

TEMPERANCE COLUMN.

A POINT ON TEMPERANCE.

Mr. O. Cherington, Arthur, Oregon, writes: I naturally or hereditarily liked the taste of liquors, but since I quit using meat, tobacco, tea and coffee have no taste for liquors. I honestly believe that intemperance can be cured by eating proper food. If each member of the different Temperance Societies and each person belonging to the Prohibition Party would go to work and prohibit themselves from using bad food and drinks, more good would be accomplished. Meat, tobacco, tea, coffee, &c., are poor material for food. I believe meat and tobacco alone are doing double the injury that whiskies, brandies and wines do. Hatred, unkindness, abuse; trying to pass laws of force to change our neighbors' appetites in a bigoted and domineering way is very, very poor spiritual food.

HEALTHY OFFSPRING.

At the last annual meeting of the California State Medical Society, the president, Dr. Lindley, in his address, said: While in many ways the human race is progressing, and while the world is more temperate and charitable than in ages past, yet in many things we are really retrograding. Particularly is this the case in regard to the importance of raising healthy children. The Spartan woman's business was to be the mother of brave and robust children. This was one of the principal points observed by Plato in his Philosophical Republic. Recently the State Board of Health, perceiving the contagious nature of tuberculosis, have requested all Superior judges, before sentencing a prisoner to the State penitentiary, to have him examined by the county physician in order that special measures may be taken to prevent the contraction of this disease by other criminals. This movement we all applaud. But if the lives of these malefactors are so important, are not the lives of those who do not belong to the criminal class important? Why should not the State adopt some means to prevent the marriage of individuals who have diseases that would be likely to be perpetuated in the offspring? There is not a physician before me to day but knows of marriages that he realized were unwise at the time they were made, and that resulted in children who were born to suffering, sickness and early death.—*Canada Health Journal*

A HEALTHY HOUSE AND ITS FURNISHINGS.

The 'Independent' gives this picture: The healthy house will stand facing the sun, on a dry soil, in a wide, clean, amply sewered, substantially paved street, over a high, thoroughly ventilated and lighted cellar (if any). The floor of the cellar will be cemented, the walls and ceiling plastered and thickly whitewashed with lime every year, that the house may not act as a chimney, to draw up into its chambers microorganisms from the earth.

Doors and windows, some of which extend from floor to ceiling, will be as abundant as circumstances permit, and will be adjusted to secure as much as may be through currents of air. The outside walls, if of wood or brick will be kept thickly painted, not to shut out penetrating air, but for the sake of dryness. All inside walls will be plastered smooth, painted and, however, unæsthetic, varnished. Mantels will be of marble, slate, iron, or if of wood, plain, and whether natural, painted or stained, will be varnished. Interior wood work, including floors, will all show plain surfaces, and be likewise treated.

Movable rugs, which can be shaken daily in the open air,—not at doors or out of windows, where dust is blown back into the rooms—will cover the floors. White linen shades, which will soon show the necessity of washing will protect the windows. All furniture will be plain, with cane seats, perhaps, but without upholstery. Mattresses will be covered with oiled silk; blankets, sheets and spreads, no comforts or quilts, will constitute the bedding.

Of plumbing, there shall be as little as is necessary, and all there is shall be exposed as is the practice now. The inhabited rooms shall be heated only with open fires, the cellar and hall by radiated heat, or better, by a hot air furnace, which shall take its fresh air from above the top of the house, and not from the cellar itself on the surface of the earth, where microorganisms most abound. There will be "house cleaning twice a year.

Put into this house industrious, intelligent, and informed men and women,—absolutely essential conditions,—and as much will be done as at present may be done to prevent the dissemination from it of contagious disease, when an inmate brings it home from a septic house, hospital, sleeping car, schoolroom, or theatre, or church, &c.—*Canada Health Journal*.

PHYSICAL FATIGUE FAVORS INFECTIOUS DISEASE.

The Paris correspondent of the A. M. Medical Associa. says: In a note by Dr. Charrin and Roger published in the 'Revue Scientifique,' the authors endeavored to afford experimental confirmation of the generally received view that physical fatigue is a powerful factor in the production of infectious disease. They subjected a number of white rats to severe exercise (running in a rotating cage) for four consecutive days, at seven hours each day. Eight of these tired out animals were then inoculated with attenuated anthrax virus, four animals in a normal condition of health being inoculated with the same virus at the same time, in order to serve as a standard of comparison. The result was that seven of the eight animals belonging to the first series succumbed, while all the animals of the second series survived. They thus explain the curious tendency of epidemics to break out among soldiers during great manoeuvres and on campaign, and they urge that many a soldier is rendered

susceptible to disease by fatigue who would otherwise have escaped —*Health Journal*.

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