

kind of specific fever, and can be contracted in the shade. The Dumb Friends' League, an excellent society, might husband its resources by declining to pander to the last fad of unreasoning sentiment which decks out the horses in the streets with millinery grotesque and unsuitable enough to gratify the soul of the most foolish of feminine leaders of fashion.—*Medical Press and Circular*.

The Doctor and His Health.

The death rate among physicians is relatively high, much higher than the average. This should not be so. True it is, that the busy medical man is subjected to unusual dangers, such as exposure to contagious diseases, and to the most trying weather of both winter and summer, as well as to unavoidable irregularities in his times of eating and sleeping. He is often tempted to bolt his food or leave a half-finished meal and rush off to a suffering patient, and not seldom may have little sleep for several nights in succession. He must frequently endure the strain of great anxieties, and become so exhausted at times as to beg the privilege of a few minutes' respite for sleep while on his rounds.

All these experiences tend, of course, to shorten the life of the busy physician, to wear out his vitality prematurely and hasten his end. Yet there is much to be said on the other side. In many respects the doctor, even the general practitioner, has advantages over the majority of his fellows, which properly employed, should and would raise the longevity of the profession to near the average if not above it.

Though he is exposed to deadly contagions, he knows better than others how to protect himself against them, and, in fact, it is comparatively rare that physicians succumb to such causes of death. Though his hours for eating and sleeping are frequently encroached upon, the doctor knows, or should know, that most men eat by far too much and that an entire meal can be omitted occasionally not only without harm, but with a gain to the organism by giving the digestive system a needed rest; also that the more temperately one eats and drinks, up to a certain point, the less sleep one needs. And while it is true that some excessively timid or sensitive physicians worry seriously over their critical cases, this is not the rule; the well-balanced men in the profession—and none others should be in it—meet their responsibilities bravely and calmly, not letting their anxieties or sympathies, however strong, run away with their judgment or disturb too much their equanimity.

Most specialists, it may be, are too much confined indoors, too sedentary, but general practitioners, who fortunately make up the great bulk of the medical guild, spend necessarily a very