become severe, are of little or no use ; but if taken before absorption has ceased, they frequently act like a charm upon the headache.

This is especially true of antipyrine. Some very severe cases call for subcutaneous injection of morphine. Dr. Brunton highly praises a combination of salicylate of soda and bromide of potassium in these headaches, about half a drachm of bromide and 10 or 15 grains of salicylate in half a tumbler of water, at bedtime, and again in the morning, if necessary.—*Ex.*

THE FALLACY OF EARLY RISING.—Proverbs are responsible for a great deal of folly, and none perhaps for more mischief under the present conditions of town life than those which inculcate early rising as a virtue. When the great majority lived in villages and were engaged in the cultivation of the soil, early rising may have been conducive to health and wealth, if not to wisdom, but even our early forefathers probably did no more than make a virtue of necessity. It is said to be natural—that is, physiological—to rise early and enjoy the beauties of the sunrise ; if we ask why, we are treated to various transcendental theories about the vivifying influence of the sun, and are told to take example by the birds of the air and the beasts of the field, or so many of them as are not nocturnal in their habits. But as a matter of fact physiology, so far as it has anything to say on the subject at all, is all against the early rising theory. Physiological experiment appears to show that a man does not work best and fastest in the early morning hours, but on the contrary about midday. The desire to rise early, except those trained in youth to outdoor pursuits, is commonly a sign, not of strength of character and vigor of body, but of advancing age. The very old, often sleep much, but they do not sleep long. A long deep sleep, the sleep of youth, requires for its production a thoroughly elastic vascular system. The stiffening vessels of age are not so completely nor so easily controlled by the vasomotor nerves. Hence shorter sleep. Thus paterfamilias, who goes to bed at 11 P.M., wants to get up at 5 or 6 A.M., and looks upon his healthy son, who prefers to lie till 8, as a sluggard. When this foolish interpretation of a proverb about the health and wealth to be got from early rising is combined with the still more foolish adage which says of sleep: Six hours for a man, seven for a woman and eight for a fool," then we have a vicious system capable of working great mischief to young people of both sexes. There is a tendancy, greatly encouraged in towns by the spread of cycling, to curtail unduly the hours of sleep. Parties of young men and lads are to be met careering about the streets at midnight. They would be far better in bed. They have probably to be in their offices or shops by 9 A.M., or even earlier and when time is deducted for supper, toilet, breakfast and the journey to the place of business, it is evident that the hours for sleep cannot exceed six, or at most seven. These young men are no doubt encouraged by the silly adage quoted above. There is a disposition in town youths to overdue outdoor exercise ; the cycling club "night spins" are instances in point. As Nordau has said, with a great deal of truth, the town-dweller of these last decades of the nineteenth century suffers from nervous fatigue, and is so ill-advised as to make his very recreations sources, not of recuperation, but of increased exhaustion. If our forefathers were early risers they went also early to bed. It would be well for the rising generation if it paid more heed to this part of the proverb.—*British Med. Jour.*

DISINFECTION OF ROOMS.—Dr. Sheridan Delépine *(Med. Chronicle—Am. Jour. of Med. Sci.)* recommends bleaching powder in solution for the disinfection of poor lodgings in which tuberculous patients have lived, because : "(1) The parts to be disinfected would necessarily be saturated with moisture ; (2) chlorine, in the nascent state, would be generated where it was not wanted, and much smaller quantities of disinfectant would be therefore sufficient ; (3) there would be no necessity to use any complicated contrivance to secure the diffusion of chlorine, or to prevent its escape, though it might be well to keep the air saturated with moisture to prevent the too rapid drying of the walls ; (4) the assistants could apply the material without discomfort, and much less intelligence would be required on their part in the carrying out of their duties ; (5) after the application of the solution, chlorine would continue to be evolved as long as all the chlorinated lime had not been decomposed, and that without anything further to be done after the first two or three hours ; (6) the rooms would be fit for use as soon as dry again, and no poisonous substances would remain attached to their walls, as when perchloride of mercury is used ; (7) if necessary, it is easy to increase its activity by adding acids to the solutions, or by saturating the air of the rooms with acid fumes, and raising the temperature for a few hours."

Three series of experiments to demonstrate the efficacy of this method yielded entirely satisfactory results. The method of procedure is as follows : (1) A solution of chlorinated lime (1-10) should be prepared. (2) The walls, ceilings and floor should be washed with this solution, applied in in the same way as lime or whitewash is usually applied. (3) This process should, for safety, be repeated two or three times in succession. By starting each time at the same corner of the room each layer would have time to penetrate into the paper and partly dry before the next is applied.