

ON PREVENTING THE MULTIPLICATION OF DISEASE GERMS.

In regard to the disease-producing or pathogenic germs, says the Sanitary News, it is important to understand what forces or agencies will retard their multiplication or wholly destroy them. In emergencies, chemistry is resorted to and antiseptics and disinfectants are employed, but in the proper prevention of disease such emergencies should not be allowed to arise. Sunlight, pure air and thorough cleanliness are natural enemies to disease germs. They cannot flourish where they have not their proper food, and that is found in dampness, darkness, mould and filth. Keep the habitation flooded with sunshine and pure air, keep away all filth and dampness and the germs of disease will find no foothold, no nidus in which to breed or food on which to grow. Nature is struggling all the time to keep her domain healthful, and a fit habitation for man, but man shuts out the air and light, contaminates all things about him, and disease is the reward of his recklessness and neglect. There is more health in a sunbeam than in drugs, and more life in pure air than in the physician's skill. The sunlight may fade your parlor carpet, but better that than have disease fade your cheek. The wind may "tan" and "freckle" the face, but it is better tanned and freckled than thin and sallow. Help Nature to keep your habitation healthful by allowing her forces an opportunity to operate. There is more health about you than disease. Health is man's natural condition. He has to violate some law before the penalty of disease is inflicted. He can place about him such conditions that disease-germs will invade his system, or he can live amid surroundings so pure that health will bless him both in his freedom from physical ills and in the sweet consciousness of right living.

SIR WILLIAM GULL ON "SUGGESTIVE HYPNOTISM."

Perhaps the most masterful diagnostician of the past generation, and a thorough master of the natural history of disease, says Dr. M. H. Lackersteen (in Jour. of Am. Med. Assoc.), was Sir William Gull. He was a marvel among Londoners as a successful physician, and yet not a physician of my acquaintance was less able to

write a respectable prescription, or could get along better with fewer remedies in his practical working pharmacopeia. His immense practice necessitated the appointment of two lieutenants who took charge of the more important personages among his wealthy patrons, after a careful diagnosis and prognosis had been made. *The treatment under which the remarkable recoveries took place were mint water, syrup of ginger and such like remedies with strict attention to diet and hygienic management.* The assurance of the man that the disease would terminate in such a manner and within such time under the proper and judicious treatment of my friend Dr. A. or Dr. B. (his lieutenants) create a mental impression of perfect security. From that moment everything went well, and in due course of time the patient was convalescent.

INFLUENCE OF DIET ON HAIR GROWTH.

In the British Medical Journal for July 25th Dr. E. C. Mapother says: Several cases of shedding of hair after influenza have confirmed my opinion that diet has much to do with the production and with the cure of symptomatic alopecia. Hair contains 5 per cent. of sulphur, and its ash 20 per cent. of silicon and 10 per cent. of iron and manganese. Solutions of beef, or rather of part of it, starchy mixtures, and even milk... can not supply these elements, and atrophy at the root and falling of hair result. The color and strength of hair in young mammals is not attained so long as milk is their sole food.... The foods which most abundantly contain the above-named elements are the various albuminoids and the oat, the ash of that grain yielding 22 p.c. of silicon. With care these foods are admissible in the course of febrile diseases.... I have often found a dietary largely composed of oatmeal and brown bread greatly promote the growth of hair, especially when the baldness was preceded by constipation and a sluggish capillary circulation. Those races of men who consume most meat are the most hirsute (hairy).... I have always found that friction of the scalp with pomades and lotions dislodges many hairs which might otherwise remain, and that cold or tepid baths with salt added and rough rubbing of the rest of the body will flush the capillaries of the affected part more effectually. Besides, when pomades are used, frequent washing becomes necessary, and this is conducive to baldness.