

The distressing and often alarming condition of spasmodic croup, or laryngismus stridulus, coming on during the night, is almost invariably the result of mouth-breathing. Persons who breathe through the mouth do not experience the delights of "Nature's sweet restorer, balmy sleep."

Few people who breathe habitually through their mouth during the entire night will admit or believe that they do so or that they snore, because they are convinced that they go to sleep with their mouth closed and instinctively close it on waking; but the fact is, nevertheless, verified by the dry throat, parched tongue, bad taste in the mouth, general lassitude, and lack of the refreshed conditions of the nose-breather. There are none, however, that suffer so much from this perverted function as children. The first inspiration of a new-born babe is through the nostrils, and cases are known of infants suffocating because the nostrils were occluded. Mouth-breathing, therefore, is an acquired habit; and man and his boon companion, the dog, who occasionally tries to imitate his master's example, are the only animals that acquire this habit, the injurious effects of which should be more widely known and guarded against.

It is a singular fact that the North American Indians are more alert to prevent this perversion of a normal function than their civilised brethren. Among the earliest tribes of American Indians it was found that nasal respiration was religiously cultivated from the instant of birth, and the Indian mother, watching over her infant, no matter whether asleep or awake, invariably closed the infant's mouth, so that Nature's law might become a fixed habit throughout its life.

The disturbing effect of mouth-breathing during sleep is clearly illustrated by the tossing about of the person or the child at night in the effort of Nature to obtain more air, which is always deficient in amount in mouth-breathing. From this cause alone much anæmia, debility, neurasthenia, and nervous prostration result.

The injurious effects of mouth-breathing are not only emphasised by the conditions already enumerated, but in children its effect is very apparent in their development. From this lack of air and of oxygen the child's growth is impaired. The chest is imperfectly expanded and prevented from obtaining its normal dimensions, and thereby becomes abnormally contracted. The condition termed "pigeon" or "chicken-breasted" results from this cause. The abnormal physiognomy of the child resulting from its continued open mouth is also very pronounced. Not only does the child acquire a vacant, idiotic expression, but the nose and also the central portion of the face fail properly to develop. The nose thereby not only remains small and contracted, but from lack of use, like an abandoned road overgrown with weeds and bushes, the nasal passages become filled in and

obstructed. The end of the nose frequently becomes abnormally enlarged, and the condition termed "pug nose" results. It is also observed that the development of the brain is markedly interfered with from its dependence upon the development of the central portion of the face.

The influence of this habit on the teeth is also marked, for during development the constantly closed jaws make them assume a regularity which is rarely seen in mouth-breathing children, but which is a feature to be admired in the Indian, who has the most beautiful mouth in the world.

From the lack of development of the nose the arch of the hard palate, or roof of the mouth, also becomes abnormally high, compelling the incisors, or front teeth, to project unduly, a sign altogether too frequently seen of the parents' neglect to properly attend to the conditions necessitating mouth-breathing during infancy and childhood.

Catlin in his observations of the native races of North America attributes their fine physical development quite as much to their habits of nasal respiration as to their outdoor life. He says, "The Indian warrior sleeps and hunts and smiles with his mouth shut, and with seeming reluctance opens it even to eat or to speak." In summing up his observations on this subject he says, "If I were to bequeath to posterity the most important motto which human language can convey it should be in three words, 'Shut your mouth.'" The truth of this motto cannot be too forcibly impressed upon the minds of all.

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### The Registration of Plumbers.

At a Conference of the Committee of Representatives of the National Registration of Plumbers, held on Wednesday at the Guildhall, the action to be taken in the next Session of Parliament with regard to the Plumbers' Registration Bill was considered, and it was arranged that members of Parliament should be interviewed. Male electors can bring influence to bear upon their Parliamentary representatives. Nurses are handicapped in regard to their registration by reason of their disfranchised condition.

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### The Queen and the Infirm Poor.

The sympathy of the Queen with the poor and suffering is well known. Recently Her Majesty gave great pleasure to the inmates of the Yarmouth Infirmary, who by age or infirmity are unable to do active work, by purchasing an artistic bedspread worked by them. It is by such actions, prompted by genuine kindness of heart, that Queen Alexandra has endeared herself to the country of her adoption.

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