

beneficial result—it washes away the mucus which is secreted by the mucous membrane during the intervals of repose, and favours peristalsis of the whole alimentary tract. The membrane thus cleansed is in a much better condition to receive food and convert it into soluble compounds. The accumulation of mucus is specially well marked in the morning, when the gastric walls are covered with a thick, tenacious layer. Food entering the stomach at this time will become covered with this tenacious coating, which for a time protects it from the action of the gastric ferments, and so retards digestion. The tubular contracted stomach, with its puckered mucous lining and viscid contents, a normal condition in the morning before breakfast, is not suitable to receive food. Exercise before partaking of a meal stimulates the circulation of the blood and facilitates the flow of blood through the vessels. A glass of water washes out the mucus, partially distends the stomach, wakes up peristalsis, and prepares the alimentary canal for the morning meal. Observation has shown that non-irritating liquids pass directly through the “tubular” stomach, and even if food be present they only mix with it to a slight extent. According to Dr. Leuf, who has made this subject a special study, cold water should be given to persons who have sufficient vitality to react and hot water to the others. In chronic gastric catarrh it is extremely beneficial to drink warm or hot water before meals, and salt is said in most cases to add to the good effect produced. We (Editor Can. H. Jr.) should say a very small quantity of salt would be sufficient.

CHOLERA PREVENTION IN GREAT BRITAIN.—Dr. Thorne Thorne, gives the English system of protection

against cholera as follows (Practitioner, Oct. 87: (Having deliberately abandoned the system of quarantine, we began many years ago, to organize the system of medical inspection with isolation. The medical inspection comes first into operation on our coasts. The customs officers board the vessels coming into our ports and they at once communicate to the sanitary authorities the occurrence of any case of cholera, choleraic diarrhoea, or suspected cholera. A vessel so affected is detained until the medical officer of health has examined every member of the crew and passengers. Those actually sick with cholera or choleraic diarrhoea are at once removed to the port sanitary hospital, and any person certified to be suffering from any illness which that officer suspects may prove to be cholera is detained for a period of observation not to exceed two days. The medical inspection is thus followed by isolation of the sick. Unlike the quarantine system this process does not interfere with the healthy, or expose them to risk by herding them together with the sick, but, the names of the healthy and the places of their destination are taken down and the medical officers of health of the districts in question are informed of the impending arrivals. Farther, our main trust is in the promotion of such local sanitary administration in every part of the country as shall rid us of the conditions under which alone cholera can spread. In periods of emergency, as during the past three years, a special medical survey of such districts as are exposed to risk is organized under the supervision of the medical officer of the Local Government Board, and, where needed the sanitary authorities are urged to action. Important as have been the results of the survey, they would go for little, were