

tion to it of polluted water, or by the vessels in which it is kept being similarly infected in consequence of their being washed in such water; and finally, to render the milk safe, it is a wise precaution during epidemics always to have it thoroughly boiled.

INDIGESTION.

A VERY frequent cause of indigestion consists of the fact that the necessity for the stomach to have rest, as other organs have, is ignored by many otherwise sensible persons. So we find them having breakfast at eight o'clock, some light refreshment at eleven, a square meal in the shape of lunch at half-past one, a light meal in the shape of afternoon tea at half-past four, and another square meal, some three hours later, probably finishing the day with another meal between eleven and twelve. Now, seeing that it requires four hours for the digestion of most of the articles of ordinary diet, such persons are perpetually placing into their stomachs fresh pabulum, mixing it with food which is not completely dissolved and digested, and thus making the work of the stomach practically incessant. No wonder, then, that such persons suffer from dyspepsia. Their stomachs would be more than human if they did not strike at such incessant labour, especially considering the immense difficulty of the work which they perform. The formation of the highly specialised gastric juice and acid, the efficient mixing of these with every particle of food, and, at the same time, the constant movement of the organ necessitated by the process of digestion, must be a heavy tax on the abilities of any ordinary organ.

BRONCHITIS.

AN American contemporary, in discussing the treatment of bronchitis, has pointed out that, in that happy country, medical men employ no less than 1,400 different drugs for the treatment of bronchitis. It is difficult to know whether to admire more the immense resources of medicine, or the wondrous capacity of our American cousins to imbibe drugs. The treatment of bronchitis, as at present carried out, in this country is simplicity itself. In the first stage, characterised by the congestion of the air passages, those medicines are employed which excite the action of the skin, and so cause free secretion from the mucous membrane, relieving thereby the overloaded state of its vessels. In the second stage, characterised by free expectoration, the treatment consists of the administration of drugs which limit, or check, the action of the mucous membrane. And, in the third, or chronic stage, especially in old persons, general tonics, and especially cod-liver oil, afford the strength and relief which are required.

Reflections

FROM A BOARD ROOM MIRROR.



THE Queen has sent 100lb. of cast linen and the Prince of Wales thirty-five pheasants to St. Mary's Hospital, Paddington, for the patients.

Princess Christian has consented to open the bazaar of the "Children's Salon" at the Westminster Town Hall on Saturday. The children belonging to this Society have already endowed in perpetuity two cots in the Victoria Hospital for Children and the North-West London Hospital, and they are now devoting their energies to establishing an emergency fund in connection with the London Schools Dinner Association. A special stall will be provided by the Association, which will be presided over by Lady George Hamilton, Mrs. J. R. Diggle, Mrs. F. Davis, and Mrs. Spalding.

Princess Louise, Marchioness of Lorne, has sent a donation of £25 in aid of the general fund of the Grosvenor Hospital for Women and Children, Vincent Square, Westminster.

A generous gift of 3,000 guineas has been received at Middlesex Hospital from "Anonymous" as a perpetual endowment of one bed and two cots, in memory of his wife.

We are glad to learn that upwards of £3,000 has been contributed for the erection of the Isolation Block in connection with the Poplar Hospital for Accidents, so that the £2,000 promised towards maintaining it is also secured.

Dr. Arthur Newsholme on Tuesday read a very interesting paper on "A National System of Notification and Registration of Sickness" at a meeting of the Royal Statistical Society, held at the Royal United Service Institution.

The Committee of the After-Care Association for Poor Persons discharged recovered from Asylums of the Insane earnestly appeal for funds to enable them to carry on and extend their efforts. The objects of the Association are to assist cases (male and female) on their discharge from Asylums for the Insane. Subscriptions and donations thankfully received by the secretary, H. Thornhill Roxby, Esq., Church House, Dean's Yard, Westminster, or they may be paid into the account of the "After-Care Association," Union Bank of London (Regent Street branch), Argyll Place, W.

The managers of the Edinburgh Royal Infirmary hope that the proposed extension of the Infirmary will at once be proceeded with. The complete scheme is estimated to cost £100,000, but it is proposed at present only to go on with half that amount.

A handsome memorial brass, mounted on a slab of polished marble, has been set up in the parish church of Kilmore, Ireland, in memory of the distinguished Medical Officer, Surgeon-Major Parke. The tablet has been erected by H. M. Stanley and A. J. M. Mounteney Jephson, the only two surviving officers of the three years' march across Africa, during which Surgeon-Major Parke gave such splendid care to the sick and suffering.

Mr. Duncombe Mann, the Clerk of the Metropolitan Asylums Board, has addressed a letter to the Chairman of the Board. In this letter he points out that in 1883 the number

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