

labor should be regulated by municipal authority, that over-taxed human beings, especially among the poor, should not be made ready subjects for attack and almost certain victims to the fatality of cholera. Night work should be discountenanced so far as practicable and prolonged work hours without adequate rest following should, when practicable, be prohibited.

The schools should be looked after; tasks should be lightened and invigorating relaxation lengthened both for teacher and pupil, and more daylight and pure air let into the school room. Fewer hours of study should be required; overcrowded rooms should not be tolerated, and basement lunch, or recitation rooms abandoned.

Those who hold people to service should see that they do not engage in dissipating and exhausting pleasures during hours which should be devoted to sleep, and should enjoin staying at home and resting instead of wasting their nervous powers by frolicking till midnight, and then retiring to be awakened unrefreshed for the morning's work. Saloons should be closed at an early night season, if not during the day, in times of epidemic.

Men may deny that nature's God commanded the Sabbath day for rest, but physicians know that imperious nature demands it if longevity of human life would be reached. The law of Moses commanding a respite from customary labor one day in seven was founded in physiological wisdom, nature and nature's God inspired it. And for this reason physicians should demand that the sounds of busy industry should cease one day in seven, that the ceaseless bustle and din of business, which so tries the nervous system during the week, shall cease each seventh day, for one of recuperative rest to brain and mind; that all needless noises which harshly grate upon the ear and rob tired nature of needed repose should be suppressed in order that enough of sleep and rest, 'sore labor's bath,' 'tired nature's second course,' may come to the people of the heart of the city to 'knit up the week's ravelled sleeve of care.' There is too much unnecessary noise even on business days and too much noise allowed in the night time, and altogether too much on Sunday for the highest health of the people of our great American cities.

The wealthy suburban resident does not suffer so much from this cause of nerve dis-

turbance as the workingman and subordinate business man who live down town, but the needless wear and tear of brain and nerve from unnecessary and preventable city noises if prevented would add very materially to the healthful endurance of the people in time of cholera and at all times, prolonging life and averting insanity and premature failure of the nervous system in other directions. To be well repaired man, like any other machine, must rest, and rest of brain and nerve is disturbed through the channels and centres of audition and sight as well as through those of motion, etc.

The prayer of conservative physiology is for rest, for the salvation of the resisting power of the nervous system to devastating pestilence; and the power of resisting and sustaining disease in general is obtained by adequate rest of the organism, which is a condition of its repair and power.

The cause of much of the premature decrepitude and nerve degeneracy and breakdown of our day is in the many inventions man has devised whereby he robs himself of timely rest. The morning newspaper often read through before breakfast; the telephone in his house to call him at any and all times aside from his repose; the electric light to keep his brain unduly stimulated through the retina; the railroad and the sleeping coach which may keep him constantly on the rail (if he chooses to so travel) for continuous weeks without rest from the noisy and exhaustive cerebro-spinal concussions of this mode of travel; hasty meals and telegrams, and business, and nightmare sleep, all commingled, wither and wreck lives innumerable, which, under wiser management might end differently, and the needless noise of the city, the bells and steam whistles, howling hucksters, noisy street cars, yelling hoodlums that make night hideous with soul-jarring sounds, hasten the premature endings of useful lives. And when, superadded to all this unphysiological strain, we have the assault of a pestilence that poisons, like cholera, how much exemption can such overwrought organisms expect? How much of resting immunity can such overstrained and exhausted nerve force oppose to the invaliding foe?

If the epidemic comes, as it almost surely will next summer or fall, there should be a common understanding among physicians to demand as much rest as practicable, for the people, and, by comity among themselves, they should lighten each other's labors and