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A MONTHLY MAGAZINE OF  
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—EDITED BY—

EDWARD PLAYTER, M.D.

Public Health and National Strength and Wealth.

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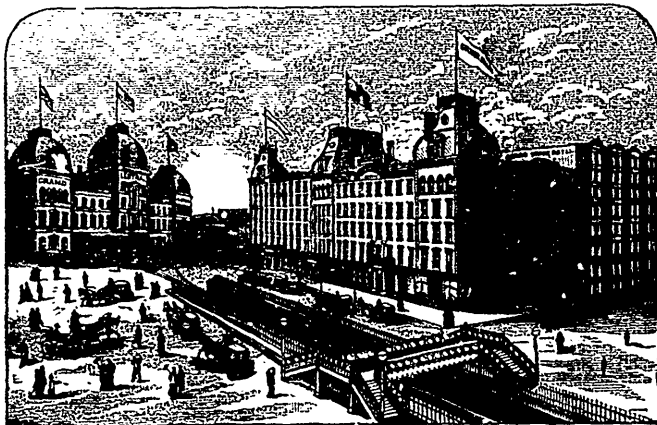
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**T. McTIERNAN.**

# THE CANADA HEALTH JOURNAL.

VOL. 9.

OCTOBER, 1887.

No. 10.

## ANCIENT AND MODERN DRESS IN RELATION TO DISEASE.

READ IN THE SECTION OF PUBLIC MEDICINE AT THE ANNUAL MEETING OF THE BRITISH MEDICAL ASSOCIATION HELD IN DUBLIN, AUGUST, 1887, BY CHARLES MOORE JESSOP, M.R.C.P.LOND., PHYSICIAN TO ST. PANCRAS AND NORTHERN DISPENSARY.

**A**MONG civilized communities dress is a subject that has claimed considerable attention, and is a fruitful topic of conversation among women of all classes, nor are men behindhand in considering the fashion of their coats. Of late, however, female dress has attracted increased attention in the endeavour to return to a more healthy arrangement—that is to make fashion conform to Nature, in place of the internal organs being moulded and controlled by fashion; this return can only take place by considering the form, varied movements and functions of the organs contained in the body. The earliest record of clothing is dated at 5,890 years ago in the sentence, "They sewed fig leaves together, and made themselves aprons." In this sentence Moses describes a form of dress common among the nations of Egypt, the land where he dwelt; he subsequently adds: "Adam and his wife were clothed with coats of skins." From this epoch, as men multiplied, different divisions of labor would occupy different sections of the community; some would make one article, some another, and each would barter his specialty. Garments at first would be made by sewing broad leaves together; the slender grasses and rushes would be twisted into fine strands and converted into a loose, open fabric. Afterwards

hair, cotton fibre, silky fibre, silk, or even birds down—a shawl of which from Cashmere is now in the possession of the writer—would be used. All kinds of clothing would give employment to various sections, that from vegetable material being chiefly used, whilst skins, being difficult to obtain by an ever-increasing community, would be more valuable for sandals, shoes, leggings ropes, shields, drinking cups, carriage and storage of water, used to this day in the desert and other places at a distance from water, and in A.D. 1327 as caldrons for cooking. Before the Flood, the inhabitants of the earth must have been well acquainted with the manufacture of cloth, for soon after Noah left the Ark he is found in his tent without his garment. Rebekah, when she met Isaac, covered herself with a veil; and Joseph had a coat of many colors. More than 2,700 years ago, therefore, there were different textures of cloth and dye processes. In the colossal statuary of Egypt, the figures are nearly nude, having only a piece of stuff around the waist, with short aprons half-way down the thigh, of papyrus plant material, or with an ampler dress made probably of flax, for Egypt was famous for different textures of linen, since Joseph was arrayed in fine linen. As there is no statuary of the Israelites and no special

record of their dress, in all probability it was similar to that of the Egyptians. Among the inhabitants of Asia Minor—Medes, Syrians, Assyrians, Persians, Parthians, Phrygians, Lycians, and Amazons—the men wore a vest with tight sleeves to the wrist, long pantaloons of skins or of rich and fine tissues embroidered or painted in sprigs, spots, stripes, cheques, zigzags, lozenges, tight or loose, falling in wrinkles over the shoes—stuffed into the shoes or tied around the ankles. The vest is open in front, and closed by clasps like our waistcoat; in war the Amazons were similarly attired, but in peace wore longer skirts. At the present day Indians use tight sleeved vests of a gauzy material, and tight pantaloons falling over or falling into their shoes. India was as famous for its cotton fabrics in the time of Heroditus, 455 B.C., as Egypt has been for its linen. In Greece linen was used earlier than in Rome. The Greeks used a light creasy stuff next the skin, fitting the body, when worn, and over this a tunic, sleeveless, or with long and wide sleeves, clasped on the shoulder; a girdle around the waist; when the tunic was long this was gathered up a second time under a ligature lower down, it then reached the middle of the thigh. The tunic was made of two square pieces of cloth sewn together and sleeveless. In earlier times it was made of wool, in latter of flax, then flax mixed with silk. It was worn by both sexes next the skin, but considered by male philosophers a luxury. By women it was worn loose, or confined by a girdle, and reached to the feet. The women wore their hair down the back or tied into a bundle, leaving a lock or two, as some fair spinsters do at this day. They also adorned their heads with fillets, or wreaths of flowers. In mourning, the

hair was cut close to the head, and the tunic, dyed black, descended to the feet. The peplum, or mantle, was the outer garment used by both sexes, but mostly worn by elders and on occasions of ceremony; a flat broad-brimmed hat tied under the chin with strings, or thrown back, hung suspended upon the shoulders. Mercury and Heroes, on a journey, are thus represented on fictile ware. The Greeks wore sandals and occasionally went barefoot, but Eastern personages used slippers, seldom sandals as did the Greeks. The ancient Romans had no other clothing than the toga, used by both men and women; it distinguished them from the Etrurians. It was a loose flowing woolen robe of yellowish color, covering the whole body to the feet, straight or semicircular in form; it covered the left and half of the right arm. They had neither stockings nor breeches; sometimes they wrapped pieces of cloth around their legs and thighs. The tunic was introduced at a late period, and regarded as a luxury. In later times the Roman soldiers wore tight drawers to the middle of the calf, probably from imitation of the Celts, whom at first they derided as "breeched barbarians." Linen from Egypt was introduced under the emperors, and silk, Heliogabalus, A.D. 218, was the first to wear a gown of pure silk. Roman and British ladies wore a long gown to the feet, and a shorter tunic, "sherte," or "camise," to the knee. Gauze fabrics, which displayed rather than concealed the figure, and silken clothing displaced the old woollen dresses. The Roman ladies used a broad breast-band for supporting the bosom, called *stropium*, from which originated stays; this article of dress was brought by the Normans into England in the twelfth

century. "Romances of the Middle Ages teem with allusions to and laudations of the wasp-like waists of the dames and demoiselles of the period." "A custom fertile in disease and death." The stays that retained their character as a "pair of bodies" are seen in an old print about 1700, which represents the front and back of a young woman whose stays are composed of two pieces laced together before and behind. A pair of stays they continued to be called, notwithstanding their subsequent incorporation. The monstrous "whalebone prisons" of the time of George II are delineated in some of Hogarth's instructive engravings. The Celtic races used *bracca* of striped or chequered cloth of wool, dyed of various colors, the predominant color being red; they were worn loose and tied at the knee, or they were full and gathered at the ankle; these were the trousers or trossers the prototype of the highland trews of the present day. The cloth was called breach, from the Celtic *breac*, which signifies speckled. The French and Saxons in the ninth century used drawers, and "to go without them in the Middle Ages was counted a penance and a shame to do so." Sixty years ago men and women did not use this garment. The doublet was a dress which at first had no sleeves. These were afterward added, and, being a separate article of dress, were used according to the fancy of both sexes. The gowns in the time of Richard II and Henry IV were worn high in the neck, similar to men and with long trains. In the time of Henry VIII waistcoats were worn under the doublet, and also by women with sleeves. This vestment is retained amongst grooms. In the time of Chaucer women, as men, wore hose. Both

