabetic.	1. Privation.....				
		2. Purpura and Scurvy.....				
		3. Delirium Tremens.....				
		4. Intemperance.....				
	IV. Pyæmic.	I. Diabetic.	1. Thrush.....			
			2. Worms, &c.....			
			1. Gout.....			
2. Rheumatism.....				1	1	
3. Dropsy and Anæmia.....				4	7	
4. Cancer.....			3	1	3	
5. Noma (or Canker).....			2			
6. Mortification.....						
I. Tubercular.	I. Diabetic.	1. Scrofula.....				
		2. Tabes Mesenterica.....				
		3. Phthisis (Cons. of Lung).....	17	39	56	
		4. Hydrocephalus.....	3	5	8	
Carried forward.....			67	118	185	

MORTALITY OF THE CITY AND SUBURBS OF MONTREAL.—(Con.)

CLASS.	ORDER.	DISEASES.	Total by Sex.		Total both Sexes	
			Male.	Female.		
		<i>Brought forward</i>	67	118	185	
III. LOCAL.	II. Or- gans Cir- culation.	1. Cephalitis	3	4	7	
		2. Apoplexy	4		4	
		3. Paralysis	3	3	6	
		4. Insanity				
		5. Chorea				
		6. Epilepsy		1	1	
		7. Tetanus				
		8. Convulsions	10	12	22	
	9. Other Brain diseases, &c.	16	7	23		
	III. Respiratory Organs.	I. Brain and Nervous System.	1. Carditis, Pericarditis and Endocarditis...			
			2. Aneurism			
		3. Other Heart diseases, &c.	9	5	14	
		1. Epistaxis		1	1	
		2. Laryngitis and Trachitis		10	16	
		3. Bronchitis	6	10	16	
4. Pleurisy		1	1	2		
5. Pneumonia		17	9	26		
6. Asthma			1	1		
7. Other Lung diseases, &c.		3	3	6		
IV. Organs of Digestion.	III. Respiratory Organs.	1. Gastritis	3	1	4	
		2. Enteritis	3	1	4	
		3. Peritonitis	1	2	3	
		4. Ascites				
		5. Ulceration of Intestines				
		6. Hernia				
		7. Ileus and Intussusception		1	1	
		8. Stricture of Intestines				
	10. Diseases of Stomach and Intestines, &c.		3	3		
	11. Pancreas Diseases, &c.					
	12. Hepatitis		1	1		
	13. Jaundice		1	1		
	14. Liver Disease, &c.	1	1	2		
	15. Spleen Disease, &c.					
	V. Urinary Organs.	IV. Organs of Digestion.	1. Nephritis			
2. Ischuria						
3. Nephria (Bright's Disease)			2	3	5	
4. Diabetes				1	1	
5. Calculus, (Gravel, &c.)						
6. Cystitis and Cystorrhœa						
7. Stricture				1	1	
8. Kidney Disease, &c.						
VI. Gen- erative Organs	V. Urinary Organs.	1. Ovarian Disease				
		2. Disease of Uterus, &c.				
VII. Or- gans of Loco- motion	VI. Gen- erative Organs	1. Arthritis				
		2. Joint Disease, &c.		1	1	
		<i>Carried over</i>	149	188	357	

MORTALITY OF THE CITY AND SUBURBS OF MONTREAL.—(Con).

CLASS.	ORDER.	DISEASES.	Total by Sex.		Total both Sexes.
			Male.	Female.	
		<i>Brought over</i>	149	188	337
V. VIOLENT DEATHS. IV. Developmental Diseases	VII. Integumentary System.	1 Abscess.....	1	2	3
		2 Ulcer.....			
		3 Skin Diseases, &c.....			
	I. Of Children.	1 Stillborn.....	9	1	10
		2 Premature Birth.....	7	3	10
		3 Infantile Debility.....	86	55	141
		4 Cyanosis.....			
		5 Spina Bifida and other Malformation....		1	1
		6 During Dentition.....	6	6	12
	II. Of Women	1 Paramenia.....		2	2
		2 Childbirth.....		2	2
	III. Of Old People.	1 Old Age.....	4	3	7
		2 Atrophy and Debility.....	3	4	7
	IV. Of Nutrition.	1 Fractures, Contusions, Wounds.....	1	1	2
		2 Burns and Scalds.....	2		2
		3 Poison.....			
		4 Drowning.....	2		2
		5 Otherwise.....	5	5	10
	I. Suic. II. Homi- cide. Negligence.	1 Murder, Manslaughter.....			
		2 Execution.....			
		1 Wounds.....			
		2 Poison.....			
	III. Suic. cide. Negligence.	3 Drowning.....			
		4 Otherwise.....			
	IV.	1 Chirurgici.....			
		Not known.....	2		2
		Total.....	280	268	548

SYNOPSIS OF METEOROLOGICAL OBSERVATIONS IN APRIL, FROM MCGILL COLLEGE OBSERVATORY.

Barometer readings reduced to sea-level and temperature of 32° Fahr. Pressure of vapor in inches mercury. ‡ Humidity, relative Saturation, 100. ; Observed. Ten inches of snow is taken as equal to one inch of water.

Mean temperature of month, 38.42. Mean of maxima and minima temperature, 38.25. Greatest heat was 55.2 on the 22nd; greatest cold was 17.0 on the 9th,—giving a range of temperature for the month of 38.2 degrees. Greatest range of the thermometer in one day was 25.3, on the 13th; least range was 4.4 degrees on the 6th. Mean range for the month was 14.7 degrees. Mean height of the barometer was 29.9207. Highest reading was 30.388 on the 1st; lowest reading was 29.343, on the 14th, giving a range of 1.045 inches. Mean elastic force of vapor in the atmosphere was equal to .1567 inches of mercury. Mean relative humidity was 68.0. Maximum relative humidity was 100 on the 4th and 14th. Minimum relative humidity was 29 on the 27th. Mean velocity of the wind was 10.6 miles per hour; greatest mileage in one hour was 27 on the 9th. Mean direction of the wind, West. Mean of sky clouded was 61 per cent.

Rain fell on 10 days. Snow fell on 7 days. Rain or snow fell on 13 days. Total rainfall, 1.03 inches. Total snowfall, 12.0 inches. Total precipitation in inches of water, 2.23.

TOTAL MORTALITY BY AGES.

Under 1 year.....	261
From 1 to 5 years.....	79
" 5 to 10 ".....	22
" 10 to 15 ".....	11
" 15 to 20 ".....	11
" 20 to 40 ".....	73
" 40 to 60 ".....	49
" 60 to 70 ".....	18
" 70 to 80 ".....	15
" 80 to 90 ".....	6
" 90 to 100 ".....	3
100 years and over.....	..
Not known.....	..
	<hr/>
Total.....	548

TOTAL MORTALITY BY NATIONALITY.

