

Technical and Bibliographic Notes / Notes techniques et bibliographiques

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

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

Coloured covers/
Couverture de couleur

Coloured pages/
Pages de couleur

Covers damaged/
Couverture endommagée

Pages damaged/
Pages endommagées

Covers restored and/or laminated/
Couverture restaurée et/ou pelliculée

Pages restored and/or laminated/
Pages restaurées et/ou pelliculées

Cover title missing/
Le titre de couverture manque

Pages discoloured, stained or foxed/
Pages décolorées, tachetées ou piquées

Coloured maps/
Cartes géographiques en couleur

Pages detached/
Pages détachées

Coloured ink (i.e. other than blue or black)/
Encre de couleur (i.e. autre que bleue ou noire)

Showthrough/
Transparence

Coloured plates and/or illustrations/
Planches et/ou illustrations en couleur

Quality of print varies/
Qualité inégale de l'impression

Bound with other material/
Relié avec d'autres documents

Continuous pagination/
Pagination continue

Tight binding may cause shadows or distortion along interior margin/
La reliure serrée peut causer de l'ombre ou de la distorsion le long de la marge intérieure

Includes index(es)/
Comprend un (des) index

Title on header taken from: /
Le titre de l'en-tête provient:

Blank leaves added during restoration may appear within the text. Whenever possible, these have been omitted from filming /
Il se peut que certaines pages blanches ajoutées lors d'une restauration apparaissent dans le texte, mais, lorsque cela était possible, ces pages n'ont pas été filmées.

Title page of issue/
Page de titre de la livraison

Caption of issue/
Titre de départ de la livraison

Masthead/
Générique (périodiques) de la livraison

Additional comments: /
Commentaires supplémentaires:

This item is filmed at the reduction ratio checked below /
Ce document est filmé au taux de réduction indiqué ci-dessous.

10X	12X	14X	16X	18X	20X	22X	24X	26X	28X	30X	32X
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CANADA
HEALTH JOURNAL

A Monthly Review and Record of
SANITARY PROGRESS

—EDITED BY—
EDWARD PLAYTER, M.D.

Public Health and National Strength and Wealth.

For Contents see next page.

Subscription Price, \$1 a year ; Single Copy, 10 Cents.

Address: "Canada Health Journal," Ottawa, Can.

VOL. XII.

FEBRUARY, 1890.

No. 2.

Nervousness
Horsford's Acid Phosphate

Prepared according to the directions of Prof. E. N. HORSFORD.

Many diseases, especially disorders of the nervous system, are attributable to a diminution of the phosphates, which are found in every fibre of the body. Horsford's Acid Phosphate supplies the phosphates, and relieves nervous exhaustion.

Dr. THEO. F. BRECK, Springfield, Mass., says :

"Very superior in diseases pertaining to the nervous system."

Dr. B. B. GROVER, Rushford, N. Y., says :

"Have prescribed it for nervous irritability, with marked results."

Dr. A. S. MAY Forest, O. says :

"Very satisfactory in controlling nervousness in females."

Descriptive Pamphlet free on application to

Rumford Chemical Works, Providence, R.I.

Beware of Substitutes and Imitations.

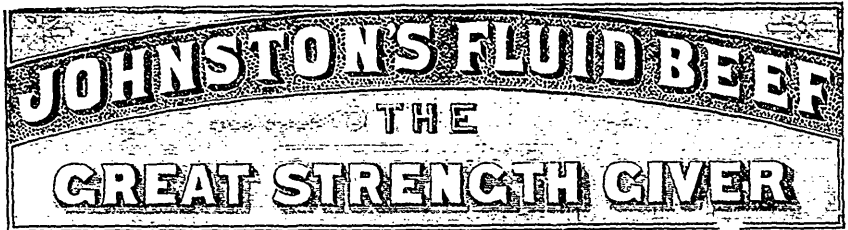
CAUTION—Be sure the word "Horsford's" is printed on the label. All others are spurious.
Never sold in bulk.

CONTENTS:

On Avoiding and Preventing Infection.....	21-22
Curing Colds	22-23
The Influenza Epidemic—what to do before and after it	23-24
One Case of Many--The Destructive Work of Disease.....	24-25
“Ye Gods, it doth Amaze me.”.....	25-27
On the Early Care of Infants.....	27
Miscellaneous Notes and Selections.....	28-33
Notes from Health Reports.....	33-34
EDITORIAL NOTES.....	35-39
Notes on Current Literature.....	40

THE BEST FOOD TO IMPART STRENGTH.

This is the testimony of all who have used



The steadily increasing demand for it at this season of sickness is the best evidence that it is appreciated as **A STRENGTH-GIVING FOOD.**

It Contains All

The **NUTRITIOUS** and **STIMULATING** ELEMENTS
of **Meat.**

Libraries, Colleges, Schools, Etc.

WE take pleasure in announcing that we are now fully prepared to supply all Libraries, Colleges, Schools, etc., large and small, with such Books as they may need. With our own house in Paris, and our agencies in London, Leipzig, Milan, Madrid, Yokohama, Mexico, etc., etc., and our own stores in New York and Chicago, our facilities are such that we are enabled to execute all import and domestic orders for

BOOKS, PERIODICALS, MAGAZINES, ETC.

on the most favorable terms, and with promptness. We will import for Libraries free of duty, wherever possible under the law.

OLD, RARE or SECOND-HAND BOOKS. In any language will be supplied on the most reasonable terms. Our Binding Department is prepared to do Book Binding in any style at moderate prices.

Chicago—101 State St.
Paris—17 Axe. de l'Opera.

BRENTANOS,
No. 5 Union Square, N. Y.

On receipt of 1st Cents we will mail you a sample copy of **BOOK CHAT**, which we will thank you to examine and feel confident you will find it of sufficient value to favor us with your subscription.

Our Prices for Imported Books are Cheaper than any House in the United States.

CANADA HEALTH JOURNAL.

A Monthly Record of Sanitary Progress.

VOL. XII.

FEBRUARY, 1890.

No. 2.

ON AVOIDING AND PREVENTING INFECTION.

IT has been popularly believed, and the belief is yet somewhat prevalent, that physicians know of and practice some secret means of preventing infections taking effect upon them. We need hardly say to the readers of this JOURNAL that this is as untrue as it is absurd. It is plain, and it is very commonly believed by medical men, that when the bodily functions are all performed in a healthy and vigorous manner the infections or germs of disease will rarely if ever take root or succeed in establishing colonies in the body. It may be that, with even a strong healthy condition of the system, a very large number—a large “dose,” of the germ finding access into the blood may overcome all resistance and give rise to the specific disease. But this will very rarely happen.

The germs or bacilli of disease find their way into the body in various ways. Typhoid fever and cholera germs are probably always taken into the body by way of the stomach usually, along with the food or drink, and in a healthy stomach will usually if not always be destroyed before they can get any further. The bacillus of tubercle and the germs of diphtheria, smallpox, scarlet fever and measles may possibly be received into the blood by way of the lungs. It seems probable however that sound healthy lungs will resist the entrance of all germs into the blood, and that in such cases the germs would be exhaled with the expired air. In many of those cases in which the infection seems to have been received through the lungs, it is probable that it rather formed a lodgment in the throat or mouth during inspiration and was then swallowed with the saliva. It is well known that many

infections may gain access to the blood through a slight abrasion of the cuticle, the least little scratch or sore, and these develop and cause their specific disease. We not long ago reported a case in which the germs of tubercle were communicated by means of ear-rings or pendants which had been worn by one who had died of consumption. The jewels being, after the death, worn by a healthy young girl, whose ears could not have been perfectly sound; tubercle developed at one early spread to the glands of the neck and then became general throughout the body, Syphilis is not unfrequently communicated by an infected pipe when the mouth is not perfectly sound, and it has been clearly demonstrated that the tubercle bacillus may develop in the lungs if there be the slightest defect in the mucous lining of these organs at which the germ can form a lodgment.

In a late number of The British Medical Journal (Jan. 11 '90) it is stated that Professor Nussbaum recently said: “Since Koch discovered the cholera comma bacillus it has come to be known that no human being living at the place where the epidemic rages escapes this poisonous fungus, for it is in the air we inhale, in the water we drink, upon the food we eat. It is in the soil, and when this is moist and unclean multiplies with extraordinary rapidity. In spite of this fact, in a city of, say, 200,000 persons, visited by cholera perhaps but 1 per cent., that is, 2,000, will be attacked. The other 180,000 persons remain unimpaired in health, although they have all inhaled, swallowed and drunk the cholera bacillus. It is known with certainty that the cholera bacillus is dangerous only to those persons whose stomach

is not in a healthy state, and jeopardizes life only when it passes into the intestines. A healthy stomach will digest the bacillus, and therefore it does not reach the intestines in a living state. It will be remembered that Koch succeeded in imparting cholera to guinea-pigs by using opium injections (into the abdominal cavity) and giving the comma bacilli, with soda solution, in the food—this in order to suspend digestion. Of thirty-five guinea-pigs thus experimented on thirty died with the characteristic symptoms and *post-mortem* appearances of cholera, whereas a large number that received the cholera bacilli alone remained healthy.

It has been clearly demonstrated in the lower animals that certain blood cells or corpuscles, when the animal is in a healthy vigorous condition, will attack and destroy foreign or intruding micro-organisms, such as certain bacilli, when these have gained access into the blood. While on the other hand, in certain circumstances, apparently when the animal is not healthy and the corpuscles vigorous, these are overcome by the invading bacilli, which then develop and multiply.

