

a month or two on the edge of the Sahara will be a familiar resource to those who want to escape from home cares and to breathe a perfectly new and unfamiliar atmosphere. The mountains offer another resource. For purity of air, perfect calm, and relief from excitement, the mountain stations are comparable to the desert sanatoria. They are, however, much more stimulating, and hence are unsuitable for cases in which we desire a sedative rather than a stimulating effect. Their influence upon cases of nervous breakdown, now so large a factor in practice, is a subject that has not yet been thoroughly worked out. Where there is much irritability, marked dyspepsia, and obstinate insomnia, the mountains are generally, and probably justly, held to be rather injurious.

HOW TO AVOID "TAKING" INFECTIOUS, OR DISEASE GERMS.

"If men would give up their vices and lead healthy lives in healthy surroundings, a race would be reared capable of withstanding the inroads of disease and blessed with an organization affording no home and no food for the microscopic enemies which surrounded them."

THIS "text" is from an address delivered by Dr. Favell, M. R. C. S., Eng., &c., at a recent meeting of the Sheffield (Eng.) Medical Society. The truth of the words no competent physician would question. There is no royal road to exemption from disease germs; and yet to so fortify the human body as that it shall resist the development of germs within it is after all but a simple process, a habit, and with a little practice, and, usually, some self-denial, not at all an arduous or unpleasant habit. Given, a firm conviction that prevention is better than cure—that it is better to make considerable effort to prevent disease and keep well than to get sick and resort to drugs, and possibly be carried "over the river"; and given, too, a little *correct* knowledge—medical knowledge—of the rules and simple requirements of health, with but reasonable common sense and prudence, and the practice is easy.

There are only two principal ways in which the germs of infectious disease enter the body, namely, by the stomach, with food and drink, or possibly with only saliva from the mouth being swallowed, and second, by way of the lungs, with the breathed air. A stomach that is in a healthy condition, from not having been overtaxed with excess of, or irritated by improper, food—compound mixtures or a crude or "rich" diet, will digest, destroy or render entirely inert the germs of such diseases. This has been abundantly proved by experiments, some of which are noted on another page herein. And it appears clear that the germs cannot enter the tissues or blood or other fluid of the body through the lungs if the mucous lining or covering of the bronchial tubes and air cells be sound or whole. The germs of diphtheria, and possibly of some other diseases, get no further than the throat, where in some little abrasion or defect in the mucous membrane they take root, develop and grow, and give rise to a virus which poisons the whole system. It seems possible that germs from breathed air lodging on or adhering to, an irritable or weak mucous membrane with no special break or defect in it might set up a sort of mechanical irritation and give direct rise to a defect or break in the membrane, and so be able to take root.

Furthermore, it is plain that pure healthy blood has bacterioidal or germicidal powers which will destroy the germs if by chance they do gain access into the blood through a chance defect in the digestive fluids or in the air passages. From actual scientific investigations it has been fairly proved, witnessed under the microscope, that certain healthy-blood cells, called leucocytes, will attack any foreign foe of the nature of disease germs and destroy them, as we have explained on repeated occasions in this JOURNAL. Should the germs gain access in large numbers the neighboring leucocytes are quickly reinforced by others, and like "A host of fighting men," they destroy the invading foe. Should the leucocytes not be in a healthy condition or not numerous, or the germs enter the body in overwhelming numbers, the contest may be fatal to these defenders of it, and disease, and perhaps the death of the organism result.

It is evident that on the health and vigor of the body as a whole we must depend for ability to resist the inroads of disease germs. It is well known to be sure that apparently healthy vigorous individuals often succumb to infectious diseases, more especially, it appears, to typhoid