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HEALTH JOURNAL

A Monthly Review and Record of

SANITARY PROGRESS

—EDITED BY—

EDWARD FLAYTER, M.D.

Public Health and National Strength and Wealth.

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JULY, 1891.

No. 7.

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CANADA HEALTH JOURNAL.

A Monthly Record of Sanitary Progress.

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HINTS AND WARNINGS FOR HOLIDAYS.

THE almost universal practice of taking a summer holiday is a comparatively modern habit, but the practice had its type in ancient times. The Roman noble delighted to remove from the heat and bustle of Rome to Baiæ or Valerium. Horace used to spend the dog-days in the comparative cool of his upland Sabine farm. That the habit is on the whole a wise and salutary one we need hardly stop to insist, as its utility is generally recognized and seldom questioned, nevertheless, as the *Lancet* in a recent editorial on the subject says, it is possible to make too much of a fetish of even a good practice, to ignore its dangers, and to be indifferent to the rules by which it must be regulated if benefit is to result. Travel and change of air are not to be recommended, haphazard even for the healthy, still less for the ailing. "Experiences show that, while benefit is often obtained, it is not rare to meet with persons who return from a holiday wearied rather than refreshed in body, and mentally exhausted rather than recreated." The most common errors in this respect are either to plan a holiday without regard to the individuals peculiar needs and capabilities, or to carry it out with infringements of the general laws of health and common sense. "If an individual who pursues a strictly sedentary life for eleven months in the year spends his holiday month in climbing the Alps or the mountains of Norway, in severe rowing or prolonged pedestrian excursions, he need hardly be surprised if he overstrains his soft muscles and flabby heart, and returns worse rather than better for his trip."

He must learn that violent physical exercise requires training, and is not to be attempted with impurity by persons unaccustomed to it. It is a serious error to suppose that the man who was a vigorous swimmer in his youth, that, after perhaps years of disuse of the practice, he can with impunity attempt great swimming feats in his maturer years. It is now generally recognized that many of the cases of sudden collapse while swimming which are usually reported as "death from cramp" are really due to syncope from cardiac failure. "Errors in diet are another fruitful source of a spoiled holiday," continues the *Lancet*. "The absolutely eupeptic individual, the man who can eat anything and everything with impunity, is rare; and most of us have at some period in our lives to put ourselves under dietetic rule." It often happens, however, that the man who is a prudent eater at home throws all rules to the winds when upon his holidays. Sometimes, such is the effect of change, fresh air, and unwonted exercise, this ignoring of accustomed rules is followed by no penalty; but this is a result that cannot be reckoned upon. The overworked and physically exhausted man must remember that rest should be his watchword; the man of sedentary habits must realize that he cannot safely adopt the practices of the trained athlete simply by exchanging the city for the country; the dyspeptic must bear in mind that while travelling he still carries with him his functional weakness; the man on the distant side of fifty must lay aside the enterprises of his youth.

FREE WATER DRINKING—THE INWARD BATH, AS A PREVENTIVE AND CURATIVE.

THE leading medical Journals now urge the value of free water drinking, for both the sick and the well. Water flushes the system, bathes every tissue, dissolves and removes the products of tissue metamorphosis, keeps the skin more active, stimulates the kidneys to the removal of waste matter, and unloads the emunctories generally, and so leaves the cells in the best condition for functional activity, unclogged by surrounding debris and able to perform their respiration freely and naturally. Thus it not only removes old, worn-out matter, but paves the way for the reconstruction of new material, and the whole system is as it were from day to day rejuvenated. In the admirable "Cavendish" lecture delivered on the 12th, of last month before the London Medico-Chirurgical Society, by T. Lander Brunton, M. D., LL. D., F. R. C. P., etc., physician and lecturer of St. Bartholomews Hospital, the lecturer dwelt strongly on this point, in the elimination of bodily waste. "Water," he said, "is the most universal solvent in the world. It is not only useful to wash out our closets and flush our drains, it has a similar effect in our bodies, and tends to wash away the waste products from the cells of which our organs are composed, to clear out the uric acid, urea, and phosphates through our kidneys, and thus prevent renal or vesical calculi [stone in the kidney or bladder], and also to wash out our liver and prevent gall-stones, while it helps to keep the bowels in action. The liver especially is an organ which suffers much from want of water, and I never see a gall-stone without asking the patient. How much water do you drink? Almost invariably the answer is, I hardly ever touch water. I am not a thirsty person; and on one occasion a lady called for a particular teacup, which held little more than a thimblefull, in order to show me how much she drank. On reckoning how much water she took in the twenty-four hours it came as nearly as I could calculate, to sixteen fluid ounces. What wonder then that she had a gall-stone!

The poor liver had not a chance to make decently fluid bile and naturally there was a deposit. By making such people drink a big tumbler of water, and especially hot water, every morning, with or without some Carlsbad salts added to it, and, if necessary, repeating the hot water once or twice more in the day, the renewed formation of gall-stones may frequently be averted, and symptoms of biliary colic, to say nothing of so called 'biliousness,' may be prevented for many years, or perhaps entirely. But some patients will not do this at home, and if you were to tell a fashionable lady to get up at six o'clock in the morning and walk round Grosvenor-square with a tumbler of hot water in her hand, taking a sip at every three steps, to go on doing this for an hour together, and then to buy at a confectioner's a penny roll, and eat this without butter to her breakfast, with a small cup of coffee and no more, she would probably laugh in your face or apply to some one else for advice. But all this and more you secure by simply advising her to go to Carlsbad It is not merely the elimination of the natural waste products of our tissue, Dr. Brunton says, that we have to consider, but the elimination of waste products formed within our bodies by disease germs which have entered them. It is evident that if the toxic products of any bacillus can be washed out of the organism, that organism will have a better chance; and experience confirms the theoretical view that free elimination, both by the kidneys and bowels, is useful treatment in infectious diseases."

We may prescribe any or all of the salts found in the most noted springs of the world, to be taken out of a spoon with the utmost regularity; we may regulate the diet, the sleeping hours, and the amount of work which shall be indulged in by our patient, and yet get no such results as are got at health resorts. The difference in result is doubtless due, leaving out the advantage gained by the change of scene, air, etc., to the greater dilution of the remedies contained in the natural waters, —to an abundant supply of water.

“LIBERTY” AND THE PUBLIC HEALTH.

THIS JOURNAL never has advocated anything approaching extreme measures in enforcing public health legislation; believing that all coercive measures should be preceded by education; indeed education will do vastly more than coercion in promoting both public and individual health. In this country there has not been yet it appears much trouble in having any coercive measures carried out; but little has been attempted here, in this way, however; and there has been some difficulty in the capital in making efforts, by the Board of Health, to isolate those sick with infectious disease. In England there has been issued a “Manifesto of the Right and Liberty defence league,” which raises certain considerations as to the proper limits of that interference with individual liberty which is claimed in the interests of public health. The immediate cause of this manifesto related to the subject of isolation.

