

body with material to build up its parts, repair its wastes, and furnish it with heat and energy would be pretty nearly the same.—Prof. Atwater, in *The Century*.

RUNS WHEN HE SHOULD WALK.—An old Scotch physician, Dr. Brown, says: I had a friend who injured himself by overwork. One day I asked the servant if anybody had called, and was told that some one had. Who was it? "O, it's the little gentleman that *aye rirs* when *he walks*!" I wish this age would walk more and "rin less." A man can walk farther and longer than he can run, and it's poor saving to get out of breath. I am constantly seeing men who suffer, and, indeed, die, from living too fast; from true, though not consciously immoral, dissipation, or scattering of their lives. Many a man is bankrupt in constitution at forty-five, and either takes out a *cessio* of himself to the grave, or goes on paying ten per cent. for his stock in trade; he spends his capital instead of spending merely what he makes, or, better still, laying up a purse for the days of darkness and old age.

SOME EXPERIENCE IN MEASLES INFECTION.—Dr. Reichard, of Fairplay, Md., has closely studied three invasions of measles in that place, and gives the following conclusions:—1. Measles are spread by actual contact with the materies morbi. 2. A case in the stage of incubation may inoculate those who are unprotected. 3. It cannot be carried (as usually meant) by a protected person coming from a case of the disease to a susceptible person. 4. It does

not spread through the atmosphere. 5. Strict quarantine will prevent. Had the child, when she came from Washington City, been strictly quarantined, the epidemic might have been prevented. In each of the invasions we have traced all trouble as beginning with a single person.

IN CENTRAL AMERICA, it is stated, the physician receives a yearly stipend for trying to keep his patient well. The amount of stipend varies from \$150 to \$400. The doctor attends in sickness and in health. This is the plan we have always advocated, and we hope it will be reproduced all over this continent.

TRAPS UNSEALED by steam.—The annals of hygiene reports a case in which a soil or drain pipe had been lain in close proximity to a steam pipe that the heat from the latter had evaporated the water from the trap of the pipe.

OF CHEESE POISONING, many cases have been reported to the Ohio State Board of Health. At Urbana, 65 cases; Mansfield, 50; West Liberty, 25; Mutual, 14; Marion, 50. The symptoms were vomiting, accompanied with much pain in the stomach, and, in many cases, violent purging. The sickness usually lasted from twelve to forty-eight hours, with great prostration and in some cases syncope; no deaths were reported.

A JAPANESE SANITARY ASSOCIATION, has 4,700 members, was founded in 1883, and now has twenty-eight branches in different parts of the Empire. At the annual meeting of the association at Tokio in May, 1887, it is said there were 20,000 visitors to the hygienic exhibition.

NOTES ON GENERAL SANITARY PROGRESS.

THE INTERNATIONAL HYGIENIC SOCIETY are about to try an experiment in London which has met with success in various Continental cities, and have opened two kiosks for ladies. £2,500 will be spent on these buildings, which will afford writing and reading rooms, and two large swimming baths, surrounded by recreation grounds. It is proposed to establish altogether in various parts of the metropolis fifty similar places for ladies exclusively, about one hundred in the City for men, and swimming and shower baths in the east of London, where also food will be supplied.

TO REMOVE MICROBES FROM WALLS.—Prof. Esmarch has been making several efforts in this direction. He first projected steam from boiling water over the walls, but the number of germs was not greatly diminished. Then he used a 1-1,000 solution of corrosive sublimate; the results were not satisfactory unless two applications—24 hours apart—were made. He now had the walls rubbed down with fresh

bread crumbs—an idea probably obtained from the Mosaic law—and complete success followed. Bacilli and spores were found at the foot of the walls, and were at once gathered and burned.

FISH POISONING.—According to the "Union médicale," a prize of 5,000 roubles is to be awarded in Russia for the best essay on the nature of the poison which develops in raw salted fish.

TO ERADICATE YELLOW FEVER all authorities agree, the N. Y. Medical Journal says, complete burning of the bedding is a *sine qua non*. "It is extremely important that such action should be taken, and it ought to be taken on one basis only, that of a fair compensation to the unfortunate people. The expenditure of a portion of the relief appropriation made by Congress would enable this to be done." If such a course could be taken, the "removal of every vestige of the fever would soon be accomplished, and its removal can not be made certain in any other way."