

## EDITORIAL NOTES.

A WINTER CONSTITUTION and how to cultivate it is the heading of a suggestive article in Good Health for November. "Nature. . . helps us put on a winter constitution, which, if properly developed, will protect us from the cold. If, when the cold change comes, instead of stimulating the action of the skin and kindling the furnace fires of our body with a great amount of pure oxygen from out-of-door exercise, we shut ourselves up in close warm rooms, we will doubtless have colds all winter. Some people keep their houses warmer in the winter than in the summer—from 80° to 85° most of the time. Then when they go out, not being fortified by a winter constitution, but with the skin relaxed from a close, hot atmosphere, they cannot help taking cold."

WANT OF WINTER VENTILATION, we contended in our October issue, is responsible for a very large proportion of the high March mortality which is recorded every year in this country. It too, prevents the development of the desirable winter constitution. Living in rooms which are kept too warm, is probably a cause of the high March death-rate but little less fruitful than is the want of ventilation. Keep on being out of doors as much as possible as the weather gets colder. "Don't house up." Keep heavy overcoats and mufflers for the severest cold or stormy weather only, and never live in a room with the temperature of the atmosphere in it above 68°, or at most 70° F. ; better at 65°.

APPROPOS to our October strictures on the foul air of railroad cars, we find the following in a Massachusetts railroad journal: "Death from burning is the most horrible death a man can suffer, and it is on account of the torture connected with it rather than its frequency that we urge so strongly the adoption of locomotive steam-heating systems. It is certain that in railway travel much more of life has been destroyed by poor ventilation of cars than by fire. The destruction is not immediate or obvious, but no person can breathe the air which is sometimes found in cars without having his life shortened thereby. On many roads the ventilation of cars is unwarrantably neglected, to the injury of their business as well as to the injury of the health of the passengers. That road which takes the lead in having conspicuously well-ventilated cars will deserve and will receive public commendation and an increase of patronage."

AGAIN, in the Epitome, a medical journal, is the following: It would be difficult to conceive of a conjunction of circumstances more

directly aiding in the dissemination of consumption than is offered in the palace car . . . always badly ventilated, the vestibule car especially is close and hot, sixteen to thirty persons being crowded into a space which might make a small hall in a house, but never a bedroom for a pair of human beings. Somebody is always hurt by a draught, and windows are kept closed to prevent ventilation as well as ejection of sputa, which is mostly deposited on the floors, and the temperature is raised to a degree sufficient to rapidly disseminate infectious matter. Consider now that it is or has been recently occupied by a consumptive patient, if only en route for a change of climate, and that through ignorance, carelessness or weakness, there comes to be deposited upon curtains, etc., tuberculous matter. What becomes of it if it be not dried and disseminated through the car, or gradually into the lungs of the tired traveller?

THE CONNECTION between poverty and disease, and the desirability of some measures being adopted by which may be in some marked measure lessened the tremendous difference now found between the very rich and the very poor have been recently well illustrated by Dr. C. R. Drysdale, of London, Eng., who says that at present the average age at death among the nobility, gentry and professional classes in England and Wales is fifty years; but among the artisan classes of Lambeth it only amounts to twenty-nine; and while the infantile death-rate among well-to-do classes is such that only eight children died in the first year of life out of one hundred born, as many as thirty per cent. succumbed at that age among the children of the poor in some districts of our large cities.

SOME MEMBERS of the Ontario Board of Health, it appears, had stated that there was no antidote for poisoning by carbolic acid, or something to this import, some medical practitioners have been correcting the statement in the daily press and naming several antidotes. In Notes on New Remedies for October we find bearing upon this the following, which is confirmatory of the antidote suggested by Dr. Burrows of Lindsay: Chemically, lime, or Saccharated lime, is the most valuable antidote for carbolic acid, and should be freely used rather than oils and glycerin, which combine with it and favor absorption. Alkalies or sulphates, as epsom or Glauber's salts, lessen the activity of the poison, and may be used in combination with vegetable demulcents for correct-