John Stewart Mill maintained the right of every man to his own opinions, whatever they may be; but when he came to ask himself whether an equal liberty should be accorded to every man to act on those opinions, he only consented to discuss the point in so far as this liberty could be exercised by men “at their own risk and peril.” He added that no one could pretend that actions should be as free as opinions, and he further laid it down that “the liberty of the individual must be thus far limited—he must not make himself a nuisance to other people.” And Herbert Spencer, the great champion of liberty, says: “He who contaminates the atmosphere breathed by his neighbor is infringing his neighbor’s rights.

Hardly any one now questions the right

of the public authorities to remove nuisances. The difficulty has been sometimes to define what a nuisance really is. According to Spencer a man has no right, but simply is permitted the privilege by common consent, to allow the smoke of his chimney, or even, and more especially the smoke of his tobacco pipe or cigar, to contaminate the air, as of the sidewalks of a city, for example: Nor does hardly anyone of intelligence question the right to enforce isolation in cases of infectious disease. But, it must be borne in mind by the authorities, that common justice, as doubtless the higher courts would contend, for example in case of action at law, would demand that an isolation hospital should be in a perfectly satisfactory condition in every respect for the reception and after care of a patient. Without the precaution here indicated a municipality might incur heavy liability, or be compelled to pay heavy damages.

It may be here noted that even the Gipsies remove their cases of infectious disease to an isolated tent with a ring of rope around it to keep or warn off all who approach. And that it may be seen that coercive isolation in such cases is not entirely a modern innovation, we would draw attention to the fact that under an Act of the seventh year of King George I, 1721, it was enacted that in case an infected person quarantined in the pest house, “shall actually escape out of such house, lazaret, or other place, where he or she, shall be so placed, for performance of quarantine, before he or she shall have fully performed the same, he or she shall be adjudged Guilty of Felony, and shall suffer death as a felon without benefit of clergy.

IF you are very warm, or at all oppressed, STOP, AT ONCE, let not ANYTHING prevent this. Rest a little and cool off.

Go not into cold water when you are much heated, wait to get somewhat cooled, but not cold.; never go in when chilly.

DRINK not freely of iced or very cold water, especially when much heated or after a meal, but sip a little slowly.

PUT ice around, instead of in, the water jug, as ice is so often impure.

HOW ONE WHO CANNOT SWIM MAY AVOID BEING DROWNED WHEN IN DEEP WATER.

MANY who cannot swim get into deep water and drown when they should not. In want of "presence of mind" when one is suddenly thrown in the water, is the greatest difficulty. Dr. MacCormac, of Belfast, Ireland, writes that it is not at all necessary that a person knowing nothing of the art of swimming should be drowned if he depends simply and entirely on the powers for self-preservation with which nature has endowed him. "When one of the inferior animals takes the water, falls, or is thrown in, it instantly begins to walk as it does when out of the water. But when a man who cannot "swim" falls into the water he makes a few spasmodic struggles, throws up his arms, and drowns. The brute, on the other hand, treads water, remains on the surface, and is virtually insubmer-

geable. In order, then, to escape drowning it is only necessary to do as the brute does, and that is to tread or walk the water. The brute has no advantage in regard of its relative weight, in respect of the water, over man, and yet the man perishes while the brute lives. Nevertheless, any man, any woman, any child, who can walk on the land may also walk on the water just as readily as the animal does, and that without any prior instructions in drilling whatever." There is much in this, and if people who cannot swim would endeavor to impress it on their minds when on the water, they might be able to practice it in case of accident. It is desirable, when there is time or opportunity to do so, to throw off anything that would encumber one when in the water.

ILL EFFECTS OF CONSTIPATION.

TLAUDER BRUNTON, M.D., LL.D., F.R.C.P., F. R. S., lecturer and physician of St. Bartholomew's Hospital, in his "Cavendish" lecture last month before the London Medico-Chirurgical Society, spoke strongly of the value of regular evacuation of the bowels. He said: There is a great deal of truth in the two rules of long life, "Keep your mind easy and your bowels open;" and, indeed, easiness of mind depends very much on the state of the bowels. I remember reading many years ago a story relating to this subject, by Norman McLeod, in Good Words, but I have been unable to verify the reference. It was to the effect that a certain Lady Margaret sent a message down late one night to an old clergyman who lived in the manse not far from her castle, to say that she was in great distress about her soul. "And how are Lady Margaret's bowels?" asked the old gentleman. He learned the bowels were remiss in their duty. "Here are two pills," said the old man to the messenger; "Let Lady Margaret take them to-night, and I will come and talk to her about her soul to-morrow morning." On going up the next day, the old man found there was little for him to do, for the bowels had done their work and, as far as Lady Margaret's feelings went, had restored health to her soul as well as to her

body. There is hardly a room in the house but will become dirtier if you cannot get your dustbin emptied, and there is hardly an organ in the body that does not suffer if the bowels become constipated. Not only the brain, but the heart, liver, lungs, stomach and kidneys have their functions impaired when the bowels cease to do their duty. Napoleon's disaster at the battle of Liepzig is popularly set down to his having eaten a bun in a hurry and so brought on dyspepsia; but it would be a very curious page of history if we could learn how many wars, how much bloodshed, and how much cruelty have had their origin in imperfect action of the bowels. Washington Irving, in his "Lives of the Caliphs," tells of a certain emir named Al Hejagi, who suffered for many years from dyspepsia and abdominal pains, and this wretched man distinguished himself, perhaps, above all other rulers who have ever lived, in the enormous number of people whom he sentenced to imprisonment and death. He is said to have caused the death of no less than 120,000 persons, besides those who fell in battle, and to have left 50,000 in prison when he died himself. How much of all this mercy might possibly have been averted by the judicious use of mild aperients, it is impossible for any one now to tell.

THE TOBACCO SMOKING HABIT.

GRADUALLY but surely the deleterious effects of tobacco smoking upon the human race must become clear and produce good results. The carefully recorded observations of Dr. Seaver, physician and instructor in physical culture, of Yale College, will be a great lever for those opposed to the use of tobacco; as this JOURNAL has ever been, we may add, to its use in any form.

For a number of years Dr. Seaver had been making observations respecting the physical and mental effects of tobacco-using upon students. In these statistics, recently published, Dr. Seaver shows that among the students, at Yale, smokers are found to be inferior both in mental ability and physical vigor to non-smokers. Smokers have less lung capacity and lung power than non-smokers. Their average bodily weight is less, as is also their stature. They have less endurance, both muscular and nervous, and are in every way physically inferior to non-smokers. In scholarship the smokers are far behind. Very few receive honors and among those of high standing in scholarship, only five smoked.

