

and longer hours of toil to compel the over-taxed nervous system to complete its round of duty, is one of the most disastrous and erroneous measures that can be adopted. Whenever work, itself unaltered, looks larger than of yore, and is felt to be more trying, then the system is commencing to feel the effects of over-work, which, however, may actually have existed for some time unnoticed."

Dr. Wilks says those are happiest, and we suppose, healthiest, who have some second occupation to interest them—that is "a pursuit besides their bread-earning employment." Upon this the '*Doctor*' observes, "We believe there is much truth in this, and we recommend all our professional brethren to have their hobbies as well as their practice."

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PROPHYLATIC IN SCARLET FEVER.—Dr. J. Muir, of Carthage, New York, formerly of this Province, and Member Medical Council, Ont., draws our attention to the great value of inunction with warm oil or lard, "to be removed with the infectious excreta and particles of cuticle, at regularly arranged periods by the warm sponge or other bath," in preventing the spread of scarlet-fever, and also in "soothing," and "comforting," the suffering patient. The doctor appears to have had much practical experience in this treatment; several years ago, in a communication to the London *Lancet*, he mentions 30 cases, ranging in severity from simple to malignant, treated by him in this way, only one of which proved fatal. It is not difficult to understand the soothing and comforting effect of both the inunction and the bathing, while there can be no doubt as to their value in preventing the spread of the contagium.

CITY VENTILATION.—It is now proposed, by Dr. Duffield, in a paper read before the Detroit Academy of Med., to supply fresh air to dwellings, offices, etc., by means of shafts 200 or 300 feet high; bringing down "the pure air from the sky." The doctor argues that it will not cost more to supply air in this way than it does to supply water. He also proposes that the sewer air should be, by means of tall shafts, delivered far away from human habitation.