

proper pale system be introduced, so as to avoid the promiscuous dropping of faecal matter. The contents of these pales can be properly disposed of by disinfection and burial.

This is one more conquest of science over a serious and spreading disease.

A REMARKABLE CASE OF INSOMNIA.

Hon. Justice Riddell contributes a paper to the *New York Medical Journal* for 1st January, on the experiences of Robert Gourlay, of old Upper Canada days. Robert Gourlay was a very active and energetic man, but withal highly erratic.

Mr. Gourlay's own account of his life and health, he tells us that in 1833 he had a period of six weeks of continuous sleeplessness. In 1837, following erysipelas in his leg, he had a period of insomnia extending over a period of five months, during which time he obtained no sleep. In 1839 he had another spell of insomnia, lasting seven months, and no sleep. Gourlay states that morphine or laudanum had no effect on him. Another wakeful period of five months in 1841, and Gourlay appears to have completely recovered his power of sleep.

Mr. Justice Riddell very properly remarks that Gourlay was in error, as no man can do without sleep for such long periods; and correctly that many who think they have not slept, did sleep soundly, as those nearby could testify.

Most medical men have met with persons who were quite positive about the small amount of sleep they enjoyed. In this belief, however, they were in error. One very noted educationist of this country was quite certain he had slept none, while he had had eight hours' perfect sleep. Some can do with about one-half the average for most people, as, for instance, Napoleon, Peter the Great, and Gladstone. The brain can stand much gradual reduction, but not total deprivation for long.

THE COST OF TUBERCULOSIS.

Dr. A. S. Knopf, in his paper on tuberculosis, in *The Medical Record* for 8th January, makes the following calculations for the United States:

"The 150,000 adults who die annually of tuberculosis have on the average been ill and incapacitated for work for at least two years, and figuring their cost to the commonwealth (either to municipality or in-