French Canadians.....	296
British.....	124
Irish.....	21
English.....	10
Scotch.....	6
Other Countries.....	8
Not known.....	83
	<hr/>
Total.....	548

TOTAL BY WARDS.

St. Anns Ward.....	60
St. Antoine ".....	63
St. Lawrence ".....	40
St. Louis ".....	21
St. James ".....	57
St. Mary ".....	72
West.....	2
Centre.....	1
East.....	19
Not known.....	5
	<hr/>
City Hospital.....	2
Hotel Dieu.....	7
Montreal General Hospital.....	16
Foundlings.....	11
Other Institutions.....	83
Outside City Limits.....	89
	<hr/>
Total.....	548

FOREIGN HEALTH STATISTICS.

United Kingdom of Great Britain, during four weeks, ending April 15th, 23,660 births and 16,123 deaths were registered in London and twenty other large towns, and the natural increase of the population was 7,537. The mortality from all causes was, per 1,000: In London, 24.25; Edinburgh, 24.75; Glasgow, 31.75; Dublin, 31.50; Portsmouth, 23.50; Norwich, 20.50; Wolverhampton, 22; Sunderland, 21; Sheffield, 28.75; Birmingham, 25.50; Bristol, 27.50; Liverpool, 32; Salford, 35; Oldham, 36.25; Bradford, 27; Leeds, 25.75; Hull, 24; Newcastle-upon-Tyne, 25.25; Leicester, 21; Manchester, 35; Nottingham, 26.50. Other foreign cities at most recent dates, per 1,000: Paris; 29; Rome, 36; Vienna, 32; Brussels, 23; Berlin, 25; Hamburg, 24; Calcutta, 31; Bombay, 50; Madras, 42; Amsterdam, 33; Rotterdam, 26; The Hague, 26; Christiania, 33; Breslau, 32; Buda-Pesth, 47; Turin, 31; Alexandria, 29; Copenhagen, 21; Munich, 32; Naples, 35.—*The Sanitarian*.

MORTALITY PER 1,000 INHABITANTS AT MOST RECENT ESTIMATES AND DATES IN THE UNITED STATES.

New York—5 weeks ending April 29.....	26.5
Philadelphia—4 weeks “ “ “ “.....	21.05
Brooklyn—“ “ “ “.....	21.94
St. Louis—“ “ “ “.....	12.19
Chicago—“ “ “ “.....	17.02
Baltimore—“ “ “ “.....	17.53
Boston—“ “ “ “.....	23.94
Cincinnati—3 “ “ “ “.....	21.32
San Francisco—month of March.....	16.48
New Orleans.....	—
Washington—3 weeks ending April 22.....	20.68
Pittsburgh.....	—
Newark—month of April.....	32.57
Providence—month of April.....	18.8
Milwaukee.....	—
Rochester.....	—
Richmond—4 weeks ending April 29.....	14.93
New Haven—month of April.....	18.16
Charleston—5 weeks ending April 29.....	31.19
Toledo—month of April.....	16.08
Mobile—month of March.....	23.4
Dayton—month of April.....	13.33
Nashville—7 weeks ending April 29.....	34.37
Wheeling—month of April.....	19.72
Buffalo—“ “.....	16.24
Knoxville—“ “.....	10.90
Paterson—“ “.....	25.84
Petersburg—“ “.....	30.
Lansing.....	—
Selma.....	11.20.

Correspondence.

To the Editor of the Public Health Magazine :—

SIR,—Knowing the large circulation that your valuable magazine has among families, I trust a few remarks on the physical education of children, as taught by Professor Barnjum, whose exhibition on Friday night I had much pleasure in witnessing, may prove of interest to parents and guardians, and not be thought out of place in your publication.

The wealth of a nation consists not in its silver and gold, but in the men and women who form its motive power; and the future wealth and strength of our Dominion lie in the rising generation. What Canada is to be depends on the way the children are fitted to rise up and carry on the work we fail to accomplish. Our Dominion has vast hidden wealth in its mines, its lands, and its commerce,—let us fit our sons and daughters to step into the rank of workers with an energy and power arising from sound mental and physical training, which will tell in the full development of the resources of our country, and tend to give it a name among the great of all nations.

Much has been done in the past few years for the mental training of our children, new high schools, new public schools for girls, additional scope for the perfecting of students in special subjects, an art school has its nucleus, a ladies' educational association holds out valuable opportunities for all young girls to carry on the higher branches of their education, and so raise the tone of society; all this is well and shows that we are taking steps in the right direction. But is physical education progressing in just proportion? Is there the same rush for the gymnasiua as for the schools? I speak more especially of girls, or is it not the case that with longer school hours and greater brain pressure, there is no just proportion of universal physical training? Oh, that we could grave on every school porch, "*Mens sana in corpore sano.*" The Roman understood that great mental activity, apart from sound bodily health, gives to a nation, not wise statesmen and deep-thinking writers and orators, but diseased brains whose sickly imagination is shown in wild theories and unsound dreams.

Our girls need this training especially, for unless they get it in the class, out-of-doors they are debarred from cricket, foot-ball and other games, which give health and strength to our boys, and fit them to pass more severe examinations in all higher intellectual pursuits.

I am sure no parent could have witnessed the exhibition of last evening, without at once feeling that they would lose no time in putting their daughters under such valuable training. The children looked like little fairies in their gymnastic costume of scarlet and black, as Perette in the fable "*Elle était légère et court vêtue. elle marchait à grand pas ; pour être plus agile, elle avait des souliers plats, n'est-elle pas gentille dans ce costume là ?*" Their dress was perfectly adapted for grace and freedom ; I could only wish that there were no stays or heavily trimmed dresses to be put on when they left the class. The exercises were so framed as to strengthen each muscle without over fatigue, and to give a perfect development to the frame, and, indeed, each child was a picture of grace. In their active easy motions, it was plain to read health and happiness. As their professor justly remarked, this training begins with the wee pet of four years, and should not end until we have the graceful, perfectly developed, healthy girl of seventeen or eighteen. As their mental, so should their physical training be, and to make of our curly-headed darlings happy, good women, they must have strength of body as well as strength of mind, for is it not the physically weak girl who sits novel in hand, feet on register, filling her mind with trash, and weakening her body while the sun shines on the sparkling snow, and she is *too tired* to go out? Mothers, despise not the opportunities you have at your hand, but send your daughters, not when weak backs tell want of strength, and you hope a course of gymnastics will set all right, but begin at the beginning and you will rejoice daily to see them grow strong and graceful.

I cannot close without a word to the wise and thoughtful, to the young girl who sighs and says, I am too old for the gymnasium, there is no good talking to me of healthy physique. My dear girl, it is never too late to mend, and you have in your own power the means of doing much for yourself ; it is only from those who *won't* see that the light is held.

