

Technical and Bibliographic Notes / Notes techniques et bibliographiques

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

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

- Coloured covers/
Couverture de couleur
- Covers damaged/
Couverture endommagée
- Covers restored and/or laminated/
Couverture restaurée et/ou pelliculée
- Cover title missing/
Le titre de couverture manque
- Coloured maps/
Cartes géographiques en couleur
- Coloured ink (i.e. other than blue or black)/
Encre de couleur (i.e. autre que bleue ou noire)
- Coloured plates and/or illustrations/
Planches et/ou illustrations en couleur
- Bound with other material/
Relié avec d'autres documents
- Tight binding may cause shadows or distortion along interior margin/
La reliure serrée peut causer de l'ombre ou de la distorsion le long de la marge intérieure
- Blank leaves added during restoration may appear within the text. Whenever possible, these have been omitted from filming/
Il se peut que certaines pages blanches ajoutées lors d'une restauration apparaissent dans le texte, mais, lorsque cela était possible, ces pages n'ont pas été filmées.

- Coloured pages/
Pages de couleur
- Pages damaged/
Pages endommagées
- Pages restored and/or laminated/
Pages restaurées et/ou pelliculées
- Pages discoloured, stained or foxed/
Pages décolorées, tachetées ou piquées
- Pages detached/
Pages détachées
- Showthrough/
Transparence
- Quality of print varies/
Qualité inégale de l'impression
- Continuous pagination/
Pagination continue
- Includes index(es)/
Comprend un (des) index

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

- Title page of issue/
Page de titre de la livraison
- Caption of issue/
Titre de départ de la livraison
- Masthead/
Générique (périodiques) de la livraison

Additional comments: /
Commentaires supplémentaires:

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

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

CANADA
HEALTH JOURNAL

A Monthly Review and Record of
SANITARY PROGRESS

—EDITED BY—
EDWARD PLAYTER, M.D.

Public Health and National Strength and Wealth.

For Contents see next page.

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

Address: "Canada Health Journal," Ottawa, Can

Vol. XII.

JUNE, 1890.

No. 6.

Exhaustion

HORSFORD'S ACID PHOSPHATE

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

Every fibre of the human body contains the phosphates. They are the vital elements of every tissue, and are essential to the maintenance and promotion of sound bodily health.

These phosphates are consumed with every effort, and if the waste is not supplied exhaustion will follow.

Horsford's Acid Phosphate supplies these phosphates, and thereby relieves exhaustion and increases the capacity for labor.

Dr. A. N. KROUT, Van Wert, O., says:

"Decidedly beneficial in nervous exhaustion."

Descriptive pamphlet free on application to

Rumford Chemical Works, Providence, R.I.

BEWARE OF SUBSTITUTES AND IMITATIONS.

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

CONTENTS:

How to Manage Milk and Babies in Warm Weather—etc.....	103
Milk and its Preservation.....	105
Diphtheria in Domestic Animals and its Communicability to Man.....	107
Vegetarianism.....	108
The Mortality in the Canadian House of Commons.....	110
Miscellaneous Extracts.....	110-114
Editorial Notes.....	115-117
Notes on Current Literature.....	117-118

WHEN EVERY OTHER FOOD IS REJECTED



CAN BE TAKEN RELISHED
AND
DIGESTED.

The Best Food for Invalids and Convalescents

BECAUSE so EASILY DIGESTED that it is quickly absorbed
by the system, with the smallest possible expenditure
of vital energy and quickly

STIMULATES AND STRENGTHENS.

CURE!

Dyspepsia and Diabetes,

BY DIETETICS.

“OUR NATIONAL FOODS”

Is the trade mark for a class of hygienic preparations that will cure Indigestion, Dyspepsia and Diabetes, when medicines fail. Hypocrates some 2,300 years ago traced back the origin of medicine to dietetics, Our Desiccated Wheat, Gluten Flour, Patent Barley and Baravena Milk Food will agree with any infant or invalid, and nourish them into health and strength. Every mouthful will prove effective. A physician who passed 8 oz. of sugar every day was cured of diabetes by our Gluten Flour. An infant a few months old was cured in three days. The cereals from which these foods are made are treated in the light of all the scientific progress of the times by converting the starch into dextrene, etc. Ask for them, use them and be convinced, The trade supplied by

THE IRELAND NATIONAL FOOD CO., (Ltd.)

109 Cottingham, St., and 134-148 Marlboro' Ave., TORONTO.

CANADA HEALTH JOURNAL.

A Monthly Record of Sanitary Progress.

VOL. XII.

JUNE, 1890.

No. 6.

HOW TO MANAGE MILK AND BABIES IN WARM WEATHER—THE SUMMER "COMPLAINTS" OF INFANTS AND THEIR PREVENTION.

IT has become too commonly believed that it is the heat which causes the great prevalence of diarrhoeas and the high mortality therefrom among infants during the summer season. Heat has, it is true, a relaxing effect upon the bodily tissues of the infant, but it is chiefly the effects of the high temperature upon the food which decompose the food and alter its constituents, that injure the child.

Hope, of Liverpool, and Meiner, of Dresden, have found from statistics that one hundred artificially fed infants die to each three which are breast-fed;—that the mortality is thirty-three times greater among the former than among the latter. In the latter the child takes its food direct from the mother before any change can take place in the milk.

Dr. Caillé, of New York (Arch. of Ped., 1890), says that most all cases of infantile diarrhoea are due either to improper food or improper feeding. As an illustration of the former he gives, unhealthy milk, either of the mother or of the cow; and of the latter, overfeeding, even at the breast.

Cow's milk is the almost universal food of hand-fed infants. Milk after being drawn from the cow rapidly absorbs—takes in from the—air the germs or bacteria of fermentation and putrefaction, and its constituents, especially in warm weather, are soon changed thereby, and it is no longer pure, wholesome milk, but contains newly formed ingredients of a more or less poisonous character, rapidly produced by the action of the bacteria, and is quite unfitted to be taken into the baby's stomach.

If for hand-fed infants a well-fed healthy cow could be kept near at hand and the milk be drawn from her six or eight times a day, just as required by the

baby, diluted and given to the child immediately, the teats, milker's hands and all vessels used for the milk having been first thoroughly cleansed, the conditions would then approximate those of breast-fed infants. But this is not often practicable, although sometimes it could be easily done.

When the mother cannot supply enough for her young baby, and sometimes by extra nutritious food and care her supply might be so increased as alone to carry her babe through the warm season, or when a good wet nurse cannot be substituted, or when the child is too old for the mother to nourish at the breast, cow's milk is then the best substitute for human milk, in the present state of our knowledge. This is the recognized view of all the best medical authorities; although some rely much upon some of the prepared foods, especially Nestlé's, which probably stands highest. When the cow cannot be kept near at hand to be milked from as required, the best milk possible should be obtained; the parents making enquiries as to the condition of the cows, the credibility of the dairy, etc. Don't try the "one cow's milk" plan. Mixed milk from a number of cows is safer and better.

But pure or whole cow's milk is too "strong" for the human infant. It contains too much of the casein—the cheesy matter—but too little fat and sugar. It must, therefore, always be more or less diluted for infants less than nine or ten months or a year old. There are two or three good ways recommended by authorities for dilution.

One good way is this: To one half the jar of milk (or less or more according to age and requirements) add a little rennet,

carefully remove all the curd, and add the whey and a little sugar to the other part of the milk.

Another way is to add to $\frac{1}{2}$ pint of cream, $\frac{3}{4}$ pint of warm water that has boiled, $\frac{1}{2}$ oz. of sugar and from $\frac{1}{4}$ to $\frac{1}{2}$ pint of the milk, according to age.