The great thing, then, in avoiding infectious disease in case of an epidemic prevailing, or at any time, is to endeavor to keep the whole body sound and vigorous and the digestion good. When in the presence of infection, as near to a case of infectious disease, one should keep the lips closed as much as possible, and remain no longer near the case than may be absolutely necessary. It is well not to breathe deeply, and to tie a silk or other handkerchief over the mouth and nostrils. One might put a small piece of cotton, wool or lint into each nostril. One should avoid anything that has been in the sick room, especially articles of food. When a sick room is well ventilated and the air is being frequently changed the danger is greatly lessened as there are then much fewer germs in the atmosphere of the room than in a close room. On going out one should endeavor to get rid of all germs that may have lodged on any part of the body or clothing, especially in the hair of the face or head. Precautions such as these would sometimes save life.

CURING COLDS.

IN the January issue of this JOURNAL there were some suggestions on the prevention of colds. Probably three-fourths if not nine-tenths of the cases of colds commonly prevailing might be prevented and the severity of the remainder be much mitigated by proper care and effort in keeping up a vigorous healthy skin. But there will always be some colds to be cured, and Medical Journals have of late been fruitful in suggesting means for the cure of colds

As a rule, colds are doubtless self-curing and usually "wear" away in a few days, but sometimes they "wear away" the subject of them, and they should NEVER be disregarded or neglected.

Universal medical opinion is in favor of a little abstinence in regard to the diet directly after one has contracted a cold. "Feed a cold and starve a fever" is a very

misleading maxim as commonly understood and which has been singularly and erroneously, and withal stupidly, developed out of a correct one. "If you feed a cold you may have to starve a fever,"—a fever arising perhaps from an inflammation into which the cold in such case would probably develop—was evidently the original form of the maxim.—Hence "feed a cold and starve a fever" is but an abbreviation of a good maxim if understood not as a piece of advice but as a warning.

When the writer has chanced to take a cold he never employs any other remedy than that of abstinence and rest. But such cold is usually only a very moderate or simple one. In a day or two the system from being feverish becomes relaxed and the cold is soon gone.

In the early stage of a cold there is a

greater or less degree of fever, following the chilliness, and in all febrile conditions, it is best to withhold food a little for a day or two at least. If a true "fever" is likely to develop and continue plenty of nourishment must then be given.

We shall not name any of the special medicines recommended in this common disorder. There is no specific, clearly, or so many different remedies and procedures would not be recommended. The Medical News recently gave the following five different remedies, all of which are simple. 1. Bathe the feet in hot water and drink a pint of hot lemonade. Then sponge with salt water and remain in a warm room. 2. Bathe the face in very hot water every five minutes for an hour. 3. Snuff up the nostrils hot salt water every three hours. 4. Inhale ammonia or menthol. 5. Take four hours' active exercise in the open air.

In reference to the first we would say, remain in a warm bed, as well as a "warm room"—when one is not well there is no

place like the bed—with absolute rest. The hot foot bath and hot drinks in a warm bed might best be followed in nearly all cases with an aperient: in plethoric, vigorous subjects a brisk purgative is always useful. The second, third and fourth remedies would no doubt be good for a cold in the head, previous to and even during the catarrhal stage. A few are cured, or the cure seems to be hastened, by adopting the fifth plan, but we do not recommend it. After the cold be "broken up" however—after a day or two or possibly three of rest with a moderate allowance of plain food, it is well to go out and stay out a good deal. When cough follows, it will sometimes continue until one does get out freely in the fresh air. The most perfect ventilation of rooms is essential in all cases. If a cough after a cold lasts longer than about ten days or a fortnight after it has commenced or be not then fast disappearing apply to a reliable physician, take no quack nostrums.

THE INFLUENZA EPIDEMIC—WHAT TO DO BEFORE AND AFTER IT.

THE present epidemic having assumed such tremendous proportions, and proved comparatively so fatal, for heretofore influenza had been made but light of, it is now most essential that every one give special heed to its prevention; and as the after effects are altogether of the most serious character, we would particularly urge all in convalescing, to "make haste slowly."

Elsewhere we give an article on avoiding and preventing infection, but in this case, the epidemic being upon us, it is almost, though not quite, too late to practice what is there laid down. It never is too late to endeavor to fortify the system by a simple nutritious diet, particularly regular habits and bathing and cleansing the skin; although it would not be well to make sudden nor great changes even in this regard just at present.

We strongly deprecate the use of any of the too frequent prescriptions sent to

newspapers by either interested or misguided benevolent persons. The papers dislike to refuse their publication. They cannot possibly do much good and may do an incalculable amount of harm.

As a physician is not always employed, and as many will not always be as particular as they should be in following the instructions of one when employed, especially in convalescing, we cannot do better than give the following excellent extracts from Medical Classics.

The startling increase in the death rate emphasizes the importance of the employment of physical care on the part of all, healthy and sick alike. Exposure to extremes of temperature should as far as possible be avoided, especially by the aged and by those who are afflicted with pulmonary disease. Persons suffering from "cold" or suspected influenza, should seek medical aid at once.

There is one very essential rule which

all should give careful heed to, and that is, that all who are attacked should at once go home and remain there until convalescence is assured.

The seemingly mild attacks have often been the most obstinate, simply because they have been so generally neglected, and the victims continued to go about their accustomed duties, thoughtlessly taking the risks of exposure to cold and damp. In such cases the trouble runs on for days.

Relapses are as frequent as they are dangerous, and pass by a very easy transition into the various forms of bronchitis, pleurisy, pneumonia, peritonitis, and kidney or heart troubles. When the patients feel a trifle easy, they get up, and go along the even tenor of their daily way; but ere long the cough again increases, and more or less fever, and a miserable pulse indicate to the patients that they have not recovered. When there is much exhaustion, death from heart failure may occur suddenly.

The return of any of the cardinal symptoms of grip—such as fever, cough, and lassitude, imperatively indicate rest and quiet, as well as simple and nourishing diet, as broth, milk, &c.

However brief and trifling the attack of influenza, the patient must keep quiet, and not think of leaving the house, while the weakness produced by the disease exists. Until every trace of fatigue has disappeared, the only safe course is to stay in-doors and make no attempt whatever

to attend to affairs. Out-door exercise is allowable only when the weather is clear and bright and it should be taken with great moderation. The convalescent should be very careful to avoid carrying the out-door walk to the point of weariness or exhaustion. Two or three short walks will be of decided benefit, whilst a prolonged walk, if carried to the point of taxing the enfeebled system, may induce a relapse.

The diet has to be regulated according to the condition of the digestive organs. When the patient has appetite, we cannot understand why he should not take simple and nutritious food. But when, because of the continuance of the disease, great weakness has set in, the patient should be carefully watched and his diet stringently regulated, for the reason that the stomach remains for a long time in a remarkably atonic (weak) condition. The patient should also be cautious in not leaving the house too soon, until it has been ascertained in what degree the lungs have become irritated. Lung troubles may develop so insidiously as to be overlooked.

Some had encouraged the hope that the influenza epidemic would begin to abate with a change to colder weather. Experts who have followed and studied the course of this disease did not share this optimism, and even predicted that the cold would increase the gravity of the symptoms, and render more dangerous such after effects as pneumonia and peritonitis.

ONE CASE OF MANY—THE DESTRUCTIVE WORK OF DISEASE.

A woman in this city, a Mrs. San Cartier, who supplies our family with vegetables, has given us the following sad history of her family. Eighteen years ago she lost her first child, Mary, aged 23 months, by death from smallpox. Eight years after, another of her children, Rosy, aged over six years, died from "black croup" (possibly diphtheria, having been misnamed). During the time of the death of these two the family lived in a

small town in the province of Quebec. Later they moved to this city, Ottawa. About two years ago three of her remaining children died from diphtheria: Emily, aged eight years; Benjamin, aged six years; and another aged two years. Of seven children, Mrs. San Cartier has but two living. Five have died from purely preventable causes. The aggregate ages of the five was about 25 years. It is probable that had their mother and father, or either

of them, been possessed of more practical knowledge relating to the diseases which caused the death of their children, and the means of avoiding them, the children would have been saved and be still living. Were they now living, they would be aged about 20, 16, 10, 8 and 5, respectively, and two or three of them would be in all probability of some use to their parents or others. The family now instead of counting in a census only four in all, would count nine. To say nothing of the bereavement, nor of the costs of their sickness, in paying doctors bills and druggists bills, the parents had sustained them—nursed, fed and clothed them—in all during what would be equivalent to sustaining one child a period of twenty-five years—the aggregate age of the five. This was a total loss, not only to the parents but to the country—a loss of just what it would cost to keep

a child for 25 years; amounting to many hundreds if not thousands of dollars.

There are doubtless thousands of families throughout Canada which have been reduced in like manner, from nine or twelve or more in number to four, five and six individuals, by deaths from preventable diseases. Yet but very little is being done to prevent this destruction of young human life. Hardly any special systematic means are being employed for educating the masses of the people in matters pertaining to health. It is true something has been done in this way, but comparatively very little. And so death claims many victims and the waves of mortality roll high all over the land; probably, or, as shown by the mortuary statistics not less than twenty per cent. higher than in over crowded England.