In the first place, I would earnestly ask you to leave off your stays. Let nature support herself. She is well able. One of the most painful sources of indigestion is the pressure of the front bone of the corset on the delicate organs it covers—and the spine learning to lean on bones not its own *learnis* to ache—and finally cannot support itself. It is a known fact that a carriage horse is

unsafe to ride. I have seen a lady thrown when her horse was only walking on the road because it had not the collar to *lean* against. Such is habit—let us not make horse collars of our corsets.

Our American sisters are learning this, and have found that waists to support the dresses, and take the place of stays can be made without bones to the great comfort and increase of health to the wearer. I must not forget to mention that this waist is to be cut in *basque* pattern, so that the skirts may be fastened to it by buttons, the weight being thus supported from the shoulders, as almost as many evils arise from the undue pressure of heavy skirts on the loins, and bands too tightly fastened round the waist, as from the pressure of the corset itself.

Let your skirts be as light as possible, and be careful that in wet weather they are quite off the ground, as more colds arise from wet skirts dragging round the ankles than from almost any other cause.

Secondly—Use plenty of fresh cold water for the morning bath.

Thirdly—*Plenty of exercise.* You might have a little course of gymnastics for yourself, every day before breakfast, it would give you an appetite and remove any chill after your bath. Fresh air, water, and exercise, are the *three* great health-givers, and they are in your own hand to use.

As I said at the beginning of this paper, each individual bears an exact proportion of value to his or her country as they are healthy in mind and body. Healthy mothers make healthy children. Look at the Germans. No other nation has such a frightful amount of scrofula and spine disease among its children and women—and what says one of their own great doctors? “If ever reform be feasible it will be feasible *only* through German women, and no German woman *will ever* see it—and to no other woman will she for a moment consent to listen.” Let this never be said of us—let us be renowned as a Dominion of *healthy* women—who can think—let it never be said of us as of them, “They are like flowers that bloom their brief hour fade and fall, they are all bluchsüchtiz—they cannot fulfill the functions that nature intended every mother should fulfill—not one here and there, but *all*—they have no constitution, no stamina, no nerve, no physique, and how can they have sound flesh and strong muscle, if they have no fresh air, and no regular exercise?”

Now, we have at our hands the means of physically educating our daughters—and let us see that we do it. For as Buffon truly says. “There must be more to make our daughters beautiful than

mere good looks—there must be a certain line, certain proportions and healthy development—a harmony, grace, and strength, and such only are to be attained by a *physical education*."

Yours, &c.

N. E. B.

To the Editor of Public Health Magazine :—

DEAR SIR, My attention has been directed to a letter in your last number from Alderman J. C. McLaren. He takes some exception to the foot note at the end of my paper on "Sewer Ventilation," published in your invaluable journal of March. With the usual palaver attending all such sarcastic letters, he speaks of my "able paper," preparing a ground work as a painter would say, so that other material "would stick." In the next phrase, he speaks of the "learned Doctor," which compliment I accept, but with becoming modesty. I cannot, however, with equal grace receive the charge of having fallen into "two errors." Now, had Mr. McLaren really at heart the interests of the citizens, "the remedying of an intolerable nuisance," would he not with becoming zeal take hold of that paper and, even *though the system thereon explained was approved of by the first engineering talent of the country*, would he not, with a discerning energy, effectually criticise it, and not be so narrowed in his judgement as to devote his whole thoughts to a foot note at the end, which merely referred to an old and worn-out plan, but which he had the ill fortune to father? Or would he not, when convinced of its merits (for he has offered no objections to my system), have espoused the interests of the city, and particularly advocated that which reason and common sense have endorsed? But no, it is more suitable to draw crooked inferences and leave people "oblivious" to facts. Here is what he says in reference to some of my "errors." "The system I propose is nearly identical with that carried out with such beneficial results by Dr. Carpenter; and if the learned Doctor would substitute "beneficial" for "baneful," his statement would be more correct. "My knowledge of this is only due to Dr. Rourk's remarks, as previously I was not aware of the sameness of the schemes until my attention was called to the subject, and on referring to the *Atlantic Monthly* for October, page 441, after careful perusal, I find the Doctor entirely in error." Every one will be happy to learn that the worthy Alderman has been reading something on sanitary

science in the interests of the city, and consequently the chances are that the "country is safe." But why has he not given the quotation, so that every one might see my error and judge of it for himself? Ah! that would not do. It refers only to soil-pipe ventilation, not to sewer ventilation. And then it speaks too plainly of the vacuum produced by falling water, "which is quite sure to suck open one or more of the water traps."

I regret that Alderman McLaren did not give more time to the *careful perusal* of this work, and the old proverb of "A little learning, &c.," would not be so suggestive. But before going any further, I protest against these unwarranted proceedings, dragging the name of a learned professor before the public in this discussion. I know his name appeared in the press in connection with it, but he stated if some facts were substantiated his system must necessarily be a failure, these facts have been substantiated through the press, and I decline to notice what the Alderman calls, "lucid explanations" from professorial sources. I would refer him to page 546 of the same work that he cited, and he will read, "Ventilation by rain water pipes from the eaves of houses, has often been recommended, but experience has shown that it was unsatisfactory, not only because it frequently discharges sewer gas near the windows of sleeping rooms, but because, at the time when ventilation is most needed these pipes are not available, being either filled with a rush of water or else having such a rapid downward current as to move the air towards the sewer rather than away from it; or again, because from the position at which rain water inlets are often introduced into the sewers, these are entirely closed when there is a large amount of sewage flowing,—as during heavy rains, when ventilation is especially demanded. This system was adopted during the early days of the Croydon work, and was rigorously pursued. In 1860 such ventilation was compulsory in all cases. The mortality was very much increased until a better system was adopted in 1866, when the deathrate fell again to its old standard.

It is worthy of remark that during this epidemic, induced by the above cause, no fewer than eleven per cent. of the population were attacked, being more than one in every ten.

"In Hints on House Drainage, by Dr. Carpenter, of Croydon, we are told with reference to fatal epidemics of typhoid fever, that the illness dated from two distinct times, at both of which, with a high temperature and a stifling atmosphere, there was a heavy fall of rain." Is this then, the system that Alderman McLaren would have Dr. Carpenter approve of, and that he would court a sameness

with? Is this the system that is so "nearly identical" that he wishes to impose it on this devoted city? His constituents might well cry out "save us from our friends," for if that by-law of his were once in force, it would be found more destructive to our population than actual war.

Again, quoting from the same work, Dr. C. says on the same subject, the epidemics, "I do not mean to assert that each case commenced immediately after the rainfall, but in upwards of twenty fatal cases, the history of which I examined, the commencement curiously ran up to distinct dates, and in many slighter cases the patients stated that they had not felt well about the same period." What further proof does the worthy Alderman require of this pernicious principle advocated by himself and company? Is it the workings of this principle which should commend it to be put on the city of Montreal, that has already a mortality of forty-two per thousand?

