

artificial respiration were continued, with the addition of amyl nitrite vapor over the mouth, I was asked by the nurse if she should repeat the injection (of digitalis and brandy.) As there was no circulation, and the patient moribund, if not dead, I told her to give me the empty syringe. I immediately drove the point deep into the heart muscle as nearly over the apex as I could. Feeling a slight jerk on the needle, I made some lateral motion with it and then withdrew it, at the same time ordering continuation of the attempt at artificial respiration. Immediately there was a pulse at the carotid, and on feeling at the wrist, there also. Continuing now the vapor of amyl nitrite, the patient made a good recovery with no secondary pericarditis, absolutely no untoward symptoms. With a clean needle but little damage is possible, as he says, compared with the danger threatening.

#### TEN COMMANDMENTS OF HEALTH.

The Medical Record gives the following from the Dixie Doctor. It may possibly strike some reader as being a little irreverent: it need hardly be said, this is not intended; and also as being rather more epodictic than exact in the field covered. For we are told not to eat pie, while nothing is said against whiskey. A large class of excellent people think that whiskey is less salutary than pie, but perhaps these people don't live in Dixie. "1. Thou shalt have no other food than at meal time. 2. Thou shalt not make unto thee any pies, or put into pastry the likeness of anything that is in the heavens above or in the waters under the earth. Thou shalt not fall to eating it or trying to digest it. For the dyspepsia will be visited upon the children to the third and fourth generation of them that eat pie, and long life and vigor upon those that live prudently and keep the laws of health. 3. Remember thy bread to bake it well, for he will not be kept sound that eateth his bread as dough. 4. Thou shalt not indulge sorrow or borrow anxiety in vain. 5. Six days shalt thou wash and keep thyself clean, and the seventh thou shalt take a great bath, thou and thy son, and thy maid-servant, and the stranger that is

within thy gates. For in six days man sweats and gathers filth and bacteria enough for disease; wherefore the Lord has blessed the bath-tub and hallowed it. 6. Thou shalt not smoke tobacco, for it is an abomination in the sight of all thoughtful men, and a mortal sin against thy Creator, who has given thee a sound body and mind to be well preserved against such narcotic drugs. Remember thy sitting room and bed-chamber to keep them ventilated, that thy days may be long in the land which the Lord thy God giveth thee. 7. Thou shalt not eat hot biscuits. 8. Thou shalt not eat thy meat fried. 9. Thou shalt not swallow thy food unchewed or highly spiced, or just before hard work or just after it. 10. Thou shalt not keep late hours in thy neighbor's house, nor with thy neighbor's wife, nor his manservant, nor his cards, nor his glass, nor anything that is thy neighbors."

#### MARRIAGE AS A REMEDY.

There is now no restriction of marriage, says the Journal of the American Medical Association, except in the pronounced idiotic and raving maniac. No one is so diseased or deformed, or crippled, or defective in mind or morals, but may marry and become a parent of degenerate, helpless children, as far as the law is concerned. While this is a sad reflection on the intelligence and civilization of to-day, it reveals a field of reform which medical men of all others should occupy at once. All medical writers are unanimous in condemning marriages between defective and disordered persons, and yet public sentiment would not sustain to-day any special laws of restriction. Obviously this is one of the great fields of prevention of disease, that both medical men and legislators will occupy in the near future. In a recent lecture by Dr. Strachan before them edicopsychological association of England, he urges that one of the most prominent causes of increase of insanity and nervous diseases comes from marriage. Never counsel marriage as a remedy or means of relief for neurotics or persons of defective heredity. Elevate and dignify marriage as a means to raise the race in every way from its childhood age. Although Utopia is far away, there are evident signs of progress towards it, and when marriage becomes a subject of strict legislation a long stride forward will be taken.