

It cannot be doubted that all of us are harboring, or for the most part successfully expelling, the bacillus day by day. For example, Dr. Sydney Sladen, working under Professor Kanthack, has concluded that in a certain town the milk of more than half the dairies contained tubercle bacilli in quantity sufficient to cause tuberculosis in inoculated guinea-pigs. Some such system as that of Professor Bang, in Denmark, should be enforced.

Whether we should register cases of tuberculosis, and whether we should isolate infected persons, is under discussion. In the large cities of the United States registration is making great way; the social and other hindrances to registration in England seem considerable; still, registration will probably come about. To demand isolation is fanaticism—driving hard one set of arguments with a blind eye to contingent and conflicting considerations derived from other circumstances.—*Med. and Surg. Review of Reviews.*

CONSTIPATION; ITS PRINCIPAL CAUSES AND TREATMENT.

As a general rule a person in normal health should have at least one daily evacuation from the bowels. To this there is, however, too many exceptions, some going to the closet night and morning regularly, while others allow as much as forty-eight hours and more to elapse before attending to this duty. There is a physiological process going on unknown to the individual or without his knowledge or will, so that, as a rule, at a certain time each day he is called upon to evacuate. It may be force of habit, or the partaking of a morning meal at a stated hour which sets up a rhythmic contraction of the muscular layers of the bowel, forcing the solid fecal residue down from the sigmoid flexure into the rectum, where its mere presence excites a desire for its removal. Thus far the process of defecation is purely involuntary, but beyond this it is under the individual's control, and he may either yield to this call of nature or disregard it, as he sees fit. If he resists the call and persists in doing so time after time, the desire soon passes off, and by a reverse peristalsis the mass is returned to the sigmoid flexure, there to remain till nature repeats the process. It is curious to note how in some cases abnormally long periods have been permitted to pass without a passage from the bowels, especially in some women in the lower grades of life. In *The American Journal of Medical Sciences*, 1846, page 260, a case was reported lasting three months and twenty-two days; while in *Chalmers' Medical Gazette*, 1843, Vol. XXI., page 20, a case of three years having passed without the act of defecation having been once performed is recorded. It remains a fact that ignorance and carelessness on the part of the individual is one of the chief causes of constipation. In this, women suffer more than men owing to a false sense of modesty leading them to neglect nature's calls, and because their indoor life