I cannot, Mr. Editor, refrain from quoting another few lines from the *Atlantic Monthly* for the benefit of the worthy Alderman, (page 346), "A century ago, epidemic diseases carried with them only calamity, not culpability; but now, when their occurrence is chargeable to willful ignorance or to wicked neglect, Dr. Rush's prophecy should be fulfilled, and the law should hold the community responsible for every death permitted to occur from preventible diseases within the area that it controls." This draws with it its own conclusion and requires no comment. But I would commend it to the study of our civic officers. Yes, and to the serious consideration of the people.

I know not whether to admire or deplore the off-handed or assumed cavalier style with which the Alderman passes over the other objections to his system. He has not explained the wonderful phenomena of water descending through the pipes, and ventilating at the same time, and of the cold, heavy air in the sewers in summer ascending to replace warm air; nor that of how he would overcome a vacuum produced by descending water which would untrap the closets, &c., &c. As to the danger of the pipes freezing, there is none, as I learned at his place of business that the gratings at street-corners *would never freeze!*

Now as to that question of costs. Did any one ever read such bunkum? We would expect of a public man, an Alderman of the city of Montreal, that he would be more careful of his reputation as to veracity, and that nothing should be permitted to sully the snow of his character. But what is the fact? He states that five dollars would cover the expense on each house. From his own account

he has had some plumbing done this year, owing to the bursting of pipes, cistern, &c., and how much plumbing could he get done for five dollars? But this twaddle as to the cheapness of his system, he must have been long since disgusted with. He must regret the false zeal that gave publicity to it, and I forbear to touch it.

Mr. Editor, this letter has not been written for the sole purpose of answering Mr. McLaren, it has a higher, a more noble object, and this apparent asperity, the worthy Alderman can understand, is not prompted by any sinister motive. When we see the white horses dragging the little hearse occupied by its youthful tenant, and followed by numbers of sorrowing friends, and when we listen to such remarks as these, "This is the second child they have lost in three days, and another one is sick! God help them in their troubles! Did you hear such a man lost two children? Yes. Last year my neighbor buried his wife and four children." Is this not sufficient incentive to write? The father stoically follows his third child to the grave, but how can we approach that house of mourning and see the distracted mother? An air of hushed grief is there, a few neighbors are gathered to offer their heart-felt sympathy and their unavailing efforts, to allay the poignant pangs of sorrow occasioned by this triple loss. The poor, distracted mother sits in piteous stupor unconscious of those about her. The wells of nature have long since ceased to supply water to the eyes, but the reddened orbits show more plainly than tears what grief is there.

This picture is not overdrawn, this is the tragedy that is almost daily enacted in this metropolis from year to year, and when we think of these innocent victims languishing in pain and agony, tossing on their unsettled couches or mouldering in their shrouds in premature graves, we are half inclined to upbraid the Deity unconscious that we, ourselves, are guilty of this crime of murder, by permitting these overflowing cesspools, these reeking sewers to exhale misery, pauperism, poison and death. And, oh! how sad and mournful to see this heartless indifference of our city fathers to the wail of sickness and death that comes from all parts of the city. Diphtheria, scarlet fever, typhoid, count their victims by the score, and yet this indifference continues. Oh, Mr. Editor, since those that are gone cannot be restored, since the vacant chair must ever remain empty, we ask not for what we have been robbed of, but that we should be robbed no more, that honest, vigorous measures should be made to protect those that remain. This has been the principal motive of this communication.

I have the honor to be, Mr. Editor, Yours, respectfully,
F. ROURK.

Rebels.

BACON *versus* SHAKSPERE: A Plea for the Defendant. By Thomas D. King. Lovell Printing and Publishing Co., 1875.

To most people it would seem inappropriate to point artillery against a musquito, or, in accordance with Pope's phrase, "to break a butterfly upon a wheel." Mr. King, however, is of a different opinion. Like Don Quixote, he tilts at wind-mills with romantic enthusiasm, and the record of the onslaught may be perused in his *brochure* of "Bacon *versus* Shakspere."

The book, it is needless to say, has positively no *raison d'être*. No sane human being doubts that Shakspere wrote the poems and plays universally attributed to him, and it is merely stolid eccentricity to assert the contrary. The crude Baconian theory originated with Miss Delia Bacon, an American lady, whose life unhappily it crazed, and whose death it ultimately hastened. In 1856, about the same time that her book was passing through the press, the same hypothesis was defended by an Englishman, named Smith, in a letter (privately printed) to the Earl of Ellesmere; and subsequently, (when he denied that he had appropriated Miss Bacon's theory), in a pamphlet entitled, "Bacon and Shakspere." In 1866, Nathaniel Holmes, one of the Judges of the Supreme Court of Missouri, published his "Authorsh.; of Shakspere," and obscure sensational writers in a few American journals have occasionally since then proclaimed themselves his converts. Austin Allibone, on the other hand, of whose Shaksperian lore and extensive reading no scholar entertains a doubt, has thus pronounced his decision. "We have earned the right by hard labor to assert, that there is not in the 1100 pages of Delia Bacon and Judge Holmes the shadow of a shade of an argument to support their wild and most absurd hypothesis."

Only one short pamphlet, so far as we can discover, has been published in England to prove that "Shakspere was *not* an Impostor," and only one Englishman, of any reputation, has professed to believe that he *was*. This solitary Englishman was—strange to say—the late Lord Palmerston; and, as Mr. King has not noticed the fact, and it will probably be news for most of

our readers, we reprint the following paragraph from *Fraser's Magazine*, for November, 1865:—

“Lord Palmerston was tolerably well up in the chief Latin and English classics, but he entertained one of the most extraordinary paradoxes touching the greatest of them that was ever broached by a man of his intellectual calibre. He maintained that the plays of Shakspeare were really written by Bacon, who passed them off under the name of an actor for fear of compromising his professional prospects and philosophical gravity. Only last year, when this subject was discussed at Broadlands, he suddenly left the room, and returned with a small volume of dramatic criticisms, in which the same theory (originally started by an American lady, was supported by supposed analogies of thought and expression. “There,” he said, “read that, and you will come over to my opinion.” When the positive testimony of Ben Jonson, in the verses prefixed to the edition of 1623, was adduced, he remarked. “Oh! these fellows always stand up for one another, or he may have been deceived like the rest.” The argument had struck Lord Palmerston by its ingenuity, and he wanted leisure for a scathing exposure of its groundlessness.”

The heresy, as we have seen, is now twenty years old, and might surely have been allowed to die a natural death. In contending against opponents who have not “the shadow of the shade of an argument to support their absurd hypothesis,” Mr. King can scarcely hope to taste

“Of the stern joy that warriors feel
In foemen worthy of their steel.”

