

work, both mental and bodily, is at once the most general and the least regarded form of illness. Do what we may, it is next to impossible to escape from it ; but there is a certain satisfaction in being able to recognize its features. It is too a preventable evil. Its treatment requires chiefly that due attention be paid to the two great essentials, timely rest and wholesome diet. Work, however irksome, may it is generally allowed, be undertaken on a liberal scale, if only it is not too continuous, but is broken by timely and adequate intervals of rest. The value of a plain and liberal dietary is hardly less, and we may take it as a maxim for the times that, so long as appetite and sleep are unimpaired, there is no dangerous degree of overwork, and conversely, that a failure in either of these respects should be regarded as a warning signal, to which attention should be paid by at once relieving the strain of exertion.

ATHLETES are not required in this age, but fine active controllable muscular systems and brains. We are full in accord with the following, from a lecture given by Dr. G. W. Anderson, Jan. 5th, 1889, at Cooper Union, before the New York Academy of Anthropology (reported in the Doctor) : Of what use to day would the strength of Milo be to a man? Scanderberg would have found a position in a dime museum as a curiosity. Morris, the Count of Saxony, would have done the work that is now done by animals. John L. Sullivan does little for the advancement of physical education. What we long for most in the muscular system is quality not quantity. We want men whose well developed muscles are controlled by better developed minds. We wish to prove that gymnastics will cure and remedy certain physical defects. Above all we wish to elevate the science of physical education by proving that we can develop the brain through the muscles. Huxley in his description of a man who has had a liberal education says ; " he is one who has been so trained in youth that his body is the ready servant of his will, and does with ease and pleasure all the work it is capable of." Rousseau in his treatise on education says ; The feebler the body, the more it commands ; the stronger, the more it obeys." Dr. Anderson, had found in his practice that systematic gymnastic training would produce symmetry of the muscles ; that a clumsy, awkward boy was changed by exercise to a graceful well-proportioned youth. Not only was the muscular system developed, but through the muscles the nerves, and through the nerves the brain. There were cases where boys with sluggish minds had been greatly benefitted by muscle and nerve training, and in several instances they had ultimately excelled in mental work. DuBois-Reymond has shown the necessary connection between brain and muscle and that by far the most marked influence of physical exercise is upon the nerve centres.

OF THE VALUE OF HYGIENE, one of the best illustrations is furnished by Mosny, in the

*Revue d'Hygiene* for January, 1888 (Albany Med. Annals) in describing the water supply of Vienna. Before 1874, Vienna received nearly all its water from the Danube. Since that date, large reservoirs built in the mountains near the city have been in use to collect spring water, so that in 1886, about 88 per cent. of all the city houses were provided with pure water. Dysentery has now become quite unknown. In 1869, 1870 and 1871, there were about 100 fatal cases of this disease : in 1872, 38; in 1873, 53; in 1874 and 1875, 32 ; in 1877 and 1878, 17 ; in 1880, 11. Since that time none have occurred. Typhoid fever has also well-nigh disappeared. In the decade of 1850 to 1860, the mortality from this disease was about two for every 1,000 inhabitants. In 1871 an epidemic appeared in which mortality rose to 4.5. After 1874 it began to fall until it has now reached the low figure of .11, or less than one in 9,000. In the winter of 1877 the reservoir of spring water had become frozen, and to supply the demand, four districts of the city were provided with water from the Danube until February 10th. An epidemic of typhoid thereupon appeared in March, in which twenty-nine out of every 100,000 inhabitants succumbed ; of every 100 sick, twenty-five died. In those districts in which no Danube water had been distributed, the mortality rose but slightly above the usual rate.

THE New York Times of the 27 inst, under the head of " Tuberculous beef and milk," gives an Editorial commenting on the half a million dollars appropriated by Congress for protecting the cattle industry, but complains that " the people themselves suffer great loss, both of health, and of life, by a disease (tuberculosis) that is in many cases communicated to them from cattle," and adds, " they too should be protected." " The Bureau of Industry inspected 305,280 animals last year and killed only 8,139. About one-third of these had pleuro-pneumonia. The percentage of those having tuberculosis is much larger."

THE annual mortality, the Times continues, in conclusion, caused in this country by that form of tuberculosis called consumption, is estimated to be 130,000. " The concurrent testimony of prominent physicians, veterinarians, and bacteriologists is to the effect that this terrible mortality can be largely decreased by preventing the sale of the beef of tuberculous cattle and the milk of tuberculous cows. The careful sanitary inspection of all herds for the purpose of eradicating this disease is required for the protection of the people."

A DOCTOR recommends, in the British Medical Journal, his fellow practitioners to have small pads of cotton batting, with light tapes attached, tied over the mouth and nose, to prevent the entrance of infections on visiting infected patients ; to be burned when taken off. A