It will not be easy to successfully combat these facts. It will probably be said that, it is generally admitted that tobacco is injurious to the young. But anything that injures the youthful in so marked a manner can not fail to be injurious to the mature. Why the young, growing boy will withstand many things that would upset a full grown man. And in the way of digestion, for example, and of assimilation, this is the universal rule. Behold what the average growing boy can digest and assimilate, and without inconvenience. And nerve force and influence are concerned in these processes, it must be noted; as it is contended that it is chiefly upon the nervous system of the young that tobacco exerts its injurious influence.

We are told that men have been known to smoke tobacco for seventy consecutive years and "yet retain perfect physical and moral health." Have such cases ever been carefully and scientifically investigat-

ed? Was ever a scientific post mortem examination made on such a case? Such men do die, and occasionally at an advanced age. What was the cause of death? Who can say? Who can say but that they might have lived ten years longer, and happier and more useful lives, if they had not used tobacco? It is said they always enjoyed "good health." Thousand of people think they have good health who plod along through life and hardly know what good vigorous health is, and who would feel vastly better if they were to live for a time in careful accordance with well known hygienic rules.

Furthermore, although we do find people who smoke during a long life time, and there are it appears many naturally of muscular, vigorous constitutions, with good ancestry, who can so smoke without appreciable injury—that is appreciable to ordinary observations,—how is it with their progeny? A leading city physician, we cannot now recall his name, has said: "I have never known a habitual tobacco user whose children, born after he had long used it, did not have a deranged nervous system, and sometimes evidently weak minds. Shattered nervous systems for generations to come may be the result of this indulgence." The evil effects upon children, of over indulgence in alcoholic beverages by the father or mother, are well known; while upon the father or mother hardly any or no injurious constitutional effects would be observable.

The very source of the tobacco smoking habit is enough to condemn it. Although a wise man once advised the sluggard to "go to the ant," civilized races in their progress would not naturally, one would suppose, go to savage races to seek for useful habits.

One good thing seems clear, that is this: While a few eminent physicians and others in Europe, such as Charcot, of Paris, and Spurgeon, advocate the use of tobacco, it is not easy to find one on this continent who can say much in defence of it, or more than that it is a useless, idle habit.

NITROGENOUS FOODS AND WHEN TO USE THEM SPARINGLY.

BY DR. FRANK WOODBURY : READ BEFORE THE PHILADELPHIA MEDICAL SOCIETY.

FROM the time of Hippocrates, and even earlier, it has been known that health and disease are largely influenced by food, and that the effects of an animal diet are different from those of a diet exclusively of vegetables. A distinction was even made between leguminous and other forms of vegetable food. It was not until our own day, however, that the practising physician possessed sufficient knowledge of the chemistry of food and metabolism in health and disease to enable him to direct the diet of his patients upon scientific principles. Following the definition given by Hippocrates,—“Medicine consists in addition and subtraction,—the addition of the things which are deficient and the subtraction of those things which are redundant ; he who practises this is the best physician, but he whose practice is farthest from it is the farthest removed from a knowledge of the art”—we can now prescribe viands suited to a deficiency of nitrogen in the system, or substitute others if there is an excess.

We find that a diet poor in nitrogen is useful in the several forms of rheumatism, in gout and lithæmia, and also in recurring attacks of biliousness and bilious headache. Scurvy appears to be caused by an absolute, as well as a relative, excess of nitrogen in the food, and I have seen it caused by the use of an excessive amount of fresh meat among children in an orphan asylum. In its treatment, vegetable food relatively poor in nitrogen is usually employed. Some skin diseases are only to be cured by withholding nitrogenized food. It seems possible that a liberal use of meat in the diet may have some connection with the development of cancer, a disease which appears to be on the increase, as was pointed out by Dr. R. A. Cleemann, of this society, in his Address on Hygiene, delivered before the Medical Society of the State of Pennsylvania a few years ago. Dr. W. Mattieu Williams, in a little work on *The Chemistry of Cookery*, pointedly directs attention to the large consumption of meat as a cause of various forms of cancer. In families where a hereditary tendency of this kind exists, it is possible

that it might be overcome by vegetarianism. Some nervous affections, notably epilepsy and corea, are greatly benefited by abstention from meat in the food.

Owing to the writings of Roberts, Fothergill, and others, a causative connection between a diet rich in nitrogen and some forms of kidney inflammation or degeneration is now generally recognized. And in the treatment of the various forms of Bright's disease, attention to the diet is generally admitted to be of prime importance. There is a widely spread opinion that nitrogenized food is favorable to the occurrence of inflammation, and for this there seems to be a scientific foundation. Parks has shown that a non-nitrogenized diet causes lowered blood-pressure and diminished arterial tension. Meat, therefore, is ordinarily prohibited under the antiphlogistic treatment, as it was formerly called.

On the other hand, nitrogenized food may be prescribed where there is, from any cause, deficiency of albuminous principles in the blood—for example, in anæmia or chlorosis. In phthisis this condition is sometimes quite marked, and good results have been obtained from the beef-and-hot-water plan of treatment, and also from the use of fresh bullock's blood, or hæmoglobin, which requires less digestive capacity and is more easily assimilated than muscle-tissue.

Children frequently suffer from a deficiency of nitrogen. Where an infant is reared upon condensed milk entirely, the limbs are plump, but the tissues are flabby on account of anæmia. Such children are late in getting their teeth and have little power of resistance against disease. The addition of oat-meal, barley, or rice to the milk will often bring about marked improvement and may prevent the development of rickets.

In the foregoing . . . I have not made any distinction between the nitrogenous proximate principles of animal and vegetable origin. Chemically and physiologically they are nearly identical ; but practically there are minor differences of palatability, digestibility, and relative utility, which, at present, our limits will not permit us to consider.

MISCELLANEOUS NOTES AND EXTRACTS.

THE PLAINT OF THE INFLUENZA MICROBE.

Under the nom de plume of "An overburdened Influenza Microbe," a writer gives the following in the *Lancet* of May 30th: I smile at salicylates and roar at sulphonal. As for aconite, I positively enjoy it, and quinine does not in the least make me feel queer. Eucalyptus is wholesome, but a fig, say I, for the pharmacopœia. You that are possessed go to bed and stay there if you want to get rid of me. Have a fire, too. I pity poor humans without one in cold or cool weather. Call in your favorite general practitioner and let him look learned, for faith is a great thing. He cannot touch me but he can bring down your temperature. Take nourishment, anorexia notwithstanding; and be not above alcohol. What I really object to is, that low spirits, suicidal feelings, and other such sickening sequelæ are unblushingly ascribed to me. Rather look for them down in the depressant depths of the apothecary's mortar I am beyond bacteriological laboratories, and Koch or any one else cannot catch me. Alas for the cultured! Whatever else is said, I do good to those that hate me; but they treat and malign me much. I mean to fertilise elsewhere, and shall soon be going away. A legacy will be left behind which will not be due entirely to my benevolence.

A PSALM OF LONG LIFE.

