

lowing lines : An exchange says it is admitted that the immediate cause of phthisis is the bacillus of Koch, and at once the practical physician thinks of trying to kill this micro-organism ; but *a priori* that is an error. Alone the bacillus cannot bring about phthisis ; it must have an organism ready for its action. So that really what we should try for is not to kill the bacillus, but to modify the culture liquid—that is, to make the human body sterile to its action.

HALF the secret of life is to know when we are grown old, and it is the half most hardly learned. It is more hardly learned in the matter of exercise than in the matter of diet. There is no advice so commonly given to the ailing man of middle age than to take more exercise, and there is perhaps none which leads him into so many pitfalls. The old are commonly resigned to their lot ; but few men will consent without a struggle to own that they are no longer young.

REST, it must be ever borne in mind, is as necessary for health as is exercise. Indeed, as Good Health says, one may live longer without exercise than without rest. While exercise is essential for a high degree of health and vital activity, rest is essential for the maintenance of life itself. Probably many people exhaust themselves as much by recreation as by work. Prof. Blakie says : It is a grand safeguard when a man can say, I have no time for nonsense ; no call for unreasonable dissipation ; no need for that sort of stimulus which wastes itself into mere titillation ; variety of occupation is my greatest pleasure, and when my task is finished, I know how to lie fallow, and with soothing rest, prepare myself for another bout of action.

DOCTORS' ORDERS are too often looked upon by the laity as arbitrary enactments of professional pedantry, which your true Briton shows "the freedom that runs in his blood" by defying or evading, says the British Medical Journal. Nor is this absurdity confined to the ignorant, for one often hears people who should know better boasting of their deliberate neglect of advice which they had paid a big fee to obtain. The moral has lately been pointed by a case which occurred in the London Hospital. A man suffering from typhoid had some grapes secretly given him by a friend, whom he asked to procure them for him. He became worse soon after eating them, and in three days he

died from perforation of the intestine. The coroner trusted that the public would take warning by the case.

A GOOD SUGGESTION toward the ventilation of churches, schoolhouses, and all public buildings is revived by the Annals of Hygiene. The exhalations from the lungs and the emanations from the body being light will float for a while in the atmosphere before falling to the floor, and if the windows of the building be opened at once as soon as vacated so that a current of air crosses them, many of the exhaled particles will be carried out. If, however, as is usually the case, the windows are not opened for some hours, may be not until the next day, these particles settling upon the floor, are not carried away, but when the hall is again occupied they are disturbed by the feet, thrown up into the atmosphere and inhaled into the lungs, from which, for the most part, they had been previously exhaled.

TO PERSONAL CLEANLINESS, Gipsies are said to be almost morbidly attentive. You may see the dirt covered Gipsy in the dust clouds of the fair, or sweltering under layers of filth beside his creaking wagons, but you will never find a Gipsy encampment a score of rods from a spring or stream of water ; and the soakings, soakings and rubbings of the Gipsy body, male or female, are marvelous. The clothing worn next the person is constantly being changed for airing or washing. The Gipsy washing day is eternal. "Your civilized aristocrat will sleep upon a stuffy mattress for a score of years without change. If the Gipsy's bed is of straw, it must have the air and the sun daily." Disease in man or beast to these wanderers practically means uncleanness.

A FACT brought out by the late Paris congress on tuberculosis was that persons who have had small-pox are peculiarly liable to tuberculosis. M. Landouzy, in calling attention to the fact, which from statistics and observation seems indisputable, stated that for this reason persons pitted with small-pox should never be employed around the tuberculous wards of infirmaries and hospitals.

THE Canada Lancet gives a recipe for the cure of "headaches from alcohol and tobacco." What would be the effect of a dose of a firm resolve, taken some time previous, not to use tobacco at all nor enough alcohol to cause a headache ? A good thing to try.