

Pullman." In reply to the question whether such measures would not be opposed, he says: "Certainly there will be, exactly as there was when municipal authority commenced to compel patients to keep their children from school when they had contagious diseases in their families." . . . In such cases it is not society or the state that tyrannizes the individual; it is the individual that endangers society."

On personal prophylaxy, his remarks are extremely timely inasmuch as they set forth in an admirable manner the relationships of the disease. "Prevention can accomplish a great deal for the individual. Diphtheria will, as a rule, not attack a healthy integument; be this cutis or mucous membrane. The best preventive is, therefore, to keep the mucous membrane in a healthy condition. Catarrh of the mouth, pharynx, and nose must be treated in time."

For chronic pharyngeal and laryngeal congestions he recommends *pimpinella saxifraga* as being of great value.

Again, "The presence of glandular swellings around the neck must not be tolerated. They and the oral and mucous membranes affect each other mutually. Most of them could be avoided, if every eczema of the head and face, every tonsillitis and rhinitis resulting from uncleanness, combustion, injury, or whatever cause, were relieved at once. A careful supervision of that kind would prevent many a case of diphtheria, glandular supuration, deformity, or phthisis."

On the matter of treatment he says no hard and fast line can be laid down. It is necessary to deal with symptoms and complications as they arise. The various details of treatment of symptoms is then gone into most thoroughly, and he speaks of the local treatment of pseudo-membranes, by mercurials and especially favorably of steam, especially medicated, and favors what our experience has proved so beneficial, turpentine and carbolic acid in the water. This action in its early stages we again notice is aided by jaborandi. He refers to the dangerous character of diphtheria of the nose, and recommends carefully-given nasal injections of common salt-solution or bichloride 1-5000 parts. He goes on to speak of the dangers to life through heart paralysis, and recommends carefully-given digitalis and alcoholic stimulants. Of general tonics, iron must be freely and conscientiously given. He fin-

ally commends favourably, bichloride of mercury in minute doses frequently given in laryngeal complications.

Altogether, the paper is the completest summary of the true clinical character of the disease we have ever seen, and fulfils even to the minutest details, the essential points of treatment which, in our hands, have proved successful. We recommend the careful perusal of the paper.

#### A SUMMER HOLIDAY.

IN a country so new as Canada and blessed with inland lakes of unequalled size and convenient of approach, and with a river like the St. Lawrence inviting to an excursion over its blue waters till one reaches the Gulf, and the "ever restless and homeless ocean," the question is not so much of "where one can go for a holiday," as "will he take any holiday at all." Many are inclined to discuss very seriously whether the trouble of getting ready to go, the going, and the inconveniences of travelling, and of the health resort hotels, when one gets there, do not more than counter-balance any good effects one may obtain by a summer holiday.

They look upon their cosy, trim up-town residence, made fresh and cool every evening by the lawn sprinkler, as the *ne plus ultra* of comfort, which further enables them to pursue, with uninterrupted labor, the struggle for the "mighty dollar." There are, indeed, circumstances which may make this argument good and reasonable. Some of these are: the difficulty of leaving a family of children behind, and the equally great difficulty of travelling with them; to others the question of expense and the loss of business entailed by the holiday are cogent; while to a third it may be that the social customs and habits of the *habitués* of summer resorts are wholly opposed to the idea of a holiday. Granting that these many reasons serve to keep a number at home in the city or town, and that they content themselves with the short, pleasant, daily trips by boats which are now to be found everywhere, still, the fact remains, that the primary good and the strongest argument for a summer holiday, is that it means physical and mental change and relaxation. In those older communities of Europe, where, for generations, the science of "how to live" has been studied with all the ingenuity which people of position, leisure, and wealth have been capable of, this one point has been clearly