

disinfected and aired while the wearer was in school, instead of having, as is now so commonly the case, the clothing of all closely packed in an unventilated closet.

Selected Articles.

FATALITY OF THE LONDON FOG.

The Registrar-General's returns tell how disastrous to life has been this period of fog and frost. Such a mortality savors of pestilence, so serious has it been. The fogs of the past period killed more English people than have fallen in any battle since Waterloo. Of course, many of those slain by the fog were children; but still the bulk were adults. Such a death-rate has not been known since the cholera outbreaks of 1849, 1854, and 1866. Compared with the death-rate of the preceding week, the increase has been fifty-four per cent. In the West End the increase was only thirty-two per cent., whereas in the eastern districts it was no less than eighty-three per cent. The Registrar-General had to expect seventeen hundred and nineteen deaths; the actual number registered amounted to the terrible total of three thousand three hundred and seventy-six. Sixteen hundred and fifty-seven persons have been surely killed off by this fog-cloud. If such is the number of the killed, what is the proportion of the wounded? How many persons have just escaped with their lives cannot be estimated, but their name is legion. Wearied diaphragms and strained right ventricles there are in any number; and it will take a considerable period of time before a very large proportion of the inhabitants of London forget, even as regards their subjective sensations, the fogs of Candlemas, 1880.

The large amount of lung-embarrassment in these cases was a special feature, and called for its appropriate treatment. In ordinary bronchitis there is the first stage of swelling of the bronchial mucous membrane, with an absence of expectoration, indicating nauseant diaphoretics to reduce the vascular turgescence and promote secretion. After that comes free secretion of frothy mucus, producing bubbling râles. A few days of free expectoration, when the patient's strength must be kept up by might and main, and then the expectoration gradually falls. But in these cases there was from the first expectoration of those curious, large, ashen gray masses. The râles were fine, and there were no whistling and cooing sounds. It was a fight betwixt the respiratory centres and the diminished lumen of the finer air-tubes; and a stubborn fight these respiratory centres made. But terribly exhausting work is it to maintain the contest; and stimulating expectorants and nutritive fluids, with alcoholic additions, have to be given

in no stinted quantities. What became of those patients who got paregoric, chlorodyne, or chloral I do not know, but probably the undertakers and the grave-diggers could tell of the strain put upon them. How long the respiratory centres could maintain the struggle when the paralyzing effects of these drugs are added to the already exhausting strain upon them, again I do not know, for no opportunity for watching the effects came under my personal observation. Firmly impressed by my experience of the stimulating effects of certain agents upon the respiratory centres and upon the cardiac ganglia, my therapeutic line of treatment was arranged accordingly. To flog these vital centres is clearly the plan to adopt. The heart and respiration must be kept up at all hazards; and kept up they were in most cases. Especially marked were the effects in one case, where there was old-standing emphysema consequent upon chronic bronchitis, with a dilated right heart, for which the lady spent a winter in Algiers three years ago. Fortunately, she had been on strychnia, digitalis, and iron for eighteen months, when the fogs came upon her in the midst of an active life. Sitting up in bed, her back supported by a board, with her shoulders fixed to give the accessory muscles of respiration fair play, her clenched hands spoke of the energy with which she maintained the fight for breath, whilst the dusky hue of her countenance told how keen the struggle was. An undaunted will was there, which had no slight effect upon the result. Day after day the struggle was maintained with stern decision. Inhalations of terebene on a sponge wrung out of hot water soothed the air-tubes and made the expectation somewhat freer, but could not be said to be as useful and beneficial as they are when the larger tubes alone are affected. To whip on the heavily-taxed respiratory centres was the substantial aid medicine could give her: so three grains of carbonate of ammonia, with five drops of tincture of nuxvomica, were given, along with five minims of tincture of digitalis, to maintain the right ventricle, every four hours. Such relief did this combination afford that at her own request the medicine was taken every three hours. Fortunately, the stomach gave little or no trouble, the cough only occasionally producing vomiting. The respirations kept about 32 per minute, and the pulse 120. Feelings of deadly faintness came on, but, fortunately, never reached unconsciousness; the right ventricle never faltered, and the pulse never became irregular or intermittent. And so in time the battle was won; and the amount of prostration which remained told how severe the contest had been. When the critical time was over, the pulse fell to 80 and the respirations to 14 per minute, though the medicine was continued, showing how exhausted the vital centres were. The lady said, plaintively, "Oh, my heart is so tired, and my diaphragm does ache!"