Some authorities recommend thin, well-boiled barley water for diluting the pure milk; or when the bowels are not relaxed, thin oatmeal water. But usually all starchy foods are objectionable for a child less than three or four months old.

If the milk be good and contain abundance of cream, most babies will do well on it when simply diluted with water alone, from one to one and a half, or for the very young, two parts to one of milk, with a little sugar. This was the food long recommended by the late Dr. Hodder, of Toronto.

Other points there are as important as the particular composition of the food, which must be attended to.

First, everything connected with the baby's food must be kept most scrupulously clean. The least trace of food on the vessels soon decomposes and becomes poisonous. Use boiling water or steam freely and often on all vessels. Look closely to the inside of the feeding bottle, and turn the rubber nipple—inside out—frequently. Rubber tubes should be avoided, as it is impossible to clean them well, even with the wire and brush.

It is most desirable that all the food be sterilized—heated so that all absorbed germs shall be destroyed—before it is given to the baby. Dr. Warner (in Ann. of Univ. Med. Sci. for 1899) recommends the use of an ordinary cooking-steamer and six or eight nursing bottles. Enough food to last the baby for 24 hours is prepared, say, best, in the morning. This is put into the nursing bottles,—into each bottle enough for one feeding. It is best to then warm the bottles well for a few minutes in an oven; they are then to be stoppered with pledgets of cotton and put on the perforated plate of the steamer, not touching each other, with boiling water under them, the cover shut tightly down and the whole

allowed to steam for at least half an hour. Dr. Warner found milk to remain pure and sweet for five weeks after treatment in this way. The bottles are then to be set aside in a cool place and one of them warmed in a little hot water as required for the baby.

When it is impossible to carry out this method, or to feed milk fresh, direct from the cow, each time, the milk should be either boiled or, better, well steamed, in say a Mason fruit jar, and kept covered with layers of cotton. If only heated to about 180° or 190° F. (20° to 30° short of boiling) for half an hour, sterilization will be accomplished and the taste of the milk will not be changed, if care be exercised, as it is when boiled.

The times of feeding, and regularity in these are highly important. Dr. Rotch Prof. of diseases of children in Harvard University, gives a tabulation of rules on this point about as follows, which are a good approximation: From 1 to 6 weeks old feed every 2½ hours, or 8 times in the 24, with 6 or 7 hours rest at night, 1½ to 2 oz. of food each time; from 6 to 12 weeks, and possibly to the 5th or 6th month, feed every 3 hours, or 6 times a day, 3 to 4 oz. of food; at 6 months, every 3 hours, 6 times a day, 6 oz. of food; at 10 months, 5 times a day, 8 oz. each time. Remember this is given as only an approximation. Some infants require more than others.

Some special points are: That the food be always of about the same temperature when fed, about blood warm—98° F., tested either by a thermometer (kept scrupulously clean and well sterilized) or careful tasting. That the food be not too sweet, but about like the human milk. That not a taste of any other food whatever be given to the baby, especially during the warm season or before the 6th month. During the second summer the child should be fed almost solely, if not entirely, on good pure milk, and bread in moderation: It will thus be vastly better than to be pampered with anything more, even in "tastes."

Give pure cold water frequently and in abundance. The infant's stomach is often oppressed with food when the child cries or frets for *drink* only. Give a few drops

or more at a time from a spoon, but all the little thing wants or seems to relish. Boiled water, placed in a jar and cooled near ice, or otherwise, is much the safest.

Keep the baby warm, with light loose clothing, without pins, in cold weather, and in hot wather endeavor to keep it cool by cool breezes or fanning, but out of strong draughts. Keep its skin soft and healthy by a daily wash, and be sure and give it, constantly, only pure fresh air to breath, either out of doors or in a well ventilated room.

If the discharges from baby's bowels become greenish or curded, and especially if they continue so for a day or two, try care-

fully a little less food. If not better, use lime water for diluting the milk for a day or two or more. This may be prepared by putting a piece of fresh or unslacked lime about the size of a walnut in an earthen vessel and adding a quart of water. When slacked it should be well stirred and allowed to settle thoroughly before use. Only the top clear liquid should be used. More water may be added many times, with stirring, to the same lime. If this does not cause natural discharges, consult a physician. Or when in any other way the baby seems not well, do not delay long in obtaining medical advice; remembering that even then, prevention is better than cure.

MILK AND ITS PRESERVATION.

THE season is at hand when the health and life of thousands of infants will be affected or destroyed by spoiled milk—by milk containing multitudes of destructive bacteria. The celebrated Lister, the founder of the life-saving antiseptic system of surgery says:—Milk, as coming from a healthy cow, contains no material capable of giving rise to any fermentative or injurious change, or to the development of any kind of organism which we have the means of discovering. Milk, in the language of the bacteriologist, is one of the best known “culture mediums” for bacteria. It is a material which serves as a pabulum for almost all organisms. Lister says: “I once met with a bacterium which would not live in milk; for extremely numerous as the varieties of bacteria appear to be, almost all of them seem to thrive in that liquid, whereas it is a common thing to find bacteria which, if put alive into Pasteur's solution will not grow in it at all” Pasteur's solution is a well known artificial fluid “culture material;” but Lister found normal milk to be a more generous soil for the growth of bacteria. Air will only convey the germs imparted to it, and will, being a dry medium, and in virtue of its oxygen, ultimately destroy them if they are not previously wafted to

some congenial soil. Water, unless highly polluted with organic matter, will not long support, and will not propagate the seeds of disease. Most other media only give what they receive; but milk nourishes and multiplies, to an extent proportioned to the time which elapses between its extraction from the cow and its use as food, whatever disease germs it may become contaminated with.

The great point is, simply, the most absolute cleanliness. Keep out the seeds or germs of fermentation and milk will keep indefinitely. In 1877, on the 18th day of December, Lister read his great paper before the Pathological Society of London, and said:—“Here is a flask of boiled milk (or rather of milk that was exposed to a temperature of 210°) prepared on the 7th of August, and remaining, we may safely say, as pure as it was then. You observe it is still perfectly liquid and unaltered in appearance.” From the 7th of August, to the 18th of December, this milk was free of all germs, and free of change, “It may seem strange that the ferment that leads to the *souring* of milk should be rare,” Lister continued, “but such is the fact: *in dairies it appears to be universal*, but in the world at large it is scarce.” He had a cow milked “in a little orchard belonging

to a dairy farm, and within two yards of the dairy itself," the teats being washed simply by milking her a time before taking the sample. He then, with precautions, divided the milk in a room in the farmhouse into twenty-four sterilised glasses, which he covered securely, and watched. Every one showed signs of alteration from the development of organisms, chiefly those which produce various colouring matters, but *not one turned sour*. Even in the cow-house itself, "the teats of the cow and the milk-maid's hands having been washed with strong watery solution of carbolic acid," milk was drawn and distributed into twelve glasses as before, and while all underwent changes and developed organisms, none soured or showed the *bacterium lactis*. Finally, with still more rigid precautions to prevent organisms reaching the milk from the air or the surface of the teat, he obtained twelve samples, of which two remained perfectly unchanged in aspect six weeks after the performance of the experiment; and, on examining the milk from one of these, he found it fluid, perfectly natural in reaction and in taste, and free from any organisms that could be discovered by the microscope. Thus showing clearly that milk as it comes direct from the healthy cow, contains nothing that will give rise to change in it; and that, if kept clean and from contact with the air it will keep a long time without being even boiled. Keeping it cool, below a temperature of 60° F., will of course much favor its preservation,

The path to what is attainable in practice is the same as that which leads to the ideal, only not pursued so far. The way to avoid loss from souring and other deteriorations in milk is to remember the conditions of Lister's experiments with his little glasses, and get as near to them as we can—"the pure fresh air of the orchard, the clean hands of the dairymaid, the carefully washed teats of the cow, and the pure surfaces of the milk dishes."