Greeks and Romans, used gloves either with or without fingers. They were first used in England in the eleventh century, their places having been supplied by the long sleeves of the gowns. Indians and Chinese to this day thus utilize sleeves. From this brief account of the principal articles of clothing it may be assumed that, as civilization advanced, a desire for varied and costly attire progressed *pari passu* with the increase of mankind. The Prophet Isaiah, 760 B.C., was scandalized with the luxurious dressing of the Jewish women, and denounces them in his third chapter. Nor are the writers of Greece, 350 years later, more lenient in speaking of women, for Euripides sagely remarks "that woman is an animal fond of ornament." Amongst the Romans excess in dress was restrained by sumptuary laws. Even in England, numerous statutes as late as 1574 of Queen Elizabeth's reign censured extravagance in dress. But, if senators have not troubled themselves since that date, it is because they are content to leave the matter in the hands of historians, satirists, and humorists. The object of all clothing is for self-preservation. Ornament has another object, shared in by the denizens of the forest as well as mankind. In fourfooted animals the vital organs and most sensitive portions of skin are placed inferiorly, but anteriorly in the case of man. When a quadruped advances, he opposes the sturdiest part of his framework—head, chest, and shoulders—to any obstacle in front, clearing a passage for more delicate parts following. But man has not the same advantage; in advance he exposes the whole front of his body in passing through thickets or jungle-grass so that the least protected portions of his body are liable to injury

and also annoyance from insects; hence waistbands and aprons became a physical necessity for protection, and not from a moral cause. In sleep the same protective instinct is prominent. Satiety produces a desire to sleep; and animals, after feeding, generally assume the ancestral posture—curl themselves up—to protect vital organs from injury, and for warmth, for in sleep the temperature of the body falls. Man is no exception to this general law of Nature, and for these purposes the early inhabitants of the earth were content with garments of leaves and bark; afterwards skins of birds and beasts were substituted. At this day, Chinese and Japanese convert bamboo-leaves into warm cloaks as protection from rain and cold when sewn together. In the tropics and other places where the external heat during the day is very great, clothing for warmth is not required; but when the sun sinks below the horizon, every native takes to his brouse. On the other hand, abnegation of dress may from circumstances be enforced or disregarded. Enforced in the case of those who have not the means of clothing themselves, however brought about, to be seen in the back streets of any large town; or discarded by those who voluntarily parade inhabited districts with scanty clothing to excite commiseration. A human being well clothed, well housed, and well fed, is more sensitive to atmospheric and other changes than one in an opposite condition, whose senses are blunted, not by privation, but by want of cultivation. The skin and brain, or central nervous system, are in embryological relationship. When both systems are fully developed in the human animal capable of shifting for itself, the more highly developed portion takes cognisance of its peripheral or outer

layer—the skin—according to surrounding circumstances. If the skin be habitually unclothed, sensations, both internal and external, are obtuse. Nakedness is no shame, the being exists purely as an animal. But if clothed, the skin is rendered more sensitive to atmospheric vicissitudes, and central sensitiveness is exalted, which begets a higher intellectual capacity and appreciation of differences between the sexes and their relational value to each other.

(To be Continued.)

**GAS AND DIPHTHERIA.**—In a recent epidemic of diphtheria in Hartford, Conn., *Annals of Hygiene* says, the fact was noticed that the only fatal cases occurred in families who used kerosene lamps, while the families who used gas or candles to light their sick-rooms escaped a fatal termination. In one case the kerosene lamps were removed from some accident and candles were substituted, and immediately the patient improved until the lamps were reinstated, when he rapidly grew worse and died.

**INTERESTING EXPERIMENT.**—Recently in the Philadelphia Academy of Pharmacy, glass jars were passed around containing samples of cultivated disease germs or bacteria. Cut potatoes had been lightly smeared with a coating of substances containing germs, the bacteria being nourished on the moist side of the potato. Some of the cut surfaces were covered with an ordinary deposit of mould. On others the germs had developed into thin, peculiarly shaped patches of fungous growth of bright blue, red, yellow, and greenish colors, while on some they had grown into an intricate and extensive network of fuzzy fibres. The bacillus of typhoid is best cultivated on the cut surface of a potato, it is said.

## THE DISPOSAL OF THE DEAD.—BURIAL AND CREMATION.

SYNOPSIS OF A PAPER READ AT THE LATE MEETING OF THE BRITISH MEDICAL ASSOCIATION—IN BRITISH MEDICAL JOURNAL.

**D**R. Frederick W. Lowndes, M.R.C.S. commenced his paper by observing how important a subject the disposal of the dead in such a manner as to be perfectly innocuous to the living was to all medical practitioners in general, and to medical health officers in particular. He corroborated Mr. Seymour Haden's statement to the effect that many of our churchyards were masses of boxed up impurity, and that the dead could not be regarded as properly buried at all. He agreed with Sir Lyon Playfair, that to recall one's recollections of such sights was impossible without a shudder. Passing on from the past to the present, the author alluded to cremation as suggested by Sir Henry Thompson, and "earth-to-earth" burial, as advocated by Mr. Seymour Haden. He dwelt for some time upon the advantages of cremation, which he regarded as, scientifically speaking, a more perfect mode of disposal than burial, however perfect; and contended that the medico-legal objection was a weak one. It would be better, he urged, to improve our death-registration system, and to inquire searchingly into every doubtful death before the body was either cremated or buried, than to oppose cremation. Mr. Lowndes also contended that cremation possessed sanitary advantages over burial, especially in times of epidemic, fire and heat being the most perfect destroyers of contagion. It was only right that those who had a horror of burial should have the opportunity of having their bodies disposed of by fire, and also of thus disposing of the bodies of their friends. It was only fair also that foreigners,

whose nationality and religion made them regard cremation as the only proper mode of disposal of the body, should have facilities for it at their disposal in this country, where, in the course of nature, they might die, and leave their bones far away from their native lands. Mr. Lowndes ventured to prophesy that crematories would, in course of time, be provided together with opportunities for cremation in some large metropolitan and provincial towns; but expressed an opinion that cremation would never become general. Such being the case, the author considered that it would be better to concentrate attention upon the present mode of burial, see what were the present deficiencies, and what were the reforms needed, indicating three. 1. Mr. Lowndes considered that the time had arrived when the entombment or burial of any body beneath any place of worship used by the living ought to be absolutely forbidden by law. While admitting that there were reasons why the bodies of Sovereigns should be preserved, and so buried as to be found, if necessary, and identified, he urged that all other members of the Royal family should be buried in strict accordance with sanitary and other laws. He observed with satisfaction that the existing Royal Mausoleum was isolated from other buildings, and was not a place of public worship. 2. Intra-mural burial should be forbidden in church or chapel yards; and gradually in all intra-mural cemeteries. 3. Everything should be done, the author contended, towards making our present cemeteries, formed at considerable cost, as



enduring as possible, consistently with due regard to the health of the living. This could be secured by using grave plots side by side, by the use of perishable coffins, and earthen graves.

Burial was feasible where cremation was impossible, and the mode of burial suggested by Mr. Seymour Haden, and advocated in this paper, was perfectly innocuous to the living. Cemeteries should be planted with trees, shrubs, plants, and flowers, so as to make them serve the double purpose of being a resting place for the dead, and a place of recreation for the poorer classes.

Mr. Lowndes agreed with Mr. Seymour Haden, that wood was unsuitable for coffins, and that some more perishable substance (whether wicker-work, solidified pulp, or other substance was immaterial) should be found. He advocated wood-charcoal as a disinfectant in cases of rapid decomposition. In conclusion, Mr. Lowndes read a description of the soldier's funeral in prose and poetry, and contended that this was an example of the grand simplicity of burial, which we should try as much as possible to follow.

### THE INFLUENCE OF EASY CIRCUMSTANCES ON LONGEVITY.

FROM A PAPER READ AT THE LATE MEETING OF THE BRITISH MEDICAL ASSOCIATION, BY DR. C. R. DRYSDALE, OF LONDON, ENGLAND.

IN the numerous discussions upon mortality-statistics which had taken place for many years past, it had been the custom to speak as if the main points in sanitation were to attend to the drainage and water-supply of cities and villages, and to get rid of other *lædientia* in the shape of zymotic diseases. To many this was the alpha and omega of sanitary art. For his own part, he was convinced that there were essential points in the question of longevity which required more attention even than these very important topics, for in his capacity of physician to one of the London hospitals greatly attended by the poorest classes, he had seen an immense amount of preventable mortality, which he could attribute to nothing more than bad living, bad shelter and poor clothing. M. Villermé, of Paris, one of the earliest writers on hygienic science, found, in his day, that in France persons between the ages of 40 and 50, when in easy circumstances, had a death-rate of 8·3 per 1,000 per

annum, against 18·7 per 1,000 in a similar group of ages among the poor. He found, too, that at Paris, between 1817 and 1836, 1 in 15 of the poor population of the twelfth *arrondissement* died, against 1 in 65 in the rich or second *arrondissement*. In 1877, when he (Dr. Drysdale) was attending the International Hygienic Congress at Paris, he received from Mr. Edwin Chadwick's hand some statistics about London, collected by himself, which showed that there were sub-districts in that city, containing houses in good condition, where the death-rate was not over 11·3 per 1,000, whilst there were other sub-districts in the same district (slums) where the death-rate was as high as 38 per 1,000, and even as 50 per 1,000. That distinguished hygienist in 1843, when the mean death-rate of all London was 24 per 1,000, found that in the parish of Bethnal Green the mean age at death among the gentry, professionalists and their families was 44; of the shopkeepers and their families, 23; and of

