

the parental roof, must be respected, and ought to be yielded to as far as it is possible in every way so far as seems clearly consistent with the safety of others. But when one thinks of the possible, and indeed probable, consequence of carelessness in regard to this measure—that another may, through neglect of careful isolation, be exposed to a sometimes fatal disease and die of it, and another and another, until the lives of perhaps scores and hundreds and even thousands may be sacrificed by the neglect, one should put aside personal feeling. That spirit of fatalism, which has led to a disinclination to take the necessary trouble to prevent the spread of a disease which it was thought would come and go by some law over which human agencies could have no influence, though one of the greatest obstacles in the way of sanitary improvement in past times, can hardly now have much influence in this enlightened age and country. There can be but few who cannot understand that by persistent isolation, with other sanitary improvements, infectious epidemic diseases, as well those more peculiar to childhood as others, could be in time so completely “stamped out”

as to be almost unknown. True, there are many people who retain the idea that children must almost necessarily have scarlet fever, measles and such like diseases, and that the sooner they have such over the better, but a decided medical opinion in opposition to this would usually set such people right.

Many instances have been given in this JOURNAL of the immediate suppression of outbreaks of epidemics by prompt and complete isolation. At the last annual meeting of the British Medical Association, in Brighton, in the section of public medicine, Wm. Squire, M. D., F. R. C. P., etc., read a paper on the influence of increased means of isolation in checking the prevalence of scarlet fever in London. After drawing attention to the recent marked decline in the mortality from this disease, he said, “It may be premature to attribute the recent remarkable reduction in our small-pox and scarlet fever epidemics exclusively to our efforts toward isolation, but it is well to call attention to the coincidence.” It is most desirable that all health authorities should give due attention to the importance of isolation in public sanitation.

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#### THE COST OF LIVING—ECONOMY IN THE FOOD SUPPLY— HOW MONEY MAY BE SAVED.

THE objects to be attained in taking food, the intents of eating, may be regarded as two in number: one, that of providing nutrient matter for the sustenance of the body; the other, that of gratifying the palate or taste. One of the objects must be fulfilled in order to sustain life; the other is a dispensible gratification. Man was made to earn his bread, even “by the sweat of his brow,” he has learned to earn vastly more than the essential

bread. A reasonable gratification of the tastes, appetites and passions is doubtless not only legitimate, but necessary to the proper development, elevation and perfection of mankind; and this, even as it relates to the gratification of the palate. That man is regarded as not doing justice to himself nor to his family nor society, and as a lazy, idle creature, who labors only enough to provide the very simplest, plainest and cheapest food for his house-