

with the illness in the first epidemic, and not a case during the second. It seems clear that one attack usually protects against a second.

In a much lauded paper read at the meeting last month of the London Medical Society, by Dr. Julius Althaus, and much discussed, the author expressed the opinion that the disease is not a catarrh, but an infectious nervous fever, and he referred all the symptoms to irritant poisoning by a "grippal toxine" of different centres of nervous force in the *medulla oblongata*. He attributed the peculiar fever to congestion of the thermolytic (heat) centre in the bulb produced by the irritant effect upon it of the "grippal toxine." The other symptoms of the nervous form of "grippe" were similarly referable to various centres in the bulb.

As to prevention, we believe fully in the truth of the words of the New York Medical Record of the 12th inst.: "There is no greater protection against disease than a good physical condition." This applies to grip as well as to any other disease. The reader will find more on this subject in another article herein.

We give, however, here, "for what it is worth," as it can do no harm, what a writer in the Lancet (Lond.) of the 12th inst. recommends, as follows: Two or three drops of equal parts of pure carbolic acid and glycerine are dropped on the handkerchief in use every morning *before leaving the bedroom*. It "has not failed in stopping the progress of the infection in any household in which it has been tried," the writer says.

THE GREAT REST REMEDY OR PREVENTIVE.

The value of rest has been much insisted upon in recent years, and often referred to in this JOURNAL. There can be little doubt of its great utility in this age of strain and excitement. There are many persons who need nothing so much as simply to lie fallow for a time, to let tired nature have some chance to recuperate and to repair the waste which goes on so continuously. The difficulty is to obtain the conditions under which rest of the right kind is practicable. Some change of environment is usually needed, as without it relaxation of care and excitement is hardly possible. It is here that some varieties of travel find their best application. Travel is too often the reverse of restful, and there are cases in which one seeks in travel, not rest, but distraction, change, mental stimulation. The sea voyage combines continuous life in a pure and invigorating atmosphere, constant passive motion without fatigue—change of scene, novel conditions of life, freedom from cares, worries, and excitements, mental and physical rest; very important points, and the sea voyage deserves a high place among the varieties of treatment by rest. There are, of course, the drawbacks of sea-sickness, separation from home and friends, possible bad weather, and some risk. The patient who seeks the benefits of rest on shipboard must sedulously shun one snare, viz., imprudence on landing; and he must not prematurely resume habits of activity after the luxurious rest of a voyage. One form of voyage the Lancet particularly recommends, that from Cairo to the Nile cataracts in a "dahabiyeh," or Nile steamer. This can be performed with all the accessories of luxury, in one of the most perfect climates in the world, and through a country abounding in interest. The season is from November to March, and continuous sunshine may be reckoned upon as soon as Luxor is reached. The trip from Cairo to Assouan and back can be made by steamer in three weeks. The dahabiyeh is at the command of its occupants, and several months may be thus spent. Visits can be arranged to many interesting ruins, and some sport may be obtained. The cost per head of a voyage by dahabiyeh is reckoned at 25s. a day. The only drawback to the almost perfect character of the climate is that it is sometimes very cold at night. Another region worthy of note, the Lancet says, is the Algerian verge of the Great Sahara Desert. There are various oases, of which Biskra is perhaps the best known, now accessible by rail from the seaports of Algeria, where the continuous sunshine, the profound calm of the desert, and the "far-offness" from the rush and strain of modern civilization, makes a combination of great utility in certain cases. But the accommodation in these oases is bad, though improving; the journey from the coast is performed very slowly and uncomfortably. Yet, probably, ere long