the wage-class, laborers and their families, 22. It seemed, then, to him (Dr. Drysdale) that in future we must endeavor to discriminate more than we had done hitherto in our mortality-returns; and endeavor to give the mortality of the various classes according to their annual income. Mr. Charles Ansell, jun., Secretary to the National Assurance Company in London, in the year 1874 obtained statistics of the mortality of the children (no less than 48,044) of the well-to-do classes in England and Wales. The result of his inquiries showed that 80.5 per 1,000 of such children died in the first year of life. The death-rate of children of this age in Liverpool was 188 per 1,000, and in the poorest localities of some European cities as many as 330 or even 400 per 1,000 of the births end in death in the first year. Mr. Ansell further showed that the mean age at death among the richer classes in England and Wales was, in 1874, as high as 55; whereas Dr. B. W. Richardson and Mr. Chadwick, a few years ago, stated the average age at death among the wage-receiving class in Lambeth parish, London, was 29½ years. To make his conclusions more plain, Mr. Ansell calculated that there died in 1873 in England and Wales 386,179 persons under the age of 60; and if these had all had the mortality of the well-to-do classes, he alleged that only 226,040 would have died. Thus in one year poverty had killed no less than 142,139 persons in England and Wales alone. About the time when Ansell's tables were published, in the healthy colony of New Zealand, where food was so cheap that a leg of mutton then sold for a shilling in Christchurch, the condition of the people seemed to have been so

comparatively free from indigence that, although there was a birth-rate of 41 per 1,000 annually, there was a death-rate of only 12½ per 1,000. With a similar death-rate for England and Wales, 230,000 lives would have been saved in 1873. According to Thouvenin, in the *Annales d'Hygiène*, the mortality of several so-called unhealthy occupations was only another word for poverty. With the exception of cotton-beating, dividing and carding of silk cocoons, white-lead and grinding, there were scarcely any trades necessarily dangerous to life. Tubercular diseases, he found, caused 65 per 1,000 of all the deaths among the rich, and 250 per 1,000 among the poor. The late Dr. Edward Smith's statistics at the Brompton Consumption Hospital, which were amply corroborated by some of the speaker's own, explained this; for he found that the parents of the consumptives attending that hospital had, on an average, produced no less than 7.5 children. His (Dr. Drysdale's) statistics among the poor women; in the East End of London gave 7.20 children as the average to a marriage. Of course, such large families caused the greatest misery to the unfortunate offspring, who in many cases were chronically starved, and died of bronchitis or rickets in infancy in consequence. If they accordingly compared the mortality of the parishes of London inhabited by the wealthy, such as Kensington, with 186,584 inhabitants; St. George's Hanover Square, with 88,176; Hampstead, with 53,758; and St. James, Westminster, with 28,178; they found that these fortunate parishes had 7,779 births and 5,614 deaths in 1886—that is, a birth-rate of 21.8 and a death-rate of only 16 per 1,000 annually, whilst four East End or poor parishes, namely, Shore-

ditch, with 125,508; Bethnal Green, with 129,895; Whitechapel, with 68,345; and St. George's-in-the-East, with 46,403, with a population nearly equal to the above four wealthy West End parishes, had a birth-rate of actually 38.3 per 1,000, and a death-rate of 24.4 per 1,000 in 1886. Thus it would appear that equal populations of the poor of London produced about twice as many children as the rich of the West End, and had a death-rate which was to that of the West End parishes as three is to two. Such facts were not comprehensible unless it were admitted that poverty was the main cause of high death-rates; and he was pleased to find that the fact was beginning to be well understood both in Paris and in Dublin, although in London a great deal of obscurity still seemed to hang over the question. The extremely high death-rate of Dublin had long appeared to him to be due to the mass of indigence which was to be found in the purlieus of that city. Dr. Grimshaw had alleged that

a main factor in the deplorable mortality of Dublin was the poverty of a large proportion of the population, and the crowding into the city from the country of indigent persons in the decline of life, who ended their days in hospitals and workhouses; but he showed that the death-rate among the well-to-do classes in Dublin was only 17.3 per 1,000 in 1886. M. de Haussenville mentioned, in the *Revue des Deux Mondes*, that in Paris, if statistics were at hand of the families of the rich and poor, it would be found that the number of children to a family among the latter was thrice what it was among the former. It was nearly axiomatic, therefore, that in European cities, wherever birth-rates were high, poverty and early mortality abound. The great economist of the century, Mr. J. S. Mill, said that "little advance can be expected in mortality until the producing of a large family is regarded in the same light as drunkenness or any other physical excess."

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### PHYSIOGNOMY.

THE following extracts from Hall's Journal of Health relate to an interesting subject, well illustrated in a new work by Dr. J. Simms.

In this new system of reading character, the traits are indicated by the Physical Form. The Osseous or Bony Form, when it predominates, gives honesty, firmness, observation and a philosophical cast of mind; small bones show less strength of character, both mental and physical. The Muscular Form indicates activity in trade or traffic, love of music, dancing and the social pleasures of life, and when combined with other physical powers far outstripping the intellectual, they

develope into a John L. Sullivan. The Abdominal form lives to eat, drink and sleep. The Thoracic Form, on the contrary, is ever astir, easily elated, fond of admiration and should never marry one of the same type. The Brain and Nerve Form is shown by the large head, small neck and chest, sharp features, thin lips and nostrils: such characters are keenly sensitive, apt to be dyspeptic, fidgety and highly susceptible to the influence of stimulants. This form gives a thirst for literary fame, and in this thinking age, when very large, it often leads to mental disorders and premature decline.

Eyes that are large and open widely,

indicate a disposition to love *one only* for a lifetime; while eyes that open so little as to have the almond shape, denote the polygamously inclined, as are Arabs, Turks and Chinese. We here learn that the long noses are cautious, while short ones are imprudent, as witnessed in children.

The round, small, well-fluted, thin ear which stands well out from the head, is musical, while large, angular, thick ears are musicless, as seen in the pig and donkey. Large mouths with protrusive flexible lips are naturally oratorical, and when educated properly they become a Demosthenese, Cicero, Webster, Gough or Gambetta. The long, bony face is the benevolent cast of mind, and is willing to work for others like the horse, while the short, wide face like the cat, tiger and puma, are malignant and selfish.

Hands indicate character. A thin, skinny, narrow palm expresses feebleness of intellect, as well as absence of energy or moral force. A hollow, deep palm indicates misfortune, loss of money, misery and failure in enterprises. Shakespeare tells of an "itching palm:" that indicates that the blood is out of order, with a covetous disposition. A stiff, hard hand, that opens with difficulty to its full extent, betrays stubbornness of character and reluctance to open to calls of charity. Supple elastic fingers, on the other hand, while manifesting a tendency to extravagance, nevertheless indicate talent and sagacity. Those who have short fingers are quick, impulsive, and act usually on the spur of the moment, more readily than those who have long fingers. Short, thick fingers, nearly all of the same length, indicate a callous, cruel character, and betray clumsy unhandiness in manipulation, as well as a constant tendency to false-

hood and the defamation of the character of others. Long, slender fingers betray a peevish, worrying disposition. Young women ought to choose a husband whose hands are naturally red; and hands made red with difficulty should be carefully avoided. A man with dark colored hands is inclined to biliousness and melancholy. As an indicator of character, however, the thumb is the "boss." A small, ill-formed, feebly-balanced thumb betrays a vacillating disposition. Small thumbed persons are governed by the heart, while the large thumbed are swayed by the intellect. Independent, self-reliant people have large thumbs, or ought to have them, from the point of view of the chirosofist, while pliant, dependent, and easily governed natures may be known by the smallness of that digit, always remembering that the feature must be judged in proportion to the size of the hand and the fingers on the same hand.

As a general principle, large noses are indicative of active, energetic characters, apt to be proud, pompous, desirous of being leaders and commanders, and often overbearing and tyrannical. On the contrary, small low noses denote weak characters, deficient in government, even of themselves, and slaves of their appetites, loves and hates, rather than persons guided by reason and judgment. The large-nosed, in critical positions and circumstances of excitement will be cool and self-possessed, and competent to act more prudently than the small-nosed. Large noses are found chiefly among the inhabitants of mountainous regions and their descendants; small ones originate in low, flat countries. When the nose is long in proportion to its general size, it bears the impress of discretion, timidity, caution and

thoughtfulness. Noses relatively short from the forehead to the point—evidence rashness, carelessness and self-will; while noses that stand out prominently represent characters that are discontented with their present lot and are anxious and aspiring. But when the point of the nose clings to the upper lip the tendency is to be miserly and to love earthly things.

In the walk, the firm gait is found only in strong characters. The long, brisk step accompanies a vigorous, active mind. Laughter is described as an emotion which is confined to the human species, and to laugh well, is the mark of a cultivated gentleman, while a natural laugh cannot be intrinsically unrefined. One-sided persons are unbalanced mentally.

### MILK AND TUBERCULOUS COWS—STARTLING HISTORIES OF CASES.

IN March last, the attention of the "Emergency Committee," of Paisley, Scotland, was particularly called to the prevalence of tuberculosis among cattle, more especially among milch cows, and to its attendant risks to the public health. Since that time the sanitary inspector and the veterinary inspector of the burgh have examined over thirty dairies, besides "keeping an eye on the market." The carcasses of 62 animals suspected to have been affected with disease of one kind or another have been examined by the burgh veterinary surgeon and superintendent of the slaughter-house, of which 33 have been condemned and destroyed. Nearly the whole of these were those of animals affected with tuberculosis, a considerable number of which were milch cows.

Below we give a brief history of a few of these cases, as recently reported by the inspector, in the Sanitary Journal of Glasgow.

