

But that is a matter of taste. The water, with which tea is made, should be fresh, not drawn from the boiler, nor taken from the kettle in which it has been kept standing on the stove, but freshly boiled for the purpose and *boiling*, and the kettle in which it is boiled should only be used for water. First wash and scald the teapot, and have it hot.

"NERVOUSNESS."—The victim of nervous disquietude should learn that a cure must be sought among agencies which strengthen the nerves: those which merely render them dull and inactive will, after prolonged use, bring inevitable destruction of vital force. Good food and plenty of it: exercise in the open air and plenty of it, and freedom from unnecessary worry are the best remedies.

HYGIENE OF OLD AGE.—In a paper before a Sanitary convention, Dr. H. C. Wood said: A very notable percentage of the deaths of persons who have been successful in life, and have attained beyond the seventieth year, could be, by proper care, long postponed. . . . (and he might have added, in comfort—Editor Health Journal.) In order to protract an advanced life, it is well to understand not only the dangers that beset such life, but the reason why old age has been attained. . . . The larger proportion of mankind die early on account of some local weakness. It ought to be generally recognized that human age is not to be counted by years, and that in some constitutions the general tissues are older at fifty than they are in other individuals at one hundred. Many of the cases of men and women suddenly or gradually breaking down at forty or fifty, ostensibly from overwork, are really cases of premature old age, and are to be nursed and treated precisely as other individuals would be who had reached four-score years. Moreover, a large proportion of early deaths are the result of some vital organ's being originally endowed with a longevity less than that of the rest of the organism. The principle involved in such case is that which is most vital in the treatment of the old,—protection, and especially protection from straining any one vital part. And old man exposes himself to inclement weather, and especially to a high wind, which suddenly drives the blood from the surface in upon the internal organs, and at the same time, by its very force, checks the enfeebled

movements of respiration, which in aid forcing the blood out from those organs. As a result, the man perishes at once, because he has thrown too great a strain upon a weak heart, or, if able momentarily to resist the strain, dies in a few days of pneumonia, due to congestion of the lungs. I have known the sudden shock of good news to strike the old man down, as fatally as the poleax fells the bullock, by causing the blood to rush with renewed force through the brain, and tear its way through the weakened walls of the blood vessels. Again, the violent emotion of sudden bad news may overwhelm a heart which, with care, would have suffered for its duties for many years.

INFECTIOUSNESS OF CONSUMPTION.—At the last annual meeting of the American Climatological Association, Dr. Wilson, of Philadelphia, said that dilution was the true means of rendering the air of our houses aseptic. There is more apathy than there should be about the ravages of pulmonary consumption, which are more formidable than even the epidemics of the middle ages, and we should take proper precautions against the spread of consumption. Dr. A. H. Smith, of New York, remarked that he believed the time would come when the physician who neglected to take proper precautions to prevent the infection of healthy persons by consumptives would be considered as guilty as one who exposed his patient to the small-pox without vaccination.

MUNICIPAL CONTROL OF DIPHTHERIA.—At the eighty-third Annual Meeting just held at Albany, the New York State Medical Society, Dr. Storer, read a paper with this title. It had been shown that by proper isolation and disinfection the number of cases of diphtheria in a community could be reduced to one fifth of the ordinary number. There were the same reasons for placing the disease under official supervision as applied in the case of yellow fever, cholera, or small-pox. Twenty-three times as many patients died by diphtheria as by variola. He recommended that in every community there should be an officer whose duty it should be to post notices of danger on all houses in which diphtheria had made its appearance. All physicians should be supplied with blanks on which to notify this officer as soon as a diagnosis of the disease was made in a case to which they