The lives of some of our great men, says the *New York Medical Journal* remind us of the possibility that they may continue to make foot-prints of honor and usefulness on the sands of time even long after they have passed the four-score limit. This, of course, applies chiefly to brain workers, literary octogenarians, and it applies in a special sense to O. W. Holmes and to the late Mr. Bancroft. The genial Holmes is said to be fitting himself to compose his poetic survey of long life from a personal experience of the years beyond the psalmist's allotment. He has of later years and especially in the winter season, been a close student of the

art of personal hygiene, and he confesses that he has found his account in taking scrupulous care of himself. He was never robust, but his maturer years have found him still wiry and uncomplaining. Since his eightieth birthday, in 1889, his sanitary vigilance has been incessant. Knowing that pneumonia and bronchitis are the dread enemies of old age, he has given his best attention to keeping them at a distance. His rooms are furnished with thermometers, to help him to ward off exposure to chill and cold. He governs his life by rule; everything else must yield to hygienic considerations. He has had occasion to give dietetics his personal study, and understands both the requirements and the limitations of his digestion. He has drawn up for himself a kind of private science of longevity, to which he attributes the continuance of his health and capacity for mental production. Intellectually he is still vigorous. The *British Medical Journal* comments regarding his recent essays, saying: He is still one of the most vivacious of men; age can not wither the freshness of his interest in life or deaden the cheerful sparkle of his style. Evey of 'crabbed age'—and the inevitable sorrows and bereavements which it brings with it—he writes with an easy wit, quite untinged by cynicism, and brightens the dismal subject so as to make it amusing even to his fellow sufferers.

"REFORM" COTTON-WOOL UNDERCLOTHING.

This is something quite new, inexpensive and highly recommended. It is said to be "warm enough for a Canadian winter and cool enough for India." A supplement of the *London Medical Recorder* gives the following from a writer in the *Christian World*: "Tradition is in favor of flannel next to the skin; and Dr. Jaeger improved upon flannel by introducing a more porous woollen texture. I thoroughly tried Dr. Jaeger's underclothing, and was quite satisfied with the results. I carried out the principle thoroughly in all my clothing—outer as well

as under—and I proved everything Dr. Jaeger alleged, viz., that health and comfort are promoted by facilitating the free escape, through the clothing, of exhalations from all parts of the body. At this stage of my experience another German prophet came upon the scene. He admitted the truth of nearly everything that Jaeger said; but he pointed out that Jaeger attributed to the material—wool—that which was really due to the air enclosed in the texture of the wool. The new prophet, Dr. Lahmann, said that cotton grew as a wool; but man made it up like the linen he had formerly been using; that if he would treat it as wool, spin it as wool, weave it as wool, and so wear it, he would find it practically as good as wool. I tried the new fabric tentatively and doubtingly. My trial has now lasted many months. I have been convinced against my predilections. I have been accused of luxurious extravagance on the supposition that I was wearing silk, and my accusers have been astonished to discover that I was clad in cotton." The cotton garments can be washed as often as desired without fear of their running up; while the Jaeger wear shrinks.

LEGAL PENALTIES FOR HAVING DISEASE.

The time is about past when it can be regarded as attractive or fashionable for a lady to be ailing or in poor health, or to have "the influenza" or show symptoms of "malaria." Moreover the time will probably come when every body will be rather ashamed to be suffering from any contagious disease, or indeed disease of any kind. Whether the time will ever again come when individuals who contract an infectious disease will be liable to punishment by being whipped, it would not perhaps be safe to predict. It has been suggested that, instead of compulsory vaccination some punishment should be inflicted on the responsible head of a family in which small-pox, or especially unmodified small-pox, occurs. An account of a Huntingdonshire, (Eng.) village constable of 1710 reads. "Paid Thomas Hawkins for whipping two persons yt. had small-pox,

8 d." Not long ago a Minnesota paper published the following: P—D—died today in the pest house from small-pox and pneumonia. He was sent to the house to look after a small-pox patient, and from him contracted the disease. In his delirium he escaped and caused a panic by running through the street, everyone trying to get out of the way of the dreaded infection. Finally, the town marshal with a gun started in pursuit, and the man refusing to halt, shot him in the leg. He was taken back to the pest-house where he died.

FOOT AND MOUTH DISEASE IN CHILDREN.

The transmission of epizootic apthæ or, as it is commonly called, foot and mouth disease—from cattle to the human subject, though fortunately not of very frequent occurrence, has several times been reported. Dr. Robinson of Dover (Lancet, Lond, May 30th), has had an opportunity of examining a large number of cases of this disease near Ashford, and a somewhat similar epidemic occurred once in Norwich. On the continent, too, outbreaks of foot and mouth disease in human beings have been reported by Bollinger, Hertwig, Gaupp, and others. A paper has just been published on this subject in the *Vratch*, by Dr. Nesvitski, who has recently had under his care six children and two adults suffering from foot and mouth disease. It lasted from 8 to 12 days. There was an inflammatory condition of the mucous membrane of the mouth, with eruption of vesicles, containing a thick yellowish fluid, and some rise of temperature and pains in the bowels.

INCREASE OF SUICIDES.

Suicide, there seems to be no doubt, is on the increase. Comparative statistics are hard to obtain, but as the Lancet says, that the present century has witnessed a steadily increasing proclivity to suicide in Europe seems indisputable. A recent writer computes the suicides of Europe at 60,000 annually, and believes that while this number represents the recognized cases, we should require to double it in order to reach the true figure, and to in-

clude secret or unrecognized cases. Germany affords the largest relative proportion. France and England follows next, while Spain, Ireland and Portugal are very little given to suicide. The Slavonic race is the least suicidal in Europe. As a general rule suicide is relatively more frequent among the civilized and cultured than among the ignorant and barbarous. It is striking that absolute want and destitution do not seem to be frequent causes. To incline to suicide there would seem to be required a sharp disparity between either the present and the past social conditions of the individual or between his desires and his attainments.

THE POWER OF WILL IN DISEASE.

This is the subject of a recent and somewhat lengthy editorial in the Medical News. The Editor says: The manure of the soil nourishing these delusions is a truth too often ignored and neglected by scientific medicine. It is the truth of the power of the emotions, of the will—of the spirit, if you please—over the flesh, of life over the beginnings of disease, and even over disease and death itself. Races and nations differ greatly in their power of resisting and overcoming disease, simply by reason of the characteristic attitude of the will and the disposition of the patient toward the physical illness. Just so do all, even brothers, differ in the same way. Thousands are physically sick because mental resolution and spiritual domination are weak and illogical. This is strikingly true in reference to the beginnings of disease. The secret of continuous good health does not always consist merely in physical resistance or robustness, but in sharply conquering the subtle beginnings of corporeal abnormality by pure will-power. There are two homologues of this power that illustrate it exactly. Who has not seen whimsicality, crankiness, and oddity by self-indulgence slowly degenerate into monomania, and even into downright insanity? And, again, who can doubt that in the commencement many such persons are perfectly conscious of the abnormal

tendency, and are, moreover, perfectly capable of not doing the ridiculous or self-forgetful things? They are at first driven by no imperious necessity. It is precisely so when one gives way to immoral courses of life. At first the voice of conscience is clear; by and by control is lost and the voice is entirely silent. The analogies obtain in the matter of health. The adage, "Resist the beginnings of evil," holds also here. All disease begins subtly, almost insensibly, as chill, lassitude, malaise, etc. Caught at this stage and fought down by a virile volition, that which by self-indulgence would have proceeded to genuine fever and illness may often be resolved into routine normality of health.

