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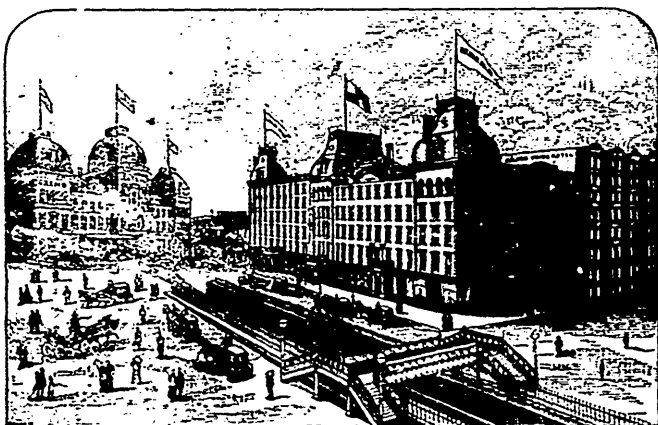
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# THE CANADA HEALTH JOURNAL.

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## ARISTOLOGY—A DISCOURSE ON DINNERS AND DINING.

THE holiday season, although not *the* season for "dinners," will be a good time for discussing the somewhat light yet usually pleasant subject of dining. It is a subject of very much consequence, as the dinner is with most individuals the principal meal and is therefore the great support of life. The diet makes the man, and the dinner is first in the diet question. Dining is a very important social observance too. But in both its aspects it has been most seriously abused. But few persons have a proper appreciation of it.

The following pages, which we think most readers of the JOURNAL will find well worthy of thoughtful perusal as well as interesting, are extracts from an English book, on the art of dining, by Thomas Walker, being now published too in the *American Analyst*. For the most part we fully agree with the sentiments as expressed by the author. They ought to cause considerable of a reform in dinner giving as well as in individual dining:—

Anybody can dine, but very few know how to dine, so as to ensure the greatest quantity of health and enjoyment—indeed, many people contrive to destroy their health; and as to enjoyment, I shudder when I think how often I have been doomed to only a solemn mockery of it; how often I have sat in durance stately, to go

through the ceremony of dinner, the essence of which is to be without ceremony, and how often in this land of liberty I have felt myself a slave!

There are three kinds of dinners—solitary dinners, every-day social dinners, and set dinners; all three involving the consideration of cheer, and the last two of society also. Solitary dinners, I think, ought to be avoided as much as possible, because solitude tends to produce thought, and thought tends to the suspension of the digestive powers. When, however, dining alone is necessary, the mind should be disposed to cheerfulness by a previous interval of relaxation from whatever has seriously occupied the attention, and by directing it to some agreeable object. As contentment ought to be an accompaniment to every meal, punctuality is essential and the diner and the dinner should be ready at the same time. A chief maxim in dining with comfort is, to have what you want when you want it. It is ruinous to have to wait for first one thing and then another, and to have the little additions brought when what they belong to is half or entirely finished. To avoid this a little foresight is good, and, by way of instance, it is sound practical philosophy to have mustard upon the table before the arrival of toasted cheese. This very omission has caused as many small vexations in

the world as would by this time make a mountain of misery. Indeed, I recommend an habitual consideration of what adjuncts will be required to the main matters; and I think an attention to this on the part of females might often be preventive of sour looks and cross words and their anti-conjugal consequences. There are not only the usual adjuncts, but to those who have anything of a genius for dinners, little additions will sometimes suggest themselves, which give a sort of poetry to a repast, and please the palate to the promotion of health. As our senses were made for our enjoyment, and as the vast variety of good things in the world were designed for the same end, it seems a sort of impiety not to put them to their best uses, provided it does not cause us to neglect higher considerations. The different products of the different seasons and of the different parts of the earth afford endless proofs of bounty, which it is as unreasonable to reject as it is to abuse.

It has happened that those who have made the gratification of the appetite a study have generally done so to excess, and to the exclusion of nobler pursuits; whilst, on the other hand, such study has been held to be incompatible with moral refinement and elevation. But there is a happy mean, and as upon the due regulation of the appetite assuredly depends our physical well-being, and upon that, in a great measure, our mental energies, it seems to me that the subject is worthy of attention, for reasons of more importance than is ordinarily supposed.

There is in the art of dining a matter of special importance—I mean ATTENDANCE—the real end of which is to do that for you which you cannot so well

do for yourself. Unfortunately this end is generally lost sight of, and the effect of attendance is to prevent you from doing that which you could do much better for yourself. The cause of this perversion is to be found in the practice and example of the rich and ostentatious, who constantly keep up a sort of war-establishment, or establishment adapted to extraordinary instead of ordinary occasions; and the consequence is that, like all potentates who follow the same policy, they never really taste the sweets of peace; they are in a constant state of invasion by their own troops. It is a rule at dinners not to allow you to do anything for yourself, and I have never been able to understand how even salt, except it be from some superstition, has so long maintained its place on table. I am always in dread that, like the rest of its fellows, it will be banished to the sideboard, to be had only on special application. I am rather a bold man at table; and set form very much at defiance, so that if a salad happens to be within my reach, I make no scruple to take it to me; but the moment I am espied, it is nipped up from the most convenient into the most inconvenient position. That such absurdity should exist amongst rational beings; and in a civilized country, is extraordinary! See a small party with a dish of fish at each end of the table, and four silver covers unmeaningly starving at the sides, whilst everything pertaining to the fish comes, even with the best attendance, provokingly lagging, one thing after another, so that contentment is out of the question; and all this is done under pretence that it is the most convenient plan. This is an utter fallacy. The only convenient plan is to have everything actually upon the table that is wanted at the same time,

and nothing else; as for example, for a party of eight, turbot and salmon, with doubles of each of the adjuncts, lobster-sauce, cucumber, young potatoes, cayenne and Chili vinegar, and let the guests assist one another, which, with such an arrangement, they could do with perfect ease. This is undisturbed and visible comfort. I am speaking now only with reference to small parties. As to large ones, they have long been to me scenes of despair in the way of convivial enjoyment. A system of simple attendance would induce a system of simple dinners, which are the only dinners to be desired. The present system I consider strongly tainted with barbarism and vulgarity, and far removed from real and refined enjoyment. As tables are now arranged, one is never at peace from an arm continually taking off or setting on a side-dish, or reaching over to a wine-cooler in the centre. Then comes a more laborious changing of courses, with the leanings right and left, to admit a host of dishes, that are set on only to be taken off again, after being declined in succession by each of the guests, to whom they are handed round. Yet this is fashion, and not to be departed from. With respect to wine, it is often offered, when not wanted; and when wanted, is perhaps not to be had till long waited for. It is dreary to observe two guests, glass in hand, waiting the butler's leisure to be able to take wine together, and then perchance being helped in despair to what they did not ask for; and it is still more dreary to be one of the two yourself. How different, where you can put your hand on a decanter at the moment you want it! I could enlarge upon and particularize these miseries at great length; but they must be only too familiar to those who dine out, and those who do

not may congratulate themselves on their escape. I have been speaking hitherto of attendance in its most perfect state; but then comes the greater inconvenience, and the monstrous absurdity of the same forms with inadequate establishments. Those who are overwhelmed with an establishment are, as it were, obliged in self-defence to devise work for their attendants, whilst those who have no such reason are an example which, under the most appropriate circumstances, is a state of restraint and discomfort, but which, when followed merely for fashion's sake, becomes absolutely intolerable. I remember once receiving a severe frown from a lady at the head of her table, next to whom I was sitting, because I offered to take some fish from her, to which she had helped me, instead of waiting till it could be handed to me by her one servant; and she was not deficient either in sense or good breeding; but when people give in to such follies, they know no mean. It is one of the evils of the present day, that everybody strives after the same dull style—so that where comfort might be expected, it is often least to be found. State, without the machinery of state, is of all states the worst. In conclusion of this part of my subject, I will observe, that I think the affluent would render themselves and their country an essential service if they were to fall into the simple, refined style of living, discarding everything incompatible with real enjoyment; and I believe, that if the history of overgrown luxury were traced, it has always had its origin from the vulgar rich—the very last class worthy of imitation. Although I think a reduction of establishment would often conduce to the enjoyment of life, I am very far from wishing to see any class curtailed

in their means of earning their bread ; but it appears to me that the rich might easily find more profitable and agreeable modes of employing the industrious, than in ministering to pomp and parade.

