

my own saliva. Imagine my astonishment. There, on my own tongue, I found the germs of pneumonia. There I was carrying around with me the means for my own destruction, and not knowing it. A little more exhaustion and a little more chilling of the body, and they would have done their deadly work. I could well understand then Prof. Sternberg's remark that the human tongue was the best incubator of these disease-germs, and Prof. Loomis' statement that pneumonia causes the death of nine-tenths of all people over sixty-five years of age.

The tongue is thus seen to be the incubator of these disease-germs; but they require an alkaline medium in which to

propagate. The saliva is alkaline, and supplies that want.

Diphtheritic germs have the power to live wherever filth is found. Winter's cold does not destroy them. They float around in the air, are breathed in and lodge on the tongue, with its heat and moisture to revive them. The saliva furnishes the alkaline medium they require to propagate in, and washes them into the little orifices and crypts or pockets in the tonsils, where they receive warmth, moisture, and food at our expense, and the absorbents in the tonsils are royal highways, through which they send their poison to the citadel of life.

#### JAPAN—THE SANITARIUM OF THE EAST.

JAPAN has already earned for itself says the British Medical Journal, the title of the "Sanitarium of the East," just as it is fast becoming the Mecca of Europeans in search of the last existing national shrine of the highest and oldest form of the characteristic art and culture of the far East. The Japanese are very well aware, however, of the weakness of their sanitary organization. The mortality of the towns and cities is not high, but the sewerage of the towns is primitive—in most towns by open channels or ditches, sometimes uncovered, sometimes covered with loose planking. A good deal of the sewage is carried off to the fields; what remains, however, suffices to contaminate the soil and pollute the surface wells and streams which are the sources of drinking water. Mr. W. K. Burton, the able professor of sanitary engineering at Tokio, gives an interesting account in the current number of the *Sanitary Record* of the sewage disposal, water supply, dwellings, and diet of Japan of to-day.

The houses are all built above the soil, and raised on platforms, simple, airy and free from poisoning by ground soil or water. They are kept in a state of absolute cleanliness, matted from end to end, and it is an act of unknown rudeness—

except for heedless Europeans—to walk with outdoor shoes across the mats.

From the very day of his birth every Japanese has a hot bath at least every two or three days, in most cases every day, and in many cases several times a day, usually at a temperature of a 110° to 115° F., often as high 120°, and sometimes 130°. Young girls may be seen stepping and sitting down into a bath that will scald one's fingers, and even babies that are too young to walk are dipped in the same. The old-fashioned and English notion that it is dangerous to go into a bath at a temperature over blood heat (say 98° F.) is declared, for instance, by Mr. Burton, to be like a good many other old ideas—an entirely mistaken one. He says: "The ability to go into a bath at a temperature that would at first seem simply sufficient to parboil any human creature is easily acquired. It is only necessary to have a little perseverance, increasing the temperature of the bath by a degree or so a day. I have thus myself acquired the ability to go into a bath at a temperature of 120° F., although I much prefer one ten degrees less hot. One who has not tried it can have no idea how refreshing a very hot bath is, and especially in hot weather. One can remain