“YE GODS, IT DOTH AMAZE ME.”

THE following from Medical Classics will interest both medical practitioners and other readers at this time.

Epidemic influenza is the most contagious disease known. There are authentic cases where crews of ships have caught it from merely sailing past an infected coast, even at a distance of miles.

The present epidemic has spread until it has become pandemic. In Paris, at the time of writing—January 7, 1890—out of a population of two and a half millions it is estimated that one million have been or are its victims. Here in the City of New York, Dr. Edson, of the Board of Health, estimates that fully half a million of people are its victims.

A disease which causes medical men as well as laymen to exclaim:

“Ye Gods it doth amaze me,”

ceases to be absurd. Medical science must bestir itself. The welfare of humanity, and, our professional pride demands every possible activity, in searching for its cause, prevention and cure. Medical men cannot pass lightly by the taunts that have

been flung at us by the lay press so frequently of late, that, “physicians and scientific experts are alike at fault and powerless in the face of the varying symptoms and terrifying progress made by the epidemic. While the doctors are debating and charlatans are making fortunes by trading on the timidity and ignorance of the panic-stricken masses, the disease continues its course practically unchecked and with increasing virulence.”

History repeats itself. The same slurs, taunts and sneers were cast in the teeth of the medical profession, long, long ago and many times and oft. Tobias Venner, writing in 1638, speaks of this very habit and says some good things concerning the poor taste and ignorance that it shows: “It is strange,” he quaintly remarks, “to see the ignorance of most people, how backward they are to give the learned Professors of Physick their due, and ready to lay scandals upon them: but forward to magnify Empiricks, their physick, their honesty, their care, and to excuse and passe over their grosse slips and absurdities.”

Nowhere is it affirmed that physicians are the lords of life, the masters of all natural forces, nor of such magic as to overcome the operations of cause and effect. It is manifestly impossible from present data, to discuss upon a purely rational basis, a disease of unknown origin, becoming universal so suddenly, and stealing a march on everybody, like a thief in the night.

In the times when diseases were laid upon men by supernatural powers, the remedy was likewise looked for from occult or mysterious sources. Assuaging angry gods and expelling evil spirits who had taken their abode in the human body were feats to be achieved only by a peculiar class of men endowed with superhuman powers.

The mediæval doctor was an imposing personage, who was stared at with wonderment and awe. He was supposed to know all the secrets of creation, and, indeed was greatly concerned about alchemy, astrology, the search after the elixir of life, the philosopher's stone, etc. Demons were not excluded from his atiology; he respected the devil, and the devil respected him. His professional acts were held to spring from divine inspiration, which by no means precluded their successful coping, in point of absurdity, with the frantic performances of an Indian medicine man.

Speaking in the name of a grand and noble profession, Medical Classics replies to unmerited sneers and taunts. The medical man of to-day claims to be, *simply a man; a self-sacrificing* alleviator of human suffering, and, a searcher for *simple truth*. We claim no occult powers—we are *simply* human, and, there is a power in the *simple truth* which no verbal gloss or exaggeration can enhance. Moral rectitude is the essential attribute of a good citizen and moral rectitude is the guiding star of the medical profession of our day.

"Who does the best his circumstances allow;
Does well, acts nobly: angels can do no more."

True Science, like true Philosophy, always gives more than she takes; and with the same breath that she tells us worlds may cease to palpitate, she tells us,

also, that the forces which gave them all their vitality can never be crushed into nothingness except by the hand of Him from whom they emanated.

"Truth is truth
To the end of reckoning"

Brethren, of a divine calling, what of the day? Diligent you have been in that calling—by gods appointed, according to Paré, and some of you have already fallen by the wayside, stricken down by the nineteenth-century plague, in the performance of arduous professional duties, that have been a fearful mental strain. The heroism of the medical profession is what it always has been—grand, sublime and worthy of all admiration. "Honor the physician with the honor due him," says Jesus, the son of Sirach, whom Paré considered the wisest among the Jews, "for the most High has created him because of necessity; and of the Lord cometh the gift of healing."

Each century in succession has contributed something to the store of general knowledge, and it would be strange and depressing indeed, if those who have the good fortune to be born in the later ages should not be richer in the possession of truth than those born in the earlier times. Had Aristotle lived in the time of Bruno, he would most certainly have made fewer false statements. And Bruno's teaching in its turn falls before that of Darwin and other philosophers of our day.

Epidemic influenza has been laughed at, made light of, and the butt of jests, both sorry and merry, as being but an exaggerated form of an ordinary cold in the head.

On the principle that he laughs best who laughs last, no one laughs now, and doctors and laymen alike have ceased to regard it as "something simply benign."

Its "benignity" is strikingly exemplified not only in the fact that it has greatly swollen the mortality from pneumonia and other lung troubles, but in the augmented death rate from heart disease. It upsets the whole nervous system of its victim, and it has hurried to their graves many already suffering from valvular and other diseases of the heart.

A characteristic of the present epidemic is the intense physical and mental depression. Insanity and dementia have, in consequence, increased alarmingly in the past three to four weeks of the epidemic and many physicians fear that the scenes enacted in Europe during the influenza epidemic of 1847, will be duplicated in New York.

Among the various diseases and disorders which have marked previous epidemics of influenza in Europe is cerebral paresis (*paralysis*), and wherever it has

appeared an epidemic of suicides has followed. The epidemics of 1833 and 1837 were marked by great numbers of suicides, due to cerebral paresis, and within the last four weeks, this has increased in this city to such an extent as to alarm the physicians both in hospitals and private practice. Its spread was first noticed at Bellevue Hospital, but so little was known in this city about the Russian influenza that no attention was paid to the spreading brain disorder.

ON THE EARLY CARE OF INFANTS.

NO more important subject can engage the attention of all who are interested in the welfare of the country than that of the early care of the infant population. Not only is this early care necessary to preserve life, but it is also necessary to the good or even fair mental and physical development of the coming generation, and indeed of many future generations, and hence essential to the wellbeing and permanency of communities, and the nation. In Canada while the high infantile mortality, especially in some of our cities, is very high and a standing reproach to the Dominion, it is very high mainly from want of intelligent or proper management of the infants, and this mainly from parental ignorance. Besides this high mortality, no one probably will deny that this want of proper management of the infants is a cause of a great deal of after-life suffering in those who have survived infancy and youth; that it is a cause of a 'want of good digestive and assimilative powers, and hence of vigor and usefulness; a cause of predisposition to infectious diseases; a cause of malformations or defects of structure or function of the vital organs—as for example small lungs or weak heart: or of more obvious outward deformities; and more than all, a cause of a want, from these very physical defects, of moral stamina, self-control and general mental ability and usefulness.

Almost as soon as the infant breathes, or within an hour or two of this time, its delicate stomach is disturbed and deranged by a dose of something—castor oil, butter

and sugar or some other very unnatural and improper compound—when it hardly ever requires anything at all but a warm bath in a warm room, loose clothing, and a warm quiet nest, or to be left quietly at or on its mother's breast if possible, for the first 12 or perhaps 24 hours, or until its own natural food comes.

From the first day all through the most delicate, susceptible period of its life it is fed with improper food. "Oh, just what we eat ourselves," the mother will often reply, when asked by the now attending physician what sort of food she has been feeding her perhaps hardly one year-old child. And "what we eat ourselves" is usually bad enough for adults. It is dosed with medicines—soothing syrups, etc.—to counteract the effects of the improper food. It is improperly clothed, deprived of fresh air and sunshine and often taught to walk too soon. Is it any wonder then that the child dies young or that in all its after life—all through manhood or womanhood, sickness and suffering are its "common lot."

Probably not less than 150,000 infants are born in Canada every year—over 400 every day. Considerably over one-third of these, in the cities, die before reaching the first anniversary of their birth, and much more than one half never reach manhood or womanhood. Is not this shocking? What is to be done? This is not a question easily answered. But efforts must be made. On another occasion we shall endeavor to point out some means of remedying the evil. All means, however, must be based mainly on education.

MISCELLANEOUS NOTES AND EXTRACTS.

THE LEPROSY QUESTION. - At the recent dinner in London in aid of the National Leprosy Fund, the Prince of Wales in the chair, Sir Andrew Clark said :—The evidence was conclusive that not only did leprosy exist in larger measure than in recent years, but that new centres were springing up in various quarters and the old centres were widening, and before England and the civilised world there was looming a condition of affairs which might by growth threaten civilization. . . . The present condition of lepers was terrible enough ; but the disease was slumbering, and it took a long time to develop into greater proportions. If it ever assumed a certain growth, its devastations would be terrible." The objects of this fund, the Prince of Wales said, was this : if a sufficient sum could be collected it had been decided that a portion should be set apart for the endowment of two scholarships, the holder of one of which would make it his business to study the disease in the United Kingdom and in Europe, while the holder of the other would go abroad and study the disease in India, China, the Colonies, and elsewhere.

THE CONTAGIOUSNESS of leprosy is doubted by some authorities, although we think the weight of evidence is in favor of the contagious theory. It appears to be plainly contagious in certain circumstances. That is, those who are susceptible, who provide a soil for it, through certain habits of living, especially of diet, become infected. It would seem that these predisposing causes are peculiar and not very general. There must be a special soil. Mr. Johnathan Hutchinson, president of the Royal College of Surgeons, at the London dinner said : As to what His Royal Highness had said about the segregation of lepers, that was a matter on which further investigation might prove that two opinions were tenable. In England there were a certain number of lepers residing, not in the least isolated, and yet no focus of leprosy was created. Some of the lepers coming to England grew well, the great majority improved, and in no case was there any necessity for segregation.