I will give you, dear reader, an account of a dinner I have ordered this very day at Blackwell. This account will serve as an illustration of my doctrines on dinner-giving better than a long abstract discourse. The party will consist of seven men beside myself, and every guest is asked for some reason—upon which good fellowship mainly depends ; for people brought together unconnectedly had, in my opinion, better be kept separate. Eight I hold to be the golden number, never to be exceeded without weakening the efficacy of concentration. The dinner is to consist of turtle soup followed by no other fish but white-bait, which is to be followed by no other meat but grouse, which are to be succeeded simply by apple fritters and jelly ; pastry on such occasions being quite out of place. Of course there will be with the white-bait champagne, and with the grouse claret ; the former I have ordered to be particularly well-iced, and they will be placed in succession upon the table, so that we can help ourselves as we please. I shall permit no other wines, unless, perchance, a bottle or two of port, if particularly wanted, as I hold variety of wines a great mistake. With respect to the adjuncts, I shall take care that there is cayenne, with lemons cut in halves, not in quarters, within reach of everyone, for the turtle soup, and that brown bread-and-butter in abundance is set upon the table for the white-bait. It is no trouble to think of these little matters beforehand, but they make a vast difference in convivial contentment. The dinner

will be followed by ices, and a good dessert, after which coffee and one glass of liquor each, and no more, so that the present may be enjoyed rationally without inducing retrospective regrets. If the master of a feast wishes his party to succeed, he must know how to command, and not let his guests run riot, each according to his own wild fancy. Beyond eight persons at dinner, as far as my experience goes, there is always a division into parties, or a partial languor, or sort of paralysis either of the extremities or centre, which has more or less effect upon the whole. For complete enjoyment a company ought to be One ; sympathizing and drawing together, listening and talking in due proportions—no monopolists, nor any ciphers. With the best arrangements, much will depend upon the chief of the feast giving the tone and keeping it up. Paulus Æmillius, who was the most successful general and best entertainer of his time, seems to have understood this well ; for he said that it required the same sort of spirit to manage a banquet as a battle, with this difference, that the one should be made as pleasant to friends, and the other as formidable to enemies, as possible. I often think of this excellent saying at large dinner-parties, where the master and mistress preside as if they were the humblest of the guests, or as if they were overwhelmed with anxiety respecting their cumbrous and pleasure-destroying arrangements. They appear not to have the most distant idea of the duties of commanders, and instead of bringing their troops regularly into action they leave the whole army in reserve. They should at least now and then address each of their guests by name, and, if possible, say something by which it may be guessed who and what each person is.

I have witnessed some ridiculous and almost incredible instances of these defects. It appears to me that nothing can be better contrived to defeat its legitimate end than a large dinner party in the London season—sixteen, for instance. The names of the guests are generally so announced that it is difficult to hear them, and in the earlier part of the year the assembling takes place in such obscurity that it is impossible to see. Then there is often a tedious and stupefying interval of waiting, caused perhaps by some affected fashionable, some important politician, or some gorgeously-decked matron, or it may be by some culinary accident. At last comes the formal business of descending into the dining-room, where the blaze of light produces by degrees sundry recognitions; but many a slight acquaintance is prevented from being renewed by the chilling mode of assembling. In the long days the light is more favorable, but the waiting is generally more tedious, and half the guests are perhaps leaving the park, when they ought to be sitting down to dinner. At table, intercourse is prevented as much as possible by a huge centre-piece of plate and flowers, which cuts off about one-half the company from the other, and some very awkward mistakes have taken place in consequence from guests having made personal observations upon those who were exactly opposite to them. It seems strange that people should be invited, to be hidden from one another. Besides the centre-piece, there are usually massive branches to assist in interrupting communication; and perhaps you are placed between two persons with whom you are not acquainted, and have no community of interest to induce you to become so, for in the present overgrown state of

society a new acquaintance, except for some particular reason, is an encumbrance to be avoided. When the company is arranged, then comes the perpetual motions of the attendants, the perpetual declining of what you do not want, and the perpetual waiting for what you do, or a silent resignation to your fate. To desire a potato, and to see a dish handed to your next neighbor, and taking its course in a direction from you, round an immense table, with occasional retrograde movements and digressions, is one of the unsatisfactory occurrences which frequently take place; but perhaps the most distressing incident in a grand dinner is to be asked to take champagne, and, after much delay, to see the butler extract the bottle from the cooler, and hold it nearly parallel to the horizon, in order to calculate how much he is to put into the first glass to leave any for the second. To relieve him and yourself from the chilling difficulty, the only alternative is to change your mind, and prefer sherry, which, under the circumstances, has rather an awkward effect. These, and an infinity of minor evils, are constantly experienced amid the greatest displays, and they have from sad experience made me come to the conclusion that a combination of state and calculation is the horror of horrors. Some good bread and cheese, and a jug of ale comfortably set before me, and heartily given, are heaven and earth in comparison. I must not omit to mention, among other obstacles to sociability, the present excessive breadth of fashionable tables for the purpose of holding, first, the cumbrous ornaments and lights before spoken of; secondly, in some cases, the dessert, at the same time with the side-dishes; and, lastly, each person's cover, with



its appurtenances; so that to speak across the table, and through the intervening objects, is so inconvenient as to be nearly impracticable. No wonder that such a system produces many a dreary pause, in spite [of every effort to the contrary, and that one is obliged, in self-defence, to crumble bread, sip wine, look at the paintings, if there are any, or if there are not, blazon the arms on the plates; or, lastly, retreat into one's self in despair, as I have often done. When dinner is over, there is no peace till each dish in the dessert has made its circuit, after which the wine moves languidly round two or three times, and then settles for the rest of the evening, and coffee and small talk finish the heartless affair. I do not mean to say that such dinner-parties as I have been describing have not frequently many redeeming circumstances. Good breeding, wit, talent, information, and every species of agreeable quality, are to be met with there; but I think these would appear to much greater advantage, and much oftener, under a more simple and unrestrained system. After curiosity has been satisfied, and experience ripened, I imagine most people retire from the majority of formal dinners rather wearied than repaid, and that a feeling of real enjoyment is the exception, and not the rule. In the long run, there is no compensation for ease; and ease is not to be found in state and superabundance, but in having what you want when you want it, and with no temptation to excess.

The legitimate objects of dinner are to refresh the body, to please the palate, and to raise the social humor to the highest point; but these objects, so far from being studied, in general are not even thought of, and display and adherence to fashion are their

meagre substitutes. Hence it is that gentlemen ordinarily understand what pertains to dinner-giving so much better than ladies, and that bachelors' feasts are so popular. Gentlemen keep more in view the real ends, whereas ladies think principally of display and ornament, of form and ceremony—not all, for some have excellent notions of taste and comfort; and the cultivation of them would seem to be the peculiar province of the sex, as one of the chief features in household management. There is one female failing in respect to dinners, which I cannot help here noticing, and that is a very inconvenient love of garnish and flowers, either natural or cut in turnips and carrots, and stuck on dishes, so as greatly to impede carving and helping. This is the true barbarian principle of ornament, and is in no way distinguishable from "the untutored Indian's" fondness for feathers and shells. In both cases the ornament is an encumbrance, and has no relation to the matter on which it is placed.

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A DEAF and dumb person being asked to give his idea of forgiveness, took a pencil and wrote, "It is the sweetens which flowers yield when trampled upon."

It would be unsafe, an exchange says, to say that half the crimes are due to bad digestion; but certainly some are; and there is good historic evidence for the belief that Calvin consigned Servetus to the flames while suffering with a fit of indigestion.

THE New York Medical Times says that by the reduction of the death-rate of that city to that of London, nearly 200,000 lives would be saved annually. The cost of these deaths and of the sickness rate in the community which such a mortality indicates, would amount to about \$14,000,000 annually."

## RECENT ADVANCES IN PREVENTIVE MEDICINE.

ABSTRACT OF THE ADDRESS IN STATE MEDICINE, DELIVERED BEFORE THE AMERICAN MEDICAL ASSOCIATION, AT THE 33RD ANNUAL MEETING AT CHICAGO, ILL., JUNE 7-10, '87. BY GEORGE H. ROHÉ, M.D., PROF. OF HYGIENE, COL. OF PHYS. AND SURG., BALTIMORE, MD.

**P**ROGRESS in any branch of science or art may be measured either by the number and character of new discoveries made, or by the gradual advances in the application of knowledge previously acquired. Judged by either of the criteria the record for State Medicine during the past year is a creditable one.

In the field of epidemiology and endemiology, the progressive extension of the fifth great pandemic of cholera first claims attention. Extinguished in the portions of Italy, France and Spain ravaged in 1885 and 1886, it has slowly invaded southeastern Italy, Hungary and other Austrian possessions, and has been imported into South America, whence it threatens the United States by several routes. The danger of invasion of this country is at present greater than at any time within the past three years.

Yellow fever inoculation, as practiced by Freire in Brazil, and Carmona in Mexico, has claimed a large share of the attention of sanitarians during the year. The claims made in favor of this method of preventing this scourge are now being subjected to an official investigation authorized by the United States Government.

Diligent search has been made for the specific organism supposed to be the infective agent in vaccine virus, but without definite success. The results obtained are not entirely negative however, and one may cherish the hope that a solution of this problem will soon be reached.

The relation of a peculiar disease

of cows to scarlet fever, and the discovery of a specific microbe in the blood in the latter disease have attracted much attention. The restriction of scarlet fever will doubtless be more thoroughly effected so soon as physicians are convinced of its bacterial nature, and clearly comprehend its mode of transmission. Statistics are given showing what has already been accomplished in this field.

Sternberg, Fränkel and Weichselbaum have studied the specific microbe of croupous pneumonia, which the former regards as identical with his *micrococcus Pasteuri*; in which opinion both the other authors mentioned, coincide. Dr. Baker, of Michigan, has also shown that croupous pneumonia seems to be dependent upon a cold, dry atmosphere.

Measures for the restriction of pulmonary tuberculosis are adverted to. Tuberculous patients should not be treated in the same hospital wards with non-tuberculous individuals and prompt disinfection of the sputa and other discharges should be practised in order to diminish opportunities for infection. General sanitary measures should however not be neglected in the warfare upon the bacillus. There is danger that a too exclusive attention to the microbial factors of disease will narrow our views of epidemiology and preventive medicine.