“It is no fight,” said Juvenal of old, “where *you* give all the knocks and *I* only receive them.” But Mr. King seems to enjoy the one-sided duel, and we have been asked to write a notice of his book. We should have had more pleasure in doing so, if its contents had been arranged in a more systematic manner. The book (if it had to be written) should have been divided into chapters. A brief history of the rise and progress of the heresy should, of course, have been given, and some attempt made to account for its origin. The so-called evidence—external and internal—of his opponents should have been clearly presented, and then refuted *seriatim*. But, as the matter now stands, it is impossible, from the discursive way in which it is compiled, to give an analysis of Mr. King's performance. He has barely alluded to Mr. Smith's letter to Lord Ellesmere—he does not even mention the pamphlet in which Mr. S. states his complete case—and instead of

complying with the maxim, *Place aux dames*, he has ungallantly ignored the mere existence of Miss Bacon, with whom this storm in a tea-up originated, and whose book (published in 1857, by Groombridge, London), had the honor of being edited by Nathaniel Hawthorne.

Notwithstanding omissions so grave in a work of this nature, we are indebted to Mr. King for some interesting reading, more especially for his copious extracts from the volumes of Messrs. Walter and French, which demonstrate, almost beyond doubt, that the writer of the famous plays must have been a Warwickshire man. But, while thus acknowledging our obligations to Mr. King, and appreciating, at its full value, his well-grounded reverence for Shakspeare, we must unhesitatingly reject many of his statements, and decline to follow him as a trustworthy literary guide. His mind is by no means of the true critical order; his zeal outruns his discretion, and, in the course of his volume, he has revived—and thus tended to perpetuate in the minds of ill-informed readers—many serious errors that were long since exploded.

"Writing," as Bacon tells us in his essay on *Studies*, "maketh an exact man;" but it has apparently missed its function in the case of Mr. King. He is careless and inexact to so culpable a degree that Macaulay's famous schoolboy would have regarded him with contempt. Not only is he indebted to his imagination for his facts, but he trusts, unfortunately, to his memory for his quotations. Lord Byron, in the appendix to Canto V. of *Don Juan*, showed that Campbell, the poet, had misquoted Shakspeare. Shall we be pardoned by Mr. King for pointing out that *he* has strangely misrepresented the Bible? St. Paul's speech at Athens is assuredly as worthy of being correctly cited as a couple of lines from Shakspeare's *King John*.

"Poets," writes Mr. King at p. 63, "were not mean creatures; the Apostle Paul quotes them in the memorable lines: 'For in Him (God) we live, move and have our being, as certain of your poets have said.'"

The version "appointed to be read in Churches" differs materially from that of Mr. King, and is as follows: "For in him we live, *and* move, and have our being; as certain *also* of your *own* poets have said, For we are also his offspring."—Acts, xvii, 23.

In addition to spelling *him* with a reverential capital letter, wholly unauthorized by the original text, Mr. King has omitted three words in his "memorable lines;" and, by punctuating at his own sweet will, has attributed an erroneous citation to St. Paul himself.

If, as Sydney Smith once remarked, a false quantity in a man is the same as a *faux pas* in a woman, with what criminal offence shall we compare a false quotation—from the Bible? We are reminded of the writer whom a satirist has immortalized:

“With just enough of learning to misquote.”*

Passing over this unfortunate attempt to amend the language and correct the memory of St Paul, we have to censure Mr. King, in earnest, for having traduced the fair fame of one of Shakspeare's greatest friends and admirers. But, before proceeding to our task, we may call attention (while we think of it) to another palpable error that we are astonished to find in the work of a Shakspearian scholar. At p. 86 Mr. King writes: “Did Shakspeare borrow his idea of mercy being “an attribute to God” from his contemporary Cervantes? who, like Shakspeare, entered on an immortal eternity on the same day, April 23, 1616.”

We are not sure that we quite understand what “an immortal eternity” is, or in what respect “an immortal eternity” differs from eternity, pure and simple. But if Mr. King's quaint language means that Shakspeare and Cervantes died on what children would call *really and truly* the same day, the statement is incorrect. So long ago as 1777, the Rev John Bowle (familiarily known as Don Bowle, from his love for Spanish literature), wrote as follows, in *A letter to the Rev. Dr. Percy respecting a new and classical edition of Don Quixote*: “Cervantes died the 23rd April (1616) the same *nominal* day as his illustrious co-temporary, our countryman Shakspeare, *who of course survived him but ten days.*” It is evident from the words *of course* in this quotation, that it was clearly understood

*Misquotations may lead to even ridiculous blundering. Hollingshed in his *Chronicles* describes Wolsey as “insatiable to get, and more princelie in bestowing, as appeareth by his two *Colleges* at Ipswich and Oxford.” Shakspeare appropriates this for Griffith's speech in *Henry VIII.* Act. iv., Sc. 2.:

“And though he were unsatisfied in getting,
(Which was a sin) yet in bestowing, madam,
He was most princely. Ever witness for him
*Those twins of learning, that he raised in you,
Ipswich and Oxford!*”

Mr. King, however, at p. 121 writes: “I have a right to assume that Shakspeare received a solid education, though he may not have received an academical one, such as was attainable in the 16th century at “those twins of learning, Ipswich and Oxford,” nor have been so ripe a scholar as their princely founder, Cardinal Wolsey.” He is of opinion, therefore, that Oxford was founded by Cardinal Wolsey in the 16th century! This is a fact not generally known.

by literary men that the deaths of the two great authors had not been synchronous. Ford, in his well-known *Handbook for Travelers in Spain* (Lond : 1845) p. 316, says : " Cervantes and Shakspeare died *nominaly* on the same day , but it must always be remembered, in comparing Spanish dates with English, that dates apparently the same are not so in reality , " and he then proceeds to explain the difference. So also, in Bond's *Handy Book of Rules and Tables for Verifying Dates* (Bell and Daldy, 1864) p. 27, we read : " As an illustration of the mistakes which are made by overlooking the fact that the New Style was adopted earlier in some countries than in others, we may notice that some writers have supposed that Cervantes and Shakspeare died on the same day, whereas the fact is that there was ten days' difference between the two dates." Then follows the explanation.

Similarly we learn from Chambers' *Book of Days*, vol. II, that " those two great, and, in some respects, kindred geniuses, necessarily did not die on the same day. Spain had adopted the Gregorian Calendar on its first promulgation in 1582, and consequently the 23rd of April in Spain corresponded with the 13th in England, there being at that time ten days' difference between the new and the old style." A similar account may be found in Ticknor's *History of Spanish Literature*, vol. II, p. 132, (Edit, 1864) and in the *Imperial Dictionary of Universal Biography*, vol. I, p. 959.

It is not improbable that Mr. King adopted the error from Dr. Nathan Drake, who in *Shakspeare and his Times*, vol. II, p. 611, writes thus : " It is remarkable that on the same day expired in Spain his great and admirable contemporary, Cervantes , the world being thus deprived, *nearly at the same moment*, of the two most original writers which Europe has produced." This unwarranted statement, however, was too carelessly penned in 1817, and should assuredly not have been reproduced by Mr. King in 1875. When manifest blunders have been repeatedly corrected, people who read and write should be careful to avoid them.

We return from this digression to Mr. King's defamation of Ben Jonson.

(To be continued.)

