

**FORCE AND WORK.**—Work without implies work within. No exercise of force can be made except by the generation and use of force of which no part enters into the external result. The use of muscles involves use of nerves. The external force, if exerted by a muscle, is only part of that which it produces. Now the proportion between these two in their several degrees is a subject of great practical importance, and some interesting facts have recently been published by Helmholtz. From these it is clear that the greater the external force exerted, the greater is the proportion of the needful internal force—that is, great exertion is more wasteful than moderate exertion. Then force has to be evolved in proportion to the external work done, and therefore the greater is the wear and tear of the animal machine. The same increased proportion of non-productive work is seen when the external energy is below a moderate amount. It is found, for instance, that in walking, a speed of three miles an hour gives the most economical use of the forces. No doubt in these facts we have an index to much of the ill effects of the present high-pressure rate of work and life. The waste of force is out of proportion to the work done. More is effected in a given time, but the body feels it more, and its working period is proportionately shorter. These facts cannot be too often repeated or too constantly remembered by those who have the regulation of labor.—*Lancet*.

**MILK AND THE DISSEMINATION OF FEVER.**—Acting on the suggestions of the Police Board of Glasgow, the Board of Supervision of that city has issued a circular recommending all local authorities in whose district there may be dairies or dairy farms which supply the public with milk to observe the following rules and precautions:—“1. All such dairies and farms, together with their steadings and other surrounding circumstances, should be carefully inspected from time to time with reference to their water-supply and their general sanitary arrangements, such as the arrangements as to washing houses and disposal of excrement, and the position of midden-steads. 2. The local authority should also cause inquiries to be made from time to time as to the existence of contagious or infectious disease at such dairies and farms; and whenever such disease is found to exist at any of them, they should immediately (1) take such steps as their medical officer may advise, with a view to prevent the dissemination of the disease, and (2) give notice of the facts to any other local authority within whose district milk from the infected premises may be distributed or sold.”