It seems to be established that the micro-organism discovered in the intestinal lesions and discharges in typhoid fever is the cause of this disease. The fact that this microbe may preserve its vitality for a consider-

able time in water and ice has been shown by Bolton, Wolffhügel, Prudden and others. This, together with the well-known history of outbreaks of this disease undoubtedly depending upon pollution of drinking water, should make prompt measures of disinfection imperative in every case. The physician fails in his duty who neglects measures for the thorough destruction of the typhoid infection existing in the intestinal discharges.

The importance of disinfection of bedding, clothing and other personal and household articles in contagious diseases demands that health authorities should have under their control establishments where disinfection can be carried out on a large scale and at public expense. Such institutions are now in use at Berlin, Düsseldorf, Göttingen, Strasburg, Breslau, Leipzig, Danzig and other cities in Europe. The results are pronounced to be exceedingly beneficial. Steam under pressure is regarded as the best disinfecting agent.

Quarantine, a word which for more than five centuries has been synonymous with barbarism, is becoming under modern methods a safeguard to the public against infection and an advantage instead of obstruction to commerce. The results achieved at the model quarantine station at New Orleans encourage the hope, and almost warrant the prediction that the days of the quarantines of detention, whether by sea or land, are past, and that quarantine in future will mean simply *thorough disinfection* of fomites, and, of course, effective isolation of persons already infected.

Cremation of garbage seems to be the best method yet devised for the inoffensive destruction or final disposal of solid city wastes.

The irrigation system of sewage disposal has steadily won favor. In Berlin, Breslau and Danzig, in Germany, Birmingham in England, and Pullman and other places in this country it has been in successful operation. Chemical precipitation and purification of sewage has also been adopted with satisfactory results in various German cities. A board of distinguished engineers recently recommended the same system for the city of Providence, R. I.

Professor Vaughan's discovery of a very poisonous ptomaine in cheese, ice, cream and milk undergoing certain chemical changes has been confirmed by a number of investigators in various parts of the country. Vaughan's suggestion that tyrotoxin may be found to be the poison which produces cholera infantum opens up a new field for investigation in which every physician must of necessity be interested.

Analyses of food and drugs made during the year in Massachusetts and New York, show the wide extent to which adulteration is practised and how the people are defrauded. Among the most startling instances are olive oil of which 68 samples out of 91 were spurious. Vinegar was adulterated in 79 samples out of 116; mustard 124 times in 211; white pepper 63 times in 128; black pepper 41 times in 71; mace 29 times in 45. Of nine samples of horseradish examined only one was found genuine. A precipitate of uncrystallizable sugar and coloring matter and chloride of tin (poisonous) is sold to candy makers for making confectionary. Citrate of iron from respectable manufacturers contained  $3\frac{1}{2}$  per cent. of quinine instead of 12 per cent. demanded by the pharmacopœia. Authority and means

should be given to the health authorities to protect the public from these frauds, many of which are a source of danger to life and health.

Statistics collected by the speaker show that five sixths of the inhabitants of cities in this country have no facilities for bathing except such as are afforded by a pail and sponge, or an easily accessible river, lake or other body of water. The establishment of public baths is urgently recommended both as a sanitary as well as moral measure. Tub or pool baths are objectionable both on account of expense and lack of privacy in the latter. The spray baths in use in the German and French army barracks are recommended. These are not expensive, either in first cost or administration, and allow each bather absolute privacy and the opportunity for a thorough cleansing in clean water. Public baths should be open the year round, and not only during the summer.

A number of instances are grouped together showing how the enforcement of appropriate sanitary measures has saved life. In Michigan the saving of life from one disease (scarlet fever) has amounted during the last

eleven years to 3,718 or 338 per year. In 1886, appropriate sanitary measures saved the lives of 298 persons who would have died of diphtheria, if such measures had not been enforced. In England and Wales, the average annual saving of life due to sanitary measures has amounted in the five years ending 1885, to 62,000. In Baltimore, a marked reduction of deaths from infectious diseases has followed the enforcement of certain sanitary precautions. In Memphis the death rate has been reduced in six years from 35 per thousand to 23.80 per thousand. In Chicago the reduction in mortality in the last five years has been from 25.69 per thousand to 19.46 per thousand a net saving of 17,214 lives in that city in that period.

While all advances in sanitary administration have doubtless contributed to produce these good results, the main influence is to be attributed to the three factors. These are *compulsory notification of infectious diseases; prompt and effective isolation of the sick and infected, and thorough disinfection of all infected articles and sources of infection.* These must be the watch-words of the practical sanitarian of the future.

#### NEW INSTRUCTIONS TO VACCINATORS IN ENGLAND.

THE Local Government Board of England, have recently issued new instructions to public vaccinators, to supersede those of sixteen years ago. We have written for these instructions, but they have not yet come to hand. The "Annals of Hygiene" writes of them in this wise: The alterations, which are wisely conceived, relate specially to ensuring the better performance of the operation of vaccination, and to the avoidance of septic

poisoning. For the former, it is ordered that the insertions of lymph shall be such that the total area of vesiculation on the same day in the week following the vaccination should be not less than half a square inch; for the latter, a caution is given against the use of any means of protection or "shield" that cannot readily be destroyed and replaced whenever it becomes soiled. Public vaccinators are also required to enter in their

register the initials of the person operating, and subsequently inspecting the vaccination, and they are cautioned against the employment of lymph supplied by any person who does not keep exact record of its source. It is further required that lymph be not taken from children who have any sort of sore at or about the anus, or from a vesicle around which there is any conspicuous commencement of areola. The caution contained in the superseded instructions not to take under ordinary circumstances more lymph than will suffice for the immediate vaccination of five subjects, or for the charging of seven ivory points, or for the filling of three capillary tubes from such a vesicle as vaccination by puncture commonly produces, is now replaced by the requirement that more than this amount of lymph shall not be taken from a well-formed vesicle of ordinary size except under circumstances of

necessity. Lymph, moreover, is not to be taken that has run down the skin, the vesicle is not to be scraped, and the lymph is to be changed if on the day week after vaccination the cases show any conspicuous areola round their vesicles, while formerly the presence of any areola was regarded as reason for omitting to take lymph from such a vesicle. Vaccinating lancets are not to be used for any other purpose whatever, superseding the old instructions, which required that they should not be used for other surgical operations. The instructions end with the advice which experience has shown to be necessary: Never use any ivory point or capillary tube a second time, either for the conveyance or storage of lymph; but when points or tubes have once been charged with lymph and put to their proper use, do not fail to break or otherwise destroy them.

#### SOME SEASONABLE POINTS IN SANITARY INSPECTION.

**I**T is not well to much disturb at this season of the year collections of waste organic matter. Any such not having been destroyed or removed to a safe distance in the spring should be thoroughly disinfected or well covered with dry earth. When the collection is not large, a thick layer over it of dry earth will afford great protection from foul smells. A strong solution of sulphate of iron—1 lb. to 4 or 5 gallons, or a layer, the thicker the better, of chloride of lime will also be of great value. Such treatment applies to the contents of privy vaults. With these it should be frequently repeated.

Sanitary inspectors might do much good by timely advice to householders

in relation to these points. The advice might often be extended to kitchen sinks, drains, open or otherwise, slaughter houses, &c. Rain water cisterns too require careful looking after at this season, and likewise do cellars, and, in towns, culverts.

A universal system of milk inspection is very much needed. At this season of the year cows are not usually confined in stables, and they have wholesome food, but they are liable to be diseased, though this is less plainly manifested at this season. And all milk vessels require special and careful looking after, or the young infants especially who use the milk will be sure to suffer. Milk dealers and vendors often need to be warned

and watched in regard to these points. Abundance of hot (boiling) water is a daily essential for all milk cans, with free exposure to sunlight. Fruits and fresh meats must be well looked after, or dishonest persons will sell such as are not fit for food to unsuspecting persons. It is largely to impure or diseased food that the prevalence of diarrhoeal diseases is due at this season of the year. August is a month of great fatality from diseases of this class, often even in villages and quite rural districts, and great circumspection in relation to the food is very essential.

In shallow wells, at this season, the water is liable to be low and highly contaminated, and in many country places if the water must be used for drinking, careful filtration or thorough boiling should be enjoined upon the heads of families.

All school buildings should during

the holidays be placed in as perfect a sanitary condition as possible. The drains, basements, walls and floors all want a complete cleaning and renovation, and so to be prepared for the fall commencement.

A little intelligent advice and "Moral Suasion" at the hands of sanitary inspectors, and more especially of medical health officers, will often do more in the promotion of health measures, much more, than attempts at coercion; although some persons, as everybody knows, must be coerced, for their neighbors' sake if not for their own. There are but few however, if they can be convinced that there is really danger to the health of their own families and persons—danger too of a draw on their pockets for doctors fees and medicine—from insanitary conditions, who will not make successful effort toward remedying the evils.

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#### INTERESTING OBSERVATIONS ON LONGEVITY.