AS TO CANADA, there is not much to be feared. The Empire recently gave a timely article, and in referring to the Lazaretto

in New Brunswick said the matter was "worthy of the attention of those persons to whom the care of the community was intrusted." We believe this care should be rather on behalf of those who are as yet unaffected, in order that they shall not become predisposed to the disease. Dr. Hansen, the Norwegian discoverer of what is thought to be the bacillus of leprosy, came over long ago to trace the history of leper immigrants who had settled in Wisconsin, Minnesota and Dakota. Of 160 original leper immigrants he was able to find only 13 ; a few more may have been living, but nearly 147 were dead. Of all their descendants, so far as great-grandchildren, not one had become a leper. The failure to spread there was thought to be due to the improved conditions of living which the immigrants are able to secure on this side of the ocean.

IMPORTANT TO FATHERS—A STRIKING CASE.—The following from the Philadelphia Medical and Surgical Reporter. A Weekly periodical of high standing, is very suggestive and is being published in other medical journals. A mother said :—I have one child, a little girl not two years old, who was as healthy as the birds when she was born. Ever since she was old enough to be less in the nursery and more with her father and me, she has ailed mysteriously. I could not say she was ill, yet she was hardly ever well. I was in a perpetual state of anxiety about her. The symptoms were absence of appetite, complaints of sickness, stomach and digestion out of order. Last August I took her to a country town for two months. After the first week, she flourished like a young bay tree, ate, and drank, and laughed, and played, and slept, and kept me forever busy enlarging her garments. I brought her home rosy and robust. In one week all the old symptoms reappeared—loss of appetite, dark lines under the eyes, listless ways, restless nights. Some one suggested that the neighborhood did not suit her ; she caught a severe cold and was confined entirely to one room for three weeks. She recovered her health completely. Appetite, spirits, sleep, all returned. It could not

be the neighborhood. She joined us downstairs again. In less than a week, sickness, etc., returned. I was in despair. For nearly three months I racked my brains about drains, wall-paper, milk, water, sauce-pans, any and everything in vain—the child slowly wasted. The weather was too severe to take her away. In an agony of mind, I noticed that, so far from out-groing her clothes, they were too large for her. The little thing was not eating enough to keep up her strength, and we could not coax her to eat. Yet she was not really ill; she ran about and played in a quiet way and looked fairly well to those who had not seen her more robust. Suddenly my husband was summoned into the country. A week after he went, she began to eat with a relish. In a fortnight she was her own happy self, full of riotous childish spirits. 'Her father has never seen her like this,' I remarked, one evening, when she was particularly merry and mad; and then the truth flashed upon me. It was his tobacco that upset her. He has been away now for a month; and the child's limbs daily get firmer and rounder, and she is the merriest, healthiest little mortal possible. He always smoked after breakfast and after lunch, with her in the room, neither of us dreaming that it was injurious to her. But for his providential absence this time it would never have occurred to me and we might have lost our darling, for she was wasting sadly. It was acting like a slow poison." It seems to me probable from the above history, says the Editor of the Medical and Surgical Reporter, that the child was confined to the nursery for the first few months, and not with the father when he was smoking, and was thus not affected as early as children often are. With rich people, in cities, the "smoking-room" saves children, infants at least, from early poisoning by tobacco-smoke. But that thousands of infants in the homes of the poor in the small crowded houses of the alleys in cities are sufferers from this cause is quite probable. People with consumption and other exhausting diseases are sometimes greatly nauseated by the odor of tobacco brought into the sick room by a physician much given to the use of tobacco. I have several times heard them speak of its being very offensive to them. As "a word to the wise is sufficient," it seems to me quite proper to call the attention of the profession to this cause of disease, of suffering, and oft-times of premature death.

TOBACCO SMOKE IN MEAT, ETC.—IMPORTANT EXPERIMENTS.—M. Bourrier, an inspector of the slaughter houses of Paris, has lately reported to the *Revue D'Hygiene* the results of some experiments to determine the influence of the fumes of tobacco on food of animal origin. Two kilograms of raw beef were minced and subjected to the fumes of tobacco for some time. When offered to a dog of medium size which had been deprived of food for twelve hours, the dog refused to eat it. Concealed in a piece of bread, it was taken with avidity. At the end of twenty minutes the dog showed uneasiness and abdominal pain, and uttered plaintive cries. The respiration became noisy and embarrassed, the flanks heaved, the tongue hung from the mouth, the alvine evacuations became abundant, and the animal died in horrible convulsions. Various other kinds of meat, raw, broiled, roasted, etc., were used in the experiments, and with results similar, but varying in intensity. It was found that raw meats, and those which are moist and tender, absorbed the tobacco smoke more readily than others, and that strawberries and raspberries readily absorb the smoke from a tobacco pipe. The inference which the author would draw from these experiments is, that food which is subjected to the fumes of tobacco smoke, during the process of preparation in factories or other places, may absorb enough of the tobacco poison to become injurious to the health of consumers.

SANITARY WORK AND ITS RESULTS IN BRUSSELS.—Of late years the city of Brussels has been doing excellent sanitary work, says the official organ of the Maine State Board of Health, and the results have been correspondingly encouraging. From 1868 to 1888 the annual average number of cases of nuisance removed, sanitary improvements made, or premises disinfected, increased from 757 to 2,146, and as the amount of sanitary work increased the general death rate gradually decreased from 29.3 in 1000 population, in 1868 to 22.9 in 1888, and the deaths from zymotic diseases have come down from 4.60 to 1.31 in the same time. The Brussels Sanitary Bureau costs 48,000 francs a year; and if we estimate every life saved at only £40 (200 dollars), this outlay in sanitary administration is equal to an investment bringing in an annual interest of 1,400 per cent.

THE LONDON INFLUENZA OF 1847.—Dr. Samuel Wilks, of Guy's Hospital, in a letter to the *Lancet*, December 28, 1889,—(New York Medical Journal)—gives some interesting recollections of the influenza epidemic of 1847, which resembled closely in its clinical characters that from which we are suffering to-day. He specially noted the absence of catarrh of the nasal and of the ocular mucous membrane. Particularly in cases which were fatal by inflammation of the chest organs there was no initial catarrh. The fatal cases were by bronchitis, pneumonia, pleurisy, and endocarditis. The occurrence of the latter was remarkable, as there was no rheumatism to account for it. There were several cases at Guy's Hospital of sudden fatal pleurisy. In none of the cases was there any catarrh. Although the increase in mortality was very great, the percentage of deaths in those attacked was small. The whole of the medical staff at Guy's were in turn attacked, although their illness lasted only a few days, and Dr. Wilks remembers that on one occasion not a single member came to the hospital to go round the wards or to lecture, so universal was the epidemic.

INTUITIVE WISDOM OF THE INDIAN.—A medical exchange says, the Indian is not such a fool as many think, and seldom has he more wisely displayed his native or intuitive wisdom than in the recent execution of a "medicine man," in Wyoming Territory, because he failed to keep the members of his tribe well. The Chinese and the Indians seem to have the true conception of the proper function of a doctor, for they look to him for the preservation of health; it is only the wise, civilized white man who waits until disease is on the warpath and then hurries for the doctor to combat it. The Indian and the Chinese believe in prevention; we believe in cure, if we can cure; which civilization, think you, seems the most civilized?

THE DEADLY OVERCOAT.—FROM THE LONDON LANCET.—We protest against the indiscriminate use of the thick and heavy overcoat. We would rather see men in fairly robust condition, especially if young, clad warmly next the skin, and wearing either a light top coat or none at all. There can be no doubt that the habitual use of great coats is indirectly accountable for the chills which they are intended to pre-

vent. The man of sedentary habits emerges daily from a warm breakfast room clothed in his ordinary winter garments, with probably woollen underwear, and over all the heavy ulster or top coat. After a short walk he finds that the sense of warmth he began with is more than maintained. He arrives at his office or place of business, and off goes the overcoat, though the air of the newly opened room is as cold as that without, and draughtily in addition. During the day perhaps he travels to and from adjacent business houses wearing only his house clothing. The overcoat is laid aside till closing time reminds him of the journey home. The frequent result is that somehow, between the hours of his departure and return, he is chilled. No doubt he would run as great a risk if, lightly clad, he were to face the rigor of a winter day. In this case, however, exercise and habit might do much to develop the power of endurance, and there would, at all events, be less danger of sudden cold acting upon a freely perspiring surface.

