

THOUGHTS AND OBSERVATIONS AT SO
CALLED "HEALTH RESORTS."

The following apt remarks are by Joseph William Stickler, M. D., of Hot Springs, N. C. : Many invailds may be found on mountain-tops and in the valleys who ought to go home and remain there. The great majority of invailds who are now in their own homes should stay there. Money can not buy or friends provide home comforts in hotels or boarding-houses. Big fees or little do not prevent "drummers" comming and going at various and unseasonable hours, and slamming doors, all of which is not conducive of sleep or helpful to persons who go from home to secure undisturbed slumber. Patients who can not sit upon the piazza at home without risk after sundown may sometimes be seen knee-deep in a trout-stream, or perched upon a log or cold rock looking for deer, immediately after reaching the "health resort." This is not the best and quickest road to health. Dancing in a hot and crowded parlor or ball-room till 11 or 12 o'clock in the evening, with an occasional walk or flirtation on the piazza for the sake of getting "cooled off," does not appear to be a satisfactory method of treatment for phthisical patients, or persons whose throat and lungs are weak. The man or woman who goes to the mountains for fresh air as a remedical agent and sits all day in a hotel may as well go home on the first "limited express," unless the individual is satisfied with minimum benefit. The invaild who stays at a health resort just long enough to get rid of troublesome symptoms, and then goes back to business or home duties and responsibilities, very often goes home to die.

Damp sheets and a strong draught do not, as a rule, tend to re-establish a normal condition of body and promote health.

People who occupy rooms over foul-smelling water-closets and on the side of the hotel where the sun never shines do not seem to get well so quickly as those who live on the sunny side and away from cesspool infection. Residence in a fine hotel in a malarial district does not cure malarial disease.

This JOURNAL would advise invailds, as a rule, to stay at home or go to a first class reliable sanitarium, such as that at Battle Creek, Mich., or Danville, N. Y., advertised in this JOURNAL.

PREMATURE BURIAL.

Of all deaths one can conceive of probably, not one excites such horror as that from having been buried alive in a coffin. It can hardly be doubted that there have been such deaths, although it is the opinions of many, of most physicians especially, that such very rarely indeed if ever have occurred. The New York Medical Times quotes the following from the "Times and Register": The Rev. John A. Mulcahy, of Waterbury, Conn., who is travelling abroad, in a recent letter home, says of the people of Munich, that they have a great fear of being buried alive, and for that reason, when a person dies the body is placed in a receiving vault, where it is kept for four days, and, under the method now used, a sponge is placed in one of the dead persons hands, which is connected by a copper wire with a battery and alarm signal; the hand is fastened tightly around the sponge, and at the least sign of returning animation the alarm is sounded, and the sentries, some of whom are always on duty, respond at once. In the last fifty years there have been thirty-four persons resuscitated by means of precautions of this kind. This is an appalling statement, says the Medical Times, and quite opposed to the reports of similar observations elsewhere. We remember reading about a chamber attached to a Leipsic cemetery, in which bodies were similarly laid out for several days before burial, being so connected as to ring a bell on the slightest movement. But it was added that the signal had not once been given during a period of a hundred years. It would seem that either this story or Mr. Mulcahy's must be untrue, and we fervently hope it is the latter. In view of the terrible nature of such a death, it would be comparatively a small matter to make some such provision as above described in connection with all burial places.