dead letter. Prof. John B. Clark of Smith College would trust to political education. "The specific point," he says, "in which intelligence can do the most immediate good, is in the labor-organizations from which the political pressure proceeds."

The Chicago *Tribune* sends us the following: "The *Tribune* holds that restrictive legislation is not only advisable, but necessary, though admitting it may be carried too far, and has often been overdone in the past. You have doubtless noticed that the relative breadth of restrictive legislation varies with the development of civilization in a community. At first all is arbitrary, each offence being treated on what the judge or judges (maybe dictator or plebiscite) regard as the merits of the individual case, without regard to precedent. As the community grows, the tendency is to swing towards the other extreme, and the resulting over-legislation is more slowly corrected. Bad laws are repealed, good ones consolidated, and special legislation forbidden for the future by constitutional enactment. These three phases may be said to be approximately represented by the mining-camp in this country, the frontier State, and the older State. Illinois is a senior of Minnesota in the family of States, and may therefore be expected to be less paternal in legislation. And there is reason to believe that a careful comparison of the two would show this to be the fact. Undoubtedly the best form of government, and we may even say the ideal one, is that in which an appeal to the common law would suffice as a rule of action in all courts, and its interpretation be found adequate to the punishment of wrong-doing by any member of the community, however prominent he may be. But no State in the Union has yet reached the stage where this could be depended upon; and, till this has been attained by a process of slow growth, it seems to be necessary to resort to some kind of special legislation to provide against new forms of wrong doing which every now and then crop out in the race between conscientiousness and rascality."

Prof. E. J. James prefers to secure better legislation by improving the grade of legislators. He would not "restrict the power to Legislatures to do much good, for fear they may do some harm," by constitutional amendments.

The replies mentioned above are fairly typical of the divergent views presented. Had space permitted, we should have been glad to produce more of our replies in full. But our end is gained if we shall have succeeded in directing thoughtful attention to the tendency developing among us. As Dr. Shaw says in his original article, we think we are proceeding on one economic theory, but our actual legislation is in direct opposition to that theory. We are not asking for a restoration of *laissez-faire;* but we should like to know whether this perpetual running to the Legislature for purely private enactments meets with the approval of the thinking men of the country. We do not believe that it does. We believe, with Professor Perry of Williams College, that interference results from the attempts, often successful, of individuals to accomplish, in the name of the State, their own personal ambitions and desires. We believe that when the people at large realize the extent to which paternalism in legislation has developed, they will declare themselves with no uncertain sound as in favor of the fundamental American principle of individual liberty and individual responsibility. They will just as emphatically refuse to permit the State's power to be prostituted to personal ends.

HEALTH MATTERS.

Preventive Medicine.

IN an address on the recent advances in preventive medicine, delivered at the thirty-eighth annual meeting of the American Medical Association, Dr. G. H. Rohé stated that the danger of an invasion of this country by cholera was greater than it had been at any time during the past three years. The United States are threatened from three sources: first, from Europe, by way of the Atlantic Ocean; second from Japan, by way of the Pacific; and, third, from the west coast of South America, by way of the Pacific, or by way of Mexico and our southern border. The Isthmus of Panama and the South Atlantic lines of transportation may also act as gateways to the infection.

In this address, Dr. Rohé refers to the researches of Shakspeare, Koch, and Pettenkofer into the relations between cholera and its bacillus or spirillum. He also alludes to the claims of Freire of Brazil, and Carmona of Mexico, concerning protective inoculations against yellow-fever, and to the fact that these claims are now being investigated by Dr. Sternberg, under the authority of the president. A brief history is given of the cases of scarlet-fever which have occurred in England, apparently having their origin in milk from diseased cows. We have already mentioned these cases and the able investigation of them by Mr. W. H. Power of the English local government board. The subjects of tuberculosis and typhoid-fever also receive attention.

Decided advances have been made in the disposal of the refuse of cities. The cremation of garbage has been carried out at Montreal, Canada, and at Wheeling, W.Va. The irrigation system of sewage-disposal has been greatly extended in Germany. In Berlin it has given great satisfaction, the sewage of 900,000 people being carried to irrigation-fields, and the water which drains off being submitted to chemical examination for evidences of pollution, which were discovered but once during an entire year. The objection that this system of sewage-treatment is not applicable in cold climates is invalid, as is shown by the results in Pullman, Ill., and in Dantzig, Germany. Birmingham, England, with a population of 600,000, has adopted the irrigation system, and the income realized during 1885 from the sale of stock and produce from the sewage-farm amounted to over $100,000.

