

PREVENTION OF CORPULENCE ON PHYSIOLOGICAL PRINCIPLES.—As analysed by the *Birmingham Med. Rev.*, Nov. '84, (*Therapeut. Gaz. Phil.*) EBSTEIN, in his work on corpulence, gives some valuable practical points for the reduction of obesity. According to him, fattening is strictly analogous to the fattening of cattle, and depends on over-feeding. He, however, disputes the current view that fat makes fat; on the contrary, he thinks fatty food protects the albumen and prevents its forming fat. His plan of treatment, therefore, consists in moderating the quantity of food, and while cutting off all vegetable carbo-hydrates, sugar, starch, etc., allowing a moderate quantity of fat, two or three ounces daily, to be taken. He also suggests that the diet should be monotonous, greasy and succulent, so as to cause satiety rapidly. He disallows beer, but permits light wines. The plan appears free from the objection to Banting's starvation method. The following diet was used successfully by Ebstein: *Breakfast*.—One large cup of black tea—about half a pint—without sugar; two ounces of white bread or brown bread, toasted, with plenty of butter. *Dinner*.—Soup, often with marrow; from four to six and one-half ounces of roast or boiled meat, vegetables in moderation, leguminous preferably, and cabbages. Turnips were almost, and potatoes altogether excised. After dinner, a little fresh fruit. For second course, a salad or stewed fruit without sugar. Two or three glasses of light wine, and immediately after dinner a large cup of black tea, without milk or sugar. *Supper*.—A large cup of black tea, an egg or a little fat roast meat, or both, or some ham with its fat, bologna sausage, smoked or fried fish, about one ounce of white bread, well buttered, occasionally a small quantity of cheese, and some fresh fruit.

PRECAUTIONS AGAINST THE SPREAD OF MEASLES.—Measles is *very infectious*. (Dr. Simpson, Medical Health Officer, Aberdeen, in *Glasgow Sanit. Jour.*) It is of no consequence whether the case is a slight or severe one—it is equally capable of spreading infection. The disease lasts about a week, but the infection lasts a month, so that, although the patients are quite well, they may give measles to those that come near them, or even into the same room. All persons (especially children) who come near the patient, even for a short time, are liable to take the infection, provided they are susceptible of the

disease. The disease is also readily spread by articles of clothing. The most usual mistakes to make are to allow other children (relatives or friends) to see the patient "for a few minutes," and to allow the patient to go out before the disease has completely disappeared. Both these are *sure* modes of spreading infection. Two precautions are necessary—isolation and disinfection. 1. *Isolation*.—When a case is recognised as measles, the patient should be at once separated from the rest of the family, and placed in a room by himself; if possible, this room should be light and airy; the patient should not be allowed to leave this room till the medical attendant is prepared to certify that all danger of infection is over; and no one should on any pretence, be allowed to enter the room, except the person in attendance on, or taking charge of, the patient. No more communication than is absolutely necessary should be allowed between the sick-room and the rest of the house; and the person in attendance should remember that infection may readily be carried by the clothes that she is wearing. Her outer clothes, therefore (those that are from time to time in contact with the patient), should never be taken outside the sick-room, but should be put off when she is about to leave the room, and put on again on her return. In a family where measles prevail, the remaining children, if not sent away, should not be sent to school, nor allowed to mix with the neighbours. 2. *Disinfection*.—Everything requiring to be taken out of the sick room should *first* be disinfected. Handkerchiefs, pianofortes, and other small articles of clothing carry the infection, and they should have boiling water poured over them, along with some disinfectant, before being removed from the room, and should be thoroughly washed and cleaned as soon thereafter as possible. When the patient has recovered, and is pronounced free from infection, he should be clothed either with clothes that have not been in the sick-room, or in clothes that have been thoroughly disinfected. The room and *all its contents* should then be disinfected. If these precautions are carefully and thoroughly attended to there will be no danger of infection spreading.

GIVE THE GIRLS AN EQUAL CHANCE.—From "Physical Training of Girls," by Dr. Lucy M. Hall, in the *Popular Science Monthly* for February. An eminent French writer has said, "When