Milk in small quantities, as in that purchased from the dairyman from day to day by many families for family use, is well preserved when closely covered with

several layers of clean cotton batting. In the writer's family he has had used for many years a few layers of old but unbroken cotton cloth kept scrupulously clean for covering the jar of milk for family consumption, with most gratifying results. This covering is used even in the refrigerator. It is much better than a tight impervious cover. It may be adjusted to fit closer to the jar than most covers, while it excludes the bacteria but admits the pure air. We would advise our readers to try this method of keeping milk pure and sweet. For those who do not object to the taste of boiled milk, it is well to boil the day's allowance when obtained, and cover it closely with cotton. If heated by steam (as in a double vessel such as porridge is usually made in, or in a "steamer") to a temperature a little short of boiling for half an hour, this will completely sterilize it without much changing its taste.

ON BACTERIA.—Although we seldom hear of bacteria except as the cause or associate of disease and mischief, microscopic organisms resemble the larger growths of vegetation in this as in other respects: although some are hurtful and poisonous, others, and those the majority, are beneficent, or at least harmless. There are bacteria which can live and grow in the tissues of living animals: those are they which cause disease, which we have, therefore, good reason to fear. There are bacteria which only act on dead organic matter, which are the cause of putrefaction or decay, and so far are useful in their right place. Others are the active agents in fermentive processes, such as "souring;" or cause that rarer form of physical change—viscid, stringy milk. Many more are simply regarded as interesting little organisms, which, in growing, produce beautiful pigments—red, yellow, blue, orange, &c.—and of which the most that can be said is that their part in the economy of the world is not precisely known, although they in all likelihood lead innocent, if not positively useful lives. All these latter bacteria agree in this: that they cannot live in the tissues of vital fluids of a healthy living animal.

DIPHTHERIA IN DOMESTIC ANIMALS AND ITS COMMUNICABILITY TO MAN.

THE British Medical Journal has recently given two editorials (one May 10th, and the other May 31st, 1890) on this important subject. In the former article the Journal says: For some years past the suspicion has been growing that certain of the domestic animals are liable to suffer from a disease which is identical with human diphtheria, and so long ago as 1884 the Medical Officer to the Local Government Board prepared a memorandum for the use of inspectors visiting districts on account of diphtheria, directing *inter alia* that inquiries should be made as to coincident ailments in cows or other domesticated animals. That calves, horses, cats, fowls, turkeys and pheasants are liable to a disease bearing the very closest clinical resemblance to human diphtheria is universally admitted. A certain number of instances have been recorded in which such an epizootic has preceded, accompanied, or followed an epidemic of diphtheria. It is true that these instances bear but a small proportion to the total number of epidemics of diphtheria which have been carefully investigated, still in some cases the facts were very significant.

The writer then gives a number of instances in which it had been clearly shown that the disease is communicable between cats and fowls and the human organism, and refers at considerable length to important investigations relating to this subject, undertaken for the Local Government Board by Dr. Klein.

In the Journal of the 31st ult., we find the following: In a recent article it was pointed out that a series of facts accumulated by the observations of epidemiologists pointed very strongly to the conclusion that certain domestic animals were liable to suffer from diphtheria, and were capable of communicating the disease to man; some bacteriological observations by Dr. Klein, which were in striking confirmation of this theory, were also noted. The same observer made a communication to the Royal Society on May 22nd which advances the matter still further. He believes that not only cats, but cows also,

are liable to suffer from diphtheria. This is an observation of striking importance. For as is well known, some epidemics of diphtheria have been traced to the milk supply. One of the most recent—that at York Town and Camberley, in the neighborhood of Farnham—was most carefully investigated by Mr. W. H. Power, who brought forward very strong evidence to prove that the milk had acquired the quality of infectiousness before leaving the dairy farm, and that people who drank much milk were much more liable to suffer than those who drank little. As to how the milk acquired this quality of infectiousness, however, nothing had been certainly obtained; and Dr. Klein's observations, therefore, are not only important but novel. He inoculated two perfectly healthy cows with a broth culture of the pathogenic bacillus derived from human diphtheria. On the second and third days there was a soft, tender swelling at the place of inoculation, which reached its maximum at the end of a week and then gradually became smaller and firm. The animals had a raised temperature, and left off feeding on the second or third day, then to all appearances recovered; but on the eight or tenth day they were attacked by slight cough, which gradually increased. Both became emaciated; one died on the fifteenth day, the other was killed (being very ill) on the twenty-fifth day. During the illness both animals had an eruption on the teats and skin of the udder, which appeared in successive crops. From one of the cows on the fifth day milk was drawn from a healthy teat, the milk-er's hand having first been thoroughly disinfected. From this milk cultivations were made, and it was found that thirty-two colonies of the diphtheria bacillus, without any contamination, were obtained from a single cubic centimetre. The bacillus was also found in the eruption on the udder, and fluid from the eruption was capable of producing a disease in calves characterized by a similar eruption, together with severe broncho-pneumonia and fatty degeneration of the kidney. These two lesions—broncho-pneumonia and fatty

degeneration of the kidney—are those observed both in the spontaneous diphtheria of the cat, and in the disease produced in that animal by inoculation; the symptoms in the cat, in fact, mainly those of lung disease.

An accident carried the experiment a step farther. The two cows above mentioned were kept at the Brown Institute, and on the fifth day after inoculation, when the diphtheria bacillus was found in the milk drawn from one of the cows, orders were given that the milk should be thrown away. The attendant, however,

chose to consider that the milk would be good enough to feed cats, and accordingly gave some of it to two of these animals which had been at the Brown Institution for several weeks and were in good health. Within a day or two these cats sickened, and, after suffering for several days from symptoms like those of spontaneous cat diphtheria, died. This was at the end of March. Between the beginning of April and the beginning of May fourteen cats became similarly affected, some more severely than others, and some died with the characteristic morbid changes.

VEGETARIANISM—IS IT SPREADING AND WILL MANKIND BECOME VEGETARIAN?

IT appears to be the belief of some that, as man in the savage state has for the most part been largely, if not wholly carnivorous, he will, with the progress of civilization, become entirely vegetarian, or use only the products of animals, as eggs and milk, with vegetable food. There is no doubt that the tendency to vegetarianism is increasing; and it is, too, something more than a "fad." In practice at the present time there are two great principles involved in it, which are well worthy the attention of the true social reformer—one is that of economy, the other, that a vegetarian diet lessens the desire in the human organism, which is so universal and obstinate, for stimulants. Moreover, some of the highest medical authorities now recommend such a diet as the best remedy in a great many diseased and deranged conditions of the human body.

In point of economy, a diet of vegetable food is an enormous saving of expense—hence, of labor, with the poor or others, for their daily bread. It is estimated that a given acreage of wheat will feed at least ten times as many men as the same acreage devoted to the growth of beef and mutton. Indeed, the advantage of a vegetable diet in point of economy is too obvious to require advocacy here.

Thousands have borne evidence to the act that animal food increases the desire

for stimulants. Anyone in the habit of using wine or other stimulants, by a little observation in regard to his own personal experience, would probably soon become convinced of this. Hence, as a temperance measure a vegetable diet stands high.

