

who have been exposed to infection from any of the following diseases may safely be re-admitted to the school, if they remain in good health (and have taken proper means for disinfection) after the following periods of quarantine :

Diphtheria, 12 days ; scarlet fever, 14 days ; small-pox, 18 days ; measles, 18 days ; chicken-pox, 18 days ; mumps, 24 days ; whooping-cough, 21 days.

Adults may be re-admitted immediately, if they disinfect their clothes and persons.—*Maryland Med. Jour.*

Sweating Feet. — Kaposi recommends :

R Naphthol.....gr. lxxv.
Glycerinʒiiss.
Alcohol.....ʒiij.

M. Wash the feet night and morning with the above mixture. Then use as a dusting-powder :

R Pulv. naphthol.....ʒss.
Amyl. pulv.....ʒiij.

Mechanical Treatment of Chronic Rheumatism.—Dr. C. O. Walbridge recommends mechanical means, including calisthenics with its healthful exercise of body and limbs, to break up existing adhesions, to smooth the roughened articular cartilages, strengthen the contracted tendons and nerve tissues, and restore the joint to its former suppleness—first, by a process of stroking and kneading in a centripetal direction, stimulating the lymphatics and venous currents and surrounding tissues to greater activity, carrying the lymph with greater rapidity toward the centre. By these means the lymphatics and circulating system are stimulated, setting up changes in the nutrition, causing healthy activity in the parts. In cases where there is perceptible defective nutrition, constitutional remedies with dietetic medication must be employed. The primary effects are upon the joints, muscles and nerves. In the joints, stiffness, adhesions, and contracted tendons are broken up and got into a proper condition for absorption. The secondary effects are produced upon the circulation and lymphatic system. The muscles and nerves are surely elongated, heat must necessarily be evolved by the manipulations changing the molecules of the muscles from an inactive to an active state, causing internal work, setting up molecular changes in all of the surrounding tissues.

The waste material is carried away by increased action of the lymph and circulation, and new nourishment is more readily carried to all parts, feeding them and enlivening the whole organism.—*The Dietetic Gazette*, 1892.

Sciatica.—"In any obstinate sciatica where I can exclude spinal-cord disease, constitutional states, tumours, etc., I put my case in bed. Then I give cod liver oil, iron at need, full diet, and milk between meals. A long flannel bandage is put on at once rather tightly from the foot to the groin, and renewed twice a day. At the side of the limb a long splint is secured by a few turns of bandage. The splint should reach from axilla to ankle, the knee being bent a little, the heel secured from pressure. The splint and bandage are kept in place two to four weeks, night and day ; daily, when these are removed, the leg is slowly and very moderately flexed and extended. The treatment is in constant use at the Infirmary for Nervous Disease. If it fails, it is usually because the malady is at first, or has become, spinal. The rationale of its use is, I think, clear: 1. The flannel bandage lessens the blood in the leg. 2. It protects the whole skin surface from the excitation of contacts. 3. The enforced immobility makes all motion impossible, and so the two uses of the nerve cease. It is in splint, and we get physiological rest. Since I have used the bandage the cumbersome use of ice along the nerve-track is less often required. At the close of the treatment, massage used with extreme care may hurry the recovery."—DR. S. WEIR MITCHELL in *College and Clinical Record*.

Recovery from Pneumothorax—Klemperer (*Deut. med. Woch.*, June 22nd, 1893), at a meeting of the Berlin Medical Society, showed a man, aged 21, who had recovered from pneumothorax. He had been a costermonger for a year and a half, and was the subject of an obstinate laryngitis as a result of his shrill cries. He had previously enjoyed good health, and on November 18th, 1892, he got up feeling as well as ever, and went out to buy some new goods. As he was walking he felt a stitch in the left side of his chest, walked a couple of steps farther with great difficulty, and then fell down unconscious. When brought