

moderation, and it has a fine sound. But is it ever easy to be moderate—that is, wise?

Civilization has certainly enormously extended our knowledge of every kind. A well-informed man to-day must know some three times as much as he would have to know two hundred years ago; and in another hundred years he will have to know as much more. But there is a limit to our mental capacity. We must learn to restrain ourselves. Instead of being encyclopedists, we shall have to be specialists, and even in our specialty will have to moderate our studies. We must never let physical needs—the open air, ex-

ercise, and sleep—be sacrificed to the demands of school examinations or the life of society.

We will end with a trite quotation. But trite quotations are the best, because they recall uncontested and incontestable truths. "Man," says Pascal, "is neither an angel nor beast." We shall have to submit to being, partly at least, animals, and consequently to take care of the animal which is half and perhaps a little more than half of ourselves. If the animal suffers, the angel will be ill. The future is for races that do not sacrifice their bodies.

DISINFECTION—HOW TO DO IT WELL.

COMPLETE and thorough disinfection is one of the most effectual means at our command for preventing the spread of infectious diseases. The process however is often done in a sort of perfunctory manner and is then of little use. The following brief outline of how to do it thoroughly is a somewhat altered extract from a good article which is now being given in the public health Journals:

The special germ which is carried from person to person in all infectious diseases, is a living thing, usually of a vegetable rather than an animal character, akin to moulds, mildews &c., and in each disease peculiar to that disease; but all are alike killed by certain agents used for that purpose. This killing of the specific poison is disinfection. This is the scientific use of the word but, in practice, we include under this process every measure which diminishes, or removes, the infection from the room, or house. Different diseases can be most successfully attacked in various ways, but there are certain rules which apply to all. These poisons agree in growing most luxuriantly in the bodies of persons who live in foul air, and in damp, uncleanly, ill-lighted places; some of them growing outside the living body. Overcrowding too many persons in a house or

room helps them, not only in this way, but by aiding their direct transmission from person to person. Hence the value of isolation.

The first essential in dealing with infectious diseases is to forefend them, by cleanliness of persons' clothing, and everything in the house. The only way to use this method of absolute cleanliness, is to make it a *rule of life always, before, during, after sickness*. When such diseases come and find such precaution not taken, it should not be neglected another hour, but all possible done IMMEDIATELY to make up for lost time. Among the means to this end, FREE VENTILATION is the most important; through and through ventilation, through windows and doors. This is possible in all rooms, even the cellar, not occupied by the patient, and should be repeated often enough to destroy the stuffy and mouldy odor peculiar to crowding. The dusting of rooms is best done at this time, so that the dust, the source and carrier of much foulness in the air of the house, may be taken away by the wind and oxydized and destroyed in the open air.

Another general fact, applicable to all eruptive diseases—scarlet fever, measles, small pox—is that a good greasing all over