As regards a strictly vegetarian diet as a remedy in many diseased conditions of the body, we give below the words of the celebrated Anglo-French physician and physiologist, Prof. Dujardin-Beaumetz, of Paris. Not that they are particularly new at all, but from being recent and from an eminent man, and because they illustrate the best medical opinion of the day. The Professor, in a recent lecture in Paris, said:—"The affections of the digestive tube or of the stomach, to which the vegetarian regimen is applicable, are numerous. This regimen, in fact, reduces to a minimum the toxins which enter the economy by the food. Remember, in fact, what I told you last year, *a propos* of the ptomaines and leucomines. As soon as death smites the living being, and at the very instant when death appears, the ptomaines manifest their presence. At first non-toxic, they become toxic from the fourth or fifth day which follows death, and these substances are sufficiently deleterious to promptly cause the death of animals to which they are administered. Moreover,

according to the animal species, these ptomaines are more or less active; thus, putrefied fish furnish a great number. As man consumes a great quantity of animal substances whose time of killing often goes back to eight or ten days, it is easy to understand what a fruitful source of poisoning may be here found; this danger is avoided by those who adopt the vegetarian regimen.

"If vegetable substances may undergo putrescent alterations, these are much less likely to take place with respect to vegetable than to animal food. Hence, this diet becomes obligatory whenever, by the bad functioning of the kidneys or digestive tube, the toxins may accumulate in the economy.

"In the first rank we will place all those cases where there exists renal (kidney) insufficiency. . . In the dilation of the stomach by gastric neurasthenics, this same regimen also gives good results. Lastly, in the putrid diarrhoeas, the vegetarian regimen is also indicated.

"But there is another point of view in connection with which this regimen gives good results. I refer to the irritation of the gastric mucous membrane. Next in dyspeptic troubles, properly so called, which result mostly from modifications in the gastric juice. Whether it be an exaggeration or an increase in the acidity of this fluid, this dietetic system enables us to cure these affections without imposing any work on the pepsin glands. Lastly, in the general diseases characterized by hyperacidity, such as the uric diathesis, we can still derive benefit from the vegetarian regimen.

"To sum up then, and as the conclusion of this lecture, I would say, if from an anthropological and physiological point of view, man is omnivorous, and may, according to climates and according to his necessities, live on a flesh diet, or on a mixed diet, or on a vegetable diet, from a therapeutic point of view the latter regimen, as applied to our climates, constitutes a very important method of treatment, which is demanded in a great many gastric and renal (kidney), as well as general affections."

One sound objection to animal food is undoubtedly the retention in the fluids and tissues of the carcass at death, after being

slaughtered, of a large amount of excretory matters, and which, it is probable, give rise to the toxic ptomaines so soon formed after death. These excretory matters would soon have been eliminated by the excretory organs of the animal—the kidneys, skin, liver, etc.—had it not been slaughtered.

Animal food is more digestible than vegetable food, and has undoubtedly saved a great amount of digestive force in past ages, but with the advances made in the preparation (cooking, etc.) of vegetable foods, especially of the cereals, this disadvantage in the use of a vegetarian diet may soon be wholly overcome.

As regards the nutritive value of vegetable, as compared with animal foods, we think it is now almost universally conceded by medical authorities that full nutrition for muscle, or nerve, or brain, may be obtained from the cereals, or, if not, it certainly may be from eggs and milk, which seem destined to long hold a place in the vegetarian diet.

The diet of the not very distant future, it would seem from present indications, will consist of cereals and fruits, with probably eggs and milk. The lower forms of vegetables—the more commonly termed "vegetables"—potatoes, beets and other roots, will probably be less and less used. Even now, much less attention is given to their production than to that of cereals and fruits.

A POOR PLACE FOR DOCTORS.—An old book tells the following story of a French doctor seeking a place to begin practice, which points out a valuable hygienic lesson: "A French doctor went to Damascus to seek his fortune. When he saw the luxurious vegetation, he said, 'This is the place for me: plenty of fever'. And then on seeing the abundance of water, he said, 'More fever, no place like Damascus!' When he entered the town, he asked the people, 'What is this building?'—'A bath!' 'And what is this building?'—'A bath!'—'And that other building?'—'A bath!' 'Curse on so many baths! they take the bread out of my mouth,' said the doctor; 'I will get no practice here.' So he turned his back, and went out of the gate again, and hid himself elsewhere. It would be well if every city were, in respect to baths, like Damascus, and all the people bathers."

THE MORTALITY IN THE CANADIAN HOUSE OF COMMONS.

FIFTEEN members of the House of Commons of Canada have died since the Election of the present parliament in February 1887, or within a period of three and a quarter years. This gives a mortality in the 215 members at the rate of about 21.5 per thousand per annum. This is about three times over as high as the average mortality of persons whose lives are insured, of prisoners, or of other persons between the ages of thirty and sixty years, statistics of which can be obtained.

We do not know what the death-rate is among legislators in other countries, but that such a high rate should prevail in Canada is a subject of considerable importance. When fifteen of the best men of the Dominion die when only five or six, or even less, should be the full average mortality at such ages, it becomes a matter worthy of thought and enquiry. We have on former occasions drawn attention to this subject, and while it may not be one that should be brought before the House in session, it is one which each and every member may well seriously think over for his own individual safety.

It is impossible to conceive of any special or essential cause by which the life of the politician should be rendered as hazardous as that of some of the most hazardous of trades or occupations. It is not probable that the chamber in the House of Commons has any connection with it. The chief cause may probably be most reasonably included in the general term of irregular habits of living,—want of out-door exercise, etc.—and want of moderate care on the part of each individual member for his own physical well-being. He is in most cases too much occupied in other ways to pay reasonable attention to the simple requirements which continued fair health demands, while very few indeed have such a constitution as will permit them to ignore these requirements with impunity. In itself the occupation of a legislator, although onerous and often trying, is not necessarily an unhealthy one. The health, therefore, of the members, like that of almost everybody else, is, in each individual case, in their own hands. The many deaths among them, however, should at least “put them on their guard”—make them as a class more careful of themselves.

MISCELLANEOUS NOTES AND EXTRACTS.

PHYSICAL CULTURE FOR WOMEN.

In New York City, Good Health says, the interest is such of late years, that it is said to have modified the age of marriage among the exclusive “four hundred,” from twenty-five to thirty years now being considered the proper age for a lady to arrive at before marrying. She is not expected to leave college before the age of twenty, and then five or ten years more must be spent in foreign travel and physical culture and development. In Boston, also, physical culture is becoming almost a “craze,” a large society having been organized in its interests, under the leadership of the profession of physical training in Yale College. In England, one of the favorite modes of out-door exercise

is horse-back riding. Nor do they make use of the old-fashioned long, full riding-habits, which were always a great source of danger to life and limb. The English ladies now wear jackets and trousers of heavy cloth, the latter strapped down over the boots, and when riding in public, put above the trousers a short, scant riding-skirt, which when the wearer is seated in the saddle, does not extend below the body of the horse. In riding-schools they dispense with the skirt altogether, it being considered safer for the equestrian beginner. As in other foreign countries, too, society leaders there are setting the fashion of riding *a la* Duchess de Berri, as the men ride,—a leg on each side. The position is one of greater safety, and more satisfactory to the horse as well as to the rider, perfect equilibrium thus being secured for both. Timid women say that when the custom has become established,

as is now being attempted, they, too, are going to indulge in this most delightful mode of locomotion.

HEALTHY OFFSPRING—RACE IMPROVEMENT.