CONVENTIONAL MOURNING OR HEALTH? —Which shall it be? The time has come to choose. The N. Y. Medical Journal says: A movement has been started in England to put an end, if possible, to the present irrational mourning costumes that exact of women great personal inconvenience, physical injury, and disastrous expense. The conventional costume of a well-bred widow, for instance, possesses every known quality of unhygienic, non-æsthetic, and costly dress. Proper exercise while she is wearing it is out of the question. The husband who loses his wife escapes such outward trappings, not being forced to adopt any special habiliments that can incommode or injure him. In this new crusade of common sense Lady Harberton takes the lead, setting forth in a recent article the reasons why existing mourning costumes should be abandoned by all sensible women. She suggests that persons should provide in their wills that no mourning should be worn for them. To the pang of leaving a family is added the thought that our loved ones will be suffering physical discomfort and perhaps disease by the fashion of mourning for us. The materials now in use are in themselves injurious, the dyes being often of a poisonous nature and frequently injuring the skin and ruining the complexion. The whole matter, like every other social and domestic question, rests entirely with op-

pressed woman-kind. Women are not driven into mourning at the point of the bayonet. The Quakers get along very well without wearing it at all. The sincerity of their grief is not questioned because they remain clad in every day attire. Grief would seem to be a personal affair, sacred to the bereaved individual, needing no outward sign of its having taken the world into its confidence. The moral influence of mourning is even more to be deplored than its physical effects. Gloomy garments, darkened rooms, all the subdued life of the house of mourning, depress the powers, lower vitality, and absorb an undue quantity of domestic ozone. Speed the day when it shall be considered unbecoming to wipe our eyes upon the public or to dust our neighbors' shelves with any personal woe! All that Diogenes asked of Alexander was that the king should stand out of his sunshine. And we all have a right to demand of society that it take its mourning out of humanity's sunshine.

LIABILITY OF PATENT MEDICINE VENDORS.

—A decision which may be important has recently been given by the Supreme Court of Georgia as to the liability of the proprietor of a patent medicine (so-called) for injury produced by its use, (Bost. Med. and Surg. Jour.), the Court held that as the proprietor of such a preparation intended its composition to be secret, and expected to derive a profit from such secrecy, he was liable for all injuries by anyone who takes his preparation in such quantities as may be directed by him. It is not, the judgment runs, "the duty of a person using medicine to ascertain what poisonous drugs it may contain. He has a right to rely upon the statement of the proprietor, printed and published to the world; and if thus relying he takes the medicine and is injured on account of some concealed drug of which he is unaware, the proprietor is not free from fault, and is liable for the injury thereby sustained."

THE GASTRIC JUICE A GERMICIDE.—Drs. Straus and Wurtz (in Brit. Med. Jour. from paper in Arch. de Med. Exper.) have conducted a series of experiments in order to ascertain the action of the gastric juice on the bacilli of tubercle, charbon, typhoid, and cholera morbus. The juice from man, dogs, and sheep was selected for the experiments. It was found that digestion for a few hours at a temperature of 100° F. destroyed all the germs. The bacillus an-

thraxis was killed in half an hour, the bacillus of typhoid and cholera in under three hours, whilst the bacillus of tubercle bore digestion for six hours, under which time it was still capable of provoking general tubercular infection. Even when digested for from eight to twelve hours the bacillus was still capable of producing a local tubercular abscess, not followed by general infection. Over twelve hours digestion destroyed it completely. The germicide influence of gastric juice appears to be due to its acid contents, as it was found that hydrochloric acid alone, dissolved in water, in the same proportion as it is in gastric juice, proved as active a destroyer of the bacilli. The pepsin appears to have no influence on the germs. Drs. Straus and Wurtz, wisely remind their readers that the germs, when protected by animal and vegetable tissues and introduced into the stomach in ordinary nutrition, are not exposed to so direct and prolonged action of the acid constituents of gastric juice as in these experiments.

SANITARY SUPERVISION OF SCHOOLS.—

A paper on the necessity for sanitary supervision of schools, by Dr. Geo. H. Rohé, of Baltimore, (in Jour. of Am. Med. As.), contains an excellent summary of the subject. As a remedy for the evils admitted to exist in all schools Dr. Rohé proposes the appointment by the Board of School Commissioners of special officers to act as "Sanitary Supervisors of Schools." It would be the duty of these officers to secure the proper construction, ventilation, heating, lighting, and furnishing of school buildings, and to concert with municipal authorities, teachers, and parents means of preventing the spread of contagious and infectious disease. His duties would also include a medical examination of children on admission, and a general supervision of their health while pupils, directing attention especially to the prevention of overpressure and the removal of the causes of short-sightedness, such as improperly designed desks, badly-printed school books, and insufficient illumination. He would also test the vision of all children once a year, and would give instruction to the teachers upon principles and practice of school hygiene. A committee has been appointed by the American Medical Association to report on the advisability of securing legislation in this direction.

THE MENTAL TORPOR REMEDY.—Complete intellectual torpor, says the Popular Science Monthly, is recommended as a remedy for overweariness by a writer who, to sustain his view, brings pertinent illustration to the support of argument. Such a condition is almost superstitiously avoided by hard-working men, who are disposed to regard it as a waste and an idle indulgence. But "there is no more harm in intellectual torpor for the sake of the mind's health, than in sleep for the sake of the body's health, and its duration ought to be governed only by expediency. As to the curative effect of torpor, we have no doubt whatever. So far from the mind being weakened by total rest, or the energies diminished, both wake after a time fully recovered, and repossessed of the old readiness to exert themselves to fatigue. 'I am tired,' says the cued man to himself, 'of doing nothing'—that is, he has recovered the power to do things easily, which is the mark of mental health. The mind itself is, in fact, often positively stronger, having grown in its sleep—Like everything else, by determining to have it—that is, by a persistent resolve to be lazy, to do nothing, read nothing, think nothing, and say nothing, that involves the smallest upspringing of the sense either of trouble or of effort."

The law of Minnesota is now such that a man who appears in the streets drunk will be fined, for the first offense, from ten to forty dollars; second offense, from twenty to fifty; third offense, imprisonment from sixty to ninety days. The "imprisonment" should be in an inebriate asylum.

The London Hospital, one of the leading medical journals of England, recently mentions the great consumption of flesh food in Australia as a cause of the marked increase of diseases of the stomach, liver, and the nerves in that country.

SOME European manufacturers, who have placed facilities for bathing at the disposal of their operatives, say that the lessened sickness-rate, and the more efficient service returned well pays them for all expense.

LIGHT GYMNASTICS are being introduced into some of the public schools of Maine, and the subject of gymnastics in all the schools is said to be becoming one of much interest among the educators of that state.

COW'S MILK AND TUBERCULOSIS IN MAN.—The New York Medical Journal says: "It is said that about one-seventh of the human race fall a victim to tuberculosis. One source of origin is receiving at the present time a great deal of attention. . . It is now known that tuberculosis is very common in cattle. It is stated that the appearance of tuberculosis among certain tribes of men dates from the time when cattle from dairy farms were first introduced.

IMPORTANT EXPERIMENTS.—The following were made under the auspices of the Massachusetts Society for the promotion of Agriculture. Buildings in which cows were kept were cleaned, scrubbed, washed with bichloride-of-mercury solution; and then whitewashed. Before the cows were milked, the udders and teats were thoroughly cleansed. The milk was drawn into sterilized flasks and examined for the *Bacillus tuberculosis*. Milk was thus taken from thirty-six cows, all presenting distinct symptoms of tuberculosis but none having discoverable disease of the udder or teats. In the milk of ten of these cows the *Bacillus tuberculosis* was found—that is, in 27.7 per cent. The cream, after rising, was found to contain bacilli nearly as often as the milk upon which it floated. Numerous inoculation experiments were made with the milk upon rabbits and guinea-pigs, producing tuberculosis in many cases. Feeding experiments on calves and young pigs gave similar results.

TYPHOID BACILLI, according to Uffelmann, may live for at least four or five months when thrown upon the ground.

LEAVE the wielding of the sharp broad-axe to those who make its use their business, and this is a good rule to follow with drugs.

THE Sanitary Volunteer, edited by Dr. Watson, of Concord, N. H., the able secretary of the American Public Health Association, we are sorry to learn, has been discontinued. It was the official organ of the N. H. State Board of Health. The largely increased labors of the editor in the work of the board is the reason assigned for the discontinuance.

Several cases of lead poisoning have occurred in Montreal which have been traced to the use of soft-water and ginger ale kept in bottles with metallic stoppers.

Samples of the "cream" soda have been analyzed by Dr. Ruttan and found to contain a very large quantity of lead.

Fortune knocks once at every man's door; but she doesn't go hunting through beer saloons for him if he happens to be out.

SIR James Johnson says : "No case of purely functional dyspepsia can resist a pedestrian tour over the Alps.

AGAINST throwing rubbish on the street the ordinances in Paris are very strict, and an "American" was recently "arrested" for dropping an envelope on the sidewalk

WARM BATHS in typhoid fever are advocated by Dr. Anaschat (in Deut. Med. Zeit.) He shows excellent results in 150 cases.

IN SPAIN a society was organized last month for the study of tuberculosis, but recently proposed by the President of the Madrid Medical-Chirurgical Society.

A WEST of Scotland Sanitary Association has reached the end of its eighth year and has a membership of 433.

IGNORANCE of the essentials of sanitary knowledge, the Sanitary Inspector says, is a fool's paradise of safety.

A HYGIENIC Institute is about to be established in the University of Heidelberg under the direction of Prof. Knauff.

SMOKING finds neither an admirer nor a supporter in Mr. Gladstone. He has a natural and unconquerable aversion to it, it is said, and that his dislike to the practice was at one time so great that he would not allow the filthy weed to be used in his house.

Among the delegates to the late National Convention of the Society of Christian Endeavor, held at Philadelphia, the Sanitary Era says, there were no smokers. One train, carrying nearly a thousand delegates, had no smoking car.