RECENT researches in various countries have brought to light some interesting facts relating to this subject which are given as follows in the *New England Medical Monthly*: It appears that one third more women than men attain advanced age, this being due partly to their social condition and surroundings, and partly to their superior capacity of enduring pain, privation, etc. On the other hand, acute diseases are more fatal to males, both young and old, while many disorders, such as affections of the brain and liver, seem almost entirely confined to the latter sex. The proportion of those dying suddenly is about 100 women to 780 men. Statistics for the year 1870 show that of those who committed suicide 1080 were men and 285 women.

Consumption attacks women oftener than men, the death-rate of the former being very much in excess. The birth-rate in foreign countries shows a larger proportion of females, especially among the higher classes and in the royal families. In the negro race, while the birth-rate about equals that of the whites, the deaths are greatly in excess, and a much smaller proportion reach advanced age. In these, such affections as Bright's disease, rheumatism, malarial-fever and cardiac trouble are doubly fatal, as well as much more frequent. There are, no doubt, abundant reasons to be adduced in explanation of these facts, but scientific research has not yet demonstrated them. Possibly the mere fact of sex and physical conformation has little to do with the

question of longevity—the variation in the latter particular being attributable to physical conditions and surroundings, to which the male is everywhere more exposed. The evils of intemperance and brain exhaustion, which are confined almost exclusively to the latter sex, act as additional factors in curtailing life, as well as in the production of the high comparative rate of suicides. There are at present no sufficient data by which the excess of one sex over the other can be accounted for, yet it is not improbable that high civilization, with its resulting conditions, may have some causative influence in this particular, as they certainly have upon the whole number of births. The geographical surroundings of a people have so much to do with their physical condition and characteristics that no universal rule as to longevity and productiveness can be formulated. The statistics of every country show varia-

tions of more or less importance, and conclusions, therefore, which have been reached by investigators must in the present instance be taken with a grain of allowance in the maintenance of life and health; but these are hardly sufficient to offset the condition of impaired physical organization, to which may be added a constitutional taint intensified and rendered active by transmission through several generations. Says Herbert Spencer: "In its full sense, the reproductive power means the power to bear a well-developed infant and to supply that infant with the natural food for the natural period. Most of the flat-chested girls who survive their high-pressure education are unable to do this." So long as one or both parents are physically impaired in any way, their progeny will be subject to a like infirmity, and many young children will die and the race will deteriorate.

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#### INFANT FEEDING.

PROBABLY the best knowledge on this subject possessed by the medical profession at the present time, is given in the following, from the American Journal of the Medical Sciences:

Dr. Henry Ashby states that it has been shown by recent researches that cow's milk is about four times as rich in caseine as human milk, while the amount of salts is some three or four times as much, and the amount of sugar in human milk is half as much again as in cow's milk. The addition to cow's milk of water and sugar, with the object of approximating the various constituents to those of human milk, must necessarily fail as regards one or more of them. Moreover, the addition to cow's milk of lime-water, barley

water, or a fluid containing dextrine or some other gelatinous substance, does not, as is generally supposed, prevent the bulky coagulation *provided the fluid be left at rest*. On this account, Dr. Ashby advocates peptonized milk. This may be readily prepared for infants by pouring four ounces of boiling water on four ounces of milk, adding one-fourth of one of Benger's peptonizing powders, two teaspoonfuls of cream, and allowing it to stand for ten or twenty minutes, according to the amount of peptonizing desired, then adding a teaspoonful of sugar or milk sugar, and letting the infant take at once. When this form of food is administered, though some curd may appear in the stools, it is always soft and passed without difficulty.

Another less expensive artificial human milk may be prepared by mixing one-quarter pint of cream with three-quarters pint of warm water, and adding one-half ounce of milk sugar. To this, two to ten ounces or more of milk may be added, according to the age or the the infant's capacity for the digestion of curd.

Another artificial human milk may be prepared according to Meig's formula, by taking two table-spoonfuls of cream of medium quality, one of milk, two of lime-water, and three of water to which sugar of milk has been added in the proportion of seventeen

and three-quarters drachms to the pint, which saccharine solution must be kept in a cool place, and prepared fresh every day or two. An infant may take from half a pint to three pints of this mixture, according to age. In round numbers this artificial human milk may be said to contain eleven to twelve per cent of solids, of which three or four per cent is fat, one per cent curd, and six to seven per cent sugar.

Any one of the above forms of food will generally be found to agree well with a healthy infant, or when it is suffering from dyspepsia or intestinal catarrh.

#### THE DISTRIBUTION OF CONSUMPTION.

CONSUMPTION is so common a disease and so fatal that too much cannot be written in relation to it and its prevention. The following, from the British Medical Journal, from a paper by the Registrar General of Ireland, Dr. Grimshaw, read at the meeting of the Academy of Medicine in Ireland, in May, with the discussion upon it, will be found of much interest.

Dr. Grimshaw analysed a large number of tables and exhibited maps illustrating the distribution of lung diseases in Ireland, and compared the rate of mortality with those from similar diseases in foreign cities, England, and the antipodal colonies of Great Britain. The main conclusions arrived at by Dr. Grimshaw, were that the less civilised portion of the population of Ireland were less effected by phthisis and lung disease than the more civilised portion of the community; that not only was phthisis more prevalent among urban than among rural populations, but that essentially rural populations near large towns suffer more than those in remote

districts, thus pointing to infection as a means of spreading the disease. Comparing the distribution of phthisis with the physical configuration of the country it was found that, as elsewhere, the low levels suffered more than the high levels. The bogs did not seem to specially favor the prevalence of phthisis; indeed, they seemed rather to counteract the disease. There was no constant relation between the prevalence of phthisis and other forms of disease of the respiratory organs. In many cases there was an absolute contrast between the prevalence of phthisis and the other forms of lung-disease. A map showing the more elevated portions of the country, when compared with a map showing the distribution of phthisis showed that disease to prevail most in the less elevated portions of Ireland. There did not appear to be a close relation between the general distribution of the geological formation and the prevalence of either phthisis or other forms of lung-disease, except in so far as geological formation



influenced elevation, etc. Dr. Grimshaw also pointed out the relations between the prevalence of the forms of disease under discussion and the meteorological condition.

Sir Charles Cameron said it was remarkable that there seemed to be a greater prevalence of the diseases in question on the eastern than on the western seaboard.

Dr. Charles Moore observed that the drainage question was important in Dublin, where the subsoil water had greatly increased since the use of pumps.

Dr. Cosgrave adverted to the observations of Dr. McNeil, medical officer of the Gosto Hospital, Isle of Skye, who had found that phthisis was hardly met with amongst islanders until they went south to the large towns, from which they often returned to die of phthisis, and sometimes communicated it to the natives.

The chairman pointed out that the rule that large cities favored the prevalence of consumption found a remarkable exception in London, where the disease was below the average,

except in the eastern districts. The forms of pulmonary consumption and the etiology of the affection must be considered in regarding the apparently anomalous distribution of the disease on the English map drawn out by Mr. Haviland. Turning to Ireland, there could be no question but that the large towns acted as foci from which pulmonary phthisis seemed to spread.

Dr. Grimshaw, in reply, said that he was inclined to believe that drainage diminished the phthisis death-rate indirectly by improving the general health of the people, and by diminishing the prevalence of pneumonia and typhoid fever. The drainage of towns was not a question of the drying of soils so much as the getting rid of dirt and sewage matter.

How much was due to the drying of the soil itself or how much to getting rid of dirt it was impossible to say, or to explain which was the main factor of disease. With a perfect system of sewerage in Dublin and the dirt kept out of the Liffey, and a clean gravel bed in the centre, the public health would improve.

#### MISCELLANEOUS NOTES AND SELECTIONS.

**LIQUOR STATISTICS.**—The chief of the U. S. Bureau of Statistics, in his recent quarterly report, furnishes the following facts, respecting the use of alcoholic liquors. In round numbers, the consumption of distilled spirits, domestic and imported, in this country, is shown to have increased from 43,000,000 gallons in 1840, to 72,000,000 in 1886; of wine, from 4,800,000 gallons to 22,000,000; and of malt liquors, from 23,000,000 to 642,000,000. The consumption *per capita* during the same period decreased, as regards distilled spirits, from about 2½ gallons to about 1½ gallons: while it increased

as regards wines, from .29 to .38 gallons, and of malt liquors, from less than 1½ to more than 11 gallons. A statement is given by F. N. Barrett, editor of the New York Grocer, by request of the chief which sets forth, that the present average expenditure per annum for malt and spirituous liquors and beer at retail, is \$700,000,000. Mr. Barrett says the wholesale cost of the liquor, for which the retailers receive \$700,000,000, is not more more than \$300,000,000. He makes a brief calculation of the cost of liquors as compared with that of food, clothing and shelter,—reaching the

conclusion that the American people expend from \$12 to \$17 for the 'necessaries' named, to every dollar paid out for liquor.

**A VICTIM OF FASHION.**—A sensational illustration of the fatal effects of tight lacing was afforded last week by the death of a single woman aged 52, who died quite suddenly in the street. Mr. A. A. Varne, the house surgeon of the North West London Hospital, to which institution the lifeless body was taken, stated that the deceased was a woman who laced very tightly, so much so that she could hardly breathe, and it was owing to the impossibility of proper expansion of the lungs that syncope had been produced. Two years ago he had been called to her in the street; she had fallen down and "broken a blood-vessel." Here is a text which popular health lecturers will be able to use effectively, it may be hoped, and—we fear—for many a long day.—*British Medical Journal*.

