

of lay and medical opinion in regard to questions of individual and public hygiene in Ontario, it becomes apparent that the supreme importance of a question affecting the first and highest interests of two million people, forces its consideration upon all in positions to discuss the application of a remedy. During the past five years, since the first step toward the solution of this problem was taken by the Ontario government, a Provincial Board of Health, has existed whose duties are defined in the following terms:—

To accomplish all that is therein required, a Board is established which meets one or two days quarterly, and is supposed to establish by *sitting upon it*, any questions affecting the health and lives of any portion of the community, which its secretary may present to it as correspondence. The secretary, the only permanent officer to attend to the interests of a whole province, is not expected to devote his whole energies to the investigation and elucidation of these knotty and scientific questions, but is supposed by a process of *induction or evolution* to be in a position to decide off-hand and without personal investigation matters affecting both the vital and medical interests of individuals and communities. He becomes in fact much more of an administrative or legal officer than a scientific investigator. Such then are the conditions under which practical hygiene in Ontario is expected to advance. We propose in a succeeding number to present the position of experimental public health work in other countries and to indicate some of the ways by which it might be advanced in Ontario.

INHALATION TREATMENT OF DISEASE.

THE question of inhalations in the treatment of disease, which has advanced and receded during the past twenty years, has again been brought into prominence by several new methods both as regards the mechanical appliances and the nature of the substances inhaled. Probably the most recent in these two respects are the *pneumatic Cabinet* and the method of *pneumatic differentiation* invented by J Ketchum, Esq., of Brooklyn, N.Y., and *Tuberculose pulmonaire, sa medication par le humage des vapeurs hydro-sulfureuses* by M. Dr. René Serrand. This, which seems to us a more practical method than by injections into the bowel of gaseous enemata for obtaining the benefi-

cial effects ascribed to sulphuretted hydrogen, is credited by Serrand with the following results:— (1) Hydrogen sulphide inhalation gives certain effects in several chronic respiratory affections and particularly in pulmonary tuberculosis; (2) This method of treatment impresses upon the organism general, as well as local, potent modifications; (3) It often counteracts respiratory weakness in the narrow-chested and in those predisposed to pulmonary tuberculosis; (4) Finally in such inhalations great attention should be paid to the quantity of gas inhaled, its temperature, its humidity and the degree in which the patient is agected.

Serrand speaks of special apparatus for such inhalations made by Prof. Friebault of Toulouse, but it may be assumed that, given a well-prepared gas, the effects would have to be in every case watched by the physician in attendance.

The general question of inhalation has hitherto been mixed up with sprays, naso-oral respirators, compressed air, vaporizers, medicated cigarettes, etc., all of which have had special advantages for special medicaments and special apparatus. Regarded generally they have largely been failures as far as the lungs are concerned except when the substances are in a gaseous or vaporized state; but when in such a condition general testimony agrees that such have been frequently very beneficial.

Sajous in his work on the nose and throat describes a simple and very effective *inhaler* in which air is drawn in by a tube beneath the level of the liquid, while the patient inhales by placing his mouth over a spout, the temperature of the steam being regulated by a thermometer inserted in the cork. The writer has found that very good results may be obtained from a simple sauce-pan shaped inhaler with a funnel-shaped top, turning off into a spout. An inner fixed cup of much smaller dimensions is used for receiving the medicament. Water to a convenient height is placed in the outer vessel and a teaspoonful of the medicament on a little water in the inner cup. By this means the volatile medicament is not only economized but it comes off mixed with a much larger proportion of water vapour than if it floated upon the whole water surface. The water is vaporized by placing the inhaler on a small Bunsen gas-burner or coal-oil stove when gas is not available. The patient may then sit or lie in bed, and by means of a Cash's towel thrown over the head, or a tent