

alcohol, especially in refined society, and that such is "especially the case in some districts where rigid teetotal principles have been largely adopted by the inhabitants." The misuse of drugs of this sort has been accentuated by a knowledge, on the part of the public, of the hypodermic method of administration, and the rapid results which follow. Beneficent and powerful as they are when wisely used, or in professional hands, they become a most dangerous when used by patients in secret; the feeling of their necessity grows upon the subjects, reducing them to a state of anæmia and emaciation with moral perversion, from which it is difficult to rescue them. The cases are but few, as the journal says, in which morphine and a hypodermic syringe should be entrusted to the patient for self-administration; "when this must be left to unprofessional hands, the nurse, or some friend, should be the administrator," and for similar reasons the chances of abuse are lessened when prescriptions for mixtures containing morphine are so endorsed as to be used for fourteen days only from date of the prescription; a habit which is usual with most careful physicians.

**A MISUNDERSTOOD SAYING.**—Some people quote a saying—"Feed a cold and starve a fever," while a few we believe give it the other way—"Starve a cold and feed a fever," which is the safer form to practice. The correct and original rendering is, it appears "If you feed a cold you may have to starve a fever." This implies that the "cold" with which many will be troubled during the next few months, should not be fed very liberally. Rest, in a well ventilated room—in pure air, and abstinence—a light simple diet—are in nine cases in ten the best remedies for a cold.

**FRESH AIR FUNDS.**—This reminds us again of the first and most constant essential of life—pure air? Fresh air funds are started in cities for the purpose of giving poor children a holiday in the country, or on the water. Most praiseworthy philanthropy. But why not have a fresh air fund in the family, say, for buying fuel in cold weather for warming abundance of the cold outer air. The great obstacle to ventilation with the "great majority" is the cost of warming the cold air, as it is let into the dwelling. Letting in the outside fresh air freely enough cools the room or rooms too much. Or the same objection is felt to withdrawing the warm air by a free opening in a warmed chimney or stove pipe; which is in fact the best way to ventilate. But

we would again urge that it is better to pay a coal bill than a doctor's bill. An incalculable multitude of "colds" with their consequences, often serious, come from rebreathing breathed air in close rooms. Count on a few dollars worth of extra fuel this year and let in more fresh air and note the result.

**CHURCH SLEEPING** is in many cases but a sort of irresistible yielding to the first stage of asphyxia, from foul air. When one reflects that every human being requires every hour about 3000 cubic feet of pure air in order to supply the needs of the body, it need not appear strange that in any of the churches (for where is there one even moderately ventilated) fairly filled, as most of them are, the air soon becomes too foul for properly supplying the intellectual faculties. Hence stupor, drowsiness and sleep. Foul air is a sort of dirt that will not mingle well with Godliness; and indeed should not be tolerated by professing christians in the House of God.

**SCHOOL SLIPPERS** constitute one of the essentials of health as well as of comfort. In some of the public schools in England the children are each required to be provided with a pair of slippers. On reaching school the boots or shoes worn outside and often wet are exchanged for the dry slippers; while wet boots have opportunity to dry before being worn again. Aside from the healthfulness and comfort of this practice there is nothing in it at all opposed to the strictest economy, and no parent can plead want of means. It should indeed be a most universal practice in all schools, and not only in a few of the higher schools for girls as at present.

**DISINFECTION OF PHYSICIANS CLOTHING** is a subject of importance, alike to the public and to the physician himself. Dr. Dickinson, in the Brooklyn Medical Journal, describes a closed wardrobe for this purpose. It is made of galvanized iron, 6 feet high, and 18 by 24 inches on the floor. The clothes are hung in the top part, and beneath is provision for burning an ounce or two of sulphur, with alcohol. Four hours may suffice for the process but it is advised to leave the clothes in longer. Steam as stated would probably shrink the clothing, and dry heat in this way would be impracticable by any simple method.

**WHEN THE SOURCE** or origin of an outbreak of infectious disease is doubtful, it would be well to look to the domestic animals. A case is reported (Pop. Sci. Monthly) in which a skin-disease was transmitted from a cow to a family