

quired, and it must be controlled by will power if the natural physiological functions of the body are to be preserved. As Hooker long ago said, "The object of appetite is whatsoever sensible good may be wished for; the object of will is that good which reason does lead us to seek." In the gratification of the gustatory appetite reason must come in as a guide, considering, in a measure aside from the appetite, the needs of the system, and will power—self control, must be exercised.

The sense of taste, which was evident y given first as a guide in the selection of food, has been usually either exalted, properly enough, into a source of legitimate pleasure, as when one eats in reason guided moderation of those simple "fruits" of which Milton sang, "Whose taste gives

elocution," or it has been degraded into a source of the lowest and grossest sensual gratification, and many sorts of diseased conditions with an incalculable amount of human suffering.

Safety lies only in the selection of plain, simple viands, properly and agreeably cooked and served, and slowly and deliberately eaten, with due regard and respect to that feeling of satisfaction which one feels when one has had enough, rather than to a feeling of satiety. Habit, or use, is a strong factor in connection with this question, of "enough." On another occasion in an early number of the Journal we purpose considering further the subject of the needs of the human system in respect to food, with the effects of modern fancy cookery.

RESTRICTION AND PREVENTION OF SCARLET FEVER WHICH CAUSES MANY MORE DEATHS THAN SMALL-POX.

THE State Board of Health of Pennsylvania have just issued a pamphlet on "Precautions Against Scarlet Fever," the entire substance of which we give in abbreviation below. It contains but little that is new, but it is in a concise form, and as this disease is prevalent in a good many points in Canada it will be timely and suggestive; besides it will be useful in the prevention of other diseases.

Scarlet fever (scarlatina, scarlet rash, the same thing) is a highly contagious and infectious disease, to be dreaded more than smallpox, its victims being far more numerous, while those recovering are often left with blindness, deafness, paralysis and impaired mind.

It is attended with a bright scarlet rash and usually a sore throat, and whenever children have sore throats, or an eruption of the skin, even mildly, they should be separated from the rest of the family until a physician has seen them, or the symptoms have disappeared. The mildest type of the disease may communicate to others the most fatal form.

Scarlet fever is caused by a specific poison or contagion, which may be con-

veyed to other persons by almost anything which has touched the sick one—air, food, clothing, toys, books, wall-paper, curtains, cats, dogs, flies, the hands, etc. The discharges from the bowels, kidneys, nose and mouth are extremely dangerous, so also from the eyes, ears and skin.

So long as the skin remains in an unhealthy condition or the cuticle scales or peels off there is danger. This may continue six or even ten weeks after the fever. The infection may remain active and communicate the disease for months or years even, as when infected clothing or other article has been packed away unused.

The time which may elapse between "taking" the infection and showing the first symptoms of the disease, as feverishness, sore throat, etc., varies from one or two, to fourteen days, usually six to ten.

All persons, of any age, are liable to the disease, but most deaths from it are of children under ten years. This is chiefly because children are commonly exposed to it, and one attack usually prevents a second, though not always.

It is not at all necessary that every child