

for colds. The full plunge bath, while good for some individuals, is not at all necessary. The daily sponge bath, or a wash all over with the hands (which are much less unpleasant than a sponge or towel) just as one washes the face on rising from bed in the morning, in the bed-room, with a quart or two of water, as the writer knows from over a quarter of a century's personal and other experience, answers a most excellent purpose. Even the daily bathing of the front and back of the chest, with a semi-weekly general wash in the colder weather, will usually prevent "colds." A little brisk rubbing with an ordinary towel and the dry hands to promote reaction is usually better than the use of the flesh brush or "bath towel." On commencing the practice, the temperature of the room and the water should not be such as to give rise to much chilliness, but after practice the temperature of both may and should be lowered

gradually. As the New York Medical Times instructs: Begin with such a temperature as is easily within the reactive powers already present, when the time of exposure is properly regulated, and increase the demand for reactive effort as the ability to respond becomes greater, and thus develop the peculiar powers of the skin by use, on exactly the same principle that is universally applied in strengthening the muscles.

The universal practice of cool bathing in this way to counteract the enervating effects of the present methods of clothing would alone save a vast number of lives. So far as we can learn but few are in the habit of a daily or frequent use of the cool bath. By it the skin is not only given tone and elasticity, but the mouths of the pores are kept open and the great investing organ has a chance to fulfil its purpose and function.

#### EASE OR COMFORT AND DISCOMFORT IN RELATION TO HEALTH.

**R**EPEATEDLY in this JOURNAL we have lamented and protested against the many needless noises to be heard in every city and town and too often in even small villages. Leading medical journals have discussed this question and the effects of such noises on the human organism. To many people these noises are a source of great discomfort. Their injurious effects in preventing sleep are incalculable and very great. Some people can never become accustomed to sleep amid noise. Irreparable harm is not infrequently done to convalescent patients by loss of quiet rest and sleep from various noises. It is the duty of the sanitarian to take cognizance of all agencies which prevent recovery from disease and which interfere with the full development, vigor and exercise of all the functions of the human body, and which tend to irritate and depress the organism and so to predispose it to disease. "The contest against disease which preventive medicine contemplates, and which it is

now reducing to a scientific and physiological basis, necessary and hopeful as it is, cannot afford to neglect this comfort-saving aspect, so closely associated and so potent in determining results.

Besides needless noises, such as those of steam whistles, dogs, cats, cock-crowing and, sometimes, the persistent shoutings of school-boys, there are other nuisances which demand like notice. These are smoke, foul smells from various manufacturies, dust, as from carpet beating, stables, piggeries, and such like.

As the medical officer of Cleveland, Dr. Ashmun, in a recent paper bearing upon this subject, said: "It is an exploded sophism that it is better to bear all sorts of discomfort than to make a fuss and be rid of them, even, though in retrospection it must sometimes be confessed that it would have been better to bear certain ills than fly to those unknown. It may be and often is easier to simply endure many of the causes here enumerated than to contest them, but there is now a positive de-