tion by early rest and isolation of the patient. The risk of paralysis and future deformity can be greatly lessened by recognizing as a principle that the paralysed muscle must not be allowed to stretch. After the acute stage has been treated by rest, *without* the use of electricity, massage, or mechanical contrivance, any remaining paralysis may be limited by placing the treatment in the hands of a well-qualified orthopædic surgeon. But it is absolutely essential that *rest*, and rest only, is the only means of preventing future deformity and disability.

THE COMMUNICABLE DISEASES.

The common communicable (contagious) diseases, such as diphtheria, measles, whooping cough, scarlet fever, tonsillitis, mumps, etc., are regarded all too lightly by most people. The same is true of the " growing pains " of children. They are all infectious processes, and are at the bottom of many of the gravest diseases of after life. For example, organic heart disease, one of the four great groups of disease causing our highest death rate, frequently may be traced to an attack of tonsillitis or " growing pains," the latter of which is the so-called rheumatism of childhood; attacks of scarlet fever, so mild as to show little or no rash and the slightest signs of illness in children, are frequently neglected, suffered to mingle at school or elsewhere with well children, and thus spread a virulent type of infection. These mild, and consequently neglected cases of scarlet fever are often the forerunner of grave kidney disease or of convulsions in pregnant women. Many parents think it advisable to allow their children to contract measles, whooping-cough, etc., with impunity, ignorant of the danger of resulting lung disease.

Practically all the affections just named are more dangerous and more difficult of prevention than smallpox. Their immediate death rate (in this country) and the after-effects are infinitely greater than those of smallpox. Every reasonable means should be taken to protect children against every variety of infection.