No. 1.—On the 1st March a cow that was giving milk plentifully, and found in a byre in the burgh, was observed to be ailing. She was examined by Mr. M'Geoch, burgh veterinary inspector, who certified that she was suffering from tuberculosis, and ought to be slaughtered forthwith. and the car-

case disposed of in such a manner as to prevent injury to the public health. The case having been reported to, and carefully considered by, the committee, representations were made to the owner to this effect; and his consent having been obtained, the animal was at once slaughtered, when it was found that she had been very seriously affected with the disease, the whole of the lungs and other portions of the body being in a tuberculous condition.

No. 2.—On the 24th May, a cow belonging to a cattle-dealer, who resides out of town, was found in a byre in the burgh affected with tuberculosis. She was giving milk, and her purchaser or last possessor, on being written to, alleged that he could not give his consent to have her slaughtered as there was a legal question pending regarding her. But he gave written instructions to the custodier not to use her milk. The animal died on the 31st May, and the carcase was sent to the Chain Road Manure Manufactory, where the lungs, on being examined by Mr. M'Geoch, V.S., and myself, were found to be full of putrid tubercles, and for the most part in a gangrenous condition. Yet the milk of this cow was regularly sold to the public till within five days of its

death, when it was stopped by your officers.

No. 3.—On the 27th May we found a sickly-looking cow, which the veterinary surgeon pronounced to be suffering from tuberculosis, in another byre in town. With the owner's consent it was slaughtered on the following morning, when it was found that the whole of the lungs were badly affected with tuberculosis. This cow also was giving milk which was regularly sold to the public.

No. 4—On Monday, 30th May, Mr. M'Geoch, V.S., discovered in Mr. Wilson's mart five animals affected with tuberculosis. They were all purchased by Mr. H.—a Glasgow man according to my information—for the sum of £13 an average of £2 10s. each. Captain Sutherland having been apprised of the circumstance, proceeded on the following day to the slaughter-house in Moore Street, Glasgow, where he found (1) that the carcass of one of the animals had been seized and destroyed;

(2) that the carcass of another of the animals was hanging for inspection for a day pending its being examined by Professor McCall, V.S.; and (3) that the three remaining animals, along with another animal apparently in as bad a condition, were in one of the byres of the market. He called the attention of the market inspector to these animals, and he has since been informed that they were all killed and their carcasses condemned.

The above shows a very grave condition of a common food in a part of Scotland. This disease, commonly called consumption, is almost universally conceded to be infectious, and communicable to the human organism by means of infected flesh or milk. Consumption among cows is well known to be common in Canada. How does any one know but that there exists just as bad a state of affairs, as above reported, in many parts of the Dominion?

#### THE PREVENTION OF CHOLERA—AN INTERNATIONAL QUESTION.

IF it were possible or practical to have for the entire civilized world one Central authority in relation to all public health questions, there would be a vast saving of human life which is now destroyed by the spread from one country to another of infectious epidemic disease. There are certain circumstances or conditions in which it appears one nation, or more, may and even should interfere with the affairs of another nation. In this age of constant international communication, the recognition of this principal becomes necessary. It is impossible to conceive of any circumstance or condition in which the right of international interference should be more readily con-

ceded than in that which concerns the national health. If any country, even a small isolated one, permits serious epidemic disease to become endemic or so prevalent as to make it dangerous for other nations to have intercourse with it, and this particular country should happen to be one which alone supplies certain desirable essentials or even luxuries of life, herein would seem to be conditions in which other nations might properly exercise such influence as would compel this particular one to use means for the suppression of such disease.

These thoughts have come from reading parts of a report of Dr. Simpson, Health Officer of Calcutta, on the health

of that city for the second quarter of 1887. Dr. Simpson states that "in connection with the prevalence of cholera and the adoption of preventive measures to mitigate its severity, I regret very much that I have to report that the agency by which these measures could be carried out has, during this quarter, been dismissed by the Commissioners. In November last—when Calcutta suffered from over 100 cholera deaths a week, and when quarantine was likely to be placed on every vessel leaving the port (and which eventually happened), the Commissioners, at the suggestion of their health officer, appointed four medical inspectors and nine sub-inspectors for the purpose of carrying out the ordinary measures which science and experience have shown to be effective in combating this disease. Besides ordinary scavenging, flushing of drains, dewatering of tanks, the measures include systematic inspection, by competent sanitary inspectors, of infected localities and premises, reporting on and following up the progress of the disease, disinfection of premises and destruction of infected clothing, removal of nuisances in and around dwellings, and the placing of infected premises in as good a sanitary condition as the circumstances will allow. A systematic inspection of premises and surroundings for the removal of recurring nuisances should be an everyday duty, and Calcutta is never so free from cholera or typhoid fever, that the Health Authorities can afford to passively allow the rise and progress of these diseases to remain unwatched and uninvestigated, as at present; nor can they well neglect to employ the ordinary measures and precautions known to be useful in checking the extension of such diseases. These duties, however, can-

not be performed without an agency. The sanitary inspectors just dismissed were the agents by which this work was to be accomplished. They were the nucleus of a sanitary department which I hope to see established in this city, a department which has never existed here but in name."

Calcutta and its neighborhood is the endemic area of cholera, and it appears only right that, with its close commercial intercourse with other cities, some pressure should be brought to bear in some quarter by which to enforce proper precautions for the suppression of this disease and keeping it at least within certain bounds.

The American Public Health Association, which meets in Memphis early next month, is just such a body as might profitably discuss this point in relation to international hygiene, and we hope and trust it may open the question at this approaching session and let the world know what so large a body of sanitarians has to say, or what they think of it.

TRUE MEDICINE.—In the Medical Record (May, '87) the editor quotes from a sermon by the Rev. E. C. Ray, of Hyde Park, Ill., on "Mind and Faith Cures," as follows: "The wise physician and nurse, seldom attempt more than gently and humbly to assist nature in her curative powers." Again, as to medicinal actions: "The benefit of medicine is often not its direct action upon the disease or upon the body, but its action upon the mind, and through that upon the nervous system and the whole body, stimulating faith, hope, expectation of recovery, good cheer, which are probably nature's mightiest remedial assistants." The editor of the Record says, "It is not often that such sound doctrines emanate from our brothers of the 'cloth' "

## MISCELLANEOUS NOTES AND SELECTIONS.

**ANTISEPTIC PROPERTIES OF COFFEE.**  
—Following up the researches of Opler and Sucksdorff, says Professor Heim, has recently established by many and careful experiments the powerful antiseptic properties of roasted coffee. He shows that caffeine is death to micro-organisms, that infusions of animal matter in coffee may be exposed to the air without gathering mould, that the bacilli of cholera cannot live in coffee, and that under its influence, the microbes generated in pus perish forthwith. The good results of coffee in cases of typhoid fever have been long known, but they have been attributed to the tonic effects of the caffeine on the nervous system. By Heim's showing, however, the said results are largely due to the antiseptic properties of coffee.

**IMMORAL ADVERTISING.**—From Good Health we extract the following truthful remarks: One of the most amazing inconsistencies in modern journalism is the indifference shown by the religious press to the character of the advertising admitted to their columns. Hardly a newspaper can be found which does not present in more than one of its pages the lying advertisements of the most arrant knaves and unscrupulous charlatans, promising sure cures for diseases resulting from the most abominable vices. Every publisher knows that the claims made by these quacks are false, and that the ingeniously worded advertisement is simply a scheme for draining the purse of the inexperienced or unwary. And yet it is a melancholy fact that these advertisements are more numerous in the so-called religious newspapers than in any other class. Cannot the editors and publishers of these papers see that

such advertisements as these are most efficient encouragements to vice? Is it not apparent that the young will think lightly of the penalties of sin if they find for each one a dozen certain panaceas offered? It is high time that a stop should be put to this vile business. Let all honest editors and publishers consider for a moment whether they can afford to lend their influence to the infamous schemes of these sharks. If souls are lured into the toils of vice through these agencies who is responsible? Does not the editor who publishes these invitations to vice with a guarantee of immunity from suffering, become a partner in the crime? If publishers cannot be aroused to a proper sense of their obligations in the matter, and insist upon continuing their present shameless course, aiding and abetting the most heartless villains in their base and obscene business, closing their eyes to the consequences, let all honest men and women refuse to read their papers or admit them to their homes.

**THE Cholera at Quarantine in New York Harbour** is an unpleasant surprise, says the N. Y. Mail and Express; but considering the length of time that this malady has smouldered in the Italian cities, and its sudden outburst in virulence in one of them this summer, we, perhaps, should be astonished that it did not get here earlier rather than it is here at last. It reached South America two years since, and was carried thither by emigrants from Italy; and any country that permits the landing of immigrants from Italy will naturally need a pretty good quarantine system to keep this disease out. Our own quarantine will hardly keep the disease out on this occasion unless it



burns every rag of the baggage of these filthy immigrants. The disease is in their baggage more than in their persons. Immigrants from Italy are now the filthiest human creatures that come to this country. There may have been filthier creatures in the early days of immigration, but the fact is not known. Chinamen are persons of squeamishly dainty personal habits by comparison with many of our Italian immigrants.

