

possesses even greater value. It is a prevalent impression that the prominent use of the bath is for cleanliness. Human beings are not such filthy creatures that a bath every day is absolutely necessary for cleanliness. I think we attain a far better conception of the true value of the bath in regarding it as a stimulant and invigorant to the whole system. [Dr. Bosworth then recommends the daily bath, cold or cool, according to the bodily vigor and re-action:—either immersing the body in a vessel of water, or washing the surface with the wet hands or a sponge.]

ABORTING OR ARRESTING A COLD.

This procedure practically consists in the use of remedies which act upon the general system. The first effect of a cold, as we have already learned, is in a disturbance of the equilibrium of heat-production throughout the body; this being arrested as we understand it, in only a portion of the economy. In general, then, our first effort in aborting a cold will be to restore as far as possible, this animal heat. Perhaps no better method of accomplishing

this presents to us than the resort to hot drinks, together with the hot foot bath; in other words, the use of heat both internally and externally. There probably is no special virtue in any of the usual decoctions of hot tea prescribed, although as a matter of routine, perhaps, we give chamomile tea as hot as can comfortably be borne, in which, possibly, two or three teaspoonfuls or more of whiskey is added. A far more palatable drink is the hot toddy or hot whiskey punch. The external application of heat is accomplished by the immersion of the feet in hot water, while the body is well covered by blankets. I think the hot foot-bath, in all cases is preferable to immersing the whole body in a bath, in that there is less liability to chill the skin on emerging from the bath. The apparent object of the hot drinks and foot-bath are the production of more or less profuse perspiration. This is not really the object to be accomplished, so much as the evidence that it has been accomplished—the real object being the restoration of the equilibrium of heat-production throughout the whole body.

SANITATION AND SOIL PRODUCTION.

By GEORGE VIVIAN POORE, M. D., F. R. C. P.,

PROF. IN UNIV. COLL., PHYS. TO THE HOSPITAL, ETC., ETC., LONDON, ENG.—VALUABLE AND INTERESTING EXTRACTS FROM AN ADDRESS ON PREVENTIVE MEDICINE, DELIVERED BEFORE THE SANITARY INSTITUTE OF GREAT BRITAIN.

I am as some of you know, no mere theorist, I practice what I preach, and have now some nine years' experience—experience which has served to strengthen my opinions, and enables me unreservedly to exhort others to pursue a similar course with myself.

In Hampshire I have a garden, and adjoining it are twenty cottages which I also own, inhabited by about a hundred persons. These cottages are scavenged *every day*, and the scavengings are buried in the garden. The scavenger's first duty is to the cottages, to remove filth and bury it, to whitewash, paint and to keep decent.

His second duty is to the garden, where he acts as under-gardener. In the garden, which has an extent of about 1½ acre, I am obliged, in self-defence (what a hardship!) to raise the biggest crops possible. This garden not only supplies my London house with a variety of fruit, flowers and vegetables (cabbage, potatoes, carrots, turnips, parsnips, beet, salsify, lettuces, artichokes of both kinds, peas, beans, asparagus, seakale, peaches, plums, apples, pears, figs, strawberries, currants, raspberries, etc.), which I doubt if I could purchase for £50 a year of the neighbouring greengrocer, but the overplus, which is