

interrupted or at all interfered with, the most harassing results follow. Man, in his present civilized condition, is a very nervous specimen, and the digestive process, like all others, is under nerve control. The delicate mechanism by which the crude aliment is properly prepared for absorption and appropriation is, in our time, constantly subject to a storm of interference through mental and physical influences; we refer to worry and strain of the mind, and the ingestion of improperly cooked or selected articles of diet, and the imbibition of unnatural beverages. It requires only a reference to these points in order to prove their significance.

FACTORY LEGISLATION AND HYGIENE.—At the sixth International Congress of hygiene, held in Vienna in October last, this subject was discussed at considerable length, by a large number of representatives from the different nations. Dr. Lewy, of Vienna, vehemently opposed the practice of child work in factories. "Children under 14 belonged to the school and not to the factory. The work of children in factories was hurtful not only to themselves, but to the population."—Herr Pernerstorfer, (Mem Austrian Parliament) and Dr. Busch, of Vienna, expressed similar opinions. Resolutions were adopted to the effect that children from 14 to 18 years should be allowed to work in factories for only a few hours daily, and not at all at night, and those under the age of 14 should not be permitted to be employed at all. A resolution was also passed that women should only be allowed to work for a limited number of hours during the day. It was desirable that women should not be allowed to work in factories for several weeks after confinement, and the State should take care that they did not lack the means of subsistence during this period of enforced idleness. The Section agreed in fixing from ten to eleven hours as a full working day, and a further resolution was passed that the observance of Sunday as a day of rest was one of the most urgent hygienic necessities for the working classes. The full advantages of this could only be secured if women were given the opportunity of doing their domestic work on the Saturday. A copy of these resolutions was sent to the Parliaments of all the States which took part in the Congress.