**MANAGEMENT OF CONSTIPATION.**—Constipation is responsible for an incalculable amount of disease, especially of the female organs. It is usually largely a habit, and a nasty one. Respecting the management of cases of simple constipation, Dr. Andrew Clark, the eminent London physician, physicians extraordinary to the Queen, instructs his patients as follows:—1. On rising or retiring, sip slowly from a quarter to a half pint of water, cold or hot. 2. On rising take a cold or tepid sponge-bath, followed by a brisk general rubbing. 3. Clothe warm and loose; have no constriction at the waist. 4. Careful attention should be paid to diet. Avoid pickles, spices, curries, salted or otherwise preserved provisions, pies, pastry, cheese, dried fruits, nuts, and all coarse, hard, indigestible food taken with a view of moving the bowels, strong tea, and much hot liquid of any kind, with meals. 5. Walk at least half an hour twice a day. 6. Avoid sitting or working long in such a position as will compress or constrict the bowels. 7. Solicit the action of the bowels every day, after breakfast, and be patient in soliciting. If unsuccessful the first day, continue the daily soliciting at the appointed time only. On the fourth day assistance may be taken. The simplest and best will be an enema of equal parts of olive-oil and water. If the use of all these means fail to

establish the habit of daily or of alternate daily action of the bowels, artificial helps may be necessary. The object is to coax, or persuade, the bowels to act after the manner of nature, by the production of a moderate and more-or-less solid-formed discharge. On waking in the morning, try massage of the abdomen, from right to left along the colon; and a dessert spoonfull of the best olive-oil may be taken at the greater meals of the day."

**GOOD IN THE "MIND CURE."**—An exchange commenting on a certain class of women who are semi-invalids, says: They have suffered. They have allowed their thoughts to dwell upon their pains and limitations, until these have come largely to fill their mental horizon. Their talk is of sickness. Even young girls, among the well-to-do and idle classes, compare symptoms and suggest diagnoses as staple topics of conversation. Nothing could be worse it seems to us, on the score of good taste or of good health. As dwelling upon one's griefs magnifies them, so dwelling upon one's pains magnifies them. If the mind cure can be made to work upon these morbid subjects, it must restore to activity, energies worse than wasted; it would save time and money; it would make a grave world into a joyous one; it would multiply past calculations the sum of human happiness.

**NATURE'S LAWS INVIOLEABLE.**—In Steele's Hygienic Philosophy are the following truthful remarks: In infancy, we learn how terribly Nature punishes a violation of certain laws, and how promptly she applies the penalty. We soon find out the peril of fire, falls, edged-tools, and the like. We fail, however, to notice the equally sharp and certain punishments which bad habits entail. We are quick to feel the

need of food, but not so ready to perceive the danger of an excess. A lack of air drives us at once to secure a supply; but foul air is as fatal, yet gives us no warning. Nature provides a little training for us at the outset of life, but leaves the most for us to learn by bitter experience. So in youth we throw away our strength as if it were a burden of which we desired to be rid. We eat anything, and at any time; do anything we please, and sit up any number of nights, with little or no sleep. Because we feel only a momentary discomfort from these physical sins, we fondly imagine when that is gone we are all right again. Our drafts upon our constitution are promptly paid, and we expect this will always be the case; but some day they will come back to us, protested; Nature will refuse to meet our demands, and we shall find ourselves physical bankrupts. We are furnished in the beginning with a certain vital force upon which we may draw. We can be spendthrifts and waste it in youth, or be wise and so husband it till manhood. Our shortcomings are all charged against this stock. Nature's memory never fails; she keeps her account with perfect exactness. Every physical sin subtracts from the sum and strength of our years. We may cure a disease, but it never leaves us as it found us. We may heal a wound, but the scar still shows. We reap as we sow, and we may either gather in the thorns one by one, to torment and destroy, or rejoice in the happy harvest of a hale old age.

THOUGH a thorough believer in the modern germ-theory, I look for greater success in prolonging life and rendering it comfortable by carefully preserving the forces, by checking waste, especially from fever, by maintaining the di-

gestion, and by surrounding the patient with suitable climatic and hygienic conditions, than by any patent, ready methods whatever.—Prof. Wm. Waugh, A.M., M.D., Phila, Pa.

**A PERNICIOUS HABIT.**—In *Science Series* is the following: In one of the schools of Brooklyn, a boy thirteen years old, naturally very quick and bright, was found to be growing dull and fitful. His face was pale, and he had nervous twitchings. He was obliged to quit school. Inquiry showed that he had become a confirmed smoker of cigarettes. When asked why he did not give it up, he shed tears, and said that he had often tried, but could not. The growth of this habit is insidious, and its effect ruinous. German and French physicians have recently protested against it; and a convention of Sunday and secular teachers was recently held in England, to see what could be done to check it. It was presided over by an eminent surgeon of the Royal Eye Infirmary, who stated that many diseases of the eye were directly caused by it. Parents, save your children from this vice if possible.

**NERVOUS PEOPLE.**—Talmage once said: People prostrated with typhoid fever or broken bones get plenty of sympathy, but who pities anybody that is nervous? The doctors say, and the family friends all say, "Oh, she is only a little nervous, that's all." The sound of a heavy foot, the harsh clearing of the throat, a discord in music, an inharmony between the shawl and glove on the same person, a curt reply, a passing slight, a breath of the east wind, upsets them. Oh, how many are going down under this process of life? It is the accumulation of the small troubles that are doing more damage than the stroke of great troub-

les. The fact is, that in America the people are overworked, and the first thing that gives out is the nervous system.

**A TERRIBLE RESPONSIBILITY.**—The President of the Ohio State Board of Health, Dr. Clarke-Milner, spoke recently in an address as follows: If the physicians who treated the first case of typhoid-fever at Plymouth, Pa., had secured the destruction or thorough disinfection of the dejections from that case, there would have been a tremendous deficit in the "professional revenues." To be sure, the people would not have known the terrible calamity which was averted, and would not have even recognized his humane and intelligent skill; but when a man comes to settle with himself, where would he prefer to be, with the one who indifferently or ignominiously allowed the seeds of that scourge to be sown under his eyes, or with the one who, unseen and single-handed, throttled the monster at its birth, and saved the people? That epidemic cost \$67,000 direct. The loss of earnings reached over \$30,000; but how shall we measure the distress incident to 1,200 cases of sickness in a population of 8,000, and the loss to families and the State growing out of 114 deaths?

**ECONOMY IN IT.**—The editor of the *St. Louis Courier of Medicine* writes:—Those who may be inclined to offer objection to the adoption of earth closets on the score of expense will be surprised to learn that all the extra appliances of a well appointed earth-closet cost considerably less than an ordinary deep vault lined with brick or stonework, and the infinitesimal expense involved in the simple device of using an ordinary bucket and shovel (or shingle will answer every purpose), takes away all force of that argument.

The dry earth scraped from a dusty road on any summer day will answer every purpose, and involves no trouble in preparation and almost none in obtaining it." The earth, however, should not be of a sandy character, nor contain the droppings of horses.

**ENVIRONMENT IN ITS RELATION TO TUBERCULAR BACTERIAL INVASION.**—The following is from paper read at the late annual meeting of the American Climatological Association, by Dr. E. L. Trudeau, of Saranac Lake. Environment evidently has an important bearing in reference to bacterial invasion. The author proposed to himself the following questions: 1. What results ensue when bacillar invasion and unhygienic conditions are made to coexist? 2. Are unhygienic surroundings sufficient to cause phthisis when precautions are taken to exclude the bacillus? 3. Is bacterial infection always productive of tuberculosis when the animal is placed under the most favorable hygienic conditions? In order to answer these questions the following experiments were performed. Fifteen healthy rabbits were taken and divided into three sets of five each. The first experiment consisted in taking five of the rabbits, inoculating each with a pure culture of the tubercle-bacillus, and subjecting them to overcrowding in a dark cellar, with poor and insufficient food and other unhygienic conditions. In the second experiment five rabbits were placed in a box and lowered into a pit dug in the ground, the mouth of the pit covered with earth with the exception of a trap-door for the introduction of food, which consisted of one small potato for each animal per day. So damp was the air that the box in which the animals were confined was constantly wet. The third set of animals were inoculated with the tu-

bercle-bacillus and turned loose on a small island, where they had abundant sunlight, fresh air, and exercise. They were daily supplied with wholesome food. The results of these experiments were that four of the first five rabbits died in three months, and extensive tuberculosis was found. The fifth animal was killed at the end of five months, and the same condition found. The second set of five rabbits were all living at the end of four months. They seemed to be as active as at the time the experiment began. They were then killed, and careful examination revealed nothing abnormal. One of the third series of rabbits died at the end of one month, and on examination there was enlargement of the cervical and bronchial glands, and tubercles in the spleen. The remaining rabbits continued in apparently good health, and were killed at the end of four months. They were loaded with adipose tissue, the flesh was firm and red, all the organs were normal, and even the seat of the punctures could not be made out. These experiments confirm the view that the production of tuberculosis is a most complex process. Although the environment may bear but the relation of a predisposing cause to the microbe invasion, it is nevertheless a most potent factor in determining the future and the final results of the disease, and, while we may not underestimate the pathogenic properties of the bacillus, the effect of environment upon the vitality is a factor which must not be ignored.