I BELIEVE there is extant a law intended to exterminate the Canada thistle. That plant is the scourge of the field, its seeds are scattered far and wide, precisely as spores of disease fungi are scattered. This law, if executed, would stamp out the thistle. Such a law was necessary because individual effort was unavailing. The lazy farmer would grow enough seeds to sow a whole township. There are plants more noxious than thistles; plants that bring disease and death to thousands of people and animals in this State every year. These plants grow beside our homes, nay in the very chambers wherein our loved ones sleep in supposed security. Have you lost a child by any of the diseases I have named? If so, they came to

their death by plants that grew around your home. Shall these plants be allowed to grow? Shall we continue to fold our arms and look on disease as a necessary evil, and on death as the work of Providence.—Hon. E. A. Wood, Ind., in Pennsylvania Legislature.

In order to locate the body of a man drowned at Abbeyville, Ga., the other day, (*Annals of Hygiene*) an old negro took a bundle of fodder and put it in the river where the man first sunk. It floated down about fifty yards and suddenly stopped and commenced to whirl slowly round and round. Here the old negro dived and secured the body. He claims to have recovered four or five other bodies by this means.

THE "Medical Age" says, the following are a few popular fallacies: That a baby should be washed every day [washing won't hurt it]; that sitting in the sun will give you chills; that a homoeopath gives different medicine from a regular physician; that eruptions on the skin from medicine show that the disease is coming out; that a man grows in height in the spring and in bulk in the fall; that scarlatina and scarlet fever are different diseases; that sleeping in the moonlight will make you crazy; that growing flowers are dangerous in the sick-room.

**TOBACCO PROHIBITION.**—The following bill is before the Legislature of the State of Illinois, and will probably become a law:—**SEC. 1.** *Be it enacted by the people of the State of Illinois represented in the General Assembly:* That hereafter no person or persons in this State shall sell, buy for, or furnish, any cigar, cigarette, or tobacco, in any of its forms, to any minor under 16 years of age, unless upon the written order of parent or guardian. **SEC. 2.** That if

any person or persons in this State shall violate the provisions of the act, he, she, or they, shall, on conviction thereof, forfeit and pay for each and every offence the sum of \$20. "Good Health" says: This is certainly a good law so far as it goes. A similar law has been enacted in several States, as well as in France, Switzerland, and other European countries, and ought to be made universal; but why not go a little further, as did the half-civilized African potentate recently, who, finding that his subjects were being injured by the weed, forbade its use by any person, whether under sixteen years of age or not? The reasons which justify the prohibition of the use of tobacco by boys, apply to its use by older persons.

**THE "FOULS OF THE AIR."**—A Sunday-school teacher had been reading to her class that passage of Scripture which includes the expression, "the fowls of the air came and lodged in its branches," etc. She called for an explanation of the expression, "the fowls of the air." All were silent, until a little girl looked up with an animated countenance, confidently thinking she had solved the mystery, and exclaimed,—“Please ma’arn, the ‘fowls of the air’ means bad smells.” At this time of the year the species of “fowls” referred to are exceedingly numerous. Their nests and breeding places are found about many dwellings.—*Good Health.*

**INHERITED TENDENCY TO INEBRIETY.** Dr. Crothers, (*Journal of Inebriety*) says: Galton has pointed out some very curious facts concerning the children of professional men, which indirectly relates to my topic. He found from a study of the heredity of the members of the largest scientific societies of London, that the legal profes-

sion presented the most eminent men and the fewest idiots. The medical profession came next, and lastly clergymen, who produced the smallest number of eminent men, and the largest number of idiots and feeble-minded. The lawyers gave origin to six times as many more eminent men as the clergy. The clergy gave origin to six times as many more idiots and feeble-minded as the lawyers. This curious fact evidently applies to Europe, where the clergy do not represent the brain vigor of the educated classes. It also indicates that occupation at the time of conception, as well as physical vigor, has a power over the future of the child. In the study of the heredity of inebriates, many cases appear where the parents were greatly disturbed in health and their social relations on or about the time of the conception of the child, which grew up and became an inebriate, without any special exciting causes.

**FOOD FOR CHILDREN—EXCLUDING MEAT.**—It has been found says the *Journal of Reconstructives*, that the gastro-intestinal complaints so prevalent with children, especially in the summer, are infrequent in those from whose dietary meat has been omitted, and who are fed largely on milk. Dr. Clonston, after saying that he agrees with Dr. Keith, who has preached an anti-flesh crusade in the bringing up of all children up to eight or ten years old, continues: “I believe that by a proper diet and regimen, more than in any other way, we can fight against and counteract inherited neurotic tendencies in children, and tide them safely over the periods of puberty and adolescence.” A few facts are worth more than any *a priori* reasoning. These may be gleaned from the expe-

rience gained in the use of the dietary of the Orphans' Home and Asylum of New York, which has been used without any material change for the past twenty-seven years. During this time the rarity of disturbances of the digestive organs has been remarkable, and the recovery of the children suffering from other diseases, such as scarlet-fever, has been exceptionally rapid. Especially would it seem that this diet was suitable for those who show any tendency to disturbances of the nervous system, either inherited or acquired. The death-rate in the institution has been extremely low. The number of children is about 145. Children are not admitted under three years of age. Only those over eight years old have meat, and these only three or four times a week with their dinner, and at those meals milk is omitted.

THE Annual Meeting of the American Climatological Association, (Sanitarian) held in Baltimore in June last. The President, Dr. Donaldson, of Baltimore, in a paper on "Tuberculous Heredity and its Prophylactic Treatment," formulated the following conclusions: 1. The presence of the parasite, the tubercle bacillus, as a pathogenic element. This is a factor necessary for the production of the disease. 2. There is a prominent element in about thirty per cent. of the cases ordinarily met with—a susceptibility transmitted by heredity. 3. The mal-hygienic and debilitating agents such as foul air, sedentary occupations, violations of the laws of health, and other diseases, have a powerful effect, by impairing the nutrition, in developing the disease.

**HYDROPHOBIA—SYMPTOMS OF RABIES IN THE DOG.**—The "Courier of Medicine," St. Louis, gives the following on this: In any case where a person has been bitten by a dog which it is suspected may be mad, the animal should

at once be confined and carefully watched, so that people may be relieved of their suspense should the dog prove to be not mad. If the animal is suffering from rabies, its death will be certain to occur within ten days, generally on the fourth or sixth day after the appearance of the first symptoms. The following are the symptoms of rabies in the dog: At first there are no violent symptoms but rather more than usual demonstration of affection, licking the hands and face of those to whom he has been attached. Even at this time, however, the saliva is poisonous and may inoculate the person who is the recipient of these caresses. Soon the animal grows morose and sullen, tries to hide away, becomes restless, and has a far away look in the eyes, and snaps and barks at imaginary things. The desire to bite soon develops and manifests itself first against inanimate objects, pieces of wood, stone, matting, rugs, etc. These form a mass in the stomach which is regarded as one of the post-mortem characteristics of rabies. It now seeks to escape from home and run about, its rage being specially aroused at the sight of other dogs. The voice is peculiar, somewhat resembling the crow of a cock. There is no fear of water. There may or may not be foaming at the mouth. There is a marked and peculiar insensibility to pain in this disease. Dogs will bite themselves and will give no sign of suffering, or even grasp and hold a red hot poker. Periods of calm succeed these paroxysms of rabid frenzy which recur with increasing frequency, while the dog worn out with the paroxysms and fighting, still staggers along with tail drooping between its legs, eyes wandering and head rolling from side to side, with mouth open and tongue protruding, until at last it lies down and dies of asphyxia and paralysis.

## THE PUBLIC HEALTH FOR JUNE.

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

**I**N the twenty-six principal cities and towns in Canada which make monthly returns to the Department of Agriculture in Ottawa there were, in the totals, 229 more deaths in June than in May;—the returns being 1,323 for May and 1,552 for June. This runs up the mortality from the rate of 24 per 1,000 of population, per annum, in May, to over 27 per 1,000 in June; or an increase for the month of about 13 per cent.

This high rate of mortality was chiefly owing to the exceptionally high death-rate in Montreal, which gave an increase in June, as compared with May, of over 50 cent.

This high rate in Montreal was largely due it appears to the deaths of infants in the foundling hospitals there, and Dr. Ringston, of that city, has stated that of these Ottawa had contributed largely. Whether this be so or not, this rate of "slaughter of the innocents" is a serious matter and demands investigation. Whether this should be done by the authorities of the Province of Ontario or of Quebec, is a question. In this we have further evidence that a Dominion Health Department, which has been so strongly urged by the medical profession, is essential to the well-being of Canada.

In Toronto the mortality fell from 21 per 1,000 of population in May, to 17 in June. In Quebec City there was an increase in the same period, from 22 to 25 per 1,000. In Hamilton the mortality was lower in June than in May by over 50 per cent. In Halifax there was a fall of over 10 per cent. In Ottawa and St. John (N. B.) the rate was about the same in June as in May. In London there was an increase of 20 per cent. in the mortality. In Kingston there was a fall of 20 per

cent. In Belleville and Guelph there was an increase, and in Hull a very great increase, in the mortality, in June as compared with May.

