

feelings of heat, thirst, accelerated circulation, and excited senses, all of which are removed or allayed by warm bathing. The irritable and excited senses and brain are soothed, as well by the abstraction of the superfluous caloric as by the direct influence of the bath on the sentient portion of the skin. Hence, while strictly admitting the counter-stimulant, or sedative and tranquilizing action of the warm bath, we can understand how it should give feelings of renewed strength, by removing and quieting irritation and morbid excitement, which are, as we see in fever, inflammation, &c., so enfeebling and exhausting to the human frame.

By most persons, including even our professed teachers, a belief seems to be entertained that tone or tonic effect implies the addition of a new and active principle to the existing textures and organs of the living body. Whereas, in fact, a tonic merely acts by placing the functions in such a rhythmical condition as that the nutrition shall be more readily and completely performed; and that all the organs, in consequence, shall receive their full supply of duly elaborated blood. Another evidence of tonic effect will be a greater readiness of innervation, by which the senses are more quickly called into exercise, and the locomotive muscles into active contraction. Warm bathing complies with these requirements, and, in virtue of its sedative or contra-stimulant operation, procures tonic effects. If asked for proofs of this assertion, we point to the uniform tradition of Grecian mythology, to the uniform practice of entire nations, Asiatic and European, some of whom have been celebrated for their bodily strength and prowess in the field of battle; and, in fine, to the uniform testimony of all travellers.

ARE THE DISEASES OF CHILDHOOD AVOIDABLE?

BY C. E. SAUNDERS, M.D.,

Medical Officer of Health for Herts and Middlesex, England.

Much as has been said and written on the prevention of infectious disease, a most important point seems to have escaped general observation; it is, namely, the belief which obtains that infectious disease, at least, let us say, measles, scarlatina, and whooping-cough, belong to childhood.

No one would accuse the learned medical officer of the Privy Council of holding such a view, yet so familiar has the idea become, that we find him referring in his last report, to