THAT there is some relation between the development of organisms (pathogenic—of disease) and atmospheric conditions is becoming more and more apparent. The effect of a purely aseptic air upon ulcerative processes is not

so great as the effect of an atmosphere which is aseptic on account of the presence of antiseptic agents. The belief in the good effect of pine forests in cases of phthisis is quite unanimous, and the clinical evidence in favor of their beneficial influence in these cases is also unquestioned. The atmosphere in such regions is not only aseptic, but also antiseptic. Such an atmosphere contains considerable turpentine vapor, and we should therefore expect it to contain a certain amount of peroxide of hydrogen. In the speaker's opinion, the majority of cases of phthisis die not directly from the lesions in the lung, but from the secondary septicæmia and pyæmia. It is impossible to apply to the ulcerations within the lung the antiseptic washing and dressing that is employed in external lesions; but if an antiseptic atmosphere can be obtained we may hope to counteract the secondary poisoning. Such an atmosphere will not destroy the bacilli, but it will accomplish much in the way of arresting the suppurative process. The atmosphere in the region of evergreen forests acts in a manner similar to the antiseptic agents which are successfully used to arrest suppurative processes in other portions of the body. In all probability the active agent was the peroxide of hydrogen resulting from the oxidation of the turpentine-vapor. While it is not possible for every one suffering with pulmonary phthisis to obtain an antiseptic atmosphere, yet it is possible to render the air of any particular locality antiseptic. The evergreen forests should be preserved, and evergreen trees should be planted in the neighborhood of our homes.—A. L. Loomis, M.D., of New York, at the late meeting of the Am. Climatological Assoc.

## THE PUBLIC HEALTH FOR SEPTEMBER.

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

IN the twenty-six principal cities and towns in Canada which make monthly returns of deaths to the Department of Agriculture in Ottawa there were in September 1450 deaths; 226, or over 13 per cent. less than in August. The total rate of mortality for the month was about 25 per 1,000 of population per annum; while in August it was 29, and in July 36 per 1,000.

In Montréal, the mortality which was 45 per 1,000 in July, and 33 in August, fell in September to 30 per 1,000; in Toronto it fell from 30 in August to about 20 in September; in Quebec, from 38 to less than 30; in Hamilton, from 23 nearly to 20; and in Ottawa, from 25 to 20 per 1,000. In Halifax and St. John, the proportionate fall in the mortality was about the same as in Ottawa.

The total number of deaths from all the zymotic diseases was 390; or 40 per cent. less than in the previous month.

There were no deaths recorded from small-pox, none from measles, and but two from scarlet fever.

Diarrhœal diseases caused less than half the number of deaths in September that they caused in August.

Diphtheria, on the other hand, increased in its fatalities over 33 per cent in September, as compared with August; or, from a record of 76 to 103. Of the 103 deaths in September from this cause, 37 were in Montreal, 17 in Toronto, 9 in Quebec, 6 in Ottawa, 8 in Winnipeg, and 13 in Hull.

From typhoid fever, the mortality increased, over 100 per cent. in September as compared with August. Over one-third of the mortality from this disease was in Montreal, while in Brantford, Chatham and Winnipeg, the mortality was high, and also high, although less so, in Toronto.

From both Constitutional diseases and Developmental diseases, and likewise from Violence, there was a fall in the mortality in September, from August, while from Local diseases there was a rise.

The total mortality in September, it may be observed, fell to a lower point than that of June, although not so low as that of May.

A CONNECTICUT "BLUE LAW."—  
"The Code of 1650," a compilation of the earliest laws of the General Court of Connecticut, gives the following on tobacco: "Forasmuch as it is observed that many abuses are crept in, and committed, by frequent taking of tobacco, it is ordered by the authority of this Courte, that no person under the age of twenty-one years, nor any other, that hath not already accustomed himselfe to the use thereof, shall take any tobacco until he hath brought a certificate under the hands of some who are approved for knowledge in phisick, that it is usefull for him, and allso, that he hath received a lycense from the courte, for the same. And for the regulating of those, who either by their former taking it, have, to their owne apprehensions, made it necessary to

them, or upon due advice, are persuaded to the use thereof. *It is ordered,* That no man within this colonye, after the publication thereof, shall take any tobacco publicquely, in the streett, highwayes or any barne yardes, or upon training dayes, in any open places, under the penalty of sixpence for each offence against this order, in any the perticulars thereof, to bee paid without gainesaying, upon conviction, by the testimony of one witness, that is without just exception, before any one magistrate. And the constables in the several towns are required to make presentment to each perticular courte, of such as they doe understand, and can evict to be transgressors of this order." It is a pity such laws are not now in force.



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## EDITORS' SPECIAL CORNER.

### SIGNS OF THE TIMES.

The signs of the times as they relate to the public health in Canada are encouraging; encouraging because at the opening discourses this month in the leading medical schools the subject of Public Health was discussed more generally and in stronger terms than ever before. Even at the opening of the Montreal Veterinary College, this question, in its relations to diseases of animals, was dwelt upon at considerable length. And although much significance may not be extracted from after-dinner speeches, it nevertheless shows that the present bent of the medical mind is clearly in the direction of pressing for early Federal Legislation on the subject of Public Health, when we hear, as we did at the magnificent and largely attended banquet tendered at the Russell in Ottawa by the medical profession of the Capital and its vicinity to Sir James Grant, the chairman (Dr. Sweetland) and a number of others urging the medical profession to unite and press upon the Federal Government the necessity for a Dominion Bureau of Health and Health Statistics. The chairman stated that we in Canada are in this respect behind all other countries, and both he and Sir James referred to the inconsistency of Canada spending money on immigration and actually permitting, without an effort to prevent, the yearly destruction in the Dominion of many thousands of human lives by preventable disease. Yes, we may fairly strengthen our hope that the time for a favourable change is approaching.

### THE MEDICINE OF THE NEAR FUTURE.

Almost from the first issue of this JOURNAL we have advocated a change in the relations between the physician and his patients—between the medical profession and the public—a change in the present practice of “cure” only, or too often only ineffectual efforts to cure, toward that of prevention; in which field success is more certain and the benefits vastly greater—greater to both the physician and his patients. Patients could well afford to pay the physician much more liberally for preventing time-consuming, costly disease than for removing or curing it after much loss of time and money, to say nothing of the pain and anguish and the danger of fatal terminations; and, indeed, patients would soon learn—and they are for the most part discriminating enough to be tractable in this regard—to thus more liberally pay their medical adviser. Sir William Jenner said: “To prevent disease is the highest and most important aim of the science and art of medicine.” It has been urged by men most eminent in the profession that cure, with its pills and potions (not that we can by any means always do without these), is associated more with quackery, and it is only by such practice, or chiefly, that quacks exist. It is gratifying to find Dr. Hingston, in his opening address at the Montreal School of Medicine and Surgery, qualifying “hygiene as the medicine of the near future.” He is probably the first eminent physician who has added the “near” to this prediction.

## THE AMERICAN HEALTH ASSOCIATION.

Before another issue of this JOURNAL shall have reached its readers, this society, consisting of many hundreds of members from among the most eminent physicians on this continent, will have met, and for four days discussed questions directly pertaining to the preservation of the health of the people. Just think of such a body, travelling, many of them, many hundreds of miles and spending their time and means, without remuneration or hope of reward, engaged in so philanthropic a work. This Association, which held its fourteenth annual meeting last year in Toronto, has accomplished an incalculable amount of good, and has been largely instrumental in the education of the people of the United States up to their present knowledge of things sanitary. A knowledge of the science of health has been widely distributed: what is now most needed is that the practice shall be more general. A body of men possessing such an influence as could be wielded by this Association, were it to thoroughly unite and determine to exercise its full powers, could doubtless influence any body of Legislators or any Federal Government that might be in power and actually force the Government to legislate and provide means practical for promoting the physical well-being of the people. We would venture to most respectfully suggest that, at this approaching fifteenth annual meeting of the Association, some more practical "business-like" efforts be attempted to secure or command practical results. Would not a special committee of the most prominent members, say on "Legislation and 'Supply,'" appointed by the Association, be capable of virtually forcing upon the Federal authorities practical legislation and the granting of means which would influence the various States up to the necessary action for the better promotion of the public health, and which, too, would be an example for this neighboring Dominion? Why not grant a few millions of the vast Federal surplus money, to be divided among the different States for the purpose of hygienic investigation and education, drainage, the prevention of river pollution and kindred proceedings? President Cleveland appears like one much

likely to strongly favour some sort of practical work of this nature if the necessity for it were properly brought before him.

## OBSERVATIONS AND ANNOTATIONS.

A DOMINION HEALTH BUREAU.—Sir James Grant, in the address at the opening of the session of the medical department of McGill University, Montreal, last week, spoke strongly on the question of a Dominion Bureau of Health and Health Statistics. Probably there is not a member of the medical profession in the Dominion, and but few, if any intelligent people outside of it, who would not cordially endorse Sir James' sentiments. He said: "The neglect of sanitary science in many of our centres of trade and commerce is doubtless a prolific source of the remarkable mortality recorded in our present mortuary statistics. I trust the day is not far distant when the Dominion Government will see the necessity of establishing a Bureau of Health and Statistics, such as is now approved at Washington. Thus a progressive measure would be inaugurated and one which could not fail to save thousands of valuable lives. We yearly expend considerable sums of money in bringing emigration into the country, but what could possibly be more noble and philanthropic than to stay, by active measures, the present marked emigration out of the country by infantile mortality. This is a question which requires the closest attention, let the proper authorities see to it."