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OUR STARVING POOR.

Notwithstanding all that has been done in the way of philanthropic enquiry into the condition of our poorer classes, and with all our boasted advances in civilization, we irresistibly come to the conclusion that even if the old saying that "one half the world does not know how the other half lives," is no longer literally correct, at least the rider that one half does not *care* how the other half exists, is daily and strikingly forced upon us. From our knowledge of the prices of the various necessities of life, and the amount of the miserably insufficient wages earned by so large a majority of our fellow beings, if we give the matter due consideration, we must know and appreciate the enormous difficulties they must struggle against in order to keep body and soul together; and it should put to shame our much lauded Christianity, that practically we care so little about the well-being of our fellow-creatures. Every soul that is brought upon this earth has a *right* to live, and when we say *live* we mean not merely to drag along a miserable existence, but to enjoy life as the Creator evidently intended that it should be enjoyed. Man was never intended to be perpetually chained to his labor to acquire the wherewith to exist, and our common humanity demands that we should, at least, exercise due care that we do not add directly, or indirectly, to the burdens of our fellow-men. It is very well for us to grumble over, and moralize upon, the ignorance and crime which exist among our lower and laboring classes, but when we know that these are the direct results of insufficient means of subsistence, ought not our most serious endeavors to be devoted to remedy this sad state of affairs? When we see the enormous amount of waste that is going on daily in the kitchens of our well-to-do classes, it becomes a question whether something can not be done to prevent this misuse of the food which would make life tolerable, if not comfortable, to so many poor wretches now in a state of semi-starvation. Then again, not only is food wasted, but it cannot be denied that more is consumed by the upper and middle classes than is necessary for the support of life, by which means, prices are so maintained, that,

even supposing there is an excess in the supply, it is more lucrative to the salesman to destroy what he cannot sell, than by accommodating himself to the means of the poor, to compromise his prices with his better customers.

Dives should no more be allowed to buy up, or in any way place out of reach, the nourishment necessary to *Lazarus* than he should be allowed to purchase a double-supply of the vital oxygen of the air at the expense of his poorer fellow being.

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THE CANADA MEDICAL RECORD ON EDITORIAL ETHICS.

I cannot pass over an editorial article, headed "The Corporation and the Public Journal of Health," in the May number of the *Canada Medical Record*. The person who wrote the article in question was either ignorant of the facts of the case to which he apparently refers, or, if not ignorant, has, for private reasons, wilfully distorted them.

The assertion, that we asked a *bonus* of three hundred dollars a year from the Corporation for continuing to publish the Mortuary Statistics of the City of Montreal, is entirely without foundation. The following is a true statement of the case: The Corporation desirous of publishing their Mortuary Statistics for the benefit of the public and exchanges, requested us to make an offer to them to furnish the same, which we were willing to do either separately or conjointly with the *MAGAZINE*, they preferred the latter for the same money, they obtained other valuable matter that they required, consequently the Board of Health ordered 100 copies monthly, for which they pay annually one hundred and fifty dollars. "An Old Hand at the Pen"—as the writer in the *Medical Record* styles himself—thinks that "*modesty* is an essential characteristic of an editor." We venture to suggest that *veracity* ought to be considered equally essential. As regards his withering allusion to us personally as "a *confrère* who has hardly got settled into harness," we can conscientiously afford to smile at it on the principle—"let those laugh who win."

The circulation of the *Public Health Magazine* already far exceeds that of the *Medical Record*, and the order from the Corporation for a hundred copies of the former has aroused the green-eyed monster in the breast of "An Old Hand at the Pen." We freely forgive him his petty malice on account of the evident depression of his spirits. This, we may hint to him professionally, is probably caused by—*defective circulation*.

Miscellaneous.

—:o:—

THE MORAL AND INTELLECTUAL TRAINING OF CHILDREN.

Being extracts from one of the Course of Lectures on Hygiene delivered to the Theological Classes by GEO. A. BAYNES, M. D., &c.

Having fully discussed the important points of the physical education of children, I shall take up those of the Moral and Intellectual training, for the profession you have chosen will give you so many good opportunities of acting the friend of your parishioners, that my course would be incomplete without a few remarks on this head, although it could more ably be discussed by your learned Principals. Every one of you will represent the *friend* of mankind, and it is your duty as such to give your unbiased and faithful advice to any or all of your respective congregations. By a friend I do not mean the mere companion of an hour, or an associate to grace a dining-table, but rather one who may be consulted on many momentous questions, one who will be sought after, when the heart is full of sorrow, and when acquaintances turn away. By a friend, we understand one who, on being asked for advice, will give his heartiest counsel, will endeavor to realize the position of the one who seeks his aid, and assist and act in every way as he should wish to be done by. A friend should be generous, faithful and honest, frank and open, while true to his own conscientious opinions, he should be free from that illiberal or excessive self-love which gives birth to pride, prejudice and jealousy. In a word, he should in the fullest sense of the term, be a gentleman, in that sense which allows, that though no amount of wealth can purchase this title, it is yet within the reach of the humblest artisan. Supposing then that in you such a friend, or as near an approach to such a one as our imperfect natures will allow, is to be found, is it not possible that he will be asked for an opinion as to the future intellectual training of the children of every one of his flock? What is the constant theme upon which a young mother loves to dwell?

Is it not her infant? What subject can be of greater moment to a father than the future prosperity and happiness of his child? The Greeks gave expression to a new sentiment when they said that "What made men citizens, patriots, and heroes, was the love of wedded wife and child."

The grand rule for parents to adopt, in educating their offspring, is to direct the training in harmony with the laws of Nature; or in other words, with due regard to the principles of physiology and hygiene so that the child may grow up with a sound mind in a healthy and vigorous body. To do this, the training must be commenced at a very early age, every step must be made slowly and deliberately. Valuable lessons are to be given without any appearance of teaching, and as the child's faculties are developed, so is its mental nourishment to be gradually made stronger and more suitable to the improvement manifested. The infant at birth possesses very little power of perception, many of its senses are imperfect, and its system is only, as it were, a rich soil waiting for cultivation. The over-watchful parent will soon perceive manifestations of intelligence, even at the age of six weeks, when the infant is still a stranger to the world, and perceives external objects so indistinctly as to make no effort either to obtain or avoid them, he is, nevertheless accessible to the influence of human expression. Although no material object possesses any interest for him, sympathy, or the action of a feeling in his mind, corresponding to the action of the same feeling in the mind of another, is already at work. A smiling air, a caressing accent, raises a smile to his lips, pleasing emotions already animate this little being, and we who recognize their expression are pleased in our turn. Who then has told this infant that a certain expression of the features indicates tenderness for him? How could he to whom his own physiognomy is unknown, imitate that of another, unless a corresponding feeling in his own mind impressed the same characters on his own features? That person near his cradle is, perhaps, not his nurse, perhaps she has only disturbed him, or subjected him to some unpleasant operation. No matter, she has smiled affectionately upon him; he feels that he is loved and he loves in return. The mere soothing and fondling of a mother, then, is no unimportant lesson, since it is the first step towards the proper culture of the affections, and hence, at this time, must be laid the foundation of that love which may perhaps, do more to guide the future responsible being aright than many may imagine. As the perceptive faculties come into play, the fostering care of the parents, and the quiet influence of home, do the good work;

until, as months pass on, the reasoning powers begin to be gradually developed.