NOTES FROM HEALTH REPORTS.

THE ANNUAL REPORT of the Toronto Board of Health (for 1889) contains a good deal of suggestive matter of much interest, and as it gives a large amount of correspondence between the medical officer and the board and others specially interested in certain unsanitary nuisances, which shows that the medical officer and his staff have apparently done all that was possible to do with the staff and means at the disposal of the board and the power given it by the Public Health Act, it should prove very satisfactory to the citizens. Thus showing in a clear manner the efforts of the board for promoting the city's health the report is happily and almost amusingly outspoken in dealing with two or three who had made unreasonable complaints. Some unreasonable individuals expect a medical officer with but limited powers, with half the salary of the city solicitor or engineer, and a small staff, to leave not the slightest sanitary defect, among the many of them, within the city borders.

About six thousand complaints had been made relative to sanitary wants and 18,000 visits made in connection therewith during the year; 1,422 notices had been served and 5,473 inspections made after notices; the number of prosecutions was 234; cases withdrawn, from work being done, 170; and 12 fines had been imposed, amounting in all to \$54. New water closets put in

in the city during the year 366; dry earth closets, 53; yards cleaned, 804; privies cleaned, 2,050; privies abolished, 143; cisterns filled, 105; wells do., 18; waste pipes repaired 121; with much more in regard to cellars, stables, &c.

Just at the close of the previous year there had been seven outbreaks of small-pox, in seven different places, neither case originating from either of the others, but introduced from abroad; all were effectually suppressed, and no cases subsequently occurred. During the year 17 places used as dwellings were condemned. It became necessary to take legal steps to have the occupants evicted, and in some cases they had to be summoned before the Police Court in order to obtain the required end. In accordance with the "Act for the Protection of Infant Children," the premises of 19 applicants for License had been inspected by the Medical Officer, of which 14 were found satisfactory, and authority given to register the same. To the others the applications were refused.

IN REFERRING to the last report of the Montreal Board of Health the Montreal Medical Journal (of January, '90) complains strongly of the inefficiency of the staff of the Board, that is, as to numbers, and to their low salaries. The

Medical Journal says, there are but three public vaccinators in the employ of the Board of Health. What can one expect in a population of 200,000 from the efforts of three vaccinators, whose time is but partially given up to the service. During the year, the sanitary police collected the names of 3,022 unvaccinated children, and during the months of July and August the vaccinators prepared an index containing the names of over 6,000 children. Altogether, about 6,000 children are born in Montreal every year, and if the city can only secure the vaccination of 2,802 every year, it is easy to see, even taking into account the proportion of children vaccinated by their own medical men, that we are rapidly accumulating a mass of inflammable material.

DR. J. B. LUNDY, medical officer of the township of N. Dumfries, states that: It is a gratifying feature of my experience to find more indications of awakened interest, and willing co-operation in all "inexpensive" changes, that may conduce to the promotion of health and the prevention of disease. I have again visited the schools of the township, and though a few of the pupils have been absent from illness, there have been no epidemics of disease interrupting any of the schools. It has been difficult to obtain reliable information relating to the health of the schools. The prevailing pallor of school children from foul school air, is but too often the index of depraved blood and retarded physical development: and this, too, at a time of life which prevents the attainment of sturdy, robust maturity. I have done what I could to minimize this evil, without contemplating the radical changes involved in the erection of better structures.

DR. HANEY, M. O. of Humberstone township, reports that his attention had been called to a diseased specimen of pork. The hog had been slaughtered by its owner in an adjacent municipality; its carcass carried and delivered to the purchaser, living in Humberstone, who paid for it; but finding its kidneys had been affected

by abscess he (the Dr.) ordered it to be buried. His action was sustained by the justices before whom action was taken by the purchaser to recover his money.

DR. TENNANT, M. O. of Kinloss, reports: I have again to call your attention to the very unsatisfactory sanitary condition of many of the school houses and grounds, and would recommend a thorough inspection with a view to a better system of ventilation. To the want of proper ventilation in our schools is to be attributed the cause of a great many of the minor complaints, particularly headache so frequent among school children.

DR. BROWN, M. O. of Oxford, W., reports: I would recommend that means be taken to make the people better acquainted with sanitary laws, both advisory and mandatory, by the publication on slips or tracts for easy distribution of portions of such as relates to the conditions usually surrounding dwellings in the country and villages. I believe ignorance of these conditions and of the importance of avoiding or remedying them, and of the use of simple disinfectants, is very general and requires that measures should be adopted to give a better knowledge of the points here indicated. As this JOURNAL contends, education in this way is the great sanitary want of the age.

DR. HONSBERGER, Middleton, states that the custom formerly adopted of holding public funerals after deaths from diphtheria has been abolished in that locality, and now when deaths have occurred, the remains have been almost immediately interred by members of the family or other persons not liable to become infected. It is to be hoped this practice will become more general.

DR. SHOULTS, of London twp., states that during the year he visited the cheese-factories in his district, and found some of them in a very unsanitary condition. He of course ordered them to be properly cleansed and disinfected. Cheese-factories and creameries require to be closely looked after.

EDITORIAL NOTES.

THE DAILY WHIG (Kingston, Ont.), a paper which we have been much pleased to find has long shown a good deal of interest in public health progress, after quoting from this JOURNAL a portion of our article relating to infantile mortality in the January issue, says: The only omission in our article, "and it is a serious one, is the failure to give any idea how the people, and especially the parents, can be forced to give children that care and protection which is calculated to prolong life. *Clearly there is need of an education on this point.* Few parents deliberately injure life by premeditated and cruel conduct. Few neglect, wilfully, any action which is designed to deprive them of the little ones whose presence and growth is an inspiration to them. They may do mischief ignorantly, not criminally. Their faults may be faults not easily got at and certainly not easily corrected. What is to be accomplished by act of parliament is not apparent to every one." The words we have italicized state precisely what we have urged almost from the first issue of this JOURNAL; and the words following the italics give views relative to parental care which are fully in accord with those given herein on more than one occasion.

ACTS of Parliament it is true cannot force parents to take proper care of their little ones, but parliament can and should provide a system and means for educating the parents. In making sanitary progress, that part of sanitary action which requires coercion may best be in our system of government with the municipalities, under provincial control; while it is the duty of the federal powers to see that the provinces exercise this control or adopt some means for so doing. To collect statistics and statements relative to the condition of the public health, make investigations as to the causes of excessive disease or mortality, and to EDUCATE the people in the ways and means of preventing disease is also the duty of the federal authorities. The vital statistics, which should be collected more extensively and accurately in Canada than they are form a principal means and avenue as well as a guide for this education

AT EVERY BIRTH in France, in which country provision is made as in most other countries for the registration of all births, a pamphlet of

instructions on the care of infants is given to the parents when the birth is registered. At the annual meeting of the American Public Health Association in Brooklyn a few months ago, the editor of this JOURNAL, in urging for a special committee to consider the question of the care of infants (which was afterward appointed), presented a sheet of instructions "To mothers," which was given in the last issue of this JOURNAL. Something like it, he suggested might be required to be sold with every nursing bottle sold. There are probably not less than 150,000 children born in Canada every year—over 400 every day. It appears that over half of these die before reaching the age of five years. Of the 18,234 deaths registered in 29 of our principal cities and towns last year, 9,495 were of those under five years. There are many ways in which the parents of these might be educated and many lives saved thereby. Proper food and pure air would save thousands of them.

WHO is to educate these parents and save the children? Only the Federal Government can carry out a proper system of health statistics and reports for the Dominion. It cannot be properly done in parts. And with one central system for investigating and educating, guided by the statistical returns, these functions can be performed in a much more economical and complete manner than by a system for each province. The abnormal mortality is not confined to any one province. Kingston is highly favored in this regard, but in Toronto, of the 2,359 deaths registered, 1,056 were of those under five years of age. In Ottawa the proportion of infantile mortality was about the average of the totals, over half. Every body knows that many children die from diphtheria, diarrhoea and other preventable diseases in villages and rural districts as well as in the cities. A federal system would cost some money. But if the same mortality prevailed among any of the domestic animals the money would be voted for making efforts to prevent it. The unanimous support of Dr. Roome's motion before parliament by the members of the House will show a general interest in the wellbeing of Canadian people such as no other note can.

THE TOTAL MORTALITY last year in the 29 principal cities and towns in Canada, as returned

to the Department of Agriculture in Ottawa, was at the rate of 21 per 1,000 of population. If we estimate on the population as given by the respective municipalities which we believe will be found too high, and really is far beyond the proportionate increase of the previous decade as shown by the census returns. But even with this population, over 870,000, the death rate was over twenty per cent. higher than that of great and over-crowded London, where it was in the same period of time, 1889, but 17.4 per 1000. This means that, if the mortality throughout Canada is as high as it is in these cities and towns,—and medical men believe that it is so—if the mortality here could be reduced to the rate prevailing in London, there would be a saving in this Dominion of about 25,000 lives every year.

LEAD POISONING appears to be becoming a thing of frequent occurrence. The sources of it are various. The most common one seems to be the ginger ale. In Great Britain the lead pipes for conveying public water supplies are apparently becoming a common source of the poison. The Montreal Medical Journal says:—"We have already called the attention of the public to the large number of cases of lead poisoning. During the last summer a great deal of the ginger ale sold in the city contained lead in poisonous quantities, and we have every day patients in the General Hospital who have been poisoned in factories." Surely it is somebody's duty to take means to prevent such a serious state of matters. Or is it with our present sanitary system everybody's duty and hence nobody's?