VETERINARY SANITARY SCIENCE.—Mr. McEachran, F. R. C. V. S., at the recent opening of the Montreal Veterinary College, gave a lengthy and what should prove, if acted upon, a most profitable address on this subject and the diseases of animals in relation to the public health. Dr. R. P. Howard, the dean of McGill medical faculty, occupied the chair, and endorsed the statements in the address. Mr. McEachran said: "The importance of this subject was daily being more and more understood, and when people knew and realized the sad havoc constantly being caused in communities and families by diseases dependant in many cases directly, and in others indirectly, on the communication of disease from animals to men, they would not rest satisfied till the present



deplorable unsanitary conditions were remedied. The diseases which we find most frequently communicated from animal to man through an unsanitary condition are, in the order of their importance, as follows: 1. Tuberculosis (consumption); 2. typhoid fever, scarlet fever, glanders, entozoa, especially tapeworm and trichinae, parasitic diseases, ringworm, itch, septicaemia (blood poisoning), variola and vaccinia (pox), rabies or hydrophobia."

**TUBERCULOUS CONSUMPTION FROM ANIMALS.**—"The communicability of tuberculosis from animals to man," says Surgeon McEachran, "has been proven beyond a doubt. How many a fond mother has fed her child on milk supplied by a tuberculous cow, resulting in the infant's untimely death, and often being the origin of tuberculosis in many a young man or woman. The insidiousness of this disease makes it difficult to arouse the people to its danger. The milk supply is often tested by public analysts and police inspectors to prevent its adulteration by water, but no effort is made to prove the absence of diseased germs in the nutrient fluid which forms the chief diet of infants and invalids. He was aware that this disease was on the increase among cattle in Canada as elsewhere, and the importance of fathers and mothers making sure beyond doubt that the animals supplying milk for their dear little ones were free from all taint of it could not be over-estimated. As a rule milk consumers in the absence of scientific inspection would act wisely in refusing to use milk from a cow with a cough particularly of a chronic character. Wherever the inspection of animals at the slaughtering places is not thoroughly carried out by competent persons, both in the living animal immediately before slaughtering, and the carcass and internal organs at the time of killing, a percentage of tuberculous cattle is to be met with which would arouse the most apathetic were it to be known."

**THE LATEST ON QUARANTINES.**—The last issue of the British Medical Journal says: The tenacity with which European countries cling to the antiquated, ineffectual, and not infrequently cruel, system of quarantine is remarkable, when we consider the overwhelming evidence that has accumulated against the system, and the gigan-

tic strides that have been taken by sanitary science in recent years. It is now many years since Sir John Simon, in his reports to the Privy Council and Local Government Board, pointed out, from the experience of England, that quarantine of a sort to be trusted in as a national defence is not conceivable except in proportion as a people lives apart from the great highways of commerce, or is ready and able to treat its commerce as a subordinate political interest: that though, undoubtedly, quarantine, planned with the precision of a scientific experiment, and conducted with extreme rigour, may keep cholera out of places (such as remote and secluded islands) where the extremely difficult conditions can be completely fulfilled, yet, under other circumstances, quarantine cannot reasonably be expected so to succeed, and must then be regarded as a mere irrational derangement of commerce. Holding these common sense views, which have been strengthened year by year by observation of other countries, England has long discarded quarantine as a means of preventing cholera, and now places her trust in the security afforded by purity of local surroundings—of soil, air and water—on land, and a system of watchful medical inspection of shipping at her seaports. The success of this policy has been complete, and there are no wanting indications that this success is exercising a beneficial effect on public opinion abroad. . . . Malta had tried it, but although the local authorities had most strictly enforced the quarantine, it had not been successful in keeping cholera out of the Island.

**PROFESSOR SEMMOLA'S ADDRESS AT THE INTERNATIONAL MEDICAL CONGRESS.**—Professor Semmola is a distinguished man, for whom, we need hardly write, we have much respect. His address at the recent International Congress has been highly commended; it doubtless contained a great deal of good, and his cautions are worthy of most serious consideration. We did not hear it, nor have we yet read a full report, but from synopses of it in some of the medical journals we think it not unfair to characterize it as "behind the times," and narrow and obstructive in its tendency. Dr. Semmola starts out by stating that "the object of medicine is to cure disease."

Any one of the many eminent physicians in Great Britain or on this continent, and probably in Germany too, would have included in a definition of its object, also the prevention of disease. If bacteriology is not a science because a science is never composed of unknown things, then medicine itself is not a science. There are many known and proved facts in the yet imperfect science of bacteriology. He is reported to have said that, when man resorts to hypothesis his power disappears. Is it not the glory of man that he can construct rational hypotheses to be afterwards proved by experimental research?

THE BANQUET TO SIR JAMES GRANT.— We notice this because it involves more than a mere local interest. On the night of October 13th, between thirty and forty members of the medical profession in and around Ottawa, indeed the entire profession of the locality, almost "to a man," tendered to Sir James an illuminated address and a dinner at the Russell. It was a most successful affair in every respect, and could not but be most gratifying to the worthy knight, who received such warm and general personal congratulations from so large a number of co-workers in the field of medicine, on the recent high honour conferred upon him by Her Majesty the Queen. The event had more than a local interest because of the strong and spontaneous advocacy by a number of the speakers of urging upon the Federal Government the necessity for organizing a Dominion Bureau of health statistics, and otherwise legislating for the better protection of the public health. Although such legislation was largely in the hands of the Provinces there was, it was said, nothing to prevent the Federal powers taking prompt action, and such pressure ought to be brought upon them as would induce them to do so.

DR. HINGSTON in his opening address at the Montreal School of Medicine last week dwelt at considerable length on the importance of hygiene, public and individual. "It was, on the one hand, the consideration of man in a state of health and of the sources of his health, and on the other of man in a state of disease and the natural causes of disease. It was a consideration of the various shades of gradation, accentuated or faint, which disappearing health

and advancing disease taxed in their course; it was a consideration of all the circumstances which concern man and his relations to surrounding influences, particularly in his relations to his fellow man. For its proper study, the history of man is indispensable, the history of morals, even the history of society and the laws regulating it."

SIR JAMES GRANT, at the opening of McGill, said: "In conclusion, I would say, let our young medical men protect their fellow practitioners and avoid quarrels and petty jealousies. Let us not be called 'the jealous members of the conjectural art.'" Let us all join in a cordial Amen, and endeavour to act accordingly.

In England, it is stated, scarlet fever killed over 17,000 persons last year.

THE American Lancet, Detroit, enquires, "what diseases are dangerous to the public health?" Syphilis is suggested (which would present a difficulty in "placarding," in practice) and whooping cough. We should add measles, which is not always included in the list.

AT the recent Medical Congress in Washington, after the reading by Dr. Domingos Frere, of Rio Janeiro, the representative in the Congress of the Brazilian Government, of a paper entitled, "Vaccination, with the attenuated culture of the microbe of yellow fever," with a demonstration of the microbe under the microscope, a resolution was adopted by the section: that, whereas, as the fact presented by the experiments of Dr. Domingos Frere offered a reasonable assurance of the protective influence of vaccination in Rio de Janeiro, therefore, that this section recommends the co-operative investigation of the results obtained, and that adequate appropriations by the Governments represented in this congress be made for that purpose.

THE Medical Register refers to the importance, not only of food, but of properly-cooked food, which has become a recognized factor in the therapeutics of the day. "We employ but a time-worn axiom in stating that the most valuable articles of food may be rendered both unpalatable and indigestible by improper preparation, while those which are not in themselves agreeable may be made so by culinary

skill. In time, the public will, no doubt, appreciate the efforts now being made to instruct those ignorant of these matters, by means of various schools and courses of lectures upon the same.

WITH the approach of winter, some individuals have to seek for a warmer climate. We would draw attention to the fact that, near our own Canadian border, at Battle Creek, Michigan, at the largest Sanitarium in the world, we believe, an artificial climate of a congenial temperature is produced for invalids requiring such. This Medical and Surgical Sanitarium is an old established and most respectable institution, conducted we believe on the most liberal and honourable principles. It is said to stand without a rival in the perfection and completeness of its appointments. Its chief physician is a member of the American Public Health Association, and in every way worthy of confidence. It is not unlikely that some of our readers may require recreation or treatment at some such institution. We can confidently recommend this one.

AN excellent and unprecedented movement has just been made by Cardinal Americo, Bishop of Oporto, who founded a Chair of Hygiene at the Diocesan Seminary of Carballos at his own expense. This enterprising prelate, moreover, has decided that in future no priest shall be ordained unless the candidate for holy orders shows himself to be acquainted with the principles of hygiene.

DRS. UNGER AND BODLAENDES, according to the Deutsche Chemische Zeitung, report that they have found various articles of food preserved in tin cans contaminated by tin to a very large extent, and in such intimate combination with the contents that it was difficult to separate it. A series of experiments made with dogs, cats and rabbits, proved that this tin was capable of producing morbid and finally lethal action.