DANGERS OF HYPNOTISM.

At a church Congress at Hull, England, Dr. Alfred Carpenter referred to the dangers of the general practice of hypnotism. Still more dangerous is the doctrine of hypnotism, supposed to be new. Mesmerism, table-turning, spirit rapping, and its latest appellation, hypnotism, are only modern names for old arts. Moses knew the manipulators. In his day they were called wizards, and their offense was punished by death without the camp. No one can act by such means on the nervous system of another over whom he has found out his power, without rendering that other person weaker, and his brain cells less able to return to a healthy state. Our lunatic asylums can show numerous victims. Let me warn all such operators, who may be acting ignorantly, of the intense responsibility that they are undertaking in tampering with the intricate machinery upon which depends the accuracy of thought.

OVERWORK VS. OVEREATING.

The Medical Mirror says: An abuse that tends to the injury of brain workers is excessive eating. I recall to mind several active brain workers who suddenly broke down, and fancied that it was due to brain fatigue, when, as a matter of fact it was due to overstuffing of their stomachs. The furnace connected with their mental

machinery became clogged up with ashes and carbon in various shapes and forms, and as a result, disease came, and before the cases were fully appreciated, a demoralized condition of the nervous systems was manifested, and they laid the flattering unction to their souls that they had indulged in mental overwork. Hard work, mental or physical, rarely ever kills. If a mild amount of physical exercise be taken, and a judicious amount of food be furnished, the bowels kept open in the proper manner, the surface protected with proper clothing, and the individual cultivates a philosophical nature and absolutely resolves to permit nothing to annoy or fret him, the chances are that he can do an almost unlimited amount of work for an indefinite length of time, bearing in mind always that when weariness comes, he must rest, and not take stimulants and work upon false capital. The tired, worn-out slave should not be scourged to additional labor. Under such stimulus, the slave may do the task, but he soon becomes crippled and unfit for work. The secret of successful work lies in the direction of selecting good, nutritious, digestible food, taken in proper quantities, the adopting of regular methods of work, the rule of resting when pronounced fatigue presents itself, determining absolutely not to permit friction, worry, or fretting to enter into his life, and the cultivation of the Christian graces, charity, patience, and philosophy.

CAUSES OF KIDNEY DISEASE.

Good Health, Edited by Dr. J. H. Kellogg, member of the Michigan State Board of Health says: The alarming increase in the frequency of chronic disease of the kidneys, has been noted by observing physicians in all civilized lands. The cause of the increase of so formidable a malady has been a matter of serious concern and careful investigation. Recent researches seem to indicate beyond a doubt that the most frequent cause of chronic disease of the kidneys is the elimination of unnatural poisons which have been formed in the system, the result, in the majority of

cases, of errors in diet, such as the free consumption of flesh food, the use of pastry, and other indigestible foods, causing derangement of the digestive functions. As the result of such digestive disturbances, the germs which are always found present in the alimentary canal develop with unnatural activity, producing in great abundance poisonous substances which must be eliminated from the system through the kidneys. The concentration of the poison in these organs results in tissue changes, in consequence of which the organ finally becomes diseased, and often hopelessly so, even before the presence of the disorder is discovered, since the pain or other symptoms are rarely present in the early stage of this disease. Indeed, it often happens that no symptoms whatever of disease of the kidneys, which can be discovered otherwise than by a chemical analysis of the urine, appear until after the disease has become incurable.

ON THE VALUE AND DANGERS OF COFFEE.

In a paper on this subject, by Dr. I. N. Love (Jour. Med. Assoc.), the writer gives the following conclusions which for the most part are in accord with the best scientific and medical opinion and experience.

1. The word has in the infusion of coffee, one of its most valuable beverages.
2. As a prompt diffusible stimulant either by the stomach or by injection into the rectum, it is all cases of shock, preferable to alcohol.
3. It is antagonistic to malaria and specially destructive to the typhoid bacillus and cholera germ, and for this reason it is an admirable remedial agent in these conditions, both as a direct stimulant and antiseptic, and an encourager of elimination.
4. One of its chief advantages in health and disease is in fact that it aids in securing that psychical satisfaction which is conducive to hope, comfort, good digestion, great power of resistance and rapid recuperation.
5. Supports, tides over dangers, helps the appropriative powers of the system, whips up the flagging energies and enhances the endurance. And for these reasons, and many others, it should be used temperately, as should all of nature's benign gifts.
6. In excess, it is even more dangerous than alcohol, nor is the effect of its excessive use so apparent or disrespectful.

EDITORIAL NOTES.

TEMPERANCE, involving as it does one of the great principles which underly the work of this JOURNAL, the promotion of the public health, we are naturally strongly in favor of the strictest temperance in all things, and especially in the use of alcoholic beverages; but we cannot favor prohibitory legislation. We would tax such beverages, especially ardent spirits, heavily, and put up the license for selling them so high that there would be but few saloons or dram shops, or perhaps none at all; favor all efforts to counteract the influences of the saloon, such as the establishment of coffee houses and places of profitable amusement; establish asylums for treating those who have become strongly addicted to the use of alcohol; and, and far above and beyond all, we would endeavor by every possible means to so educate the people of all classes and ages that they would strive for and eventually obtain that degree of physical health and vigor in which there would be no desire for stimulation, or in which there would be a power of self-control far superior to prohibitory laws.

IT IS NOT UTOPIAN to look forward to and strive for a condition of the people in which all shall have healthy bodies—each possessing an organism so developed and built up as to work smoothly in all its parts, conferring that ease (and not disease), vigor and happiness which makes life contented and “worth living,” and gradually and eventually if not at once confers a stamina and will power in which intemperance and crime too would become rarer and rarer until eventually extinguished. There are many such people now in existence, more, probably, than ever there were in any previous age of the world. There will probably soon be communities of them. Why not nations? Probably man will never become perfect, physically or spiritually, in this world. Yet there are sensible people who believe that the dragon (which may be disease) shall be overcome by the angel from heaven (which may be hygiene) and that there will then be a “millennium.” No one doubts that the human race can be improved. If so, where shall be the limit of improvement?