The Japanese, according to the Hospital Gazette, use their reasoning powers in the selection of a partner in a way we outer barbarians might envy. The physical antecedents of a girl are thoroughly scrutinised, and candidates with any diathetic or hereditary taint are infallibly blackballed. Would that a little of this caution could be introduced into our "courting" customs instead of leaving this important question to be decided by passion, proverbially blind, or interest, not less proverbially indiscriminating, from a health point of view. At the last annual meeting of the California State Medical Society, the president, Dr. Lindley, in his address, said : While in many ways the human race is progressing, and while the world is more temperate and charitable than in ages past, yet in many things we are really retrograding. Particularly is this the case in regard to the importance of raising healthy children. The Spartan woman's business was to be the mother of brave and robust children. This was one of the principal points observed by Plato in his Philosophical Republic. Recently the State Board of Health, perceiving the contagious nature of tuberculosis, have requested all Superior judges, before sentencing a prisoner to the State penitentiary, to have him examined by the county physician in order that special measures may be taken to prevent the contraction of this disease by other criminals. This movement we all applaud. But if the lives of these malefactors are so important, are not the lives of those who do not belong to the criminal class important? Why should not the State adopt some means to prevent the marriage of individuals who have diseases that would be likely to be perpetuated in the offspring? There is not a physician before me to-day but knows of marriages that he realized were unwise at the time they were made, and that resulted in children who were born to suffering, sickness, and early death.

Now, what remedy can we offer for this terrible state of affairs, which is said to be undermining the strength of the people of California? If the county physician can

examine every criminal before he is sent to the penitentiary, why should not every man and woman who desire a license for marriage be required, before such license is issued, to show the county clerk a certificate from the county physician certifying that both he and she are free from any taint of consumption, gonorrhoea, syphilis, or scrofula? We certainly should do as much to protect the human race from degeneracy as the farmer would to protect the breed of his horses and cattle.

ON NATIONAL HEALTH DEPARTMENTS—A SINGLE HEAD ADVOCATED.

At the forty-first Annual Meeting last month of the American Medical Association, the president, Dr. Moore, of Rochester, took for the subject of his address, Hygiene and its relation to the Government. He said—"The National Board of Health had a splendid record. It had achieved a success that was the most remarkable in the history of hygiene. The Marine-Hospital Service, founded in 1798, was, he said, the most active and prominent among the functionaries of health under the direct rules of the National Government. There was still another field for sanitary action—that of the consideration of animal diseases. In 1884 the Bureau of Animal Industry had been organized for the study of the contagious diseases of cattle, and placed under the control of the Commissioner of Agriculture, who had been successful in arresting the spread of pluro-pneumonia. The speaker then reviewed the work of this branch of the Government. The Government had shown willingness to advance in the great march of hygiene, but did not take the initiative. Taking up the question of the regulation of commerce, he asked if a national board of health would meet the requirements indicated in the exclusion of epidemics from our borders, their passage from State to State, the hygiene of cars, the drainage of swamps in malarial districts, the prevention of adulteration of food, and various other matters which would come within its province. The work would be too great for such a body. The Secretary of the Treasury was now obliged to make regulations through the Marine-Hospital Service. The service had its own labors, and the army, the navy, and the Bureau of Animal Industry had

theirs. These disconnected departments should be consolidated and the solution of the question, he thought, must be found by the appointment by the Government of a single man who would give his undivided attention to this great subject. That man need not be a medical man, but he should be to his functionaries what the Secretary of War was to his. The control of all the bureaus of investigation should be under one head. The time had come when a health minister should be appointed. After the Government had consolidated these bureaus of investigation and hygiene, it would be found that, of all the men chosen by our Chief Magistrate to aid him in carrying on the functions of the Government, the secretary of sanitation would have the most arduous labors to perform.

A HEALTHY HOUSE AND ITS FURNISHINGS.

The Independent gives this picture: The healthy house will stand facing the sun, on a dry soil, in a wide, clean, amply sewerred, substantially paved street, over a high, thoroughly ventilated and lighted cellar [if any]. The floor of the cellar will be cemented, the walls and ceiling plastered and thickly whitewashed with lime every year, that the house may not act as a chimney, to draw up into its chambers micro-organisms from the earth. Doors and windows, some of which extend from floor to ceiling, will be as abundant as circumstances permit, and will be adjusted to secure as much as may be through currents of air. The outside walls, if of wood or brick, will be kept thickly painted, not to shut out penetrating air, but for the sake of dryness. All inside walls will be plastered smooth, painted and, however unæsthetic, varnished. Mantels will be of marble, slate, iron, or if of wood, plain, and whether natural, painted or stained, will be varnished. Interior wood-work, including floors, will all show plain surfaces, and be likewise treated.

Movable rugs, which can be shaken daily in the open air,—not at doors or out of windows, where dust is blown back into the rooms,—will cover the floors. White linen shades, which will soon show the necessity of washing, will protect the windows. All furniture will be plain, with cane seats, perhaps, but without upholstery. Mattresses will be covered with oiled silk; blankets, sheets and spreads, no comforts or quilts, will constitute the bedding.

Of plumbing, there shall be as little as

is necessary, and all there is shall be exposed as is the practice now. The inhabited rooms shall be heated only with open fires, the cellar and hall by radiated heat, or, better, by a hot air furnace, which shall take its fresh air from above the top of the house, and not from the cellar itself or the surface of the earth, where micro-organisms most abound. There will be "house cleaning" twice a year.

Put into this house industrious, intelligent, and informed men and women,—absolutely essential conditions,—and as much will be done as at present may be done to prevent the dissemination from it of contagious disease, when an inmate brings it home from a septic house, hospital, sleeping-car, school-room, theatre, church, etc.

THE PROPER AGE FOR GIRLS TO MARRY.

This question being put to some of the most prominent matrons of Washington by a correspondent of the Philadelphia Press, elicited a variety of replies, one of which was that of Mrs. General Logan, who says that "when a girl meets the man she loves, whether she be eighteen, twenty or twenty-five, she should marry him." We are surprised to find a health Journal in good standing support this view. While it is not possible to lay down rules in this regard for all young women—for all girls should refuse to marry until they become women—we think no young woman should marry and assume the duties of a household and of maternity until she be physically fully matured. This is a very serious question and one which all parents who have at heart the future well-being of their daughters, and of the race indeed, should deeply consider and carefully attend to. A vast amount of sickness and misery has resulted from too early marriages. In more primitive times the early marriage of young women or even girls was much less objectionable than it is now, when marriage involves much greater responsibilities. Moreover girls, like young men and boys even, often think they are in love when they are not, and the above advice of Mrs. Logan would not be by any means a safe rule. Let mothers encourage their daughters to "wait," and not to be at all in a hurry to marry. The age of maturity of the human organism varies greatly in different families, but few either

male or female, reach that period before twenty, many not before twenty-five. Very few young women are fit to enter upon the high duties and responsibilities of the married state before the age of twenty-one years; and it would be far better for the individuals, as well as for the well being of the race, if nearly all of them put off this event until the age of from twenty-two to twenty-five.

HEATING HOUSES.—A writer in the *Canadian Architecture and Builder* gives the follow summary to an article on heating and ventilating: Every system possesses some bad points as well as advantages. Of the hot-air system we cannot say much beyond the fact that its promptness and vigorous power may recommend it in some cases, but the difficulty of distributing heat evenly, already mentioned, may sometimes prove a great objection. The steam system possesses the advantages of the hot-air system without some of its faults. Its application commends itself to those large edifices which require to be well heated at short notice and for short intervals. Hot water should in general be preferred to any other system, especially for the home, it being considered less costly and more easy of management than any other. Parke says that "the practical limit of air purity will depend on the cost which men are willing or able to pay for it."

