

is not in a healthy state, and jeopardizes life only when it passes into the intestines. A healthy stomach will digest the bacillus, and therefore it does not reach the intestines in a living state. It will be remembered that Koch succeeded in imparting cholera to guinea-pigs by using opium injections (into the abdominal cavity) and giving the comma bacilli, with soda solution, in the food—this in order to suspend digestion. Of thirty-five guinea-pigs thus experimented on thirty died with the characteristic symptoms and *post-mortem* appearances of cholera, whereas a large number that received the cholera bacilli alone remained healthy.

It has been clearly demonstrated in the lower animals that certain blood cells or corpuscles, when the animal is in a healthy vigorous condition, will attack and destroy foreign or intruding micro-organisms, such as certain bacilli, when these have gained access into the blood. While on the other hand, in certain circumstances, apparently when the animal is not healthy and the corpuscles vigorous, these are overcome by the invading bacilli, which then develop and multiply.

The great thing, then, in avoiding infectious disease in case of an epidemic prevailing, or at any time, is to endeavor to keep the whole body sound and vigorous and the digestion good. When in the presence of infection, as near to a case of infectious disease, one should keep the lips closed as much as possible, and remain no longer near the case than may be absolutely necessary. It is well not to breathe deeply, and to tie a silk or other handkerchief over the mouth and nostrils. One might put a small piece of cotton, wool or lint into each nostril. One should avoid anything that has been in the sick room, especially articles of food. When a sick room is well ventilated and the air is being frequently changed the danger is greatly lessened as there are then much fewer germs in the atmosphere of the room than in a close room. On going out one should endeavor to get rid of all germs that may have lodged on any part of the body or clothing, especially in the hair of the face or head. Precautions such as these would sometimes save life.

CURING COLDS.

IN the January issue of this JOURNAL there were some suggestions on the prevention of colds. Probably three-fourths if not nine-tenths of the cases of colds commonly prevailing might be prevented and the severity of the remainder be much mitigated by proper care and effort in keeping up a vigorous healthy skin. But there will always be some colds to be cured, and Medical Journals have of late been fruitful in suggesting means for the cure of colds

As a rule, colds are doubtless self-curing and usually "wear" away in a few days, but sometimes they "wear away" the subject of them, and they should NEVER be disregarded or neglected.

Universal medical opinion is in favor of a little abstinence in regard to the diet directly after one has contracted a cold. "Feed a cold and starve a fever" is a very

misleading maxim as commonly understood and which has been singularly and erroneously, and withal stupidly, developed out of a correct one. "If you feed a cold you may have to starve a fever,"—a fever arising perhaps from an inflammation into which the cold in such case would probably develop—was evidently the original form of the maxim.—Hence "feed a cold and starve a fever" is but an abbreviation of a good maxim if understood not as a piece of advice but as a warning.

When the writer has chanced to take a cold he never employs any other remedy than that of abstinence and rest. But such cold is usually only a very moderate or simple one. In a day or two the system from being feverish becomes relaxed and the cold is soon gone.

In the early stage of a cold there is a