During the past year the poisonous effects of tyrotoxicon, discovered by Professor Vaughan, have been witnessed repeatedly in persons who have taken milk and ice-cream. Professor Vaughan has made the suggestion that this ptomaine may be the active cause of cholera-infantum. The question of public baths is treated very fully in the address. Public, like private, bathing institutions must make provision for individual baths. Large pools, in which many persons bathe at once, fail to answer the requirements of sanitary science or of public decency. A French army surgeon, Duval, has overcome this difficulty, and now both the French and German soldiers have proper facilities for bathing. The latter are required to bathe every week, the government furnishing the bath-room, warm water, soap, and towels. In our army and navy no steps have been taken to introduce this reform, although Dr. Billings has shown its feasibility. Dr. Lassar of Berlin has demonstrated the practicability of separate bath-rooms in connection with public bathing, and has been urging the extension of the military system to the civil population, so that every German may have his weekly bath. He gives excellent illustrations of the practical benefits to be derived from the adoption of such a system. At the white-lead works in Ehrenfeld, the eighty employees are required to bathe weekly, the facilities being furnished by the proprietor. In the first year, 1884, the sickness was reduced twenty per cent, and in 1885 it was reduced still lower, fifty per cent. In certain dye-works in Berlin, ten rooms, containing shower-baths, have been provided for workmen and their families, and for all who desire to use them. In Göttingen, with a population of 21,000, of which number 3,000 are children who attend the public schools, baths are fitted up in the basement of one of the school-houses. A class of fifty can bathe in an hour. Each child has the opportunity of bathing once in two weeks, and seventy-five per cent of the children avail themselves of it. The authorities and teachers are unanimous upon the point that the system is of great benefit to the children, not only from its direct sanitary advantage, but from the habits of cleanliness formed, to which they are likely to adhere through life. The only cities in the United States having public baths are, Boston, with 17; New York, 15; Philadelphia, 5; Brooklyn, 3; Cleveland and Hartford, each 1; and Buffalo, the number not given. In New York, 3,431,086 persons bathed from June to October in 1883; during the same time in Boston, 959,765; and in Brooklyn, 225,885. In eighteen cities where there are no public baths, only about twenty-three per cent of the residences are supplied with bath-tubs.

Dr. Rohé concludes his address with a statement of some of the results of the application of sanitary measures, quoting the statistics of Dr. Baker in Michigan, and Dr. Ogle in Great Britain. The address is an admirable *résumé* of what has been done in the realm of preventive medicine, and no one can read it without being impressed with the great strides which have recently been made in this field of research.

WHAT TO EAT WITH TEA AND COFFEE. — In the *Journal of Anatomy and Physiology*, Dr. J. W. Fraser reports the results of his experiments on the action of tea, coffee, and cocoa on stomach and intestinal digestion. He summarizes his views by the following recommendations and deductions: 1. That it is better not to eat most albuminoid food-stuffs at the same time as infused beverages are taken; for it has been shown that their digestion will in most cases be retarded, though there are possibly exceptions. Absorption may be rendered more rapid, but there is a loss of nutritive substance. On the other hand, the digestion of starchy food appears to be assisted by tea and coffee; and gluten, the albuminoid of flour, has been seen to be the principle least retarded in digestion by tea, and it only comes third with cocoa, while coffee has apparently a much greater retarding action on it. From this it appears that bread is the natural accompaniment of tea and cocoa when used as the beverages at a meal. Perhaps the action of coffee is the reason why, in this country, it is usually drunk alone or at breakfast, — a meal which consists much of meat, and of meats (egg and salt meats) which are not much retarded in digestion by coffee. 2. That eggs are the best form of animal food to be taken along with infused beverages, and that apparently they are best lightly boiled if tea, hard boiled if coffee or cocoa, is the beverage. 3. That the caseine of the milk and cream taken with the beverages is probably absorbed in a large degree from the stomach, and that the butter used with bread undergoes digestion more slowly in the presence of tea, but more quickly in the presence of coffee or cocoa; that is, if the fats of butter are influenced in a way similar to oleine. 4. That the use of coffee or cocoa as excipients for cod-liver oil, etc., appears not only to depend on their pronounced tastes, but also on their action in assisting the digestion of fats.

