

THE CITY'S HEALTH.

The health committee have, for them, made a vast stride in this direction, inasmuch as at one of their recent meetings they agreed that "something" should be done as to the regulation and sale of milk to the citizens of Winnipeg. What this something will be, and when the something will become anything, it is in the womb of the future to unfold. Meanwhile children will languish, sicken and die all for the lack of ordinary hygienic precautions, until in the misty future the collective wisdom of the committee hatch out some scheme for grappling with the evil condition of things which now exist. We also have tidings of joy conveyed to us by the health officer who in his report informs the public that with the assistance of the school officials he has succeeded in stamping out all infectious disease. For the benefit of mankind in general these officials should make public the *modus operandi* by which so desirable a result has been obtained. The medical profession will have to look to themselves if the physical as well as the mental culture of the youth of our city is under the direction of such omniscient power. We can understand their adopting such precautions as to minimize the danger of infection from one child to another attending the same school, but until they render inert the microbes and bacilli; the origin of disease, stamping out contagion is a mere figure of speech. The surroundings of this city are too favorable for the production of disease germs to admit of the employment of any successful means for the stamping out of contagious disease being possible. The milk, the water and the air will first require to have these contagious particles stamped out of them and at present there seems to be but little effort made to keep any of these fluids in an ordinary condition of purity. Infantile diarrhœa which has of late been very rife may reasonably be largely attributed to the cows' milk consumed. There has been little or no growth of grass for the last three months while weeds have been exceptionally luxuriant, hence the cows feeding on this herbage in many cases secrete a fluid irritating in the highest degree to the intestinal tract

of children. No boiling will get rid of this poisonous matter and the wisest way is to abandon cows milk altogether and feed the infant and young child on the best brand of Swiss condensed milk which will be found not only unirritating as food, but wholesome and nourishing. Perfectly healthy milk is never yielded by a cow allowed to roam over the prairie. Dairy cattle should be fed on enclosed land laid down in pasture of clover and grass, free from weeds, and the milk handled with the most scrupulous cleanliness. Until these precautions are carried out milk will continue to form an important factor in the production of infantile disease.

A PLAN FOR RELIEF OF WHOOPING-COUGH SPASMS.

Dr. Nægeli publishes in the *Correspondenzblatt für Schweizer Aerzte*, a paper on whooping-cough, in which he pays particular attention to the convulsive attack of choking, describing the latter as follows: Spasm of the glottis makes every inspiration impossible, tonic convulsions of all laryngeal muscles follow, all muscles of the throat and at last those of the face also share in the attack. Trismus almost always is present during the acme of the convulsion, although the tongue generally protrudes. As soon as it is possible to open the rima glottidis again so far as to admit of sufficient air for respiration, all sensation of choking and congestion of the blood with their sequelæ disappear as by a miracle. Heiberg was the first to observe that the raising of the upper jaw is the best method of making the larynx admit air, and he recommended a plan for that purpose, which Kappeler had mentioned before him, and which Nægeli has modified and described as follows: Standing in front of the child, the nurse lays firm hold with the index and middle finger of the ascending ramus of the lower jaw in front of the ear, places both thumbs against the chin, and by strong but gentle traction and pressure moves the lower jaw forwards and downwards. If the mouth is a little open the jaw may be fixed by placing the thumb or index finger alone behind the