PHYSICAL FATIGUE FAVORING INFECTIOUS DISEASE.—The Paris correspondent of the *A. M. Med. Assoc.* says: In a note by Dr. Charrin and Roger published in the *Revue Scientifique*, the authors endeavored to afford experimental confirmation of the generally received view that physical fatigue is a powerful factor in the production of infectious disease. They subjected a number of white rats to severe exercise (running in a rotating cage) for four consecutive days, at seven hours each day. Eight of these tired-out animals were then inoculated with attenuated anthrax virus, four animals in a normal condition of health being inoculated with the same virus at the same time, in order to serve as a standard of comparison. The result was that seven of the eight animals belonging to the first series succumbed, while all the animals of the second series survived. They thus explain the curious tendency of epidemics to break out among soldiers during great manoeuvres and on campaign, and they urge that many a soldier is rendered susceptible to disease by fatigue who would otherwise have escaped.

INJURIOUS EFFECTS OF ANTISEPTICS ON THE TEETH.—Blochmann reports (*Deutsche Med. Ziet. in N. Y. Med. Times.*) a series of experiments which show that the fashion of using the prominent antiseptics in tooth preparation is injurious. Small particles of dentine were submitted to the action of one per cent. solutions of salicylic acid, thymol and corrosive sublimate, and a ten per cent. solution of borax, for eight days. Chalk and phosphoric acid from the dentine were then found in all the solutions. The proportions were slight in some cases, but nevertheless decomposition had taken place. Cream of tartar so often recommended as an addition to dentifrice, also exerts destructive influence.

BARBERS' BRUSHES AND CONTAGION.—The *Lancet* (Lond. E.) says: The frequency with which the contagion of parasitic sycosis has been traced to its source in a barber's shop is almost characteristic of the disease. In our issue dated February 15th, attention has once more been directed to this point in a note on four cases, all of which appear to have owed their origin to the attentions of one particular operator. The writer, probably with justice, attributes the transference of the infective germs in these cases to the use of unclean brushes and a common soap supply. He suggests that the former evil should be obviated by immersing the brush after each time of use in boiling water. As regards the soap, a safeguard already exists in the practice, now common among hairdressers, of using for each client a separate portion of soap-cream, thus avoiding all danger of intermixture. The suggestion respecting the brush is well worthy the attention of barbers, and we might add a further injunction that the water be not only boiling, but fortified in its cleansing property by some simple antiseptic. It is taken for granted that the razor, being both easily and regularly cleaned, is rarely, if ever, a medium of infection. Since an occasional razor cut may occasion the transference of more serious diseases by the mixture of blood with soapsuds, every cleanly precaution becomes the more imperative.

FINGER NAIL DIRT.—The *British Medical Journal* (The organ of the *British Med. Assoc.*) of May 24th, says: The progress of bacteriology has shown that aseptic surgery means scientific cleanliness; the

same lines of investigation show how very dirty people can be. Seventy-eight examinations of the impurities under finger nails were recently made in the bacteriological laboratories of Vienna, and the cultivations thus produced showed thirty-six kinds of micrococci, eighteen bacilli, three sarcinæ, and various varieties; the spores of common mould were very frequently present. The removal of all such impurities is an absolute duty in all who come near a parturient woman or a surgical wound. It is not enough to apply some antiseptic material to the surface of dirt; the impurity must be removed first, the hand antiseptised after. It is sometimes said that the scratch of a nail is poisonous. There is no reason to suspect the nail tissue; it is more likely the germs laid in a wound from a bacterial nest under the nail. Children are very apt to neglect to purify their nails when washing hands; and this matter is not always sufficiently attended to among surgical patients. Personal cleanliness is a part of civic duty, and, as Dr. Abbott well expressed the matter in his address to teachers, should be taught to school children and insisted on in practice. The facts we have recorded might well form the text for a school homily, especially when any epidemic was in the neighbourhood.

A POINT ON TEMPERANCE.—Mr. O. Cherington, Arthur, Oregon, writes: I naturally or hereditarily liked the taste of liquors but since I quit using meat, tobacco, tea and coffee have no taste for liquors. I honestly believe that intemperance can be cured by eating proper food. If each member of the different Temperance Societies and each person belonging to the Prohibition Party would go to work and prohibit themselves from using bad food and drinks, more good would be accomplished. Meat, tobacco, tea, coffee, etc. are poor material for food. I believe meat and tobacco alone are doing double the injury that whiskies, brandies and wines do. Hatred, unkindness, abuse; trying to pass laws of force to change our neighbors' appetites in a bigoted and domineering way is very, very poor spiritual food.

HOT WATER AND CHILDREN.—Dr. Grace Granger gave in a Medical Exchange the following, which we can endorse: "Hot water is highly useful in the digestive disorders of children. A child will live for several days with nothing else to eat and be in much better condition than with a demoralized digestive tract. On hot water it will live comfortably, and scarcely seem

to miss the mother's milk. With a colicky baby the hot water frequently acts as an anodyne, putting it to sleep. If it seems distressed after nursing, the hot water relieves the pain even if it be caused by an over-filled stomach.

IRON SEWERAGE.—In an address delivered before the Chicago Master Plumbers, March 13, 1890, by Mr. P. Nacey, he said (Sanitary News): If iron sewerage were substituted to take the place of the clay-pipe system, broken house drains would never disturb the equanimity of the occupant or sanitarian. Iron pipes to be thus used should be as heavy as that employed in our water supply. The lengths being joined together with molton lead and regularly caulked by skilled artisans. When completed the system should be tested by atmospheric or water pressure and a certificate given by the Board of Health Inspectors as to its correct construction. Iron man-holes having flushing devices should be placed at intervals in the drains and brought to the surface; thus the occupant of the building, knowing the exact location of the sewer, could at will flush and clean the interior of the drain pipes, which could be always kept in a state of scrupulous cleanliness. It would then be unnecessary to tear up the floors, concrete or flagging to cleanse these pipes; to be obliged to dig down in order to remove sediments from traps situated at curb wall would be a duty known only in the past; and lawns could revel in their brightest robes without fear of having their beauty destroyed.

THE EVILS OF HYPNOTISM.—The Therapeutic Gazette says that according to Prof. Germain Sée, hypnotism favors and develops tendencies to hysteria. Hysteria is a disease in which the higher cerebral activities are suspended; now this is a leading and essential characteristic of the hypnotic state. The Minister of War in France, in consequence of certain bad results, has forbidden military physicians to resort to hypnotism among the soldiers. The same proscription, says Professor Sée, ought, with at least equal force, to apply to the practice of hypnotizing children, who may be made fools or crazy by the constant repetition of such practice. Gilles-de-la-Tourette declares that those that are hysterically predisposed are almost certainly made hysterical by frequent hypnotizing, and as for those already hysterical, if, by chance, one now and then succeeds in curing a paralysis or a contracture, it is only to make the disease locate itself elsewhere, or substitute a series of fits.

EDITORIAL NOTES.

THE OLD SAYING, "Be sure you are right, then go ahead," especially the first part of it, is in no case more suggestive and applicable than in diagnosing by the physician of a case of infectious disease to be reported to the health authorities. An error may not only prove a very great hardship to the patient, or to his or her friends, but also a very serious matter to the physician. A number of cases have been reported wherein legal action was taken and heavy damages awarded against the physician who made the blunder. We refer to this in order that all medical practitioners who read this JOURNAL may be at all times on their guard in this particular. And cannot give here particulars of cases.

