

tion would improve the exercises by demanding the requisite attention and concentration. To the growing Maori children this course would result in strengthened lungs and improved physique, help them to get rid of the recently developed respiratory weakness, and make them better fitted to withstand the attacks of disease.

The school-teacher of the Waima Native School, Mr. Coghlan, has already introduced the exercises into his school upon his own initiative, the work being done in his own time before school commences. As a result some of his children have chest-expansion of over 4 in., but I will refer to this later. In the best interests of the health of the race I would suggest again that these exercises be taught in all the Native schools.

Cancer.—Amongst the constitutional diseases only two cases of cancer are found, one of tumour of the pyloric end of the stomach which the Medical Officer marks as probably cancer, whilst the other is of the uterus. I have been struck by the comparative immunity of the Maori from this disease.

LOCAL DISEASES.—*Diseases of the Nervous System* furnish 2·6 per cent. of the cases, but they are mostly of a minor nature. I may say that, though in my own journeyings I have seen cases of paraplegia, hemiplegia, and general paralysis of the insane, with an old history of syphilis in each case, I have never yet seen a case of locomotor ataxia in a Maori. Modern civilisation, whilst affecting the respiratory system of the Maori, has not yet damaged his nervous system to any extent.

Diseases of the Special-sense Organs give 5·882 per cent. Of 75 cases, conjunctivitis furnishes 34, discharge from the ears 12, and mastoid trouble 4. I have already in a previous report drawn attention to the large number of cases of middle-ear disease.

Diseases of the Circulatory System give 1·098 per cent. Of 14 cases, valvular disease supplies 8 cases, and varicose veins 3. In my experience the positions should be reversed.

Diseases of the Respiratory System supply by far the largest number of cases. They are comprised as follows:—

Disease.	Male.	Female.	Total.
Nasal catarrh	28	14	42
Laryngitis	1	...	1
Bronchitis	111	82	193
Pneumonia	8	9	17
Pleurisy	3	3	6
Empyema	3	...	3
Asthma	10	5	15
Others	1	1	2
	165	114	279

Of these, bronchitis is the most common, commencing from infancy upwards. The percentage of 21·882 leads us to plead for the introduction of breathing exercises into the schools.

Diseases of the Digestive System give 12·705 per cent. of cases. Dyspepsia, constipation, gastritis, gastro-enteritis, and enteritis are the more common, in the order named. Appendicitis gives only 1 case, whilst gastric ulcer is absent from the list. There is no doubt that the lack of suitable dietaries in many parts aggravates the condition. The failure of the potato-crop is the cause of much trouble. The Maori is also showing a tendency to depend too much upon tinned foods. The large number of Maoris who work on the northern gumfields do not cultivate vegetables, but subsist upon flour and tinned meats or fish.

Diseases of the Reproductive Organs furnish 3·215 per cent., but owing to the natural timidity of women these figures are too low. Over half the cases consist of trouble with the menses, in the majority of cases due to ignorance or carelessness. Whilst the Maori is not so badly off as the pakeha, since, as Mr. Bird, Inspector of Native Schools, says, "the genius of the Maori language transforms many topics tabooed by the somewhat irrational European, and allows the Maori to speak sensibly and rationally upon them, there is much need for the useful laws of physiology to be taught in the secondary girls' schools and in the parental home."

Diseases of the Lymphatic System furnish fewer cases in the figures than my own experience would lead me to expect. Tubercular disease of the glands of the neck are very common, and the scarring was known as *kaki hura*, and was stated to run in families.

Urinary and Locomotor Diseases furnish few cases, though tubercular bone-disease is more common than the figures indicate.

Diseases of the Integumentary System give 6·745 per cent. Of these, eczema, impetigo, and ulcers furnish the most cases, in the order named. Impetigo, or *haki haki*, is not so prevalent as formerly. The fact that impetigo, or *haki haki*, is described in English text-books would go to disprove the idea that the disease is monopolized by the Maori, as so many seem to think when they raise scares of the prevalence of "Maori itch," as they term it. When it finds its way into a newspaper, as happened last year, it tends to convey a false impression. As Dr. Frazer-Hurst says, "Maoris, like Europeans, have a range of skin-affections, and the trouble about a popular 'scare' is that people will not learn to discriminate between individual cases."

Amongst *Cases of Violence* we have two cases of tutu poisoning, both of whom recovered.

TOHUNGAS AND "MATE MAORI" (MAORI DISEASE).

The passing of the Tohunga Suppression Bill last session should have a salutary effect upon the modern pretender to the once honoured name of tohunga. The tohunga of old was the priest and the learned man of the tribe, who had graduated in the ancient schools of learning. He was versed in medical knowledge necessary for the treatment of the few ailments in those healthy times. He understood the power of suggestion, and used it for life or death as the occasion or the