CONSUMPTION. — At the recent meeting of the American Climatological Association held in Baltimore, the discussion of pulmonary consumption occupied an important position. The address of the president, Dr. F. Donaldson, sen., was on the prophylactic treatment of those who inherit a predisposition to phthisis. He thinks that we are justified in assuming from statistics that this disease is diminishing. In England there has been a gain in males of fourteen per cent, and in females of twenty-two per cent, while in Massachusetts there has been a gain of fifty-four lives in every hundred thousand. Thirty per cent of the cases have an inherited predisposition to the disease. This hereditary form, when developed, offers the least prospect of recovery. He regards the acceptance of Koch's bacillus as well-nigh universal. Its constant presence in phthisis must be accepted as the full explanation of the manifestation of tuberculosis. Persons who are predisposed to the disease may develop it by the inhalation of the dried bacillus from the expectoration of diseased persons. The prophylactic treatment embraces two elements: (1) the improvement of the general health of the subject, and (2) the protection from contagion. The tuberculous mother should not nurse her child, but, if possible, it should be given to a healthy wet-nurse. The hygiene of the nursery should be looked after carefully. The room should be well ventilated, and kept at a comparatively low temperature. The subject should live much out of doors, especially between the ages of fifteen and twenty years. The beneficial effect of sunlight should be borne in mind. The physical form of the chest should be enlarged by gymnastic movements. If possible, life should be passed in high altitudes. Oleaginous fluids are useful if they can be digested. The milk and flesh of tuberculous animals must be avoided, for cooking rarely destroys the bacilli of beef. If the prophylactic treatment is thoroughly carried out, the hereditary proclivity may remain latent, and the individual never contract the disease. In the discussion of the general subject, Dr. Bruen considered that in tubercular phthisis the influence of sea-air was disastrous. Those cases which are most benefited by prolonged sea-voyages are those in which there is no inherited tendency to tuberculosis. Dr. Bowditch thought that a great distinction should be made in speaking of the seacoast-air and the pure sea-air. Cases which could not stand the harsh, cold, and changeable air of the seacoast may be benefited by a sea-voyage, or residence on an island some distance from the shore, where the conditions are similar to those which are obtained in a sea-voyage. Dr. Knight remarked that he knew of several patients who had improved and gained in weight during a stay at some of the coldest resorts on the New England coast. Dr. Wilson gave it as the result of his experience that there were three classes of consumptive patients who cannot go to the Atlantic seacoast without risk: (1) those in whom there is active febrile disturbance, (2) those who have a highly excitable nervous organization, (3) those who suffer from repeated attacks of spitting of blood.

BRAIN-WOUNDS. — At a meeting of the American Surgical Association held in Washington, Dr. D. Hayes Agnew of Philadelphia discussed the medico-legal aspect of wounds of the brain and thorax. The study of the subject was suggested by a recent case which occurred in Newport, in which a colored man was found dead under the breakfast-table. He had food in his mouth, and a wound of the head and the heart. The question was as to the possibility of these wounds being self-inflicted. Dr. Agnew, after a thorough examination into the subject, states that injury to the brain is not necessarily followed by loss of consciousness or paralysis. Numerous instances have occurred in which, after injury to the heart, the individual had performed many acts. He concluded that it is possible for a ball to enter the brain without destroying consciousness, although for a moment it may cause mental confusion, and that a suicide may shoot himself in the head, and after a moment shoot himself in the heart. In the particular case which gave rise to the discussion, it was demonstrated that the deceased had been murdered, his son-in-law confessing the crime.

BOOK-REVIEWS.

The Effect of the War of 1812 *upon the Consolidation of the Union.* By NICHOLAS MURRAY BUTLER, Ph.D. Baltimore, Publication Agency of the Johns Hopkins University.

A VERY interesting subject is treated with tantalizing brevity in the monograph which forms the seventh number in the fifth series of the 'Johns Hopkins University Studies in Historical and Political Science.' Dr. Butler has confined himself wholly to one line of investigation, avoiding the many fascinating questions that are collateral to it, and freeing his own discussion of the main subject from all but the very briefest comment. He desires to show, first, that real peril to the perpetuity of the Union sprang from the anti-nationalistic theories broached in the first decade of the present century; and, second, that the immediate effect of the war of 1812 was so to stimulate national pride and strengthen the waning desire for national unity as to avert that peril until it confronted the State once more at a later day, allied with the political interests of slavery.

The term 'anti-nationalistic,' which Dr. Butler uses, serves a very convenient purpose; for it cannot be truly said, that, as a practical factor of national politics, the doctrine of State sovereignty was more the property of the Democratic than of the Federal party. It was really a question between the ins and the outs. Although the first clear statement of the principle of State sovereignty is found in the Virginia and Kentucky Resolutions, and hence must be regarded as Democratic, still, in the practical application of that principle, the Federalists of the Massachusetts and Connecticut Legislatures and of the unfortunate Hartford Convention were not a whit behind their old opponents; and Dr. Butler makes it very clear, that, until a foreign war had drawn the popular attention away from internal dissensions to the public peril, neither party was truly animated by a consistent and continuous desire for genuine union. That the war of 1812 was in its inception a party war, is, of course, quite true; yet in 1816 the people, as a whole, made it evident by their votes that they had united in approving it, and that they rejoiced, with a thrill of national pride that was wholly new, over the brilliant victories of the American navy, and of Jackson's army at New Orleans. Of this curious change in popular sentiment, Dr. Butler gives us much interesting corroborative testimony, and, strangely enough, from men of the same party that first paved the way for the later doctrines of Calhoun and Hayne.

"The war," says Dr. Butler, "had ruined the particularists: it had made all nationalists, if we may use the word. The bonds of the early days of the Revolution were forged anew, and the