

saucy children or foul premises. There are a few of the opposite sort who can with a good deal of trouble, make fair neighbors of such people, but many of them no one can do anything with, except it be to let them severely alone; and even then a great deal of very unpleasant trouble is the reward. A sort of semi-prison or penal colony should be set apart for those who cannot live in a community without making themselves a nuisance, and a commission of neighbors be appointed to decide upon their doom. All such should be in one place.

ON BEING NEIGHBORLY, on the other hand, again, Dr. Alison has related a story of an Irish widow, whose husband had died of typhus in a lane in Edinburgh, who had wandered about the town with her three children, seeking help, but finding none. This gave rise to an epidemic which ended in the death of seventeen other persons. Carlyle says of this: "Very curious. The forlorn widow applies to her fellow-creatures, as if saying, 'Behold I am sinking, bare of help! I am your sister; ye must help me.' They answer 'No impossible; thou art no sister of ours.' But she proves her sisterhood; her typhus fever *kills* them." Dr. Russell, the able Medical officer of Glasgow, says; The ultimate cause of the existence of communicability in disease is, I believe, to enforce the golden rule upon us in reference to the physical well-being of mankind. The practical question is,—“What am I to do with my dirty neighbor?” We must bring to the solution of it a little common sense and ordinary business principles as well as philosophy. There must be power to prosecute and punish dirty neighbors for over-crowding and other nuisances which affect the well-being of neighborhoods. The principle must be not to do anything for them, but make them do it for themselves, and bear the expense, as they reap the benefits. In this way a process of education would be carried on.

CANNED FOODS, as everybody who reads the “papers” knows, frequently give rise to poisonous, sometimes fatal, symptoms in those who have eaten them. An “expert” in the Grocers Chronicle, gives the following advice: Canned foods should be turned out and eaten as soon as possible. If kept at all, the food should be covered up and put in a cool place—always, however, turned out of the original tin. The liquor around lobsters, salmon, and all vegetables, excepting tomatoes, it is desirable to strain off and throw away. Never on any

account add vinegar, sauces, or any kind of condiment to tin foods while they are in the tins. All tinned goods are put up fresh, but, unless corned or salted, will not keep if turned out, as freshly cooked goods will, and certainly not longer, as many thoughtlessly suppose they will. Sardines, if preserved in good oil, and if of good quality, are an exception; as long as the oil is good, the fish can be kept in tins for many days. If the nose and eyes are properly used, it is as impossible to partake of an unsound tin of canned food of any kind as to partake of bad meat, fish, or vegetables from a shop.

IN PROOF of the contagiousness of consumption, Dr. von Dühring relates a case (British Medical Journal) of a girl, E. Z., aged 14, of a family uncontaminated with tuberculosis, who was intimate with a young girl who had died of consumption. E. Z. removed the earrings from the friend's ears, which had frequently had blood and matter on them, and wore them in her own. Shortly after, the holes in her ears began to show a discharge. Sometime after, when Dr. Dühring saw her, he found her pale and thinner, but well developed. At the hole in the left ear there was an ulcer, matter from which showed the presence of tubercle bacilli; and on this side of the neck was a large ulcerated gland. The progress of the case was rapid, and at the time of writing the report, the patient was rapidly sinking from phthisis.

MENTAL OVERWORK is a form of disregarded illness. In a recent number of the London Lancet we find the following:—Some interesting observations on the symptoms of mental fatigue were discussed at a recent meeting of the Anthropological society. The result goes to prove that weariness of mind, the result of work, like other forms of exhaustion, is recognizable under the two different though related aspects of irritability and incapacity. The observations were culled from a series of reports by school teachers, and include details of their own sensations as well as of the children under their care. The signs of mental irritability were apparent in sleeplessness and nervous laughter; of fatigue, in sleepiness and incapacity for task work. Lolling, yawning and a languid manner told that the will was flagging. Headache suggested overstrain in study combined with defective ventilation, and perhaps a too sparing diet; while some curious facts bearing on the causation of color-blindness and somnambulism were also noted. Over-