

VALUE OF BREAD AND MILK DIET.—You will never find in all your travels, says a correspondent of the Boston Globe, a character more unique and interesting than the subject of this sketch, Dr. Isaac Bartlet, of Hope, Mo. Here is a man that has nearly lived his three score years and ten, a medical practitioner too, on one particular diet, namely bread and milk; not, perhaps, from any particular virtue in his own right, but, more properly speaking, because he was born with a liking for bread and milk, and a taste or appetite, with slight exceptions, for no other kind of food; a man who has never eaten an ounce of meat in all his life; who has never taken a teaspoonful of intoxicating liquors of any kind; who has never used tobacco, tea or coffee, except in the case of coffee once or twice, but very weak, and a man, too, who is hale and hearty, bright and active, for a man of his age, and who tips the beam at 240 pounds.

#### THE PREVENTION OF TUBERCULOSIS.—

Last year a congress for the study of tuberculosis was held in Paris, as our readers know. At this meeting a permanent committee was appointed to formulate simple and practical instructions regarding the prophylaxis of tuberculosis. On behalf of this committee M. Villemin has recently submitted a report which has already been approved by four professors of the medical faculty of Paris, and of which the following is a brief summary: 1. Tuberculosis is, of all diseases, the one which has the largest number of victims in the cities, and even in certain country districts. In 1884, for instance, of 57,970 deaths in Paris, 15,000 were due to tuberculosis. 2. Tuberculosis is a virulent contagious, transmissible, parasitic disease produced by a microbe, the bacillus of Koch. This microbe, apart from direct hereditary transmission, finds its way into the organism through digestive and respiratory tracts, and through wounds of the skin and mucous membranes. The propagation of tuberculosis may be prevented by well directed precautions. 3. The parasite of tuberculosis may be found in the milk, muscles and blood of the food animals. The use of raw and underdone meat and blood that may possibly contain the living germ of tuberculosis should be prohibited. Milk, for the same reasons, should be boiled before being used. 4. On account of the dangers concealed in milk the protection of infants, who are so easily

attacked by tuberculosis, should attract the special attention of mothers and nurses. The tuberculous mother should not nurse her child. Cow's milk when given, should always be boiled. There is less danger in giving ass's and goat's milk unboiled. 5. It is greatly to the interest of the public to assure the proper inspection of meat, as provided for by law. The only sure way to avoid the dangers of tubercular meats is to see that it is *thoroughly* cooked. 6. Inasmuch as the germ of tuberculosis may be conveyed from a tubercular to a healthy man by the sputum pus, inspissated mucus, and any object containing tubercular dust, it is necessary to bear in mind that: 1. The sputum of phthisical persons being the most dangerous agent of transmission, there is a public danger from its presence upon the ground, carpet, hangings, curtains, napkins, handkerchiefs, cloths and bedding. 2. The use of cuspidors by everyone should be insisted upon in all places. Cuspidors should always be emptied into the fire and cleansed by boiling water. They should never be emptied into rubbish piles, upon gardens, or where there is a possibility of infecting poultry, or even into water-closets. 3. It is unsafe to sleep in the bed of a tuberculous patient, or to spend a great amount of time in the room of such a patient; least of all should young children be allowed to sleep in such a room. 4. Individuals considered as predisposed to contract tuberculosis should be kept away from localities frequented by phthisical patients. 5. One should not use objects contaminated by phthisis (linen, bedding, clothing, toilet articles, jewelry, hangings, furniture, playthings, etc.), except after suitable disinfection. 6. Rooms and houses occupied at watering places and resorts should be furnished in such a manner that disinfection may be easily carried out after the departure of each invalid. It is the best plan of all to furnish rooms without curtains, carpets or hangings, to whitewash the walls, and cover the floor with linoleum.

TUBERCULOUS MEAT: A NATIONAL QUESTION.—Such is the heading of an editorial in a late number of the British Medical Journal from which the following is an extract: It is daily becoming more and more evident that the tuberculosis question is one which, in its bearings on our meat supply, will have to be taken in hand by the Government promptly and vigorously. It is, however, a good sign that so many cases are coming up for decision before the magistrates; and that, on the