

by American manufacturers of pharmaceutical and food preparations which have a market in the Dominion of Canada."

TREATMENT OF SWEATING FEET AND HANDS.—Dr. Unna, (Mon. f. prakt. Derm.) recommends the treatment of cold sweating feet with hot foot baths, which should be taken at night with some stimulating substance, such as spirit of camphor, mustard, or vinegar, thereupon drying the hands and feet and rubbing with a stimulating ointment, for example; ichthyol and turpentine, of each five parts; zinc ointment, ten parts. In the morning, after washing, the feet should be rubbed with cold water and exercise taken, the cold rubbing being continued until a condition of hyperaemia and warmth is produced. The stockings are to be powdered with starch powder mixed with a little mustard.

In the treatment of warm sweating hands and feet, he recommends ichthyol, but without the warm water at night and the cold water in the morning. In the evening he recommends lukewarm water and rubbing with a simple ichthyol ointment, (ichthyol, water, of each 5 parts; lanolin, 20 parts.) In the morning the feet are to be washed with lukewarm water and ichthyol soap, and the latter rubbed off with a dry towel, so that some remains on the hands and feet.—*N. Y. Medical Abstract.*

Bearing upon the economic value of health, a subject referred to by a correspondent in our last issue, we cull the following from a paper in the *North Carolina Medical Journal*.

The writer's subject is the water supply of the state, (N. C.) and he is considering the amount of disease and death which might be averted by ensuring the purity of drinking water, and enforcing proper drainage and other sanitary precautions. He says:

"In the absence of a registration law, we can only estimate the mortality from typhoid fever in North Carolina by a comparison with other states which have such registration. Giving ourselves the benefit of every advantage, we are forced to conclude that not less than 500 of our citizens annually die from this disease. In the United States typhoid fever kills more than 30,000 every year, and we suffer our share of the mortality. For each death we may count at least eight sick on an average eight weeks. The great majority of victims to typhoid fever are in beginning maturity—the most valuable and productive period of human life. Such a life is certainly worth \$1,000. Eight sick for each death means 4,000 sick eight weeks each year, or an average of 600 sick every day in the year. A low estimate of the loss of productiveness and the general and incidental expenses of sickness would be a dollar per day for each patient.

Let us summarize:

Five hundred deaths at \$1,000.....\$500,000
Six hundred dollars per day for sickness, 365 days. 219,000

And we have a total of.....\$719,000

—a sum equal to the entire revenues of the State, ruthlessly squandered and literally wiped out of existence—taken from the resources of our State and paid for the questionable privilege of mixing our own ordure with our drinking water.

These figures are appalling and may seem incredible, but let my reader examine his own family history and visit the neighboring graveyards, and then make his own calculations. When he has accomplished this, I beg him to compute the

anxiety, the sorrow and desolation—a task for which I confess myself entirely inadequate.

Vienna, in one year, decreased her mortality from typhoid fever from 341 to 11 per 100,000 by introducing spring water in place of that drawn from the Danube river. Baltimore, Brooklyn, Memphis and other American cities have done equally well. How long would it take such a saving of life and health to balance the cost of the most expensive water works?"

When may we expect to see that these and other analogous truths have been grasped and appreciated by the people, and that the lessons learned after bitter experience have born fruit in a decisive demand for purity and cleanliness and health.

Selections.

PARALDEHYDE.

Professor John Gordon, of Aberdeen University, has recently made a searching study of Paraldehyde. It is the most careful and elaborate investigation of the properties of this drug we have met with. We have only space for his clinical observations.

"In addition to the experiments that were conducted on the lower animals, the drug was frequently prescribed in cases where I thought it indicated. I found it highly serviceable in cases of insomnia without pain, as for example the sleeplessness accompanying heart disease, pneumonia, bronchitis, emphysema and phthisis. In all these diseases I tried the effect of a full dose and found the action to be both speedy and secure. The patient rapidly passed into a tranquil and refreshing sleep and awoke without any unpleasant sensations. In overwork followed by loss of sleep I found it extremely valuable, and also in vague nervous ailments with insomnia. The advantages of the drug as a hypnotic, to which group it distinctly belongs, depend on the following points, (1.) It is not a cardiac depressant; (2.) It has no marked period of toleration since in some cases of insomnia from overwork the drug has been taken in the same dose for some months with equally good hypnotic results; (3.) No marked craving for the drug seems to be induced by its use; (4.) It does not, except in large doses, produce a hypnotic effect on a person not suffering from sleeplessness, hence there is no probability of its abuse; (5.) It has not a marked period of excitement before the hypnotic action takes place; (6.) Its action is speedy, patients generally falling asleep within ten minutes after its administration; (7.) The patients may be aroused while under its influence, without any disagreeable or confused sensations; (8.) The sleep which it produces is tranquil and quiet, with diminished respirations; this slowing of the respiration in many pulmonary diseases is of distinct advantage; (9.) It is not liable to disorder digestion; (10.) In many cases it is gently laxative in its action.

No loss of appetite followed its use in my cases, nor headache, nor thirst. The dose I found most serviceable for adults was from 40 to 60 minims. My method of prescribing it was to well dilute it with cinnamon water, adding a little syrup of tolu and compound tincture of cardamoms. Syrup of lemons is also an agreeable combination with it."—*British Medical Journal*, 1889, Page 515.

DUNCAN: "Ha's ye got a licht, 'Tonal?'"

DONALD: "Yes, but its oot."