From zymotic diseases there was an increase in the totals in June over May of about 130 per cent.; or from a total of 190 in May to 438 in June. This great increase was due to a greater mortality from diarrhoeal affections, and chiefly in Montreal.

No deaths from small-pox have been recorded in the Dominion during the past year ending June 30th.

In the mortality from measles there was a still further decline, there being a total of only eight deaths recorded in June, while there were fourteen in May. Again, only one death was recorded from scarlet fever, which occurred in Montreal.

While from diphtheria there was an increase in the mortality in May over April, there was a decline in June to a number below that of April; there being 75, 80 and 72 deaths respectively in the three months. Of these, Montreal contributed 26; Toronto, 10; Quebec, 7; Ottawa, 5, and Hull, 12. Not more than two deaths from this cause were registered in any other place.

From diarrhoeas, the total number of deaths increased from 35 in May to 319 in June. Of these 319 deaths, 243 were in Montreal, 24 in Quebec, 18 in Ottawa, and 11 in Hull; making in these four cities, 296 of the 319. It should be observed however, that it has been found that the greatest increase from these diseases usually takes place in the cities in Ontario in July rather than in June.

In the total mortality from Constitutional, Local and Developmental diseases there was a decline, with the fine weather of June.

MORTUARY STATISTICS — RETURNS FOR JUNE.

DEATHS IN THE 26 CITIES AND TOWNS MAKING MONTHLY REPORTS TO THE DEPART. OF AGRICULTURE, OTTAWA—CAUSES, &C.

	Total number of deaths.	Males.	Females.	Deaths from Small-pox.	Measles.	Scarlatina.	Diphtheria.	Diarrheal Diseases.	Fevers, Typhoid.	Fevers, Remittent & Intermittent.	Rheumatism.	Total from all Zymotic Dis.	From Constitutional Dis.	Local Diseases.	Developmental Diseases.	Violent Deaths.	Estimated population numbers.	Rate per 1,000 of pop. per an.	Rate in previous month.	Rate, corrected for month.	Rate for year ending 31st Dec., '86.
Montreal	716								7			285	60	172	181	18	188,000	45	21	38	31.6
Toronto	157				5	1	26	243				30	30	55	33	9	110,000	17	21	23	24
Quebec	145						7	2	6	1	1	31	49	46	4	4	69,000	25	21	33	31
Hamilton	41											2	9	16	10	4	41,000	12	26.9	18	20.8
Halifax	58				1							4	9	28	13	4	39,000	17.8	23.7	18	21
Ottawa	70						5	18				23	13	14	15	3	34,000	24.6	19	30	30
St. John, N.B.	47						1	1	1			3	16	23	2	3	30,000	18.8	16	19	19.5
London	84						2	2				4	10	12	5	3	22,000	18	19	33	
Winnipeg	21				1			2				4	4	11	3	2	30,000	8	6		13
Kingston	16							1				2	1	6	2	2	15,000	12.8	17.6		18
Brautford	16											1	1	8	5	1					
Charlottetown	12						1	1				3	4	2	1	1		12	11		14.5
Hull	63						12	11			1	26	5	13	18	1	12,000	63	34		
Guelph	13						1					1	1	6	1	1	12,000	13	9		14
Belleville	13											1	1	10	3	1	11,000	16	12		15
St. Thomas	8				1			1				2	1	3	1	2	12,000	8	12		15
Three Rivers	28							4				5	7	3	11	2	10,000	33.6	22.8		12
Chatham	8						1	1	1			2	2	3	1	1	9,000	10.6	12		16
Sherbrooke	13							2	1			2	3	5	3	1	9,000	17	30.6		25
Peterborough	10						1	1				2	2	4	3	3	8,000	15	16.5		20
Victoria, B. C.	13							1				1	3	10	3	1	6,000	36	54		50
Sorel	18											1	1	1	10		6,000	24	30		44
St. Hyacinthe	12											2	2	4	1		6,000	14	22		24
Fredericton	7							1				1	1	3			6,000	14	22		
Galt	7											1	2	3			6,000	14	22		
Woodstock	4					2						2		3		1	6,000	14	12		
Total	1552			8	1	72	319	15	15	1	8	438	215	458	211	57	684,000				
London, Eng.	13,133																9,250,000		18.6		19.9
28 English Towns, pop. 9,000,000.																			20.3		20.9

To medical health officers we sent of last month's number and will send again of this month's, many specimen copies. We trust these members of the profession will feel sufficiently interested in the work, to assist in spreading the "Gospel of Health;" which would prove to the interest of all concerned. We shall do nothing but what we feel that it would be to the interest of our noble calling to do.

If selfish thoughts, in relation to this question of prevention, occur to any, and we feel from experience that such are very rare, we can only say that, if we can reduce the number of cases of disease and the losses thereby sustained by the public, the public will thereby be so much the more able—doubly able—to pay well for the cases there will always be; and the public are discriminating, and will soon learn to cheerfully act upon this principle, as they can better, according to an old truism, pay sixteen fees for prevention than one for cure.

A TYPOGRAPHICAL error of considerable importance was overlooked in the proof of the May number of the JOURNAL. On page 129, first col., relating to the antiseptic strength of corrosive sublimate, the figures, 1/2,000, should have been 1/20,000.

SUBSCRIBERS who do not receive every number of the JOURNAL must blame the mails and not the publishers. Every number is surely posted in the Ottawa post office, a copy to every subscriber, and particular care is taken, and has been now for years, for we have had many complaints.

IT IS THE AIM of the publisher to have the JOURNAL reach subscribers before the month expires, but as we wait till about the 17th of each month for the mortuary reports of the previous month, we sometimes find it absolutely impossible then, to get the mechanical work done "on time."

OF THE "wheat germ meal" manufactured by Messrs. F. C. Ireland & Son, of Lachine, to which we recently referred, an Ottawa man writes, "It is equal or superior to anything I ever had cooked."

MESSRS. IRELAND & SON now manufacture a fluid extract of beef and barley, which is said to be very nutritious and digestible.

## ORDINANCES OF THE CANADA HEALTH JOURNAL.

**Pure Air:** The complete destruction of all waste organic matter, by fire or otherwise; no collections any where of bodily excrement—perfect sewerage or daily disinfection or deodorization with frequent removal; through 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; thorough filtration of all 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.

**Education of the Public in all Matters Pertaining to Health.**

### HEALTH MAXIMS FOR DAILY PRACTICE.

LEARN to take things, mental as well as (especially) physical, VERY QUIETLY during the heat of the day at this season, and so avoid getting dangerously overheated.

EVEN in walking, when warm, walk very slowly—sit a few minutes or stand and face the wind, as there is usually a little stirring;—this would be better than to fall with exhaustion, possibly never to rise.

IN working in the sun, wear a large rimmed, light hat, with something light in the crown.

If you are hot or very warm, or at all oppressed, STOP, AT ONCE, let NOT ANYTHING prevent this. Rest a little and cool off. Forget not that life is valuable.

WHEN not well from any cause, rest and abstinence are great restorers.

DOCTORING one's self, is NEVER safe. If not better in a day or so get a regularly qualified physician. NEVER "quack." If getting worse, do not wait long.

DON'T wait until just nightfall before sending for the doctor. Get one you have faith in and do just as he tells you, as he is most likely to know better than you.

# Canada Health Journal.

A MONTHLY MAGAZINE OF PREVENTIVE MEDICINE.

THIRTEENTH YEAR of Publication.

NINTH VOLUME.

Specially designed for medical and other health officers, heads of families and all interested in promoting the public health. The only Health Journal in the English language published in Canada.

ITS AIM.—To prevent sickness and promote public and individual health.

Communications solicited on all sanitary subjects.

Local health officers would confer a favor by sending to the Editor copies of their reports, brief notices of their sanitary condition, improvements, or events in any way connected with health.

See Club Rates to Health Boards and others on advertising page.

All communications, with remittances or otherwise, should be addressed,

"Health Journal," Ottawa, Can.

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

We cannot undertake to make out accounts and send them by mail or otherwise and only charge \$1.50.

All not remitting during the early part of the year—the first month or two—must expect to pay \$2.00; we must insist on this in common fairness. Physicians pay \$3.00 for their Medical Journal, containing no more reading matter than this one.

\$1.50 now is worth more to us than \$2.00 many months hence, with cost of time, bills and postage.

Will all friends please think of this, and help us in the work by an *early* remittance.

ADVERTISEMENTS of unexceptionable character taken to a limited extent and at reasonable rates; advertisements of "patent medicines," not accepted.

## EDITORS' SPECIAL CORNER.

If among calves, lambs or little pigs there should be a sudden great increase in the mortality, and a record were to be published of 300 deaths in a month in a few centres of the Dominion amongst either one of these sorts of domestic animals, there would be excitement in no small degree, and doubtless there would be also an investigation as to the cause or causes of the mortality, and prompt means would be employed to prevent its continuance or recurrence. But when we have a record published of that number of only little human beings dying—300 of them—300 more in the pleasant June month than in May—300 infants from preventable causes—in a few of our principal cities, chiefly in the commercial metropolis, little or no thought or attention is apparently given to the appalling slaughter, and not a band is put forth to stop the destruction. Many people have apparently rather loose views as to the value of infantile life. The fact that a large proportion of these hundreds of little human creatures who died last month here in a few cities in Central Canada were of doubtful parentage does not make their life in *our* sense less valuable than that of other human beings. Properly cared for and trained, these little ones would develop into as useful citizens as the average of those imported from abroad at considerable expense. It will be a lasting disgrace and stain upon Canada if some action be not taken to check or wholly suppress this great evil.

