

dinner certainly takes the edge off a troublesome appetite. It is, however, well to proceed cautiously and tentatively in this direction, for the promptings of Nature, however apparently to us misdirected, are not to be lightly set aside. The effects of a contracted diet should be carefully and patiently watched, with an open mind for every sign or suggestion, whether of warning to retreat or of encouragement to advance. I need hardly

add that in regard to this middle-life revision of the dietary, as it may be termed, particular attention should be given to the quantity of alcoholic beverages. As a very general rule the tolerance for these articles diminishes with advancing years, and it is necessary nearly always with persons who have used them freely to reduce their quantity when middle age is reached.

## REPORT ON THE PREVENTION OF INFECTION IN SCHOOL-HOUSES.

THE following good suggestions are by Daniel F. Wright, M. D., Chairman of Committee on School Hygiene of State Board of Health, of Tennessee. An application had been received from the Bureau of Public Education, by the State Board of Health, asking counsel and instruction in regard to the means of preventing the spread of infectious diseases in and from public school buildings. The importance of the subject cannot be exaggerated, as there is no doubt but that such diseases, once being introduced into a community, the public schools are constantly found to establish points of infection from which the germs of disease promptly radiate throughout the community, distributing such maladies in every direction.

The provisions for preventing or abating as far as possible this evil, Dr. Wright says, must depend mainly upon the diseases to be provided against and their respective modes of propagation. Three of these modes require separate consideration, according as the typical mode of distribution depends upon (1) expectoration from the air passages; (2) bodily contact; (3) alvine discharges.

1. The expulsion of mucus, pus and other fluids from the air passages is not only the most efficient mode of distributing infectious material when it occurs, but prevails in a greater variety of diseases than any other. Diphtheria, whooping-cough, scarlet fever, when attended, as is almost always the case, with ulcerated

sore throat, and phthisis or consumption in its pulmonary form, are some of the diseases to be discussed under this head. The preventive measures in these cases vary according as the sputa are deposited on the ground or in spittoons or are distributed in minute spray through the atmosphere, which takes place more or less not only with every cough, but even from the ordinary respiration of persons so affected. This latter is by far the most fruitful source of diffusion, but we will give our first attention to the former. In the first place, school children should never, whether in health or sickness, be allowed to spit upon the floor, but should be furnished with spittoons—those of earthenware being preferable, as they can be more readily and more completely cleaned; and the cleansing should be done as soon as school is over every evening. Moreover, a large jug should be kept full of a solution of corrosive sublimate (about sixteen grains to the gallon), and a small quantity of this solution be poured into each spittoon immediately after cleansing. This would probably be omitted under ordinary circumstances, but during the prevalence of infectious diseases ought to be considered imperative. If it be found that spitting on the floor cannot be prevented (at least during the prevalence of the diseases under consideration), the floor should be washed every evening as well as the spittoons.

For the depuration of the air, which is much more important, different measures