SWEDEN has passed laws against the use of poisonous coloring matters in goods for household use such as woven fabrics, yarn, shades, sealing wax and wafers, wall paper, artificial flowers and blinds.

ACCORDING to Dr. Hayem, the green diarrhoea of infants is caused by a microbe which secretes the coloring-matter charac-

teristic of the complaint. The disease is epidemic and contagious; and the best treatment is to give the child lactic acid.

THE Dean of Canterbury has written to the Burial Reform Association that "we do right in showing respect to the mortal remains of the dead, but the endeavour to prolong the period of their natural decomposition is not true respect for them, and is a violation of the laws of nature. We profess to be restoring 'earth to earth,' and yet, by solid coffins and bricked graves, we prevent the healthful separation of human remains into their component parts, and store them up to the injury of the living."

AN exchange says: "A peck of powdered charcoal in shallow dishes in a cellar will absorb much of the bad smell, and a bushel of lime much of its dampness." We would recommend rather that cause of bad smells be removed."

IT is stated that there has been discovered in British India a blossom of such saccharine properties that it is destined to revolutionize the sugar business. It is the flower of a tree of large size, the mahwa, or moola, which abounds in the southern portion of Hindostan.

NOBODY who pretends to be anything in society, says the Boston Globe, and belongs to the better classes, will have a cold in the head nowadays. Hay fever is the proper thing.

It has been learned that extremely tight lacing produces softening of the brain. It has long been known that softening of the brain produces extremely tight lacing.

"To what do you attribute the curative properties of your spring?" asked a visitor at a health resort. "Well," answered the proprietor, thoughtfully, "I guess the advertising I've done has had something to do with it."

THE Ninth International Medical Congress, held in Washington last month, was attended by nearly five thousand eminent physicians, including some five hundred delegates from abroad, with quite a large number from Canada. It appears to have been a very successful congress. The amount of public health work was not remarkable, but we hope to be able to notice

this part of the meeting on another occasion.

NO ONE who has sold drugs during the last twenty years, states a druggist in an exchange, can have failed to notice that not one-fifth of the medicine is administered now that was prescribed ten years ago, and not a physician in the city ever thinks of giving the doses that were common in 1867. The reason of this change is attributed directly to the influence of homœopathy.

IN lamenting fatal disease from a foul drain, the *Annals of Hygiene* says: The drain was cleaned out, but it was too late, the mischief was done, the family was infected, and all of the children had the disease. As I looked at the hereaved and saddened mother, I could but pity her want of knowledge, that had brought such affliction. The doctor could not cure, but the parents could have prevented.

AT a recent meeting of the Montreal Health Committee, the committee on the foundling question presented a report in which it was stated that the matter was not one for city authorities to deal with, but for federal or provincial authorities, as in other countries. They also recommended that legislation be applied for to compel mothers to nurse their children until they were able to take food. The report was adopted.

THE *London Advertiser* says: "To criticize funeral arrangements is not to our taste, but when people are invited to attend the interment of persons who have died of diphtheria it seems to us that the public interest require that a protest should be entered." The penalty of a fine, too, would seem to be indicated, we think.

THE *St. Louis Courier of Medicine* recommends the use of dry earth in the bed-pan in case of sickness, as a deodorant.

SUSIE—Oh, mamma, I'll never disobey you again. Mamma—Why, Susie, what have you done? Susie—Well, I drank my milk at lunch, and then I ate—a pickle; and the milk said to the pickle "Get out;" and the pickle said, "I won't;" and they are having an awful time!

THE Medical Health Officer of Ottawa, Dr. Robillard, has written a letter to the Separate School Board advising and warn-

ing in reference to the sanitary condition of their schools, and urging the appointment of a person whose duty would be to look after the matter.

#### NOTES ON CURRENT LITERATURE.

THE Physician's Leisure Library series is a boon to the profession, many members of which cannot afford the outlay for purchasing expensive bound volumes on the many new and important subjects which the progress of medical science brings out. We trust Mr. Davis (Geo. S. Davis, of Detroit, Mich.) will receive such liberal patronage as will enable him to continue the good work begun; for it is indeed a "good work" which enables one to obtain good, concise, practical treatises, of from 100 to 300 pages, by some of the best authors, really handsome in style, in durable lithographed paper, for 25c, or monthly for \$2.50 a year. The books are just what a busy man wants, and one can purchase any one or more of the volumes.

DISEASES OF THE HEART (Modern Treatment of), Vol. 1, for July, of the Leisure Library, is by the well-known physician and scientist, Prof. Dujardin-Beaumetz, translated from the fourth French Edition by E. P. Hurd, M.D., Mass. It is a "Manuel of Clinical Therapeutics," of nearly 200 pages. The second volume is promised. As a specimen of the advanced views given are the following extracts: "Tobacco, like alcohol, is dangerous to cardiac patients, and should be altogether interdicted." Again: "By the side of these grand precepts of hygiene, must be mentioned moral hygiene, which is no less important." . . . "The physical heart is a counterpart of the moral heart." . . . "The cardiopathic should shun excitements, of whatever kind—eschew gaming, politics, the cares of business and speculation."

HARPER'S MAGAZINE for October contains a frontispiece "As We Walked Home Together," an illustration for "Love Song," an amusing piece with eight more large illustrations. We find also "Our Summer's Outing," a story, amusing, too, and illustrated; "A Dead Portuguese City in India;" a continuation of "Narka," the "Story of Russian Life;" "The Curative Uses of

Water," and many other subjects of interest.

THE LOMB PRIZE ESSAYS, Award made at the Thirteenth Annual Meeting of the American Public Health Association, Washington, D. C., Dec. 10, 1885; with an appendix. (Second edition). These are four in number and upon the following subjects: I. Healthy Homes and Foods for the Working Classes, by Victor C. Vaughan, M. D., Ph. D., Prof. Mich. Univ.; II. The Sanitary Conditions and Necessities of School-Houses and School-Life, by D.F. Lincoln, M. D.; III. Disinfection and Individual Prophylaxis against Infectious Diseases, by George M. Sternberg, M. D., Major and Surgeon U. S. Army; IV. The Preventable Causes of Disease, Injury, etc., in Manufactories and Workshops, and the Best Means for Avoiding Them, by C. H. Ireland. It will be pleasing to all sanitarians that there has been so much demand for this excellent series of papers as to necessitate the issue of a second edition. Copies may be procured by ordering from Dr. Watson, Sec'y. A. P. H. A., Concord, N. H.

THE PUBLIC HEALTH PAPERS AND REPORTS, Vol. xii., of the American Health Association, presented at the annual meeting in Toronto, in October, 1886, have been received, in the form of a very nice bound volume of over 250 large octavo pages, creditable alike to the association and the publisher.

THE ILLUSTRATED LONDON NEWS, American edition, at one-half the price of the London edition, reaches us regularly and seems to be in every way equal to, indeed precisely the same as, the original copy. The number for October 8th, is a very desirable one. The "Keeper's Boy," and "Our Coxswain," are alone worth the 10 cents asked for the whole paper, while aside from these, views in Florida are presented, and the "British Mission to Morocco" is finely illustrated. The general reading matter of the paper is as interesting as usual. That for the 15th inst. is not less desirable and gives us more illustrations of the "British Mission to Morocco," sketches in "British North Borneo," and in "New Guinea," with "Life on Board a Modern Man-of-War," "Wicked Sport," and "Sad Dogs-Day," and "Deer Stalking

in the Highlands," a double page illustration. To be obtained of all newsdealers, and subscriptions received at the office of publication, 237 Potter Building, New York.

IN THE CENTURY for October, besides what we pre-announced, we find some good poems, such as "My Shallow," "Won," and "The Wild Ride." "Twelve years of British Song," by E. C. Steadman, is a valuable contribution. In "Topics of the Times," are the "Jury System," and "Shall Immigration be Restricted," both suggestive and instructive; while the "open letters" are of much interest.

ST. NICHOLAS for October is hardly less attractive than the best of its issues, and is full of charms for the young and the older as well.

MESSRS. W. A. DYER & CO., of Phillips Square, Montreal, issue "Temperature and pulse charts" for daily use which will prove a great convenience to medical practitioners.

THE REPORT of the Mortuary Statistics of the cities and towns, being abstracts of the monthly returns of these statistics for the year 1886, as Annex No. 5 to the Report of the Minister of Agriculture, has been issued. We shall on a future occasion touch upon some points of interest which relate to occupation, nationality, &c. and mortality, as brought out by the figures.

THE WEEK of to-day gives a capital poem, "Ottawa," by "Seranus." Following is the first stanza, while there are four others equally charming:

Three are the cliffs, and three the winding rivers.

High on the cliffs' crest rise the crowded town,

Three are the cliffs, and one the Fall with its thunder,

Shaking the bridge, while the river rolleth under,

Flicking the wild white foam from its lips so brown.

Prison doctors state that they have never seen bad effects from the sudden and complete disuse of alcohol by convicts.

An Austria doctor advertises that he will pay one-half of the funeral expenses of patients dying under his care.

The students of the University of Pennsylvania are forbidden the use of tobacco.