of twilled calico, half a yard wide and four yards long; roll these up lightly and raise them to a great heat in a closed earthenware vessel in a hot oven. Immerse as much of one as is necessary to cover the abdomen in water, and apply closely to the abdomen, then rapidly and firmly roll the rest of the bandage round the abdomen and loins; take the other hot bandage out of the earthen vessel and wrap it firmly round the first. In this way heat and moisture are kept applied to the abdominal walls, keeping up the free circulation of blood and soothing the nervous system. Schüller put a warm compress on the belly of a rabbit, and having removed the cranial walls, he noticed that an immediate and long-continued contraction of the meningeal vessels, with slowing of the cerebral movements resulted.

4. *The wet pack.*—This is most useful in those cases of erethetic neurasthenia resulting from prolonged overwork, mental distress, morphine habit, chloral drinking, and chronic bhang-poisoning. Any immediate beneficial results cannot be expected in these cases. The mechanical stimulus of massage temporarily excites rather than soothes the ill-balanced nervous system. Drugs are contra-indicated and moral suasion is useless. Should the patient's surface temperature be subnormal (*i.e.*, foot under 90° F. and palm less than 95° F.), moderately firm friction of the limbs and trunk should be employed to raise the superficial warmth. The bladder should be evacuated. The patient should have the pack as soon as the previously retarded circulation begins to be accelerated. The night-clothing should be well warmed and put on as quickly as possible. With all four the recumbent position must be maintained in a quiet, cool, well-ventilated room, the diet must be carefully modified, and daily massage performed.

DISINFECTION AND DISINFECTANTS.

Conclusions of the Committee on Disinfectants of the American Public Health Association.

The most useful agents for the destruction of spore-containing infectious material are:

1. *Fire.* Complete destruction by burning.
2. *Steam under pressure.* 105° C. (221° Fahr.) for ten minutes.
3. *Boiling in water* for half an hour.
4. *Chloride of lime.* A 4 per cent. solution.
5. *Mercuric chloride.* A solution of 1:500.

For the destruction of infectious material which owes its infecting power to the presence of micro-organism not containing spores, the committee recommends:

1. *Fire.* Complete destruction by burning.
2. *Boiling in water for* ten minutes.
3. *Dry heat.* 110° C. (230° Fahr.) for two hours.
4. *Chloride of lime.* A 2 per cent. solution.
5. *Solution of chlorinated soda.* A 10 per cent. solution.
6. *Mercuric Chloride.* A solution of 1:2,000.
7. *Carbolic acid.* A 5 per cent. solution.
8. *Sulphate of copper.* A 5 per cent. solution.
9. *Chloride of zinc.* A 10 per cent. solution.
10. *Sulphur dioxide.* Exposure for twelve hours to an atmosphere containing at least 4 volumes per cent. of this gas in presence of moisture.

The committee would make the following recommendations with reference to the practical application of these agents for disinfecting purposes:

FOR EXCRETA.

(*a*) In a sick-room:

1. Chloride of lime in solution, 4 per cent.

In the absence of spores:

2. Carbolic acid in solution, 5 per cent.
3. Sulphate of copper in solution, 5 per cent.

(*b*) In privy vaults:

1. Mercuric chloride in solution, 1:500.
2. Carbolic acid in solution, 5 per cent.

(*c*) For the disinfection and deodorization of the surfaces of masses of organic material in privy vaults, etc.:

Chloride of lime in powder.

FOR CLOTHING, BEDDING, ETC.

(*a*) Soiled underclothing, bed-linen, etc.:

1. Destruction by fire, if of little value.
2. Boiling for at least half an hour.
3. Immersion in a solution of mercuric chloride of the strength of 1:2,000 for four hours.
4. Immersion in a 2 per cent. solution of carbolic acid for four hours.

(*b*) Outer garments of wool or silk, and similar articles, which would be injured by immersion in boiling water or in a disinfecting solution:

1. Exposure in a suitable apparatus to a current of steam for ten minutes.
2. Exposure to dry heat at a temperature of 110° C. (230° Fahr.) for two hours.

(*c*) Matresses and blankets soiled by the discharges of the sick:

1. Destruction by fire.
2. Exposure to super-heated steam, 105° C. (221° Fahr.) for ten minutes.

(Mattresses to have the cover removed or freely opened.)

3. Immersion in boiling water for half an hour. —*Jour. of Am. Med. Assoc.*

(*To be continued.*)