

HOT WATER.—Applied to a bruise, it will allay pain and prevent discoloration. It has superseded medical "eye waters" in the treatment of inflamed and aching eyes. An American author, whose excellent eyesight was wonderful, when one considered her age and the immense amount of literary labour she performed, attributed it mainly to the custom of bathing her eyes freely in water as hot as could be borne, night and morning, a habit continued for many years. For the bath, hot water is incomparably better than cold, which contracts the pores and thus roughens the skin. Florence Nightingale says: "One can cleanse the whole body more thoroughly with a quart of hot water than with a tubful of cold."

TREATMENT OF TETANUS.—Dr. E. De Renzi, of Italy, in the Annals of Surgery, writes: "The author has before made the statement that the best remedy for tetanus is absolute rest of the patient. He has already cured four out of five cases by this method. The tetanus patients were taken into a completely isolated, quiet, and darkened room and their ears stopped; the floor of the room was carpeted. All the manipulations were made when possible in the dark, only fluids were given as nutriment and absolute bodily rest was insisted upon. If they suffered from violent pains, belladonna and scala cornutum were given internally." He gives the complete history of a case of traumatic tetanus which recovered under this method of treatment.

FEEDING BABIES.—Dr. L. E. Holt has been giving in "Babyhood" some valuable practical advice to mothers on the management and especially the feeding of infants. He closes the series by saying:—I would emphasize the statement that no one of the infant foods, so widely advertised and sold, compares in value with cow's milk for use as a diet for healthy infants who must be artificially fed. At the meeting of the National Association of Physicians, interested especially in the diseases of infancy and childhood, held in Washington in September of last year, the feeling was practically unanimous in condemnation of the increasing use of patented infant foods to the exclusion of cow's milk in the hand-feeding of infants. With simple and sufficient means of sterilizing cow's milk at our command, and with increasing care in regard to milk and dairy inspection and the handling of milk in the houses, the dangers which have hitherto been connected with its use as a food for infants in cities will no longer exist. If proper rules as to quantity and regularity are at the same time carried out, a new era will have dawned in infant feeding—let us hope with results far better than those that have attended the methods these have supplanted.

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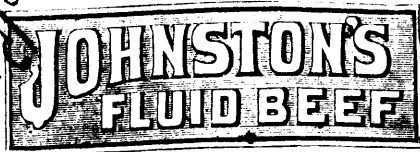
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