

quantities of lime to culture fluids greatly favoured the development of the bacteria, larger quantities, or the equivalents of potash or soda producing an alkaline reaction equal to what was known as 50 of normal acidity, were speedily fatal to all pathogenic organisms in any form other than the spore. Thus the strongly alkaline soft-soaps were far better germicides than the much vaunted carbolic. thymol, or terebene soaps; and stripping off the wall-paper, lime-washing of walls and ceilings, with scrubbing of the floors and wood-work of a room with soft-soap, was generally sufficient for all the purposes of disinfection. Lime, from its power of absorbing sulphur compounds and other offensive gases, while it was itself inodorous, was specially suited as an application to the contents of street gulleys, in the removal of disinterred corpses, in mortuaries, and in nearly all cases in which it would not cause the evolution of ammonia. For deodorising stable-manure and excreta, he thought that the acid sulphates, which would fix the ammonia and not detract from the value of the manure, would be found preferable to carbolic powders. In the disinfection of rooms, he now believed that sulphur fumigation was a useful addition to lime-washing, &c., though at one time he was very doubtful as to its efficacy; but he held that all disinfection should be composite. He was inclined to the belief that the danger of infection being carried by the clothing of persons visiting the sick had been exaggerated. He did not deny that it might be conveyed by attendants who had been, so to say, "soaking" all night in the poisoned atmosphere, but it was quite a different matter with medical men and inspectors, whose exposure to the infection was of short duration. He suggested that *Intermittent* heating below 100° C. might be well employed in the disinfection of such articles as would be damaged by higher temperature. Dr. Caiger, as medical officer to two large fever hospitals, said he had frequently had to disinfect wards, the walls of which had been saturated for

months with the poison of one or other fever. He used only soft-soap and lime-washing, followed by free aeration, and had never found the patients subsequently admitted contract the fever that had been treated in the same ward previously. There were regulations as to bathing and change of clothing by nurses going out of the hospital, which he believed were practically a dead letter; yet, though he had given 12,000 passes in one year, he was not aware of any infection by their means. Dr. Gibbons said, when in the country, he had often known scarlatina carried out by nurses to the neighbouring villages. It was said that recent German researches appeared to establish the superiority of *current* to pressure steam, the steam being admitted above, and its temperature observed at its exit below.

OUR CHILDREN'S INHERITANCE.

Unless we are now able to preserve our mental and bodily forces intact, our grandchildren will be victims to our faults. They would even have the right to a certain extent to call us to account for our careless conduct. "What did you do with that vigorous body and healthy and sturdy mind that were given you by your parents? for it is by your fault that we are miserable and sickly." The importance of the question is thus well established. Since the future depends on the present, it is no less than a question of the future of men. This being fixed, the query arises, Is there mental overstrain? A careful examination of the facts gives us occasion to answer affirmatively. In consequence of the prodigiously artificial conditions of existence which our advanced civilization has imposed upon us, we have greatly modified the habitual and physiological life of our organism. A close study of the habits of contemporary men, such as the author of this book has made, will show that nothing is less in agreement with a healthy vitality than the mode of living of to-day. —Charles Ricket in the Popular Science Monthly.