

On Sunstroke.

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(The Lancet.)

At a meeting of the Harveian Society, held October 15th, Dr. Jones read a paper on Sunstroke. After referring to the great frequency with which cases had occurred during the past summer, in consequence of the extraordinarily high temperature which had prevailed both in this country and in America, where during one week no less than 833 cases had been registered in New York alone, Dr. Handfield Jones drew a description of the disease as it had fallen under his own notice, and as observed by Sir Ranald Martin, Dr. Maclean and others, dwelling especially upon the great importance and variety of the symptoms, indicating that the nervous system was primarily and generally affected; the intellectual sensori-motor, reflectorial, and vaso-motor centres and ganglia all being more or less seriously implicated, as shown by the loss of consciousness, delirium, and coma, the convulsions, and great elevation of the body temperature. Dr. Handfield Jones alluded to the views of some writers, that there were certain points of analogy between sunstroke and the influence of malarial poisons, and pointed out that, at least with atmospheric temperature, the evolution of malarial poison was increased, while those exposed were less able to resist its action. He maintained that long-continued exposure to a high temperature had undoubtedly the effect of enfeebling the nervous power, and to this, when exaggerated, he was disposed to attribute the symptoms of the attack. In speaking of the treatment, Dr. Handfield Jones recommended that every effort should be made to restore nervous power, and to promote the action of the heart; the former being accomplished by exposure to cold, the latter by minute doses of digitalis, strychnia, and stimulants. But he was of opinion that no routine practice could be adopted, every case presenting peculiar features, requiring a discreet application of the remedies suggested.—*Ibid.*

Medical Items.

Fresh Air for the Consumptive.

By DR. HENRY I. BOWDITCH.

Build your houses in the country, in preference to any place near the sea-coast. In the country choose a slope rather than a plain to build upon, and where the sun can have full access to it, if possible, all the day. Be sure (if need be, by artificial sub-drainage) that the soil is thoroughly permeable to water. Let no moisture from the soil, from any source, be permitted to distil its pernicious influences upon the future dwelling or its inmates. Let the rooms be large, of substantial breadth rather than height, and so pierced by windows that the air may have a bounteous and free entrance and exit. Let fireplaces be built in every room and chamber—fire-places made for real use, not kept for show, and not closed with iron plates which

are to be pierced for air-tight stoves. Eschew all furnace-heat, except for warming the entries and corridors.

Outside the house let there be ample space for air and sunlight. One or two trees may be permitted to grow near the house, but not to overshadow it, for nothing but evil comes from too much shade, either of trees or climbing vines. Both of these may very materially prevent the warm rays of the sun from reaching and bathing the exterior, or from penetrating the interior of the house, which they should be allowed to do freely, even in the depths of summer. Nothing so deadens the atmosphere as the too constant closure of the windows, blinds, and curtains, whereby light and heat, as well as fresh air, are excluded. Every morning let the windows be opened widely, so as to drive off the remains of foul air that has necessarily accumulated from the sleepers during the previous night. Every night let a part of the windows be left open, and if possible at the top and bottom, so that during sleep there may be still a plenty of fresh, unbreathed air for the children and adults to use. Of course the amount of space thus opened will vary with the season; but often, even during our Northern winters, especially in a furnace-heated house, a small aperture, at least, may thus be left. Two or three extra blankets only will be needed for any coldness thus caused.

As to the value of fresh air, alike for the healthy and the invalid, there seems to exist great doubt in this community. Even the healthy have no real faith in its efficacy as a means of giving health. Invalids, almost without exception, we have to educate to that faith. They have so many doubts about the weather. It is too cold, too hot, too windy, or too blustering. It is cloudy, or an east wind prevails. These and a hundred other trivial deviations from perfect weather are noted, and the unfortunate invalid quietly stays in doors day after day to avoid them. Nothing is more pernicious, no behavior more unwise. Both invalid and healthy persons ought to eschew all such views as arrant folly. "Whenever in doubt," we say to our patients, "about going out, always go out. If a violent storm is raging, to which no one would willingly expose himself, then keep to the house, but the moment it ceases, seize the occasion for exercise out of doors." "It would be better," said the late John Ware, "for everybody, sick and well, to face every storm, than to be fearful, as we now usually are, of even a trace of foul weather."—*Atlantic Monthly for March.*—*N. Y. Medical Journal.*

Dr. Baldwin on National Medical Schools.

I would advise that we appoint a committee of our wisest and best men to digest a plan for one or more National Medical Schools, and to memorialize Congress in behalf of the enterprise. Let the plan embrace as a basis the feature presented by the Cincinnati Convention of Teachers; let these schools or universities confer such distinctions and privileges as will be proportionate to the superiority they demand, and such as will make the attainment of their diploma an object to the ambition of those who engage in the study of medicine; let the chairs be open to all applicants, and the appointment or election of professors so guarded as to