

should understand the little appreciated law of temperaments. The sanguine child, ruddy and red, with blue eyes, red hair, strong muscle, quick movements, restless limb, she may set to study at books, while she curbs exercise, with no fear that books will kill, for it will outlive any book. The bilious child, with dark eyes, dark skin, black hair, stolid expression, thoughtful brow, she will not set to the study of books as the work of life; for books may kill; physical exercise may save; but will never be carried voluntarily to injury. The nervous child, with fair skin, light hair, blue eye, quick but feeble movement, timid glance, yet, perhaps, unbounded ambition, she will spirit gently, will balance between physical and mental labour, will appportion excess of neither, and will never urge unduly to any effort. The lymphatic child, large of body, pale, with grey or blue eyes, brown hair, shambling step, watery lip, and slow determination, she will rouse to action both physical and mental, with the full assurance that neither effort will do anything but good. She should study also emotional contagion with special care, and on one emotion, that of fear, she should keep the most watchful observation, because she will discover it to be the most common and disastrous of all contagions. She will never excite it for a moment by story of superstition or dread. Finally, in physical psychological training there would stand out for contemplation, and action founded upon it, one more subject; that marvel of the marvellous in living phenomena, heredity of type and action, extending to health, and extending, alas! to disease in its deepest foundations. She should stand to resist, with her persuasive might, that process which I have elsewhere called the

intermarriage of disease. She will tell her sisters what that terrible process means. She will tell that diseased heredity united in marriage means the continuance of the heredity, as certainly as that two and two make four; that madness, consumption, cancer, scrofula, yes, and certain of the contagious diseases too, may be perpetuated from the altar; and that the first responsibilities of parents towards the offspring they expect, ought to be, not how to provide for wealth and position over which they have no control, but that preliminary healthy parentage which is the foundation of health, and without which position and wealth are shadowy legacies indeed. These I set before this Congress as the heads of the educational programme for our modern woman in her sphere of life and duty.

ON THE LIMITATION OF INFECTIOUS DISEASES.

The following extracts on the above subject are from a lengthy article in the *Sanitary Record*, London, Eng., by the Rev. J.H. Timins, M.A., F.G.S. &c. Though trained nurses are not yet plentiful in Canada, the extracts may be read and put into practice to a great extent, and with great profit, by physicians; while all heads of families should make themselves familiar with them.

Through the efforts of Dr. T. Mack, of St. Catharines, who has established a school in that city for the training of women in the art of nursing, good nurses will it is hoped soon be more plentiful in the Dominion.

Mr. Timins refers to his treatise on 'Artificial Disinfection,' published by Messrs. Churchill in 1878, in which he gave full particulars of the results which had been attained