IN THIS CONNECTION too we would draw attention to the fact that, not infrequently outbreaks of diphtheria are reported as having arisen very insidiously, perhaps in a school, from a case of what was apparently but simple sore throat, but which was of course of a diphtheritic character, or rather a mild case of diphtheria. In cases of this nature parents, as well as physician, require to be on their guard, and to be extremely careful, or great and most serious trouble may follow from many fatal cases of this great enemy of our little ones.

THE CHOLERA is now, it appears, in the Euphrates Valley. It is said the "Foreign Office" has received information of its occurrence as far north as Erzeroum, in Armenia, probably by road from Tabreez, in Persia. The British Medical Journal, of May 31st, says: "If we may venture to prophesy, we would say that it will not proceed farther up the Tigris Valley, but, travelling by the Euphrates, it will be next heard of at Aleppo, and perhaps Beyrout, it will enter Egypt *via* Jeddah and Suez, and then leave Alexandria for the Levantine and Mediterranean ports. From Tabreez it will take the route *via* Erzeroum and Trebizond to Constantinople and Odessa, and by Baku, Tiflis, Derbent and Astrakhan over Russia.

THE EXTINCTION of cholera in Syria was asserted by the Turkish authorities some months ago, while Russian consular agents maintained that it was still hovering about on the borders of the Persian and Ottoman empires. We, The British medical Journal says, "expressed our conviction that the subsidence of the epidemic was merely what might be expected at that season, and that it would reappear with the return of spring. And so it is; cholera is reported

now as having broken out on the Imperial domains of Djedil and in the village of Bellek, near Bagdad, where six persons have died out of thirteen attacked. Bagdad was the headquarters of the epidemic last year, whence it was carried by the river boats far up the Tigris.

HUMAN INTERCOURSE, cholera requires, for its conveyance, with certain meteorological and local conditions for its development, and the ingestion of specifically infected water, etc., for its communication. Thus, while it will cross the Atlantic in a fortnight, it marches by slow stages through lands where railways are still unknown, retiring into winter quarters when traffic and travel are suspended, to reopen the campaign with the return of warm weather, naturally earlier in the south.

IN THE WINTER of 1846-7 it had reached precisely the same points as it did last autumn, and in like manner withdrew for a time to the lower valley of the Euphrates and Tigris: recrossing the mountains and plateau of Armenia in the spring, it reached Astrakhan and Taganrog in July, and Moscdw and St. Petersburg in September, when, with the approach of winter, it disappeared only to break out with renewed intensity; and, as it had travelled with tenfold greater rapidity along the good military roads between the Caucasus and the capitals than it had previously done through Persia, so when once it touched the margin of the restless life and commercial activity of Europe it was drawn into the vortex, and there was not a country or large town but had been invaded before the summer was over.

LEAD POISONING in Sheffield and the places surrounding has become so prevalent it has been the subject of inquiry by a Special Commission of the British Medical Journal, the results of which are set forth in interesting and carefully drawn reports, now being published in our contemporary. It appears that during the last two or three years more than 1,000 well marked cases of lead poisoning have occurred in the district, and a house-to-house visitation in one of the streets of Sheffield showed that every person examined, almost without exception, had the blue line on the gums characteristic of lead poisoning. It is alleged that this indication of the saturation of the system with lead could be found on the gums of nearly one-third of the population of Sheffield. In severer cases there were found the dropped wrist, paralysis, epile-

epsy, rheumatism, and other of the characteristic symptoms of the more intense forms of lead poisoning. The influence on child-bearing women was most disastrous, the number of miscarriages being extraordinarily great. The lead poisoning has been traced to one particular source of water supply.

IN BOSTON, too, lead poisoning has been common. In that city Dr. Putnam has recently published, in the Medical and Surgical Journal, a report of an investigation as regards poisoning by lead, from which it appears that paralysis and bowel ailments are by no means the most common symptoms of lead poisoning. He finds that tremors, resembling those of paralysis agitans, and a great variety of nervous symptoms are frequently caused by lead poisoning, not sufficient in degree to produce bowel troubles or paralysis.

THE QUARANTINE authorities at Boston Harbor recently intercepted the importation of a case of leprosy in the person of a woman from Sweden. After the true nature of the disease had been clearly made out, the officials not only refused a permit to land, but required the Cunard Company to return the leper to her own country. This was done on May 10th. It has now been learned that the diagnosis of leprosy was confirmed by the medical officials at Liverpool upon the arrival of the outcast at that port.

AT A RECENT meeting of the Board of Health of Memphis, Tenn., the president called attention to a number of buildings that had for years been in an unsanitary condition, and recommended that they be condemned, the tenants forced to vacate them, and the owners compelled to put them in a proper sanitary condition. The Board passed a resolution empowering the president to take the steps he recommended. As the result, ninety-five residences and stores were condemned. As the Sanitary News says: The amount of sickness prevented cannot be estimated, but when a building is vacated under the condemnation of a board of health a dangerous sanitary condition must have existed. We presume boards of health could find such work to do in almost any city of any size, and a general spring cleaning would be beneficial under almost any circumstances.

THE State Board of Health of Oregon has taken hold of the matter of stamping out consumption in cows. A wealthy banker of Portland, O., owned a herd of one hundred and fifty-eight Jerseys, which cost him \$35,000, one-third of the entire sum having been paid for twenty-seven of the animals, bought in the East.

A few months ago tuberculosis was discovered in several of the cows, which led to the condemning of the animals by the State Board of Health. He was forbidden to sell either the milk or the butter made from the milk of any of the diseased animals, or others that had been in contact with them, and thirty-four of the animals were killed, others that had been exposed being placed in quarantine.

THE PUBLICATION in the German papers that the number of resident consumptives of San Remo and Mentone, in northern Italy, is steadily on the increase has greatly excited the natives of that region. The cause of this increase is stated to be the sojourn of consumptives in that country in search of health and the undoubted contagiousness of the disease. The people of southern California protest against that country being made the transient home of consumptives who spread the disease among the natives.

ITALIAN patent medicine specialists are finding out that, so far as their trade is concerned, the golden age is past and the iron age has begun. Under the new sanitary regulations which recently came into force in Italy no preparation of the kind can be sold unless it has been approved of by the Superior Sanitary Council. Not long ago that body rejected 200 "specialities," and on May 13th, it refused its sanction to all those submitted to it, on the ground that "all contained remedies which cannot be used except under the direction of a medical man." Many were absolutely condemned as being either dangerous or composed of substances not possessing the virtues attributed to them.

IN RUSSIA severe measures have been taken by the Government against the adulteration and sale of injurious substances as food. Persons convicted of these offences will be liable to a fine of 300 roubles (£48), or to imprisonment for three months. For a second offence these penalties will be doubled, and a third conviction will entail the loss of civil and political rights.

AT A RECENT meeting of the Imperial Royal Society of Physicians of Vienna, Prof. Albert brought forward two cases of actinomycosis. One was that of an adult who suffered from a hard infiltration in the anterior region of the neck. Over one spot there was a violet discoloration of the skin and fluctuation. The second case was one of actinomycosis of the lower maxillary region of a boy. The disease developed with symptoms of inflammation of the membrane covering the bone. Readers of this Journal will remember that this is the disease which caused the death of several cows belonging to Mr. Delmage of Addington.

