

known men fall victims to the same agreeable institution. The annual holiday is essentially adapted to the tastes and habits of youth, of the age, in fact, that can most thoroughly enjoy and appreciate relaxation from labor. The young tourist has physical strength and mental elasticity unknown in later years. His duties are, as a rule, of such a kind as to involve little or no responsibility when he ceases to attend to them for a few weeks. In the prime of his life all these conditions are changed; unfortunately this fact is often overlooked by men who try to persuade themselves that they are still young. The digestive and circulatory functions are often seriously at fault in hard-worked men over 40. Hence such men may bear the accustomed fatigues of business, but cannot so well tolerate sudden feats of physical strength, such as long walks and steep ascents. The mind can receive but few fresh impressions, so that prolonged exertion is not associated with that charm of novelty which in youth counteracts weariness of body and soul. Unfortunately, again, there are responsibilities incumbent on the prime of life which cannot be set aside during a holiday. The least of these, the question of letters sent on from home, is a restraint very irksome to the traveller who likes to go where he pleases, in the direction of wild or picturesque scenery, rather than along the line of specified *postes restantes*.

To turn to the more special character of Mr. Firth's case, it should be remembered that he was walking alone when death overtook him. The precise pathological character of the illness to which he was subject is not recorded. The tourist, no longer youthful, is often condemned to solitary journeys or solitary walks. Solitude is a powerful agent in hastening fatigue, and in increasing all the dangers of fatigue during a long walk. Should the traveller be subject to any organic disease, the risks of solitude become greatly increased under these circumstances. This fact is proved by Mr. Firth's death, as well as by a somewhat similar case, the decease of a tourist in Ennerdale which occurred not long ago. The latter victim to his vacation certainly overwalked himself, whatever disease he might have been subject to. Mr. Firth was probably in worse health when he ascended the Flegère, one of the easiest of all ascents in Switzerland. He

looked and felt well when he set out on his last walk, but pure fatigue could hardly prove fatal in the course of so easy a journey.

The moral of cases of this kind is clear. The middle-aged tourist must be chary of undertaking tasks which involve physical fatigue which could be undergone with ease when he was younger. His chief want during his vacation is rest. A reasonable amount of exercise is good, but still, rest is his principal requirement. No doubt rest also requires precautions, especially against errors of diet, but hard exercise involves greater risks. In mature age the tourist who has realized the beauties of Nature in youth can contemplate them and reflect upon them with profit. Such is his holiday work. He is fitted for contemplation and reflection. He must partake with studied moderation of pleasures for which he has become less fitted. It is not an unwholesome sign when the experienced traveller tells his friends that the top of a mountain looks best when viewed from the valley. We are not taking into account exceptional individuals, who are physically young men at the age of fifty; we speak of that great majority of the mature who are too apt to rely on the experience of older friends with evergreen constitutions.—*Brit. Med. Journal*.

**SULPHUR FUMIGATION.**—The communication of our correspondent on the subject of sulphur fumigation, published in the July number of the *Journal*, directs attention to a very important subject. In his family, after carrying out faithfully the instructions of his physician as to fumigation, two other cases of scarlet fever occurred. Inasmuch as two important rules were violated in this instance, the inefficacy of sulphur fumigation to prevent contagious disease must not be considered as demonstrated by this case alone. The two rules referred to are:

1. That at least three pounds of sulphur should be burned in every thousand cubic feet of air-space to be fumigated; and
2. That the sulphur should be burned in the presence of moisture.

The first of these rules has been insisted upon over and over again. The second rule has not been even mentioned in the rules for disinfection prescribed by most boards of health. Dr.