WHO is to take action? Here appears to be the great difficulty in our Federal system. It is not likely any action will be taken except it be by the Federal Government. We think Parliament should take up the matter. If some member would bring it before the House it might lead to some steps being taken to afford greater protection to infantile life, and also adult life, as well as to that of animals.

THE St. Lawrence Quarantine management is being censured, largely we fear from political feeling, because a barque from Brazil which had had a case of small-pox on board, passed up the river to Montreal without calling to report, either at Grosse Isle, or to the officer at Quebec. The fact alleged constitutes a breach of the quarantine regulations, and the vessel is liable to penalties. It is said it passed both Grosse Isle and Quebec during the night, and without a pilot. It would seem quite impossible to avoid a chance irregular event of this kind, as nothing of human structure is always perfect in all its parts. As we have before intimated, the St. Lawrence Quarantine system has been referred to by high European authorities as being most complete and efficient, and the United States authorities would be very glad if they were in possession of a like system at some of their Atlantic ports. Although there probably was some time ago laxity at the port of Quebec, things are different now, and certainly an officer more capable, in every respect, could hardly be found



anywhere than the chief officer at Grosse Isle; while the system of disinfection there, the most important part of the "preventive" work, is not equalled on this continent, if anywhere, except at New Orleans.

WITHOUT prejudice, we candidly think when the prevalence of malignant diseases in other countries is taken into consideration—small-pox with its tenacious infection, almost every where, in many parts of the United States, (from latest reports,) as well as in south America and most of the principal cities of Europe, and cholera abroad in many places—with the vast water traffic of the St. Lawrence, the people of Canada have reason to be thankful for the perfect freedom from these diseases enjoyed by the entire Dominion, and to feel that without great care and vigilance at the St. Lawrence Quarantine Station the people could hardly have escaped so long an outbreak of one sort or another of the malignant epidemics.

THE remarkable difference in the mortality in the different wards in Ottawa demands notice, and also a remedy. According to the returns of the city health officer to the Department of Agriculture here, there were in the city last year (1886) a total of 967 deaths. The population of the capital, on the 30th of September, according to the city census, was 34,763. At mid-year (July 1st), it would be a little less. The total mortality for the city was therefore about 28 per 1,000 of population per annum. In Victoria Ward, with a population of 3,032, there were during the year 39 deaths; showing that the mortality there was at the rate of 13 per 1,000 of population. In Wellington Ward, with a population of 11,876, there were 193 deaths—showing a mortality at the rate of 16.3 per 1,000. In St. George's Ward, with a population of 5,758, there were 133 deaths—a mortality of 23 per 1,000. By Ward's population was 6,550, and 347 deaths were recorded for it, a rate of no less than 54 per 1,000. Ottawa Ward's population was 7,547, and the deaths were 255, or 35 per 1,000. In By Ward, it may be stated, 142 of the deaths were at the Foundling Hospital there. Eliminating these, the mortality was less than 33 per 1,000. Briefly, the rates were as follows: total for the city, 28 per 1,000; Victoria Ward, 13;

Wellington Ward, 16.3; St. George's Ward, 23; By Ward, 54, and Ottawa Ward, 35 per 1,000. To the causes of these striking differences we propose alluding next month.

#### NOTES ON THE REPORTS OF THE LOCAL BOARDS OF HEALTH.

The Medical Health Officer of Napanee reports that, "in the month of August last we were visited by diphtheria in a very malignant form in the person of a young man named Hambly, and the remaining six children of the family received the infection. Five out of the seven died. The disease was strictly confined to the one house, which was isolated and thoroughly fumigated. The cause cannot be definitely discovered, although there are surmises that the well water may have been polluted by sewage. A cheese factory that was receiving milk from the Hambly farm was closed. No further cases occurred.

From Niagara Falls the Secretary reports that only two cases of scarlet fever, two of typhoid and one of whooping-cough had occurred during the year. Slaughter-houses in the municipality were prohibited by by-law. The sanitary inspector, under instructions from the Board, exercises a strict guard over causes which, if neglected, might lead to unsanitary conditions. The town is in a good sanitary condition.

We would again observe that privy vaults are a much more serious objection in a municipality than are slaughter-houses.

The Medical Health Officer of Paris, Dr. Burt, reports, "I hope the time is not far distant when no new privy pits will be dug, and all the old ones replaced by a substantial ash closet. When this matter is well attended to, and the stagnant ponds done away with, the labors of the Board will be reduced to a minimum. The people want to show more interest than they have done in sanitary matters; but notwithstanding their apathy in this respect, our town will compare favorably with others in cleanliness and healthfulness."

THE Peterboro' Medical Health Officer, Dr. Clarke, states that, since the organization of the Board, slaughter-houses had been more frequently inspected and there had been a large decrease in the number

of hog-pens. Removal of garbage had been more systematic and thorough, and earth closets were gradually being substituted, instead of privy vaults, and would continue to increase in number as their sanitary value is recognized. "The majority of vault closets are cleaned out once a year according to law. Some are emptied several times a season, the excreta being used for fertilizing purposes principally. The old prejudice against this is wearing away." There had been about 75 cases of diphtheria, twenty-two houses having been placarded, with eight deaths. Dr. Clarke "believed bad water and bad drainage" to have been the principal cause.

The Picton Medical Health Officer states that, although the death-rate in the town had been very small during the year, "yet the amount of sickness prevailing had been far too large in a place which, with little effort, could be made one of the healthiest spots in Canada." "Diphtheria was in five houses during the year, resulting in six cases and two deaths. Four of the houses were quarantined and thoroughly disinfected; and in stringently carrying out isolation, etc., we had the satisfaction of stamping out the disease. Prompt action has been taken in the few cases of nuisances complained of. The marsh at the head of the bay with stagnant water patches was the cause of the preventable disease prevailing.

The Medical Health Officer of Port Arthur reports that, the drinking of bad water from the creek instead of from the bay is the cause of many of the zymotic diseases which have been reported during the year. Negotiations are being made to have a system of drainage adopted for the town which, if properly carried out under the auspices of the Board, will have great influence for good in public health matters. The slaughter-houses have been kept in a sanitary condition, and the streets, lanes and yards have been kept clean. During the year we have had forty-six cases of diphtheria and seven deaths; four cases of scarlet fever, none of them being fatal, and ten cases of measles.

From Sarnia the Secretary reports that the diseases prevailing there during the past year were typhoid, diphtheria, measles and whooping-cough, none of them

being serious, so that the health of the town was in a comparatively good condition. All unsanitary conditions were closely looked after, and remedied. The water had been considerably improved by extending the suction pipe further into the river, and the drainage, too, had been improved.

From Seaforth the Chairman reports that they had a few cases of diphtheria and scarlet fever early in the year, but they were not allowed to become epidemic, precautionary and successful measures having been adopted early. Five cases of typhoid fever occurred early in the spring, but no deaths. I am confident that the early and efficient attention paid to sanitary matters in the beginning of the year by the Board has been the means of keeping our town comparatively free from infectious or contagious diseases. The sanitary inspector did his work well. "It is only through careful and thorough inspection of everything which might tend to an unsanitary condition being made that we can hope to be impregnable, as it were, against the inroads of disease. We want to keep up, and increase, the reputation Seaforth now has of being one of the most healthy towns in Ontario."

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#### OBSERVATIONS AND ANNOTATIONS.

SIR JAMES ALEXANDER GRANT, who has not yet quite reached the age of fifty-seven years, looks very hale and vigorous as he is driven about among his patients, and "good" for nearly another half a century. No knight in Canada will bear the honour of knighthood with greater dignity and finer mein, and there is not, probably, a man who would say there is one more deserving of the honour, than Dr. Grant. We are happy to congratulate him, and pleased to observe that the Medical Journals have "great pleasure" in doing likewise. As one of them states, "he has occupied, at various times, all the responsible and important positions that is in the power of the profession in Canada to confer on one of their own number." The doctor had also long taken a leading part in sanitary reform, and we trust he may long live to assist in bringing about great and now much needed progress in public health proceedings in Canada.

In this connection we would note what the Manchester Health Journal says in reference to Jubilee honours:—"The Jubilee list of honours is very meagre, and scarcely worthy of the occasion. We notice with regret that the Public Sanitary Service is only represented by Mr. Simon, who is advanced a step. It is difficult to see why "the services" and political partisans should monopolise these distinctions, and if any class of the community really deserves recognition more than another, it ought to be that which is devoted to the prevention of disease, and the promotion of the public health. It would have been not merely graceful, but simple justice, to select two or three Medical Officers of Health for distinction."

THE Bracebridge Gazette (quoted by the Orillia Packet) writes thus independently: In our last issue we referred to the fact that diphtheria had broken out here, and some have held we ought not to have said anything about it, as we would frighten people coming to do business. We knew that such statements could and would be made, but we had a duty to do, and we determined to do it. If the people of Bracebridge will not drain their property, use earth closets, see that the water they drink is pure, and clean up their yards, then they must expect diphtheria, fevers, etc., and they need not expect us to smooth things over. We had the diphtheria here last week, and we said so. We are pleased, to say now that the patients are all doing well, and if precautions be taken, it is not likely there will be any more cases.