At this time the natural cheerful and joyous dispositions of children are to be encouraged, kindness and gentleness are to be taught by example, good habits and noble feelings are to be encouraged, gentleness and self-denial gently inculcated, and above all, prompt, implicit obedience insisted upon. All this, however, cannot be done without fore-thought, nor without those in charge of the little one learning to accommodate themselves to its powers, and, in some degree, to its disposition. Many trivial faults must be overlooked, strict nursery laws abolished, and care taken not to worry by an excess of careful management. The old lady who was asked by an over-anxious young mother as to what course should be pursued with regard to a child too rigorously disciplined, gave very good advice when she said. "I recommend, my dear, a little wholesome neglect." A child three or four years of age, seems to possess an instinctive consciousness of its own weakness, and while relying on its guardians for safety and well-being, is only too readily inclined to lavish all its love in return. At this interesting and engaging period, the young require very careful management, the most common errors now committed being either over-indulgence or over-regulation. In the first, the parents comply with all the whims of the young child, allow its will to have unlimited sway, and are afraid of administering just and necessary punishment for fear of impairing the affections. The consequence is, the child grows up spoiled, selfish, and unloving, for a spoilt child is seldom affectionate, moreover, he is generally unhappy, for the more his whims and fancies are gratified the more his desires increase, until at last it becomes impossible to indulge them.

In the second treatment, the parents' wishes are generally substituted for the child's, every desire is thwarted, and due severity is not unfrequently resorted to, and the affectionate and joyous feelings so delightful to witness in the young, are crushed. Is it to be wondered at if such treatment leads to fretting, peevishness and bad temper, or to a broken and desponding spirit? The following observations of the late Archbishop Whately are so pertinent that I need not apologize for quoting them:—"Most carefully should we avoid the error which some parents, (not otherwise deficient in good sense) commit, of imposing gratuitous restrictions and privations, and purposely inflicting needless disappointment, for the purpose of inuring children to the pains and troubles they will meet again in after life. Yes, be assured they will meet again quite enough, in

every portion of life, including childhood, without your strewing their path with thorns of your own providing. And often enough, you will have to limit their amusements for the sake of needful study; to restrain their appetite for the sake of health; to chastise them for faults; and in various ways to inflict pain and privations for the sake of avoiding some greater evils. Let this *always be explained to them whenever it is possible to do so*; and endeavor in all cases to make them look on the parent as never the voluntary giver of anything but good. To any hardships which they are convinced you inflict reluctantly, and to those which occur through the dispensation of the All-wise, they will be more easily trained to submit with a good grace, than to any gratuitous sufferings devised for them by fallible man. To raise hopes on purpose to produce disappointment, to give provocation merely to exercise the temper, and, in short, to inflict pain of any kind merely as a training for patience and fortitude—this is a kind of discipline which man should not presume to attempt. If such trials prove a discipline not so much of cheerful fortitude as of resentful aversion and suspicious distrust of the parent, as a capricious tyrant, you will have only yourself to thank for the result."

The business of formally instructing the intellect in children, but especially of the precocious and delicate, must not be commenced too early; for with the mental development, as with the productions of the field, long experience has taught that late springs produce the most abundant harvests. At the same time guardians must not follow the same plan as Rousseau, who regarded reading as the scourge of infancy—and therefore, would not allow his *Emilius* to learn a line by heart till he was twelve years old.

At first, pictures and simple toys should alone be used to teach the appearance of external objects, and to establish a desire for information. Then, as the child reaches its sixth or seventh year, the forms of letters are to be pointed out, care being taken not to tire or disgust. The short-sighted policy which forces the juvenile mind without regard to health or happiness, must be unreservedly condemned, for it should be remembered that premature development of the intellect can only be obtained at the cost of deteriorated constitutional powers. It is the more important that this fact should not be overlooked, since so ignorant are many parents of the laws of health, that when they have done all in their power to destroy the physical strength of their offspring, they most contentedly attribute the result to any cause but the right one; just as,

when Drs. Sangrado and Gil Blas killed their patients by repeated bleedings and copious drenches of warm water, they complacently imputed the mishap to their having been too lenient with the lancet and too chary of their primitive medicine. Instead, then, of setting reason, experience and the dictates of common sense at nought, parents must learn the few simple laws which regulate the animal economy, and must take care to act in accordance with them if they would preserve those they are bound to cherish and educate from premature graves, from general ill-health, or from the fearful miseries of nervous disorders which in all their *protean forms* assail those in after life whose minds have been cultivated at the expense of their bodies.

While teaching a child the rudiments of book-learning he should be left to enquire into the reason of things, and the meaning of words, while the habit of accurate observation may be admirably encouraged by directing the attention to some of the marvellous works with which all the creation abounds. To inculcate a love of Natural History at an early age, may be to lay the foundation stone of much future happiness. as "the labor we delight in, physics pain." So in after days the cares and anxieties we are all bound to encounter in fighting the battle of life, may often be soothed and temporarily forgotten in studying the wondrous truths disclosed by scientific research.

As the child progresses, care must be taken that the brain be not over-worked by too many or too severe tasks, on the contrary, the pupil should have little to do, though the teacher must insist upon that little being well done. The studies must also be alternated, and attempts must be made to gradually wean the mind from light and silly associations. Let it not be forgotten, also, to make attempts early to foster a growth of pure religious feelings, not the canting religion of a dreary form, of assuming solemn looks, of text quoting, or of uttering long prayers before men, but rather the religion of the head and heart, that true faith, in fact which leads and aids a man to do his duty to his God, his neighbor, and himself. The little child that is brought up to repeat short and simple prayers at his mother's knee, has a rule of conduct thereby instilled into him. which will probably never be forgotten. and in after life he will not only look back to these beginnings with feelings of reverence and love, but the recollection of them may serve to strengthen him in some good resolution, and help him to resist many a powerful temptation.

Teach the young, also, to hate hypocrisy and artifice; to love

sincerity and earnestness, to be straight forward and honest at any sacrifice, to despise vice and wickedness in all shapes, but especially to detest it in the educated, and, above all, when practised under the cloak of religion.

