

supposed was healthy, and used the milk a year or more. Last spring he showed symptoms of tuberculosis, and the cow showed signs of tuberculosis also, but had been disposed of. Dr. Clark said he was not safe in saying that the animal had the disease, but there was every indication that she had; and the man has to-day what is called consumption.

#### AIR AND SUNLIGHT AND THE BACILLUS TUBERCULOSIS.

It is acknowledged by most pathologists that tuberculous sputum, dried up and broken into dust, is the most common vehicle by which the bacillus of tubercle is conveyed into the body. But its power for evil is obviously modified by a multitude of conditions, some of them inherent in the animal body exposed to infection, others due to external influences. Judging from the facts relating to the distribution of tuberculous disease, its incidence in certain localities, and especially its prevalence in badly drained, badly ventilated, and imperfectly lighted dwellings, it has been surmised that the three chief external conditions that mitigate the virulence of the bacillus are (1) a dry soil, (2) abundance of fresh air, and (3) light.

In order to test the influence of light, air and dry soils upon the virulence of the bacillus, Dr. Arthur Ransome, F. R. S., physician to the Manchester Hospital for Consumption and Diseases of the Throat, instituted a series of experiments by inoculating animals with tuberculous sputum, which had been exposed in various ways. These experiments, so far as they extend, go to prove that fresh air and light and a dry, sandy soil have a distinct influence in arresting the virulence of the tubercle bacillus; that darkness somewhat interferes with this disinfectant action; but that the mere exposure to light in otherwise bad sanitary conditions does not destroy the virus. There are also some indications that the presence of a cotton-wool envelope may interfere somewhat with the action of both good and bad air respectively.

#### THE HEART IN ATHLETES—EFFECTS OF OVER-DOING.

An English surgeon states that of 3,000 decrepit or aged soldiers that have been brought under his notice, fully

80 per cent. were suffering from heart trouble in one form or another, due to forced exertion. He predicts that as large a percentage of the athletes of to-day will be found twenty-five years hence to be the victims of the same causes engendered by muscular strains. With regard to the effect of exercise on the prolongation of life, it may be said that there are more people living in France who have passed the age of 60 than there are in England the home of athletic sports, and there is probably no nation in Europe more averse to muscular cultivation for its own sake than the French. Great athletes die young, and a mortality list of Oxford men who had rowed in the 'varsity races shows that a comparatively small percentage of them lived out the allotted time. People must recognize the difference between "athletic sports," as typified by *contests*, and rational exercise, as typified by walking, riding, skating and the like in *moderation*. Moderation means health; excess, disaster and disease. Exercise carried to the point of great exertion is disastrous; exercise confined within the limit of but slight fatigue is wholesome.

#### THE REST CURE.

A New York woman who returned recently from a course of rest under English advice tells how she had sailed away a year ago, accompanied only by her husband, who bade her good-by at the doctor's door and came back to New York and their family, while she entered upon a three months' practical suspension of animation. No member of her household during that time communicated directly with her. It was settled before she went into retirement that if any serious emergency should arise she was to be informed, otherwise no news was to be good news. She had a large, airy room with two or three peaceful landscapes hanging on the walls. Books, papers, a bit of work, anything that could interest her, were banished, however, and her existence reduced as nearly as possible to nil. She was kept in bed and fed without being permitted to sit up. Her food was simple but nutritious, and came with the regularity of clock-work. For exercise, vigorous massage and sponging were daily employed. The first two or three days were well-nigh unbearable. After that she became con-