THE Gazette, of Bracebridge, in reference to the outbreak of diphtheria there, says: It is believed that the disease broke out in Mr. Davidson's family because of impure milk. "Mr. Davidson's cow was kept in a field near the slaughter-houses, and drank water from a small creek which flowed from these slaughter-houses." While there is no evidence to prove that the disease could originate in this way, new and unexpected sources of infections are being repeatedly found out; while the suggestion shows that the public are recognizing the possible consequences of sanitary defects which not long ago would not have been thought of.

THE Scientific American states that a

country hotel proprietor, who had advertised for city boarders, was astonished at receiving a letter from a New York gentleman asking him to send him samples of his drinking water for analysis. "It was a wise precaution on the part of a man seeking a summer home, for a great deal of sickness arises from contaminated water and if every one seeking country board for their family would make similar investigation respecting the sanitary condition of the places they are inclined to occupy, a twofold benefit would be the result—sickness in his own family would likely be avoided, and the boarding-house keeper would be necessitated to put his premises in cleanly condition."

A DETROIT physician recently showed to the *Tribune*, of that city, a sample of "cinnamon" consisting of ground tobacco boxes, with a little of cinnamon thrown over it to give it the proper flavor, and a little—a very little—bit of tobacco mixed with the wood. "It was brought to me," said the doctor, "by a gentleman who said that it had been purchased in a leading grocery house, and I recognized the lithograph labels as that of a very popular brand of cinnamon."

ANOTHER quite equal is given by the same authority: A man made a wager that he could manufacture a substitute for maple sugar that would deceive the judges into awarding him the first premium for maple sugar. He did so, producing the article from cheap grades of brown sugar, and manipulated under the eyes of the people cognizant of the bet. "He carried his certificate of highest merit home and proudly hung it over the mantelpiece in his best room, a tribute to science which had scored a victory over the honest granger."

A Norwegian physician claims whooping cough, may be readily cured, even in one night, by causing the patient to sleep in a room in which sulphur has been burned.

FATAL TEMPERATURES FOR BACILLI.—THE following temperatures are given by Dr. Sternberg as being the degrees of heat necessary to kill some of the more important of these organisms: Typhoid bacillus, 132.8; cholera bacillus of Koch, 125.6; anthrax bacillus, 129.2°; tubercle bacillus,

212°; pneumococcus, 136.4; staphylococcus p. aureus, 136.4; streptococcus of erysipelas, 129.2°; micrococcus Pasteurii, 140°

A RUSSIAN physician, Gluziniski, is another who has been investigating the effects of alcohol on digestion. The conclusion which he draws from his experiments is that, in reality, the ingestion of small quantities of alcohol exercises a favorable influence on the digestion in individuals in good health.

The British Medical Journal reports a case of almost fatal asphyxia in Paris, from sewer gas in a room, escaping through a fissure in the soil-pipe. Three persons were found insensible in bed and were restored only with great difficulty.

As a finish or covering for walls and ceilings pulverized stealite is coming into use. It is simply soapstone. It takes a high polish, is pearly gray in tint, is said to present the best possible surface for painting, either in oil or water-color, and what is very desirable, will neither crack nor chip. It is claimed for it that it is a non-conductor and non-absorbent; that it can be washed without injury; nails can be driven into it without damage. When subject to heat, moisture and chemical fumes it gives no smell, and it does not turn yellow with age. Hence it is specially adapted for hospitals, cellars, etc.

THE Woman's Health Protective Association of New York, a report of which has been recently issued, have manifested an admirable amount of energy and perseverance. These plucky women started out to abolish certain nuisances prejudicial to health and they did not content themselves with talk. They worked and conquered. They have accomplished wonders in the two short years, and their influence has been felt in the legislature of the state. They are encouraged now to grapple with still greater evils.

UP to the first of this month the number of plumbers registered in the London (Eng.) district had reached a total of 776, of which 126 were masters and 353 journeymen. The system is growing in favour with plumbers in all districts.

HONEY is now made, and sold under the names of 'table honey,' Swiss honey,' &c.,

consisting mainly of starch, sugar and syrup, or of mixtures of such with small quantities of real honey.

An important prosecution under the Public Health Act has recently taken place at Bolton, in England. A landlord was summoned for not causing premises of which he is the owner to be properly ventilated. The upper sashes of the windows of houses on his property were immovable and, on the occasion of the visit of the sanitary officers, the air within the tenements was foul from want of ventilation. An order was made by the court that the windows be altered, so as to afford sufficient ventilation, within three days, under a penalty of \$5 per day for non-compliance.

An investigation recently made of the milk-supply of San Francisco, *Good Health* says, showed it to be open to grave suspicions of being a potent cause of consumption. Much of the milk was found to be obtained from consumptive cows. An examination of one cow, killed for the purpose, showed the udder, lungs, liver and blood to be densely infected by germs.

THE young women of Newton, N. J., have pledged themselves to refuse the attention of all young men addicted to the use of intoxicants or tobacco in any form. "This is an example which young ladies of other towns might well imitate," says an exchange. "The plan has been successfully tried in several instances, and we believe, were it to become universal, it would be the means of greater progress towards a temperance reform than almost any other measure." The HEALTH JOURNAL believes so too. It would do more good than "prohibition."

THE inspection of meat in Berlin is a very important matter. The *Annals of Hygiene* says: Twelve veterinary surgeons are employed to stamp it before slaughter, and forty microscopic samplers are continually engaged in examining the meat exposed for sale. Besides these, one hundred experts are employed in various duties, twenty-six of whom are women.

WE believe the time is not very far distant, the *Sanitary Era* says, when the public will become awakened and will take the position, that cities like Chicago must "sanitate their sewage in some other way

than by mixing it with other people's drink or even with their own."

PROF. WHITE, who has just resigned the Chair of Physical Education in the University of Pennsylvania after three years' distinguished services, recently made war on cigarette smoking, and succeeded in banishing it entirely from the college buildings and grounds. "It is a pity," *the Doctor* says, "there are no more like him."

DR. ARTHUR MITCHELL, from a large number of statistics, has come to the conclusion that illegitimacy is a very common cause of idiocy; the mental agony undergone by the mother, causing an arrest of development of the embryo.

NEBRASKA has established a State Board of Health, to consist of seven persons, two from each Congressional District, and one at large, with the Governor as presiding officer. Those appointed must be graduated physicians, of at least ten years' consecutive practice, and the term of office is to be seven years.

ON a death-certificate lately received by the Boston Board of Health the cause of death given by the physician signing it was: "over-study induced by the Boston public schools' system of cramming."

#### NOTES ON CURRENT LITERATURE.

THE METHODISTS AND THE CHURCH OF ENGLAND is the title of a neat pamphlet of a hundred pages, by Mr. F. C. Ireland, of Lachute, P. Q. The author, who was once a minister in the Methodist Church, but is now a member of the Church of England, as the Montreal "Witness" says, "sets forth with much learning and much rhetorical acumen that the Methodist Church is a failure, and has been so ever since, in disobedience to the behest of their founder, the Methodists separated from the Church of England." The pamphlet is well adapted for public distribution, and the proceeds are devoted to the Mission Fund. The writer concludes "that the Church of England is more Wesleyan than the present generation of Methodists."

THE MEDICAL AND SURGICAL HISTORY OF THE NORTH-WEST REBELLION, as told by members of the hospital staff corps, is a sixty-page pamphlet, published separate from the larger or Parliamentary Report,

which has recently come to our notice. We are impressed and pleased with the prominence and attention evidently given throughout the campaign by the surgeon-general and also others of the staff to prophylactic measures. Instructions regarding sanitary precautions were evidently common and universal and doubtless effective in preserving so well the health of the troops, which was highly creditable to the foresight and care alike of the staff and its chief. Instructions relating to personal cleanliness were not overlooked from the beginning, and the "rank and file" must have received sound, useful lessons in hygiene.

IN THE CENTURY for July the lighter material is of a sparkling out-of-doors character, and naturally takes precedence in attractiveness at this season. The opening paper by John Burroughs, on Wild-Flowers, is profusely illustrated, and is likely to set many a young woman and summer boarder to botanizing; another, by W. J. Henderson, on "The Sportsman's Music," giving pictures of live game birds and recording the musical notes of their songs, appeals more to the other sex. A third paper treats of "Animal Locomotion in the Muybridge Photographs," with a lot of drolly fascinating pictures not fully seen before in nature. We find a humorous story, of a somewhat serious character, with a moral. "Sister Todhunter's Heart." The Lincoln History closes the Kansas troubles and interesting and hitherto unpublished letters by Lincoln and Greeley are given. There is much more that is of interest—poetry, and articles on social, political and religious questions.

THE ANNALS OF SURGERY for July (J. H. Chambers & Co., St. Louis, Mo., and Bailliere, Tindall & Cox, London, Eng.) is a highly interesting number. A lengthy chapter, concluding "the four months' operative work at the New York Hospital," is full of interest, and of much value to the surgical practitioner. Long chapters on "Thyroidectomy" and "Perineal Urethrotomy" illustrate the wonderful progress recently made in surgical practice—largely owing, doubtless to the antiseptic treatment. The "Index of Surgical Practice" gives a vast amount of practically useful information.