IF “PROHIBITIONISTS” would but “come over and help us,” as we often have contended, they would be able to do vastly more eventually

in promoting the happiness of the human race than they ever can do in the line they are now pursuing. We have always felt the desirability of enlisting them in the cause of public health,—first; temperance (without “prohibition”) afterward. If all the vigorous blows the earnest, well organized “temperance” people have struck at alcohol (which is not “king,” but simply one of the little devils in the army of the dragon) during the last quarter of a century had been struck also at the other devils—foul, overbreathed air in dwellings, schools, &c., malarias from want of drainage, improper food, filth and the microbes of infectious disease in all their various sources and conditions, combines of capitalists, which keep the poor down, idleness, and bodily surface dirt, from want of baths and bathing, tobacco and patent medicines containing alcohol, there would now be vastly less “intemperance” and more public health. It is not now too late. There is an apparent pause now in the prohibitory movement. Can not there be an union of forces? Can not the temperance people join in “heart and soul” with Sanitarians, every where? Especially cannot those in Parliament now join with Dr. Roome in his movement for a general Canadian effort for promoting the public health in Canada, and this chiefly by the education of the people in the rules and requirements of health?

THE EDUCATION of the Canadian people in all matters pertaining to health would not be a very expensive thing to do, gradually. And the education required, it may be here observed, is not at all of that character which comes under the general term education, as applied to schools; although the schools should be in a measure utilized for the purpose. The education to be fairly effectual would need to be largely based on certain enquiries, investigations and statistics relating to existing conditions of the public health in various localities. As Dr. John S. Billings, a high United States authority in Washington, says: “Information relative to localized causes of disease and death is the essential foundation of public hygiene.” The causes of mortality differ in kind and degree in different localities. And in regard to alcoholism for example, as the Lancet says: “We should require to investigate the causes

of alcoholism itself, to determine how far it is itself a symptom of nervous irritability, or an index of misery, over pressure or boredom." Enquiries and investigations, and the collection and compilation of health statistics, and the free distribution amongst the people of all classes of the knowledge so obtained, with much other information bearing upon health, could be better and more uniformly done, and with vastly less expense, by one federal centre than by many centres, as one in each province. This work would be altogether aside from, and would in no way interfere with, except by aiding, the health work of the provinces.

THE GOOD MOVE recently made in the Toronto school board, in passing a resolution favouring the adoption of a public school curriculum which should only include what is absolutely practical and useful in the way of education, leaving higher but less immediately essential branches of education to be dealt with by the high schools, will afford an opportunity, an opening, for the more general teaching of hygiene in the schools; while it will probably relieve the pupils from the murderous cram system now in vogue, and which, together with the foul air and dirty skins in the schools, make these fruitful sources of disease.

RIVER POLLUTION is another very fruitful source of disease. According to a writer in the *Ingersoll Chronicle*, even bathing in some of the rivers of this country is already unpleasant, to say nothing about drinking the water, even after filtration. The writer says: "When the public, young and old, through the heat of midsummer and for purposes of health and cleanliness or pleasure are tempted to take a bath in the river, it is not pleasant to contemplate the possibility of receiving the diluted wash from the thousand or more slop pails of Woodstock, or stirring up the rank and more solid contents discharged from the sewer of the town."

A GOOD SUGGESTION is made in the same communication in the *Chronicle*. It is this: "Now that the county farm is located within available distance, why should not the county council be asked to go a step further and take charge of the river end of the main sewer pipe, convert the contents into rich fertilizers for the benefit of the poor, and forever settle Woodstock's sewage question as well as contribute

something to the comfort and health of the inhabitants who live in the valley of the Thames and makes use of its waters."

IF THE CAPITAL of the Dominion would set the example, as more than once has been suggested in this *JOURNAL*, and have the sewage of the city utilized on the Central Experimental Farm, many other centres of population would doubtless soon follow the example. Who will make a move in this direction? We have predicted that sometime the towns and cities below Ottawa will put an injunction on the city, from objections to drinking or perhaps bathing in the sewage of even the Capital.

THE N. Y. *Medical Times*, in reference to rubbing the walls of rooms with bread for removing infections, says (according to *Wien Bua Jna. Zeit*), bread will not only remove dirt and stains, but will also eradicate all disease germs and seeds of contagion. It mentions experiments with rooms which had long been occupied by patients with contagious maladies. After a single careful rubbing, three out of twelve walls were found free from germs. After a second treatment, every wall was pronounced clean and disinfected. The process is cheap, unskilled labor can apply the bread. An ordinary room was cleaned completely with about sixty cents worth of bread.

"ALCOHOLISM" is alleged to be the chief obvious cause of suicide in Northern Europe; but before we can admit this doctrine, says the *Lancet*, we should require to investigate the causes of alcoholism itself, to determine how far it is itself a symptom of nervous instability, or an index of misery, overpressure or borekom. No error in sociological enquiry has been more widespread or pernicious than the tendency to accept alcoholism as an ultimate fact, requiring no further explanation or analysis, and to trace to the fact of alcoholism all the deplorable evils which follow in its train, without regard to the predisposing causes or the associated conditions. The same hereditary or racial peculiarities that incline one individual to alcoholism *minus* suicide may incline another to alcoholism *plus* suicide.

THE FACT that labor is a great means of human health, vigour, development and progress has been reinforced by the last studies, which the popular *Science Monthly* says, show "that the prevail-

ine and dominant people, races or nations, and the flow of superior human energy, have always come from the cold, bleak, inhospitable regions of the North ;" where greater exertion is necessary to life. This is very favorable to our own Canadian progress and dominion. Such facts are used by Prof. Williams to enforce the maxim that "every human being should earn his daily bread by daily work."

ON THE VALUE of statistics, the Hon. Carroll D. Wright, in a paper in the Popular Science Monthly for August, just received, says : "Legislators and philanthopists could ill spare their statistical guides.... Know thy self applies to nations as well as to men, and that nation which neglects to study its own conditions and affairs in the most searching and critical manner must fall into retrogression." This applies especially to mortuary, natal and disease statistics. How about "guides" in Canada, relating to these? Must we fall into retrogression for want of them?

RECENT OBSERVATIONS confirm previous evidence that a defective diet is the cause of many forms of skin disease, especially those of an eczematous character—"letter," "sault rheum" &c. A writer in the N. Y. Medical Journal says : "Eczema in infants, or in sewing women, is often traceable to a deficiency of nitrogen in the food." According to Dr. Corbett (in Med Analectic), defective alimentation in infancy develops eczema, and later on, urticaria ("nettle rash," "hives") and erythema (rose colored patches on the skin). He says : "Eczema in infants often appears as the result of too early weaning when the child is fed with a little of everything." And again. "There is no doubt that defective alimentation is a potent factor in contagious pathology

THE LATEST simple test for arsenic in wall-paper, which any one may use, is given in the National Druggist, as follows : Put a small piece of the paper into strong ammonia water. If arsenic be present a bluish color will be developed. Since copper gives a similar reaction; as a further test moisten a crystal of nitrate of silver with a drop of the fluid. If the color be due to arsenic, a yellowish deposit will be formed on the crystal.

AS DISINFECTANTS and deodorizers hot water, steam and dry heat are universally conceded to be the best. Sulphur as a fumigater maintains its place. It must however be used freely—sulphur is cheap ; with moisture, it is best, and

all cracks and crevices in the room must be tightly closed, if the disinfection is to be efficient.

