

house clothing. The overcoat is laid aside till closing time reminds him of the journey home. The frequent result is that somehow between the hours of his departure and return he is chilled. No doubt he would run as great a risk if, lightly clad, he were to face the vigor of a winter day. In this case, however, exercise and habit might do much to develop the power of endurance, and there would, at all events, be less danger of sudden cold acting upon a freely perspiring surface. Woollen underclothing represents a state of healthy comfort intermediate between these extremes, and more resistant to chill than either. In commending its use, however, we do not assert that the influence of age and constitution is to be overlooked. Youth can oppose a power of resistance to depressing agencies which does not reside in the worn-out nerve-centres of a riper age. Similarly, that elastic reaction which characterizes the nervous and sanguine types is not to be looked for in the lax tissues of the lymphatic. The weaker physique naturally calls for fuller protection than the stronger; and any rules requiring the disuse of the overcoat should allow of reasonable exceptions in favor of the old and constitutionally feeble. Unusual severity of weather, especially if associated with night air and loss of sleep which this implies, is another condition which might well constitute an exception. In such a case we are compelled to add some form of overcoat to the ordinary amount of clothing. Some parts of the body—for example, the chest, throat, and feet—are certainly more susceptible to cold than others. As a useful safeguard, cold or tepid bathing of such parts is in merited favor. The custom so common with many persons, especially women, of walking out in thin-soled boots often plays an important part in catching cold. The progress of time and of rational thought may be expected to bring a more comfortable arrangement by clothing the foot in woollen hosiery and a stouter boot.

**HYGIENIC HABITS OF ERISSON.**—John Ericsson, the inventor of the "Monitor," and one of the most prominent engineers of modern times. He enjoyed vigorous health and a mind unimpaired, and attributes such enjoyment in his own words, to the understanding of the machinery of his being, its care, and its needs. His day began at seven o'clock in the morning, at which hour he rose the year around. The first hour was spent in exercising, and a tepid bath followed by a cold shower and a vigorous rubbing. At nine o'clock he was ready for breakfast. This consisted of tea, with a great deal of milk in it, two or

three poached eggs, and bread. The bread was prepared by a formula of his own, and was a coarse brown bread, thoroughly dry; a loaf being always disposed on the mantel by the grate fireplace for the purpose. Newspapers and periodicals, many of them being scientific publications, and his mail took up his attention for awhile. Then he went to solid work in his individual workshop. At four o'clock he dined and the meal consisted of vegetables, tea and bread, with about one ounce of meat, never exceeding two ounces, and rarely as much as that. There were no other meals, no more eating. Nothing else passed his lips, except occasionally a drink of water. He used no tobacco, wine, beer, or liquor. He was not fanatical on the point, but went without them because he thought them not good for him. After dinner he read an hour or two before work. His reading was generally of a scientific character, and in the line of whatever investigations and experiments he had on hand. When he went back to work again it was to the principal work of the day. He preferred the night for real effort. His ideas came more freely, and there was less disturbance of noises from the outside world. At eleven o'clock he stopped at whatever stage his work was in. It was never with any feeling of being tired, but with the idea of giving his brain a rest before bed time. This came at midnight, and means sleep at once, with refreshment and reinvigoration that found him ready at seven o'clock for another day of the same routine.

**DISEASE COMMUNICATED FROM HUMAN TO LOWER ANIMALS.**—Reading an article in a previous issue from Dr. Chisholm, of Baltimore, says a writer in the Medical Record giving an account of a case of measles in a dog, contracted from his young master, brought to my recollection the following somewhat similar case. About four years ago a patient came under my care for treatment for scrofula. The disease at that time had advanced to such an extent that exfoliation of bone from various parts of the body had taken place, especially from ulcers of the scalp, tibia etc. The bones of the nose were coming away, accompanied by much of the nasal tissue producing a hideous appearance and offensive in the extreme. The patient was a married woman, no children, fifty years of age. She was very fond of cats, and kept one or two about the bed much of the time during the last year of her life. About 13 months ago the cat which slept most of the time in bed with her became sick, moped about the room, with swollen eyes and purulent discharge from the nose,