

The milk house ought to be open unto the free air, and be at a distance from the dung pit. The dung-pit ought to have retaining walls, an impervious bottom, and a light roof borne on pillars. 3. The byre ought to be well lighted, ventilated, paved and regularly cleaned. 4. No person who suffers from infectious or any recent indefinite illness, or who has been in any way in communication with an infected person or thing, should engage in the milk business. 5. The milk of no animal which seems to be ill, or which has any sore about the udder or teats, ought to be sold for human consumption. 6. The udder and teats if soiled, ought to be washed before milking; soap, warm water, and towels ought to be at hand; and every milker ought to wash his hands before beginning. 7. Healthy cattle, healthy servants, cleanliness in every detail of the business of a dairy farm, mean money to the producer and retailer of the milk.

DR. C. V. CHAPIN, of Providence, R. I., author of a prize essay on consumption, gives the following suggestions on the prevention of this disease:—1. Teach the people the true nature of tuberculosis—that no one ever has tubercular consumption unless the tubercle bacilli find their way into the lungs. 2. Teach them also that, even if it finds its way there, it will not grow unless the conditions are right. Teach fathers and mothers how to rear healthy boys and girls. Tell them what to eat and what to wear, and to exercise, and to breathe fresh air. This alone would exterminate phthisis. 3. This contagion must be destroyed. Fortunately in this disease there is no need of isolation. Disinfection is enough. The consumptive patient gives off the poison only in the sputum, or perchance the other excreta, if the disease extends beyond the lungs. The virus is not given off from these while moist. We must therefore disinfect all sputum at once with mercuric bi-chloride. Cloths must be used instead of handkerchiefs, and then burned; or, if the latter are used, they should be often changed, and immediately put into a bi-chloride solution and boiled. Bed-linen should be treated in the same way. Frequent disinfection of the entire person, and fumigation of the apartment, would be safe additions to the preventive measures.

DIET AND FAMILY DISCIPLINE.—A physician in *Farm Stock and Home*, gives this experience: Three years since a kind, conscientious mother said to me: The greatest trial of my life is that my children quarrel so with each other. Nothing they do annoys me so much, and by teaching, persuasion and punishment I have been unable to change their habit. I asked in

regard to diet. She told me they were great meat eaters. I told her of the bear that was kept in the museum in Giessen: when fed on bread only it was quiet and tractable—even children could play with it with impunity—but a few days' feeding upon meat made it ferocious, quarrelsome and dangerous. She changed their diet to fruits, grains and vegetables: milk, toast, graham and corn meal gems, wheatlet and oatmeal mush and milk, fruit puddings, etc. This required tact, study and perseverance, but she was more than amply paid. In less than a month she could see a difference in the habits of her children, and a year later she testified that it could hardly be recognised as the same family. The children were cheerful, playful, gleeful, full of spirit—but in place of fretfulness and quarrels, were kind, benevolent and considerate to each other. They were also more than ordinarily exempt from acute attacks of fever and inflammation.

DYSPEPSIA OF BRAIN WORKERS.—Good Health says: Why are active brain-workers so frequently, we almost said, so universally dyspeptic?—Evidently because they use their brains better than their stomachs. Charles Dickens was an enormous eater; Bayard Taylor was a gourmand and a beer-guzzler, and when he died was bloated to such an extent that his coffin could not be carried through an ordinary door, but had to be passed out through a bay-window. The dyspepsia of brain-workers is generally charged to excessive mental work. From observation we are satisfied that this is a mistake. It is not too much brain work, but too little muscle work, and neglects of the commonest principles of hygiene in its relation to digestion, that make such pessimistic authors as Carlyle, such acute theologians as Calvin, such savage sceptics as Voltaire. The latter once wrote to Lord Chesterfield, "My Lord Huntingdon tells me that you have a good stomach, which is worth more than a pair of ears." Sydney Smith declared that he could feed or starve men into virtues or vices, and that the character, talents, virtues, and qualities are powerfully affected by beef, mutton, pie-crust, and rich soups. Good humor helps to keep a man in good digestion, but is not a substitute for dietetic rectitude or ample muscular exercise. For example, Smiles tells us of a broken down dyspeptic that one day consulted Dr. Abernethy. The Dr. looked him over, then said,—"Well I don't think there is much the matter with you. You want stirring up; you want cheerfulness. Go and see that clever fellow, Grimaldi: you will get a hearty laugh: that will do you more good than physics." "Alas," said the patient. "I am Grimaldi!"