

believe he does not require, and is better without salt, except what forms a natural constituent of his food. Observations and investigations should and probably will in course of time decide this. A writer in the Provincial Medical Journal says: "I am sure we all take too much of this condiment, and then are driven to drink abnormally in order to wash it out of the system. Vegetarians need salt in order to give savor to their diet, mixed eaters much less, pure flesh eaters—like the South American Guachos, and, when they can get enough of it, the Australian Aborigines—none at all, for all the salt we should decompose in order to digest flesh exists in it already. It was one of the most touching, the most pathetic sorrows of the then recently discovered New Zealander, in those vanished days when we believed that the noble savage was all our fancy and Fenimore Cooper painted him, that the missionaries we sent out were too salt, really too savory, for their unsophisticated taste. Indeed, one of those guileless children of nature assured a cousin of mine, with the frankest sincerity and with many apologies, that he would rather not eat him. And this explains much of the endurance of fatigue, or rather its retarded induction, exhibited by the savages. An Australian "boy" will eat a fair sized leg of mutton, and run like the prophet of old with his loins rather scantily girded up, hour after hour, with untired speed. A white man trained into as good condition breaks down, not from exhaustion, but thirst, in an hour's time. He has only to loose a few ounces of the water of his blood by perspiration, to render it so salt that its function as an oxygenator, from the contracted red cells, can no longer be carried on; he pants for breath, not because his lungs are overtaxed; he sinks dead-beat, not because his muscles are overwearyed, but because his blood has become unfit for its most important duty, and the muscles, for want of oxygen, are narcotized into helplessness."

HOW TO STAMP OUT AN EPIDEMIC. BY CONWAY SCOTT, C. E., OF BELFAST

To stamp out an epidemic simply means to kill the organisms which produce the disease, and this can be effected by burning them, boiling them, or poisoning them, the latter being the easiest method under ordinary circumstances, and can be best done by perchloride of mercury or carbolic acid. As the mercury can only be used in the liquid form, the best ærial

disinfectant is carbolic acid vapour. In fact, to stamp out an epidemic, and to kill bugs or other vermin, is very nearly the same process; the whole thing is to kill them entirely and allow none of them to escape, and this is best done by dense fumes of carbolic acid vapour, as can be proved by long practical experience. I consider that skill, promptness, and energy will stamp out any epidemic that can arise among human beings, and it would be a question worthy of extensive experiments,—would not the same principle stamp out epidemics among animals, thereby increasing our food supply and saving a large loss of capital. When the small-pox organism has been destroyed in any city or district or country, it can never be generated again there (it must be imported *de novo*), any more than dogs or cats, after being destroyed in any district, could be spontaneously generated; even filth itself cannot generate an epidemic disease. There is no great practical difficulty in exterminating the small-pox organism from Great Britain and Ireland; there are short periods when this has been effected, and small-pox can never occur again unless imported from abroad. There should also be no great difficulty in exterminating the small-pox organism from France, Germany, Italy, Spain, the United States, and all other civilized countries, never to occur again unless imported. There would probably be difficulty but not insurmountable, in exterminating the small-pox organism in Russia, Turkey, and in eastern countries, but by a united effort of all the civilized governments of the world the small-pox organism could be exterminated from the very globe itself, never to occur again for all time. The great difficulty is in our own minds. We have never been able to realize that small-pox is an organism as much as a cat or a dog is, and can be exterminated never again to re-appear. When public opinion fully grasps the idea that small-pox is an organism that can be annihilated, then, and not until then, will society cease to be plagued with this terrible pest, which for the last ten centuries has ravaged humanity. All the lions, tigers, wolves, and hyenas that ever existed have not destroyed one-thousandth part of the human beings that have been destroyed by the small-pox organism, and yet society wages an exterminating warfare against them, but old superstitious feeling protects the more deadly small-pox organism.