

Still, the brain is not so susceptible to disease as some suppose. It was probable there was not a man present who had not during the day abused his brain by overwork, anger, tobacco, alcohol, fuss, hurry, too little sleep, too much sleep, by indolence, by not studying to be quiet, by not doing his own business, by attempting to do something beyond his reach, by attempting to do something for which he had not been sufficiently educated, by carrying an evil conscience, or by the unmanly strain of trying to outdo his neighbor. The remedy of the jaded head is the giving up of all habits which cannot be defended by the highest kind of reasoning; the careful determining of each man of his ability to stand work; the avoidance of doing anything for which a man has no adequate education; rest, recreation, and the keeping up of the tissue-building powers by wholesome food."—*Scientific American*.

THE CONTAGIOUSNESS OF TYPHOID FEVER.

As a contribution to this subject, the following well-worked-out account, by Dr. Armistead, of a limited outbreak of typhoid fever last year in one of his districts will prove interesting.

On October 10th, R. S., a servant girl, was taken ill with typhoid fever, at the Vicarage at Dunmow, and went to her home at Lindsell on October 12th, where she died on November 10th. Her sister took her place at the vicarage, and was taken ill with typhoid fever on October 22nd; was removed to the Workhouse Infirmary on October 26th, and recovered. From what source the contagion was introduced into the vicarage, in the first instance, is still doubtful; and whether the second case took the contagion at Lindsell on October 12th, or at the Vicarage after she arrived, is also doubtful. In either case the period of incubation of the disease could not have exceeded ten days. At Lindsell, after R. S. went home, the disease spread to her father, who began on October 26th; and on October 31st, to a niece living in the same cottage. The next victim was a girl, aged 10, living in the next cottage but one, who, on or about November 1st, took some milk to R. S., and began with typhoid fever on November 15th. Another girl, about the same age, living in quite another part of the parish, when on her way to a school one day, near the end of October, called at S's cottage for a drink of water, and on November 15th (14 days afterwards), she began with typhoid fever.

Some observations of great value on this subject are also contained in the last report of Dr. Bond on the Gloucestershire combined