

THE HOUSEFLY.

It is only of late years that people have come to look upon the housefly as a disease-breeder, being more disposed to look upon the busy diptuous insect as a scavenger, but modern science has changed all this.

In his book, "The Housefly—Disease Carrier," Dr. L. O. Howard, Government expert, says:

Take, for example, the possibilities in Washington and let us estimate—on the basis of the survival of all eggs and all individual flies—upon plenty of places for the insect to develop and for the larvæ to feed, upon an average of ten days to a generation in midsummer (this period increasing in the autumn and being greater also in the spring-time)—let us start then on April 15 with a single overwintering fly, which on that day lays 120 eggs and we will have the following table:

April 15—The overwintering female fly lays 120 eggs.
 May 1—120 adults issue, of which 60 are females.
 May 10—60 females lay 120 eggs each.
 May 28—7,200 adults issue, of which 3,600 are females.
 June 8—3,600 females lay 120 eggs each.
 June 20—432,000 adults issue, of which 216,000 are females.
 June 30—216,000 females lay 120 eggs each.
 July 10—25,920,000 adults issue, of which 12,960,000 are females.
 July 19—12,960,000 females lay 120 eggs each.
 July 29—1,555,200,000 adults issue, of which 777,600,000 are females.
 August 8—777,600,000 females lay 120 eggs each.
 August 18—93,312,000,000 adults issue, of which 46,656,000,000 are females.
 August 28—46,656,000,000 females lay 120 eggs each.
 September 10—5,598,720,000,000 adults issue.

These figures are startling, and surely the housefly, whether a disease-carrier or not, has enough sins to answer for to condemn him and cause people to swat him relentlessly.

CANCER IN FISHES.

Attention has recently been called to the long known fact that fishes are especially subject to cancer and other infectious diseases, by the announcement that the United States Government is about to establish a biological station having for its special purpose the study of these maladies. Cancer seems to be almost epidemic at certain times among fishes, destroying great numbers. Dr. Williams, of England, has observed that cancerous tumors occur in trees which grow in low regions in which the soil is saturated with sewage. It seems quite reasonable that cancer in fish may be due to a somewhat similar cause. An evident objection to the use of fish as food is the fact that one can never know how near he is coming to a cancer diet in eating a morsel of fish.

GOLD COUNTY HEALTH WORK AND BIG INVESTMENTS.

Wise business men who have seen enough of health work to appreciate its importance, and who know the difference between a death rate of twelve and twenty-five per 1,000, will not tie up large sums of money in a community or country where sanitary conditions are questionable. Men who mean much to the development of a community or town are now consulting not only our national and State depart-

ments of agriculture, but also boards of health as to places for investments. The following letter is to the point. This man, if he follows Dr. Stiles' advice and comes South, must locate in North Carolina, and in either Guilford, Durham, New Hanover, or Robeson County. The letter is as follows:

FEBRUARY 6, 1912.

Dr. W. S. Rankin, Secretary State Board of Health, Raleigh, N. C.:

Dear Doctor Rankin—The following incident may be of use to you in connection with your campaign for permanent health officers. A gentleman from New York, representing heavy money interests, called upon me this morning in reference to buying land in the South for farm purposes. He stated that he would not touch less than 5,000 acres, and if he found what he wanted, his purchase would involve somewhere between 5,000 and 50,000 acres. He had obtained extensive information regarding the soils, crops, etc., but said he was unable to obtain satisfactory information regarding health conditions.

I have advised him to inquire into the subject of the county health officer in every county where he looks for land, and have further advised him that I would not be personally willing to purchase large land holdings of this extent unless I could obtain from the county authorities a definite promise that a county health officer should be employed at a salary of not less than \$2,500 per year, and that he should give his entire time to the work.

Respectfully, (Signed) C. W. STILES,
 Professor of Zoölogy.

Bulletin North Carolina Board of Health.

DR. WILEY ON COFFEE AND TEA.

"Many parents forbid the use of tea and coffee to their children, and I think this is a wise precaution. * * * I think caffeine is recognized as one of the habit-forming drugs." Here is another very good reason why the use of coffee should be universally discountenanced. A drug which forms a habit is poison. No one ever becomes so dependent upon bread or potatoes or any other normal food that he can not find a substitute in some other wholesome food which furnishes the same elements. But this is not true of coffee, or of other habit-forming drugs. The drug itself produces an effect upon the body which changes it so that it is no longer normal. The tissues have become perverted; the body functions have become disturbed in such a way that the withdrawal of the accustomed drug produces most distressing symptoms."

DIETETICS.

A Foo's Soliloquy.

Age 25. "Dietetics"! What is or are dietetics? Who cares a dime for dietetics? Time enough to attend to that cranky old matter when one gets sick or old. You don't get me to listen to the cranks who tell us what to eat and how to eat it. I never think anything about the matter. I just eat everything and anything. I like to begin a meal with a cocktail. It makes appetite, fills me with a glow and gives enjoyment to the feed. I like rich sauces, gravies, highly spiced things, lots of rare meats. Salads! Well, I say yes. Give me lots of salad. Make a dressing with lots of red pepper and strong vinegar. Do I drink coffee? Watch me. The stronger and blacker the better. It doesn't hurt me. It don't keep me awake. I never have a pain. No dyspepsia in me. Yes, I'm getting a little heavy, but I feel all right. I'm English. I love to eat."