The period of childhood being essentially a time when the heart is inclined to be light and gay, and when very simple pleasures produce halcyon days, all is to be done that can contribute to happiness. Consequently, amusing occupations should be provided, out-of-door pastimes, so congenial to youth, encouraged; the child allowed to mix with playfellows of his own age. No error can be more ridiculous than that of attempting to force the young to shun innocent recreation for fear of making them too fond of pleasure. Indeed, the very failing which it is desired to avoid by so doing is engendered. Let parents be content with showing that no pleasures give so much satisfaction as those which are earned by work; and that pleasure is lost by the continual pursuit of it, or, as Plato very eloquently expresses it, "Pleasure and pain are two fountains set flowing by nature, and according to the degree of prudence and moderation with which men draw from them, they are happy or otherwise. Their channels run parallel, but not on the same level, so, that if the sluices of the former are too lavishly opened, they overflow and mingle with the bitter waters of the neighboring stream, which never assimilate with this fair fluid."

In pursuits and occupations such as these, time glides away and the child passes onward to boyhood or girlhood; as the mind becomes stronger, so the quality of the mental food must be improved; the studies being extended so as especially to strengthen the memory, to exercise the reasoning powers, to render the mind vigorous, and to promote the general intelligence. At this period must be inculcated lessons of *truthfulness, patience, contentment, self-denial, love and fortitude*. Even now attempts may be made to cherish in the child the two attributes which, in the opinion of Epictetus, constituted a wise man; the power of bearing and forbearing. Moreover, early and frequently, it should be impressed upon the boy's mind, not only that it is his indispensable duty to excel in whatever may be his pursuits, but that it is undoubtedly within his power to attain a high degree of excellence. An intelligent teacher will endeavor to discover which faculties are too weak in a pupil, and which too vigorous, so that while all are duly exercised, the former may be especially strengthened and the latter partly repressed.

So, also, tastes and inclinations of the young should be ascertained, for "the nature of the boy" as Plutarch observes, "is the material to be worked upon, the soil in which the seeds of knowledge and virtue are to be sown."

The increased refinement and cultivation of all classes in the present day, renders it necessary, to use a simile of Sydney Smith's, —that the mind be accustomed to keep the best company, if only to avoid the mortification of being deemed ignorant and inferior. But there are more powerful reasons for selecting the books which are to be put into the hands of the young with great judgment and caution, for there are numerous writings which prove as destructive to the mind of the young reader, as the volume presented by the physician Douban, is said to have been to the body of the Grecian King, who, as the Arabian tale relates, imbibed fresh poison as he turned over each fresh leaf, until he fell lifeless in the presence of his courtiers.

The books which are most suitable, are such as, without forcing the tender intellect, lead to enquiries into the reason of things, and suggest good thoughts, such as promote determination and decision of character, such as show that all good deeds are accomplished only by incessant industry and earnest zeal, such as teach men to excel by lifting up themselves, and not by depreciating others, and such as inculcate pure principles of action, and a horror of cunning, selfishness and irreligion. It is unfortunately too true, that the most extreme credulity is not inconsistent with the greatest scientific attainments. That which seems the most absurd and marvellous superstition is not irreconcilable with the highest education, and the utmost prostration of mind is not incompatible with the loftiest range of intellectual power. Hence to impart knowledge and inculcate a love of it, without at the same time teaching its right uses, is only to be compared to playing a game of chance, or to venturing in a lottery where the chance of accidents may produce a prize, but where the odds are largely in favor of a blank. It may even be stated further, that superficial or perverted knowledge may be a greater evil than ignorance, for one makes men powerful demons, the other merely powerless animals, "a little knowledge," says Bacon, "makes men irreligious, but profound thought brings them back to devotion."

To train a child aright, it is certain that severity is very seldom if ever necessary, a clear, distinct, kind, but determined manner upon the part of the parent being alone necessary. I am, of course, supposing that endeavors are made to teach by example, that the influence of kind words, which, when used by those that

are loved and honored, have great weight, is tried; that the lessons imperceptibly taught by the daily life at home are thoroughly sound, and that the softening influence of courtesy and affection is shed over all.

The rectitude of the father, the self-denial of the mother, and the earnestness with which both pursue their daily avocations, make a great impression on the youthful mind; and even much slighter incidents which the thoughtless may only regard as trifles, often serve either to develop good qualities, or to pervert the yet unformed judgment.

Among the most important of the quiet lessons taught by home influence, the duties of friendship and relationship may be alluded to, for it is by the proper performance of these duties that life is made happy and mankind benefitted. We should especially teach the young the value of true courtesy to all, the necessity of taking a strictly just view of their own conduct, but a very lenient one of the actions and opinions of others, the importance of attending to the many small and individually trivial, but collectively important laws, by which society is bound together, and the fearful consequences which ensue from encouraging feelings of envy, hatred and malice.

At the same time, warnings may be instilled, and observations made to show the true uses of friendship, to teach that he who does a base thing, in zeal for his friend, "burns the golden thread that ties their hearts together." South, I believe, says in one of his sermons, "that sorrows by being communicated grow less, and joys greater; for sorrow, like a stream, loses itself in many channels, while joy, like a ray of sun, is reflected the more powerfully when it rebounds upon a man from the breast of his friend."

The performance of good offices towards our fellows, not only confers immediate gratification, but permanently ennobles our dispositions, and enables us at the close of the evening to give a cheerful answer to the question that each one should put to himself—What have I done this day?

Lastly, we should urge that the youth should be shown by the parents' course of conduct, that, as members of society, all men have certain heavy, moral obligations, which it is incumbent upon them to discharge, and that he who discharges them best will be the happiest, independently of his occupation or his station in life.

Editorial Notices and Answers to Correspondents.

In answer to many inquiries as to which is the best water filter, we can unhesitatingly recommend those made by "Prowse Bros." The principle upon which they act is good, and the late improvement of having an enamelled receiver is excellent, it keeps the water clear and sparkling, and frees it from the metallic taste which the plain zinc imparted to it. We have two now in use, and therefore can recommend them from experience. Since writing the above, John Gardner, Chemist, of 233 St. James street, has sent us one of Geo. Cheavin's filters for examination—we will report upon it in our next number.

With this number we close Volume I, and as there are still a few of our subscribers who have forgotten to send us the amount of their subscriptions, we must remind them of it. We also beg to state, that we have had a neat cloth cover made, with the title of the magazine and the volume stamped in gold letter on the back, which we can send post-free to any address on receipt of 25 cents.

BOOKS AND PAMPHLETS RECEIVED.

Dr. Richardson on Diseases of Modern Life.

Virginian Medical Monthly.

" " Student.

The Sanitarian, N. Y.

Public Health London.

Sanitary Review "

Sanitary Record "

Dress and Death, 2nd Edition.

COMMUNICATIONS RECEIVED.

From G. W. Henshaw, St. Hyacinthé.

J. H. Bird, London.

Dr. Pickett, London.

Dr. W. Norrie-Earlton.

ERRATA.

Page 353, last line, for "Geesen" read "Giessen".

Page 354, line 1, for "sogemante" read "sogenannte"—for "heufieber" read "heufieber"—for "hew-asthma" read "heufieber".

Page 355, line 13, for "neme" read "neem".

Page 377, line 10, for "I" read "we".