

in it for only three or four minutes at the outside ; there is none of the enervating effects that there is from the tepid or so-called 'hot' bath of England, but, on the contrary, a feeling of increased vigour.

"A thing I cannot understand is that, whereas in very cold weather the effect of a very hot bath is to so warm the body that one can sit in comfort for some two or three hours after coming from it, even in a Japanese room, without feeling the cold, in summer the effect is (from reaction, I presume) distinctly cooling."

Foreign medical advisers had, in virtue of their superior knowledge, induced the issue of an edict keeping down the temperature of public baths to 100° F., but this proved very distasteful to the natives, and, moreover, the foreign medical advisers have come to see the error of their ways, and now themselves take baths at the higher temperature, and find them agreeable, and, it is said, beneficial.

One reason why the public health is less affected than it might otherwise be by the pollute drinking water is that the habit universally prevails of drinking at all times and very frequently, weak, hot tea, as the main beverage. It is imbibed very weak without milk or sugar. Hot saké, a light wine made from fermenting boiled rice, is the chief national form of alcoholic drink ; it contains from five to ten per cent. of alcohol ; women never drink it ; men only sparingly ; drunkenness is exceedingly rare. The death-rate of the population of the whole empire, as gathered from the well edited reports of Mr. N. Seusai, the able chief of the statistical health bureau, is 19.33 per 1,000, due to the low infant mortality. The Japanese have the most tender affection for their children ; and all travellers are agreed that next to the beauty of the scenery and the gentle and graceful courtesy of all classes of the population, ranks as among the most pleasurable incidents of sojourn in Japan, the universal love of children and the ami-

able gaiety with which their pleasures are studied.

According to Mr. Burton, the lowness of the infant mortality is probably due chiefly to the very great attention paid to the children by their mothers, to the fact that no substitute for mother's milk is ever used and that they are nursed an unusually long period. The habit that Japanese women have of carrying their children in a sort of bag on the back enables them to have the little creatures with them wherever they go, without apparent inconvenience. They appear to be able to go about their regular work, whatever it may be, with a child on their backs. The child is almost always with its mother, and has a great deal of open air.

The long nursing probably accounts for another fact, once more in exact contradiction of popular belief : namely that although the Japanese, especially the women, marry very early, the families are on the average very much smaller than those of Europeans.

The main diet of the people is rice ; flesh meat is scarcely eaten at all, but fish is largely used ; milk is given like medicine in the hospitals, but is not relished by the population. Large kinds of cucumbers, radishes and beans are extensively used. The "jinriksha" man will draw travellers at a pace of from four to eight miles an hour on a rice diet, doing thirty miles a day at a good pace for long successions of time.

Great sanitary improvements are in progress, and more in contemplation. Working under the instructions of the Home Department, Mr. Burton has got out plans for the sewerage of some six or eight great towns, and the importance of improving the water supply is fully recognised, and is being acted on.

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A GERMAN proverb says that "a physician is an angel when employed, but the devil when one must pay him."