

9. Expectorate and blow the nose immediately on leaving the sick-room.

10. Keep up the general health by good food, exercise, and temperance.

11. In addition to the above recommendations, which are all pretty generally known, I would suggest another, which is, in my opinion, the most important of all. This is to filter all the air you breathe while in the sick-room or ward through an antiseptic medium. My method is to use a McKenzie's inhaler over the nose and mouth. I carefully soak the sponge in a strong solution of carbolic acid before entering the sick-room. It is so made that all the air breathed must necessarily come through this sponge, and the expired air is emitted by a valve action at another place. I have worn this not only in the Fever Hospital wards, but in many of the typhus dens in this borough. It is to this method that I attribute the fact that although I have attended between 200 and 300 cases of typhus during the last twelve months, and seen many more, I have hitherto escaped infection myself. The only objection (which is not of much importance in a hospital) is the unsightly appearance one has with the inhaler *in situ*. This objection, is, however, a very slight one when weighed against the greatly increased safety one not only feels, but I believe actually possesses. I am not aware of this method having been mentioned previously; and this fact, and my desire to prevent a repetition of the late disastrous fatalities, must be my apology for bringing it before the profession.—*Med. and Surg. Report.*

### HOW TO HOLD THE LARYNGOSCOPIC MIRROR.

Don't hold your mirror as you would a cart whip, hold it as you would a pen, and pass it over the extended tongue without hitting that sensitive organ. If you scrape the tongue with the mirror, ten to one the patient will gag. When you get it beyond the tongue, lift the uvula gently on the back of the mirror, and you will be almost sure to see the reflection of the epiglottis and more or less of the larynx. A gentle motion of the mirror toward one side or the other or forward or backward, will enlarge the field of vision correspondingly.—*The Polyclinic.*

### BATHING INFANTS IN THE SEA.

At the present season a mistaken and mischievous practice is much in vogue. Daily torture is inflicted on thousands of tender and helpless infants by forcibly plunging their bodies, in spite of shrieks and struggles, into the open sea. This cruel and time-honored process may now be seen in full operation at any seaside resort. Affectionate mothers hand over their infants to stalwart and impassive bathing-women, to be plunged head foremost into the sea, under the absurd notion that the

procedure vastly benefits the little ones. Day after day, with relentless regularity, very young children and babies are borne out amid the waves and subjected to their dreaded ducking, in the firm belief that their trembling bodies, often writhing to the verge of convulsions, are thus made healthy and hardy. All experience on the subject, and the teachings of all medical authorities on sea bathing, agree in support of the two following rules—namely, that a child under two years of age ought never, under any circumstances, to be bathed in the open sea, and that no one, child or adult, can enter the sea without danger while under the influence of emotional excitement.—Under two years of age, a child's body is too weak to gain any benefit from the shock of immersion in the open sea. Its nervous and circulating forces are too feeble for the development of that vigorous reaction without which sea-bathing is either useless or hurtful. In the absence of strength for such reaction, a sea-bath tends to chill an infant's body, and predisposes to internal congestions. At any age, the shock of immersion in the sea brings risk of danger, and even of death, when the emotions are powerfully excited, and especially when the mind and body are dominated by that most depressing of human emotions—fear. Infants are not always bathed in the sea merely with the intention of making them strong. There is an old sea-side tradition that babies diligently bathed become fearless in the water when they grow up. This notion is also false. Than that infants gain courage by being plunged in the sea, it is more probable that many a nervous child has acquired a dread of bathing which no after experience could remove, because it was compelled in fear and trembling to plunge under water. If a child be sufficiently robust to develop a good reaction, if it be over two years of age, and, above all, if it be not afraid, it may be bathed in the sea with advantage. If any of these conditions be wanting, sea-bathing for children is likely to be positively injurious.—*British Medical Journal.*

### ETIOLOGY OF URETHRITIS.

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The line of demarkation which separates a urethritis caused by the contact of gonorrhœal pus, and an attack due to the effect of some other irritant introduced into the urethral canal or otherwise, is so obscure and undefined that in many cases it is very difficult, or even impossible, to decide the etiology of the affection. Many writers upon this subject are willing to base their diagnosis upon the differences in the symptoms as presented by this disease when having its origin in gonorrhœal contagion, or when from other causes. The former is said always to run a more