FOOTBALL casualties are very numerous in England. The Pall Mall Budget (N. Y. Med. Jour. July 18th), in a recent issue, had a classified list of the incidents consequent upon rough play at this game. Upwards of fifty casualties were given as having occurred during the six months' season just expired. Of these, not fewer than seventeen were known to have resulted in death, a considerable proportion of the fatalities being due to rupture of the liver, spleen, or intestines. Rupture of the kidney has been assigned as the cause of death in a still more recent case reported in the Lancet.

THE LATEST investigations relative to influenza, or the grip, indicate that it belongs to a contagious-miasmatic or to a purely contagious disorder, the weight of evidence being that it is a contagious-miasmatic; that the bacteria that have been found in the secretions and tissues of those suffering from it do not cause the disease, but that they have developed in large numbers in the body, because, during the progress of the malady, they have found conditions suitable for their growth and propagation ; but that they may be the cause of the complications ; and that there is much reason to suppose that the micro-organism is not a bacterium, but allied to those supposed forms which cause malaria.

FOR infantile diarrhoea August is the worst month of the year usually. Diet is of the first importance ; it is indeed almost "everything". Over-eating is a most common cause of the trouble. The mother when nursing should exercise great care in her diet. Keep baby's skin clean and active, its limbs warm and give it abundance of out-door air.

ICED FISH is a subject of notice and warning in the Lancet. "Ice spoils the freshness, firmness, and flavor of fish by rendering it, prior to putrefaction, insipid, soft and flabby." Where fish is preserved on ice, it appears that the ice favors putrefaction by furnishing a constant supply of moisture, carrying with it putrefactive bacteria. On the other hand, keeping fish dry and cold in no way favors putrefaction.

THE Inland Revenue Department Bulletin on teas just issued indicates that the higher priced teas are the more economical ones to buy. There is not much adulteration of tea in Canada, but plenty of that with once drawn leaves in and so poor in substance. Black teas contain less tannin and more theine than Japan and green teas, and are therefore less disposed to interfere with digestion, especially if not "drawn" long.

THE Ontario Provincial Board of Health it appears favors the establishment of Municipal Hospitals and Sanitaria for Consumptives ; and does not see any logical reason why Municipal and State Government aid should not be given to such. In this, this Journal is in accord with the board.

DR. KEELEY, of Dwight, Ills., surgeon of the Chicago and Alton Railroad, claims to have discovered a method of treatment which, in a few weeks, permanently destroys the appetite for liquor. The basis of the cure is said to be the double bichloride of gold internally, together with hypodermics combining food principles with an *alcoholic preparation*. In this way five thousand patients are declared to have been treated with only 5 per cent. of failures.

THE FALLACY of "clearness" as a test of water purity is well shown, by Mayor Powell, director of the U. S. geological survey. He is protesting against a proposal to pipe water to the executive mansion at Washington from a "clear" spring, which he says is presumably polluted with the sewage from vaults and cess-pools. He adds: "By a long series of experiments undertaken with a view of determining economic methods of precipitating, and thus removing the finely divided clay contained in the waters supplied in cities, it was found that there were many different mineral substances, each of which would cause the precipitation of the clay added to the water in small amounts, clarifying in appearance the water, but the most powerful precipitant—the one which produced the result by the most minute addition—was sewage. From the point of view of the Sanitarian the limpid purity of the spring and well is a suspicious quality.

THE National Health Society of England has just received a contribution from the Duke of Westminster of £100, and an increase in his annual subscription of £20, in view of the useful work of the Society in inaugurating a system of lectures among the poor on house sanitation, &c. Such an association in Canada would be a convenient channel through which the philanthropic could do good with their contributions.

THE Devonshire, Eng., County Council, co-operating with the National Health Society, are sending trained teachers and lecturers through Devonshire, with the view to extend the knowledge of the means of preventing common ailments, the selection and preparation of wholesome food, &c. In noticing the fact the *Lancet*

says: "It is impossible to overestimate the mischief which now results from ignorance, but if the ordinary means of prevention of disease and the laws of health can be made general knowledge, a great advance will be made."

THE telephone is not entirely free from danger. In Paris, France, an operator sounded an alarm in the usual way, and the signal of attention from the other end being given, he placed the receiver to his ear, and at once received an electric shock which caused him to fall to the floor, with the instrument still in hand. No serious consequences, however, followed.

AN important discovery has apparently been made by M. Mandereau, of Besancon, which, if corroborated, will permit of the easy recognition of tubercle in cattle. M. Mandereau found tubercle bacilli in the aqueous humour of the eye in more than a score of bovines suffering from various stages of the disease, even in the very early stages, it appears.

LANDLORDS, in England, the courts have held, are liable for damages in case of disease of tenants from defective drains, &c., on condition that the landlord had warranted the premises to be in a good sanitary condition. Tenants should bear this in mind.

TEMPERANCE has long been the law of the land in Norway, and now it is found that ether drinking is common there, too, among all classes, old and young, even by society-belles, as a "pick me up." Alas! seven worse devils came back after the house had been swept and garnished, and the last stage was worse than the first. Will prohibitionists take a note of this, and be persuaded that prohibition will never succeed until specific diseases be about banished, and the masses are educated up into a more vigorous, self-sustaining condition, in which there will be little or no desire for stimulants.

THE notification of infectious disease is making fair progress in England. Fifty-five "authorities," with a population of over 6,000,000, now require measles to be reported; whooping cough is notified in 14 districts. It is now suggested that influenza, or it appears the grip, be included as within the notification act.

A FRENCH physician, Briand, treats consumption in this way: Slowly accustoming the patient to the action of the air, he first opens the window, then moves the bed on which the subject is lying every day a little nearer to it. The last stage of the cure consists in sleeping in the open air regardless of wind, rain or snow. It is

said that the four patients who submitted to the treatment last winter have gone home to their families rejoicing, every consumptive symptom having disappeared.

MUSHROOMS will doubtless continue to used as human food for a long time to come, although not infrequently alarming symptoms and even death follow the use of such fungi. The *Lancet* (May 30, '91) says that a high colour, a scaly or spotted surface and tough or watery flesh, or those which have a bitter or astringent taste and grow clustered on wet or shaded ground are usually associated with poisonous properties; while the edible ones are usually white or brownish, brittle on fracture and grow in dry pastures.

HEADACHE from what is called eye-strain or asthenopia, is not uncommon, caused, according to Dr. Andrews (*Surg. to Charity Hospt. N. Y.*), in the *N. Y. Medical Journal*, by attempting to use the eyes at near work, as at lessons in school, or in sewing. The headache may be frontal, in the temples, or in both situations, and extend backwards and with a sense of pressure in and about the eyes.

