

it is far more important during the first decade of human life to point out the difference between right and wrong, and see that there is a decided and proper appreciation of it, than to crowd the brain with facts and figures, or with anything else. It must not be forgotten that physical exercises lose much of their value apart from mental and moral ones, as far as control of the will is concerned, as may be witnessed over and over again in the persons of professional athletes, prize-fighters, and soldiers. The physique of a man may be ever so good, and he may have great volitional control, but it is of little use unless he knows when to exercise that control. As well might you expect a vessel classed A 1, thoroughly well furnished with efficient machinery, able seamen, and judicious officers, but without helm, compass, or chart, to make a safe and rapid voyage to the antipodes.

3. That when children become capable of understanding them, a few simple facts relative to the laws of health should be presented to their minds. This would naturally include the results of non-observance of those laws, and thus the necessity of self-control would be forced upon their attention.

In conclusion, however unpalatable and nauseous the idea, disease appears to be in many instances an evil of our own creation; and I cannot help thinking that the allotted term of three score years and ten might be much more frequently attained, without of necessity entailing a life of rigid asceticism, by a constant persevering habit of self-denial, steadily and firmly maintained by systematic exercises.

THE DEATH OF THE PRINCESS ALICE.

DIPHTHERIA—THE KISS OF DEATH.

Three or four years ago, in the pages of the Sanitary Journal, reference was made to the communication of diphtheria by means of a kiss. It will now, since the lamented death of the Princess Alice, hardly be doubted that this terrible disease may be communicated in this way. The death of one so beloved and exalted, in the prime of her womanhood, from this scourge, alike of the high and the low, cannot fail to attract to it and to its etiology more attention than has heretofore been given in this direction.

Seven members of the Grand Ducal family of Hesse-Darmstadt were prostrated by this disease in November, two of whom died. The British Medical Journal asserts, that all the cases—though the first should no doubt be excepted—were caused by direct infection, doubtless by kissing.

It is very well known that diphtheria in adult persons is often so mild as to be mistaken for an ordinary sore throat; and yet the specific disease may be communicated to a child, and by a kiss. The greatest care and thoughtfulness should be exercised in these cases of simple sore throat, as in the severer cases; and it should be constantly borne in mind that the kissing of children at such times is most dangerous.