A NEW SOURCE of the power of water to dissolve lead in leaden pipes appears likely to be cleared up. The British Medical Journal says:—"The fact that in recent years the water supplied to many towns has for some reason come to possess the power of dissolving lead to an extent sufficient to produce widespread prevalence of lead-poisoning among consumers is a serious matter. Dr. Kirker found that the power of certain samples of water to dissolve lead was directly proportional to the number of micro-organisms which they respectively contained. Upon this hypothesis the acid reaction which renders water capable of dissolving lead may be due, not to sulphuric acid derived from a pyritous soil, but to the chemical products of

bacterial action. When shall we have some substitute for leaden water pipes?

THE CRUEL ANALYST is very inconvenient to some people. Since the expose relative to the poisonous baking powders in use in the Dominion, interested parties have been put to great inconvenience in endeavoring to show that the use of alum should not be condemned. But as stated in the last bulletin of the Dominion Analysts Department: It is enough to state that the use of alum in bread-making is prohibited in most countries where food adulteration laws have been enacted, and that alumina is not to be found in any species of food or drink used by man. Analyses of samples of cream of tartar have recently been made at the laboratory of the Department. Of 86 samples examined, 52 were found genuine, the rest being more or less adulterated. Cream of tartar from a reliable druggist is safest. We would again strongly urge upon our readers to have their baking powder prepared under their own supervision in accordance with the proportions for an "Ideal Baking Powder" as given by the chief analyst and explained in this JOURNAL of September last (page 173, vol. 11).

ACCORDING to the last report of the Massachusetts State Board of Health, "The Cruel Analyst" has shown that "Whiskol," a non-alcoholic cure for the drink habit, contained on analysis 28.2 p.c., by volume, of alcohol. "On a broad whiskey basis," as Artemus Ward would put it. Harriet Hubbard Ayer's Vita Nuova consists of a strongly fortified wine *plus* cocain, while the Recamier Cream Balm contains mercury, probably in the form of corrosive sublimate. The Seven Sutherland Sisters' Hair and Scalp Cleaner, is simply a mixture of borax and soap, and their Hair Grower a diluted mixture of bay rum, and possibly some Hamamelis and Spanish flies.

AMERICAN evaporated apples after repeated chemical examinations in Germany, have been found to be poisonous; Zinc—poisonous in very small quantities—having been found to such an extent in the samples, that all such fruit was ordered to be destroyed, and a decree issued forbidding future importations unless accompanied by a chemist's certificate that each lot was free from injurious substance. The zinc found appeared to be from the zinc-coated or "galvan-

ized" iron trays used in the evaporators to hold the fruit while drying. Some sour fruits may act slightly on zinc, but it is chiefly from the burning of the sulphur used in the bleaching which causes the formation of sulphuric acid, and this acid in contact with water and air being oxidized or changed to sulphuric acid—known as oil of vitriol—and though in a weak form, it readily acts upon zinc.

VEGETARIANISM appears to be growing. Several of our readers have expressed themselves favorable to it, largely from the fact that it avoids the destruction of animal life for purposes of food. The Vegetarian Society of America, with head-quarters in Philadelphia, Pa., is evidently progressing, and branches are being organized in other cities. It now publishes a monthly periodical—"Food, Home and Garden," of which the Rev. H. S. Clubb is principal editor (2915 Fairhill St., Phila.), and the price of which is 50 cts. a year, or four copies for \$1.00. While agreeing fully with many of the highest authorities who have written on this subject, that less animal food than is commonly used by the majority of people in this country and of the well to do in Great Britain would contribute to health, and especially promote temperance in the use of alcoholic stimulants, we cannot see clearly that a purely vegetarian diet would be best in every respect for mankind.

THE STRONGEST PEOPLE in the world physically, subsist on vegetable food alone, but we are not sure about the mental effects of a continued diet of this kind. It seems probable that it would furnish all that would be required for the best brain effort, too, as muscle and brain are so very intimately associated, especially with the products of animal life, milk and eggs added. With the advancements of science too vegetable foods may perhaps be rendered as easily digested as flesh. It would be a tremendous saving to the country in cost of food if all mankind subsisted on a vegetable diet alone, or even with the addition of milk and eggs, as well as a great economy in many families. Time with the aid of the experience of societies and of individuals will reveal the truth. We are certainly strongly inclined toward the principle. It has, as we have before noted, been observed that peevish, cross, quarrelsome children, accustomed to a diet con-

sisting largely of animal food, may by a change to a diet of fruit and vegetables be so tamed down as to become amiable, kind and happy in a short time.

A MOST ACTIVE and a leading member of the Chicago branch of the Vegetarian Society, which branch there consists of about forty members, is Mrs. Le Favre. Recently she gave expression to the following sentiments to a representative of the Inter-Ocean, who sought from her information relative to the Society: "All meats contain the elements which develop the lower or sensuous faculties in man. They excite and the excitement wears off and leaves exhaustion. If you want to make a butcher or fierce soldier of a man feed him on meat. It is just so with animals that do eat meat. Take a cat, for instance, and feed it on oatmeal instead of meat, and you will be surprised what a beautiful animal you will make him. I have experimented in children and noted the wonderful effect. I often wonder why people feed swine on beautiful corn and themselves on potatoes that are taken from the ground. If you want to raise and ennoble humanity and fit man for the high position he was intended to fill, feed him on fruits and vegetables that grow and ripen in the sunlight. It is an undisputed fact that cereals are good brain food. Animal food creates a taste for alcoholic liquors and tobacco. This has been thoroughly tested."

A GREAT DEAL OF TRUTH and wisdom lies in these words of Mrs. Le Favre, if indeed they be not absolutely true in every respect and expression. Mrs. Le Favre is certainly thoroughly in earnest, being very active too in other good work, such as that of the Illinois Woman's Alliance. With many others we have long contended that man is just about what his diet makes him, makes him, if not in one generation, through two or three. As Mrs. Le Favre says: "You often hear people say, 'We are just as God made us.' That is false. We are just what we make ourselves, nothing more nor less. In other words, mould and develop our forms into perfect specimens of manhood and womanhood, and we can make our moral and spiritual natures just whatever we want them to be by giving ourselves proper food. God made us in His own image and gave us a perfect model. Now do you suppose He has left us without the means of attaining to the perfection of that

model?" A few hundreds of such women as Mrs. Le Favre would reform the world, socially, and make it vastly better.

THE ILLINOIS WOMAN'S ALLIANCE, we may here note, "is incorporated under the State laws with charter to investigate all public and charitable institutions and factories, where women and children are employed or confined, with a view to alleviating their discomforts and righting injustice done them; to secure the enactment of such laws as they deem will benefit women and children, and to see that these laws are enforced." The Alliance will undertake to see that there is sufficient school accommodation and that children attend the schools, and to look after their clothing, &c. It has obtained a system of factory inspection by competent women—factories where women are employed; it is urging for Industrial Schools for dependent children, on the "Cottage Home" plan, where they can learn how to earn an honest livelihood; for the better accommodation of women and children who have been arrested; for public baths for women and laundry accommodation for the poor; and for other essentials of good and happy living for the people. Are there not women in Canada who could bestir themselves and form like alliances for like noble purposes?

IN TORONTO, for example, and in every city in Canada, there is any amount of like work to be done, much needing workers, while there are women of leisure who would be happier, because the better fulfilling woman's mission, by engaging in like work. "Faith Fenton," writing in the Empire the other day on "How the other Half Lives" opens up, too, a field ready for laborers surely. "Within ten minutes walk of the corner of King and Yonge streets, on a leading thoroughfare, stands a dilapidated roughcast building, in the last stages of abandoned old age. The broken, rag-filled windows, torn shutter and refuse-littered lawn rendered unnecessary the grimy inscription,—'Men's lodging house.' Within is a large room—and such a room. Entering from the frosty starlit night it seemed like a vestibule of the nether world, with its foul atmosphere, its solitary flickering lamplight, its accumulation of grime and its burden of marred human faces. The ceilings black; the floor blacker; rough benches, a rude table, a rusty stove and the bunks that lined the walls three tiers deep were the only furnishings."

HYMN SINGING,—“Come ye sinners poor and wretched,” &c. May be all very well in such a place, but some degree of cleanliness should precede such attempts toward godliness. No wonder the words of the hymn “rose laboredly through the heavy offensive atmosphere,” and that there was an “occasional laugh or drunken comment from the motley crowd.” After a good bath, clean clothes, a few good meals and nights in a decent bed surrounded with pure air these men would have more “respect for things sacred.” How fitting a thing for a few of the wealthy women of that city to take up this lodging house question, and transform the houses from disease incubators into decent human abodes. It could be done. Plenty of men would come forth from their business and help. Who will make a start?

THE late M. Chevreul who recently died in Paris aged over a century, never cared for the pleasures of the palate, consequently ate very little himself, and tailed at those who ate more. He considered that the Revolution did France a great evil by throwing the cooks of the nobility out of employment, and leaving them to open cheap restaurants and serve palatable meals to the masses.

