

salt bath refreshing and invigorating.

Secondly, choose your food much more carefully than in cool weather. Avoid all heavy, heat producing foods, such as meats, rice, gravies, hot pies, puddings and cakes. Substitute a diet consisting in fruits, green vegetables, cereals, eggs, light meats, and simple desserts, and you will overcome that feeling of depression which follows a heavy meal on a warm day.

Wear loose, porous, light clothing. It should be changed frequently, as it soon becomes clogged with the excretions of the skin. Take plenty of sleep if you do not wish to be a heat victim. Take moderate exercise, but avoid violence. Do not allow yourself to worry over trifles or to become unduly excited. Follow the hot weather rule of Kipling's famous doctor: "Go slow and keep calm."

If troubled with sleeplessness, eat an early and light supper of easily digested food, or, better, eat no supper at all. Do not engage in exciting conversation or amusements during the evening. At an early hour, prepare to retire determined to sleep. Just before going to bed, soak the feet ten minutes in hot water, cooling it a little at the close.

Eating between meals is a gross breach of the requirements of good digestion. The habit many have of eating fruit, confectionery, nuts, sweetmeats, etc., between meals is a certain cause of dyspepsia.

Filth and stagnant water breed flies and mosquitoes. Flies and mosquitoes give us typhoid, malaria and a lot of intestinal diseases. See the point?

Never use the eyes when they are tired or painful, nor with an insufficient or dazzling light. Lamps should be shaded.

The outdoor season is here. Make the most of it.

Good habits make for good health.

Cats and Disease.

Dr. Caroline A. Osborne, in an article published in the *Chicago Medical Record*, after her extensive investigation of the transmission of disease by the cat, declares that, "for the safety of the public, especially children," the following conclusions must be drawn:

1. A cat should be kept under as complete control as any other domestic animal.

This will result in keeping it away from common sources of infection, especially from all people ill with transmissible diseases.

2. A cat which has become infected, or one which is suspected of being infected with any transmissible disease, should be quarantined.

3. All tramp cats ought to be kept from contact with children until it is certain the animals harbor no infection.

4. Boards of Health in towns and cities can no longer ignore the cat as an active agent in carrying many kinds of disease. They should, therefore, take such measures as will eliminate cats from public streets, alleys and all places under public jurisdiction.

Leprosy in the United States.

A survey of the prevalence of leprosy in the United States and its possessions was recently made by the U.S. Public Health Service. This report is reviewed in a recent number of the *Journal of the American Medical Association*. Health officers of the several States, Porto Rico, Hawaii and the Philippines were requested to submit a statement of the number of new cases reported in 1911, and of the total number on January 1, 1912. The results were not complete, because in only eighteen States and the District of Columbia is leprosy a specifically notifiable disease. In all, 146 cases were reported in the United States, of which forty were new cases having been first observed in 1911. In 1911 a commission of officers of the Public Health Service found 278 lepers in the United States. Of these, 145 were foreign-born, and thirteen were of unknown nativity; 186 were reported as probably having contracted the disease in this country. Only seventy-two of the patients were isolated and cared for by the local authorities. The 146 cases reported in the present survey do not indicate a decreased prevalence. Rather these 146 cases reported by health authorities are comparable to the seventy-two cases of patients cared for by health officials in 1901. Three States—California, Louisiana and Massachusetts—have specific provision for lepers in leprosariums. In other States varying degrees of care and isolation are provided. There