

into the blood of the poisonous products. The habit is unquestionably the cause of many female troubles.

THIS bad habit may usually be easily overcome by a little persistent effort every day at a regular hour, together with kneading all over the front of the bowels with the fingers. Sometimes in the beginning an occasional injection of tepid water may be necessary. All sorts of aperient medicines only leave the bowels more dormant than before their use.

A NEW remedy for constipation has been successfully used by Dr. Sahli, of Berne; a sort of artillery practice which seems destined to replace the lighter ammunition (in the form of pills) which has been altogether too commonly used. It consists in the patient, lying back downward, rolling a cannon ball, or other round mass, weighing from 3 to 5 pounds, up and down over the uncovered abdomen for 5 or 10 minutes every day. It is of course simply a form of massage which has been long practiced. The ball may be warmed or wrapped in woollen.

SULPHUROUS acid gas is probably sure death to all bacilli. But the difficulty in disinfecting a room is to have the fume reach every lurking bacillus. A Mr. Heckert has observed that in Italy freedom from epidemic disease has corresponded with volcanic activity, and that consumption is unknown amongst sulphuric acid makers.

AT the meeting of the Society of Medical Health officers last month in London, a paper was read on Bacteriological Water Test. Among other conclusions drawn was the following: "No bacteriological water test can satisfy the demands of hygiene unless it is qualitative, distinguishing between harmless and pathogenic microphytes. No such test is at present known."

THE meeting of the Health Section of the N. Y. Academy of Medicine in December was a very profitable one; profitable to the public if it were carefully heeded and acted upon. The value of tree cultivation in the streets of cities and of small public parks in the most populous parts was dwelt upon. Dr. Roosa gave a paper on the stable manure nuisance and its ill effects on the public health, and urged strongly that the Board of Health should insist that the manure be made up into bales in the stables where produced. Dr. Blains read a paper on Bovine tuberculosis, in which he gave strong evidence of the communicability of the disease through the milk of the diseased cows.

DR. PETERS said, the Fourth Avenue Railroad stables were models of hygienic care, and if all other stables would pursue their plan of constant white washing and lime sprinkling with a little carbolic acid in the lime, with their other precautions, they would minimize the injurious results. The health of their horses was remarkable, and an epidemic in such a stable was impossible.

DR. CHAPIN presented a suggestive paper on the management of the poor in the City. The chairman, Dr. Hadden, called the attention of the society