

which must in the end be decided according to the taste of each guest. At private parties in this country late hours are not frequently indulged in; but in the United States, according to newspaper reports, the reverse is true. A number of prominent Philadelphia women have reached the conclusion that gentlemen who attend fashionable dancing parties do not obtain enough sleep, as they are often busy men of affairs. To dance and act the agreeable from 9 p.m. to 2 or 3 a.m. next morning, and then to appear in the world of business before noon, is, from their standpoint, to carry on a programme which cannot fail to destroy both mind and body.

There seems to be a certain spice of truth running through this complaint, but when all is said, it must be confessed that the occasion of the complaint is not a sign of degeneracy. Earlier hours will, no doubt, be a solace to the elderly guests, and will do no harm to young roysterers; but such an innovation will never prove popular so long as young people dance. To the weary laborer,

"Oh, sleep, it is a gentle thing,  
Beloved from pole to pole,"

and in that deep, dreamless sleep which follows toil he gets a physical compensation which wealth cannot buy, and which sends him to his work next morning with an unclouded brow. To the worshipper at the shrine of fashionable society, whose daily physical exertions are of the gentlest description, rest is very sweet after "chasing the glowing hours with flying feet," and if he will only be careful to avoid unwholesome comestibles and beverages, his dancing may to a certain extent atone for the errors of an indoor life.

In any case, since America has put her armor on and the twentieth century seems to belong to her, an abundance of physical vigor in her young men and young women is a healthful sign of future national strength, and a prognostic that what she has won by the sword shall not be lost through luxury and indolence. J. J. C.

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### THE HYGIENIC TREATMENT OF CONSUMPTION AT NORDRACH.

OUR readers, who are interested in the most recent views on the treatment of consumption, will be pleased with the perusal of a