OVER \$10,000,000 are invested as capital in making patent medicines in the United States. The most important feature is the advertising. As Dr. J. S. Billings says, the problem is to induce people to pay 25 cts. for the liver-en-couraging, silent-perambulating family pills, which cost 3 cts.

MRS. LE FAVRE, President of the New York Vegetarian Society and author of "Mothers Help and Child's Friend," is doing most commendable work by lecturing to the working classes upon "What to eat that is cheap and Nutritious." She is going into the slums, too, to tell the people how intemperance may be largely prevented by abstaining from the use of flesh meat.

A NEW Department wanted, is the head line of a full column of editorial in the *Eastern Chronicle*, of New Glasgow, N.S., an eight page weekly, now in its fortieth volume. It refers to a "Federal Sanitary Bureau"—a Department or Sub-department of health at Ottawa, in connection with the Government; for investigating the causes of disease, the collection of health statistics and the education of the people in the ways of preventing disease. We can only earnestly hope to find many more of the leading popular papers advocating such sanitary progress.

THE fatality of the influenza in London, Eng., still continues. During the week ending June 6th there were 303 deaths from this disease.

DR. PRAUSSNITZ has found tubercle bacilli in the dust of a number of compartments of railway carriages in Germany which had been occupied by consumptive patients.

A MOVEMENT is on foot for the establishment of a Society of Hygiene in Havana, Cuba.

CHICAGO is succeeding well in abating the "smoke nuisance"

ESTEEMED family physician to young patient convalescent from the influenza: "Well my dear what did you dislike most about the influenza?" Ethel, aged seven: "The Medicine".

A CITIZEN will bring suit against the city of Salem to recover damages for a case of typhoid fever alleged to have been caused by the offensive contents of a barn cellar. The attention of the Board of Health had been repeatedly called to the cellar, but the nuisance was not permanently abated.

THE report of the German Government upon the results of the use of "Tuberculin" are most discouraging, says the *N. Y. Medical Times*. Among the seventeen hundred cases, one-half were not improved at all. It is not stated apparently how many deaths were caused by the treatment.

LEEDS has found in a number of specimens of women's milk that the nitrogenous constituents varied from 4.86 to 0.85 per cent. "So that one specimen of mother's milk may have six times the amount of albuminous material contained in another.

THE *Medical Times* and *Register* says:— Patent medicines containing arsenic and phosphorus are responsible for many cases of fatty degeneration of the heart, and nearly every soda-water purveyor in the country dispenses beverages containing phosphorus compounds.

BACON said, To be free-minded and cheerfully disposed at hours of meate and of sleepe and of exercise, is the best precept of long lasting.

IT HAS been asserted in the *Paris Academy of Medicine* that tobacco smoking is the real cause of the depopulation of France.

LEISURE for men of business, and business for men of leisure, would cure many complaints,

THE spice poultice is pleasant to use and easily made. Mix dry one heaping teaspoonful each of ground ginger, cinnamon, cloves, and flour; moisten with hot water until of proper consistency and spread it on old cotton doubled. When cold, moisten with brandy or whiskey, and re-heat.

THE system of garbage cremation is as old as Jewish Jerusalem. The crematory outside that city was called Gehenna, and furnished the symbol of final destiny of the wicked.

ORDINANCES OF THIS JOURNAL.

PREVENTION first. Sir Wm. Jenner has said, "To prevent disease is the most important aim of the science and art of medicine"; and the eminent Dr. Samuel Wilks, F.R.S., &c., in a lecture at Guy's Hospital, said, "The idea of cure is low-born and common-place," "Cure lies at the bottom of all quack systems," "Prevention is significant of higher intellectual advancement:" with all of which this JOURNAL has ever been in full accord, and outspoken in its views thereon, alone and in council

Pure air: The complete destruction of all waste organic matter, by fire or otherwise; no collections of excrement anywhere—perfect sewerage, or daily disinfection or deodorization with frequent removal; thorough ventilation of all buildings, public and private; complete isolation and disinfection in all cases of infectious disease.

Pure Water: Strict prohibition of the pollution of all inland waters—rivers, lakes, streams—by sewage or other waste substances, filtration of public water supplies; closing of suspected wells.

Pure Wholesome food: Prompt and severe punishment of all adulterators of food, with frequent and repeated analyses; thorough inspection of foods—meat, milk, flour, bread, fruits, &c., with punishment of all offering impure or bad food; improved methods of preparation and cooking food.

Clean People: Public baths, frequent washing of the surface of the body, with free water drinking, a judicious diet, suitable clothing, exercise, abundance of rest and sleep.

Education of the public in all Matters Pertaining to Health.

STANDING HEALTH MAXIMS FOR DAILY PRACTICE.

Remember: money lost or spent you can earn or get again, but health once lost you may never regain.

PERHAPS, most important of all, never sit or sleep very long in a room without some means for changing the air in it—ventilation. Air once breathed is highly poisonous, remember.

Do not shut out with shutters or blinds, the sunshine from your rooms. Neither rooms nor the human body can be long in good condition without abundance of sun light.

Be careful what water you drink. Boiling always renders it safe, for the time.

LEARN to enjoy the "good things" of the table by eating them very slowly. It is a good rule to try how fine you can chew every mouthful. Never take a mouthful of drink when you have solid food in your mouth.

WELL considered moderation in eating is a wonderful promoter of health.

NEVER eat when very tired, nor when overheated. Wait and rest a little.

WATER acts as an internal as well as an external bath, and one who drinks but little water is not clean within.

ONE-FOURTH of the disorders of fashionable life are said to be due to lack of sufficient water in the dietary.

LEARN to take things QUIETLY during the heat of the day at this season, and avoid getting dangerously overheated.

IN walking, when warm, walk very slowly, or sit a few minutes or stand and face the wind, as there is usually a little stiring

NOTES ON CURRENT LITERATURE.

POULINEY BIGELOW, who was a schoolmate of the German Emperor, will contribute an article to the Midsummer (August) Number of The Century on the first three years of the Emperor's reign: Mr. Bigelow believes that "since Frederick the Great no king of Prussia has understood his business like this emperor."

THE SUMMER NUMBER of the Illustrated London News is a large, abundantly illustrated one, with a beautiful colored, more than double page picture, "On the Terrace." The number consists of a thrilling, "Wild West Romance," "Eagle Joe," by Henry Herman, illustrated by R. Caton Woodville.

IN THE LAST ISSUE of the Dominion Illustrated there is produced a timely, typical scene at a Russian railway station of Jewish Exiles. There is also in this number a portrait and biographical sketch of George Kennan, the famous Siberian explorer, whose travels in Russia have made the world so much better acquainted with Russian methods of government. This periodical is sustaining well its high position, and is a credit to Canada as well as to the publishers.

IN THE METHODIST MAGAZINE for August, the well illustrated articles of "The Land Beyond the Forest," and "Over the Gottain Alps," are continued. Series V. of "Round About England" is fully illustrated, and takes one through some of the finest scenery in the Old Land—Derbyshire and Shakespeare's country.