PROFESSOR ALBERT, stated that he had seen thirty-eight cases of actinomycosis in man during the last few years, and since the beginning of the present scholastic year alone he had observed eight such cases. This seemed to suggest that actinomycosis occurred more frequently than before. There was no doubt that many cases had been overlooked in former times, and this was particularly true of the chronic dental fistulæ, which were explained by the supposition of tuberculous dyscrasia, and in which a fatal issue had often been observed.

M. CASSEDERAT has found in river water^r what he calls "pseudo" typhoid bacillus. The organism is apparently always present in river^r water. Sown on potatoes, the cultivations are the same as those of Eberth's bacillus; cultivated on gelatine, peptonised bouillon, agar-agar, white of egg, or by inoculation, the "pseudo" bacillus is slightly differentiated from that of Eberth's.

DR. S. WEIR MITCHELL, of Philadelphia, recently received from a woman-patient the singular present of a cord of white-oak wood, chopped down and sawed up by her own hands. He had recommended to her an active outdoor life in the woods for nervous invalidism. She had followed his directions, with results of which the cord of sawed wood was one of the evidences.

THE HEALTH OFFICER at Chicago refuses to accept heart failure as the cause of death, very much, it is said, to the indignation of the physicians there.

SPECIAL TO EDITORS

Thin your power, more than in that of any other class of the community, to aid in spreading the "Gospel of Health"—the "New Gospel," as some leading clergymen have termed it. Through you, every family in Canada may receive the "glad tidings" of this gospel.

In this JOURNAL we give monthly articles specially calculated for the masses of your readers, compiled and prepared from only the highest established medical authorities, carefully culled from the leading medical and sanitary publications of the world, nearly all of which are received by the JOURNAL; and the JOURNAL is now mailed free regularly to at least two or three of the principal papers in every county in the Dominion

papers have given their readers benefit

from this, but not so many yet as we had hoped for. Our mission is to spread this "New Gospel." We cannot alone do much. Will not the hundreds of editors we reach help us more freely?

True, it is not, we fear, very "popular" reading; but editors can make almost anything popular by giving it of their space from week to week or day to day. And the readers must soon see the good there is in a knowledge of this sort and want more of it.

In using extracts we are not at all particular about receiving the usual credit—a subscriber is never obtained in this way; although we are always glad to receive a marked copy of any paper giving an extract, but, wanting no free advertisements, never complain if the JOURNAL be not mentioned.

We give in this issue of the JOURNAL an article on Milk and Babies, which, if read by every parent in Canada, might be the means of saving the life of many a little infant and preventing an incalculable amount of suffering during the hot season, and we shall be hoping to receive marked copies of our contemporaries containing it, and, so, shall render our fraternal thanks, on behalf of the suffering little ones.

THE EDITOR.

NOTES ON CURRENT LITERATURE.

THE POCKET ATLAS AND GAZETTEER OF THE DOMINION OF CANADA, by J. J. Bartholomew, F.R.S.L., F.R.G.S., etc. (Hart & Comp., Toronto:—cloth, \$1), is a very neat and comprehensive little volume, containing an enormous amount of information—about all, indeed, that the ordinary reader will practically require concerning the Dominion. In an "Introduction" is an accurate digest of all necessary information as to the commercial and general standing of Canada, while in the Gazetteer every place, even down to the smallest hamlet, is found tersely described and tabulated in alphabetical order. There are thirty-six well executed maps, geographical, orographical and political, embracing the entire Dominion, with plans of each of the principal cities. Altogether it is a most admirable and essential little volume, which every Canadian ought to possess.

THE DOCTOR IN CANADA; his Whereabouts and the Laws which Govern him: by Robert Wynyard Powell, M.D., Ottawa, Ont., is another very useful volume, which every Canadian

physician ought to have at hand. In it are concisely and clearly given the various Provincial Acts governing the practice of medicine in Canada, and the various Health Acts and Measures of sanitary legislation now in operation; while every hospital and lunatic asylum in the Dominion is described, and reliable data furnished of its equipments, staff, etc. There are also: A list of the quarantine stations of the Dominion (with notes on), of the licensed practitioners, medical legislators, and officers of the Canadian militia, health officers (both local and other), coroners, railway medical officers and medical examiners for life insurance. There was surely a "want" which this nice volume should "fill," and, on the whole, in a very satisfactory manner. As the author states, "the character of the work forbids it being permanent," and he properly anticipates that another addition may be called for in the future. There are two or three things omitted from the present volume, if we have not overlooked them, which we would suggest might well be added, in brief, to the next one: viz., something more bearing on the duties of coroners, in regard to holding inquests, especially; concerning the examination and "admission" of lunatics, and on the quarantine regulations. These are, however, comparatively unimportant, in view of the large amount of useful, ready information the volume does contain.

SOME FALLACIES CONCERNING SYPHILIS, by E. L. Keys, M.D., of Bellevue Hospital, N. Y. (Geo. S. Davis, Detroit, Mich.), is another volume of the admirable "Leisure Library" series. The author treats of thirteen fallacies, entertained to a greater or less extent, by both the profession and the public, such as that, "The treatment consists only of the use of mercury and the iodides; that "Mercury is an evil only less serious" than the disease itself, etc. Some excellent, practical suggestions too are given as to the treatment—hygienic and medicated.

THE "ANTIQUITY OF MAN AND EGYPTOLOGY" is the title of the eighth chapter in the series of "New Chapters in the Warfare of Science," which are being given in the Popular Science Monthly, and which we find in that excellent periodical for June. The number also contains valuable articles on, "Atmospheric Dust;" "Justice," by Herbert Spencer; "Utility in Architecture;" "Education and Crime," and on other important, interesting topics.

THE JUNE CENTURY opens with another article by Albert Shaw, whose paper on "Glasgow" recently attracted so much attention. This time Mr. Shaw treats of "London Polytechnics and People's Palaces," a subject which is particularly timely, as similar institutions are springing up in different parts of the world. The frontispiece is a portrait of Walter Besant, author of "All Sorts and Conditions of Men." John La Farge, who is writing "An Artist's Letters from Japan," this month describes the very beautiful temple of Iyemitsu, and makes some general remarks on Japanese architecture. One of the most striking features of this number is the beginning of another anonymous novel called "The Anglomaniacs." The scene is laid in New York, and the story is evidently written by one who knows the situation.

THE ILLUSTRATED NEWS OF THE WORLD (Am. Ed. Illus. London News) during the last three or four weeks has given, among other good things, a very interesting four page sheet of portraits of "Eminent English Conservative Statesmen;" a double page illustration (colored) of "The Duke of Portlands Derby Winner and the "Four Derby Favorites of 1890;" full page illustrations of "The Queen Unveiling the Equestrian Statue of the Prince Consort in Windsor Park;" of "Mr. Stanley Speaking at the Meeting of the Royal Geographical Society;" "Opening of the Edinburgh Exhibition;" "At the Queen's Drawing Room;" "The Flower and Vegetable Market, Boulogne." "A Banjo Recital;" "Her Protector" and "Spiced Wine," are three very pretty full page pictures. There are a number of Sketches from the Picture Exhibition and the Royal Academy; also sketches of the Carlton Club, Pall Mall, and many other subjects.

FRESH EGGS form a valuable article of diet, not easily procured, because they soon become stale. Almost every body could keep a few hens. If well bred, they more than pay for their keep, if they get any chance at all; and the one keeping them can make it a pleasure to look after them, instead of a trouble. There are no better breeds than the Plymouth Rocks and Wyandots for either laying or for the table; indeed but very few are so good. They will lay very well in the winter if kept warm, and their flesh is abundant, tender and juicy. Any of our readers desiring fowls—eggs or birds would do well to communicate with Mr. T. W. Tapscott, of Brampton, Ont.