THE EMPIRE, in referring to the recent shooting, by Popoff, of the handsome Mary Petrikofsky in New York, very truly remarks: The plain truth is that until some one is hanged by the neck until he is dead for the “didn't know it was loaded” offence, no community can ever feel that a proper deterrent for such crimes has been established. Is it not about time that these reckless idiots who handle loaded firearms and kill innocent people were taught a lesson.

DR. D. A. GRESSWELL has recently been appointed Chief of the New Health Department of the Colony of Victoria, at a salary of £1,000 a year. They evidently place a fair value on medical knowledge as applied to the prevention of disease in Victoria.

THE great principle of public health legislation and action is, that no member of the community shall, wilfully or for profit, damage another man's supply of the three absolute essentials of life, viz: food, water, and air.

NELLIE BLYE's trip, an exchange thinks, has a sanitary aspect, circling the globe in about 60 travelling days brings forcibly before us the fact that the world is not such a very big place after all, and makes us realize how really close together all nations of the world are. Hence the necessity for international sanita-

tion. For no matter how good may be the sanitary condition of one country, the neglect of hygiene in another country, so merely practically remote, may now prove a deadly menace.

The cholera which has for many months been raging in the valleys of the Tigris and Euphrates and the interior of Mesopotamia, has made inroads into Persia. It has now been announced to the Paris Faculty of Medicine that there has been an alarming increase of the disease in Central Persia and on the Turko-Persian frontier, and that the inhabitants are fleeing northward. The Philadelphia Medical and Surgical Reporter says, remembering that this is the route into Europe which the cholera has so frequently taken, the announcement must be regarded as one of great gravity.

The Sanitary Record says that a large business has sprung up in Newcastle-on-Tyne in shipping old and diseased horses to Antwerp. On a single morning there were 49 such horses shipped, and their condition was such that the person in charge was fined for cruelty to animals in moving such horses. The "first class ones" are made into beef, the "second class" into sausages, and there is doubt about the use made of the "third class."

GREAT excitement exists in Italy over the discovery that extensive frauds have been practised in the manufacturing of Bologna sausages. Horse flesh has been used instead of the savory pig meat, and, too, of animals that had died of infectious diseases.

TYPHOID fever has been very prevalent in Dublin the past season, chiefly among the upper and middle classes, and there is a strong popular belief in the city that the disease is associated with the eating of oysters, which had been feasting on sewage. English medical journals insinuate that the sanitary condition of Dublin is not first-class, and that the human inhabitants, and not the oysters, have been eating sewage.

DR. MUNRO, in the London Lancet, presents data showing that in the little town of Jarrow, England, the system of compulsory notification has been the means of saving during the last ten years an average of eighty lives and one thousand cases of sickness per year.

DR. CO.NET has collected, under the auspices of the German Government, statistics showing that tuberculosis is nine times more frequent among nurses than among other classes. Death occurs among them at the average age of about thirty-six years.

DURING last year, of ten thousand applicants examined for admission into the U. S. Navy, three thousand nine hundred and fourteen were rejected for physical disqualifications.

THE Pacific Medical Journal kicks against California being made the dumping ground of the consumptive and his bacteria. It does not think the climate better for such than many other places. It wants the State peopled with the healthy, not with the diseased. A race strong in body and mind cannot be made with blood contaminated with the worst enemy of mankind.

AS A PROTECTION against strong rays of light, light blue or smoked glasses are the only ones of real use, Dr. Konigstein, of Vienna states, and that green glasses, which allow yellow rays to be transmitted are worse than useless.

ACCORDING to the daily press, Drs. Maximilian and Jolles, of Vienna, have succeeded in isolating and making gelatin cultivations of the bacillus of influenza. It is said to resemble Friedlander's coccus of pneumonia, and is described as "cassock-shaped and of dark blue color."

THE whole of the sewage of Paris will soon be used for the purpose of market gardening. Gennevillier now absorbs and purifies a third of it and Achires and Mery will soon utilize the rest.

M. LAGNEAU at the Paris Academy of Medicine stated that the greatest number of deaths in Paris are due to tuberculosis. The number of youths exempted from military service on account of disease of the chest is larger there in cities than in the country. In Canada it is believed to be more fatal in the country. Our cities are small. M. Lagneau said: "Fresh air constantly renewed is the best means of checking the development of tuberculosis."

SERIOUS and fatal accidents from football still happen with painful frequency. Dec. 30th Lieutenant Lyon, aged 22, of Aldershot, received serious injury which proved fatal.

OF 2,747 deaths from all causes registered in London during the week ending Saturday 11th January, 715 were referred to bronchitis; more than double the average number in the corresponding week of the ten preceding years.

LESSONS in Sick Room Cookery are given in the Royal Infirmary of Edinburgh.

OLD Dr. Gray was at the dance,
When Ethel said with merry glance,
"Doctor, don't you dance the lancers?"
"No my dear, I lance the dancers."

Actress—Doctor I don't feel as if I could possibly go on the stage to-night. Doctor—What, madam, seems to be the matter with you? Actress—Oh, I don't care much, Doctor. Give me the worst ailment you can for a hundred dollars.

NOTES ON CURRENT LITERATURE.

THE ILLUSTRATED LONDON NEWS since the commencement of the year has given a very large amount of interesting illustration. We find a fine double page portrait of the late Robt Browning, well worth a good frame. A pretty, full page picture is "Stirring the Christmas Pudding"; and two others not less so are "Off to See the Old Year Out" and "Left at Home to Fret and Pout". Another very pretty full page is "A Game of Speculation". An exceedingly touching one is "What's Left", the dozen faces of which form a sad and most suggestive study. "A Visit from an Old Friend" is very nice, "Angelica" is charming, and "The Influenza and Other Influences" is very good. There have been many illustrations, double page and smaller, of Lord Lonsdale's travels in the Arctic Regions of North America, and of Stanley's Emin Pasha Relief Expedition. The above named are but a few of the many good things of the past few weeks. In the number for January 18th is commenced a finely illustrated "Romance of To-day", "Armored of Lyonesse", by Walter Besant. Every number contains a store of illustrated and briefly described events, historical and others. It is easy to understand that the low priced American edition of this fine old weekly is superceding all other illustrated weeklies on this Continent.

THE CENTURY, midwinter (February) number, is notable among other things for the final instalment of the Lincoln biography. The chapters include the "Capture of Jefferson Davis," "The End of Rebellion," "Lincoln's Fame," and supplementary papers on the "Pursuit and Capture of Jefferson Davis," by General Wilton, who commanded the Union cavalry, and W. P. Stedman, who was an eye-witness. The publication of the artist La Farge's letters from Japan, with illustrations prepared by the author, is begun. Every paragraph is full of that extraordinary sense of color which has given him his fame as an artist. There are two timely papers on what Milton calls "The Realm of Congo." The first describes a trip made by the United States Commissioner, Tisdell, in 1884, and the second gives an idea of the Congo River of to-day. The latter is written by E. J. Glave, one of Stanley's former officers, who is mentioned several times in Stanley's last book. Professor Fisher, in the third paper of his series on "The Nature and Method of Revelation," describes the differentiating of Christianity and Judaism, and devotes a good deal of space to the work of

the Apostle Paul. Professor Fisher says that Paul "took a stand at Jerusalem like that which Luther took at Worms." He adds that "but for Paul there would have been no Luther."

IN ST. NICHOLAS for February the leading article is "The Story of the Great Storm at Samoa," retold by John P. Dunning, who was correspondent at Samoa for the Associated Press, when the great disaster occurred. It is richly illustrated. "A Wonderful Fair of Slippers" is a correspondence between Mark Twain and Elsie Leslie concerning a testimonial constructed for the little actress by Mr. Clemens and Mr. Gillette. The humor of the letters is not exceeded by the originality of the slippers. Another strong and well-illustrated paper is Walter Camp's football article, for which some unusually excellent instantaneous photographs have been reproduced. Prof. Charles G. D. Roberts, of New Brunswick, tells a historical story of the "United Empire Loyalists," called "A Blue-nose Vendetta," an interesting episode of history.

VICK'S FLORAL GUIDE for 1890 (James Vick, Rochester, N.Y.) in beauty of appearance and convenience of arrangement surpasses anything in this line which we have ever had the privilege of seeing before. Although called a "floral guide," it is devoted to vegetables as well, and includes a full list and description of both flowers, vegetables and small fruits. In all that the Vicks have undertaken their aim seems to have been to attain as near to absolute perfection as possible. We have used many of Vick's seeds, flower and vegetable, successively for a number of years and they never fail. So we can confidently recommend them.

THE CANADIAN QUEEN is now having its ANNUAL FREE DISTRIBUTION of Choice Imported Flower Seeds, a large package containing an immense number of rarest varieties, together with THE QUEEN, ON TRIAL FOR THREE MONTHS will be sent FREE to any one forwarding address and 8 3c stamps to cover ACTUAL EXPENSE. Five trial subscriptions and five packages by mail or express, (free of expense) to SAME ADDRESS in Canada or U. S., for ONLY \$1.00. THE QUEEN is one of the finest Illustrated Ladies' Magazines on the Continent, it is devoted to Fashion, Art, Literature, Flowers, the Toilet, Household Matters, and contains the Latest Imported Designs for Fancy Work and Home Decoration. The Seed Distribution for 1890 continues FOR THIS MONTH ONLY. No lover of beautiful flowers can afford to miss it. Address, THE CANADIAN QUEEN, TORONTO, O.