

manner as I knew how, I insisted upon cleaning and disinfecting the house and surroundings, in one of which, afterwards, there were eleven deaths from typhoid fever. Yes, it is a delicate matter for you to insist that the homes of your patrons are filthy and must be cleaned, and I care not how gentle you go about it, you are likely to give offence, especially if it be a young doctor or a strange one, and should they never have heard of such a thing before, you will likely fail to convince them.

#### THE BRITISH MEDICAL JOURNAL ON SUPERFLUOUS EATING.

Growth and waste and repair go on in a nearly uniform way the whole year through, but the amount of food necessary for these operations or purposes is surprisingly small. The generation of bodily heat requires a most variable quantity of food. In winter, with the temperature of the external air at zero, the temperature of the blood in healthy persons is 98.3 degrees, and when the heat of summer drives the mercury of the thermometer nearer to or above that mark, the blood still registers 98.4 degrees. The marvellous mechanism by which this uniform blood temperature is maintained at all seasons is not necessary to consider: but it must be evident to every one that the force needed to raise the temperature of the whole body to nearly one hundred degrees in winter is no longer needed in summer. The total amount of food needed for repair, for growth, and for heating, physiology teaches us, is much less than is generally imagined, and it impresses us with the truth of the great surgeon Abernethy's saying, that "one-fourth of what we eat keeps us, and the other three-fourths we keep at the peril of our lives." In winter we burn up the surplus food with a limited amount of extra exertion. In summer we get rid of it literally at some extra risk to health, and, of course, to life. We cannot burn it. Our vital furnaces are banked, and we worry the most important working organs with the extra exertion of removing what would better never have been taken into the stomach."

#### FEAR OF DISEASE AS A CAUSE OF PREVENTING ITS MORTALITY.

"That which they fear people seek to protect themselves against," is a great law pervading the people. Dr. R. G. Eccles,

in the Popular Science Monthly, gives the following illustrations of this law. No one fails to send for a physician in typhus, yet only six persons in a million die of this disease since efforts were made to suppress it. Four hundred and twenty-eight in a million die of whooping-cough because it seldom frightens patients, and neighborly old ladies of both sexes give advice. Three hundred and forty-one in a million die of measles because it so frightens as to induce the friends to send for a doctor oftener. Two hundred and twenty-two in a million die of scarlet fever, because medical advice is sought sooner, and more implicitly obeyed. One hundred and sixty-eight in a million die of diphtheria, because it frightens still more than the other disease, and induces people to send for a doctor sooner, and follow his directions for its spread to other members of the neighborhood. Thus we might class diseases as more or less fatal as the people are afraid of them and seek the doctors advice to both prevent and cure. If people are not afraid of diseases, they act the part of fools by not seeking medical knowledge and skill, and so give the disease a chance to kill more people. Were it possible to cause people to so generally fear syphilis, etc., as they have been taught to fear diphtheria, their ravages would be diminished to a surprisingly large extent. It may be that in frightening people the quack has a place in the world, but it would be more desirable if this end could be accomplished by persons and measures more in accord with honor and truth.

#### SOME FAMOUS MEN ON TOBACCO.

An Exchange gives the following, of interest to smokers: Gladstone "detests smoking." Philip Gilbert Hamerton says: "I shall never resume smoking. I never use any stimulants whatever when writing. I believe the use of them most pernicious; indeed, I have seen terrible results from them. When a writer feels dull, the best stimulant is fresh air."

Charles Reade declares that he has seen many people the worse for smoking, and adds, "I never saw anybody preceptibly the better for it."

John Ruskin has always had a repulsion for the practice for the reason that "a cigar or pipe will often make a man content to be idle for any length of time."