

vesicle in the hollow of the arm can be better protected (especially with the shield, if used) than four vesicles in different places, and lymph can be more easily taken. Of course the area of not less than a square inch can be produced to meet the requirements of the Local Government Board. I think if public vaccinators will try this method, together with the removal of the lymph by exsiccation with glycerine (if it succeeds) they will find the difficulties of vaccination reduced to a minimum, and what is of consequence now the antivaccinators are so active—that the operation will be rendered less unpopular.

THE TREATMENT OF OBESITY.

DR. N. E. DAVIES (Sherborne) writes: Physiologically there is no other safe means of reducing fat than I am aware of than by a carefully chosen system of diet and proper exercise, but here the sufferer is handicapped, for I know of no cookery book containing a large choice of aliments of all descriptions suitable for such persons only. I have for some time been engaged in leisure hours in compiling such a work. Few fat people have the necessary determination to refrain from taking things injurious to them, even if they knew what these are, which they seldom do. I believe if they knew how many luxuries there are that can be indulged in with impunity many would so live and diet, that their lives, instead of being a burden, would be made enjoyable. Establishments for the treatment of fatty disease would only be within the reach of the wealthy, as the spas abroad are, for instance; but chosen, regulated diet would be within the reach of almost all, and this I hope to furnish. I believe that proper dieting for three months in the year, with well regulated exercise, would meet the requirements of most cases, if not all.

THE USE OF THE LEFT HAND IN OPERATIONS.

DR. J. P. R. JAMISON (Broughshane, Co. Antrim) writes: Dr. Bower seems to think that the best plan for exercising the left hand is the playing of a musical instrument, particularly the piano or organ. He is right in his presumption that I do not play the piano, but I do play the violin (and have done so for ten years), which requires even more precision of the left hand than the piano, as in the former each note has to be made by the finger, in the latter each note is made and only requires to be sounded. It was because I understood the value of having the left hand in training, and because, even with my violin-playing, that it was not nearly so dexterous as the right, that I thought of and adopted the writing exercise. The holding of the pen, to my mind, corresponds very closely to the way in which small knives are held. Not all students play the piano or violin, nor are all even musical. What would be the best plan for exercising the left hand in these? Dr. Bower admits that the lumbricales are the muscles to be exercised, and anatomists say these are used in writing.

STOVES, ETC., IN BEDROOMS.

DR. E. H. JACOB (Leeds) writes: For heating a bedroom or any room only occasionally occupied nothing can be better or more convenient than gas. It is necessary to decide whether to adopt radiant or convected heat or a mixture of the two. For the latter probably Fletcher's 3 F tubular gas stove is as good as any. I have one in my laboratory which answers well. For radiant heat Wilson's gas fire is very good, though Fletcher's new type of gas fire with iron fretwork is probably but little inferior. If a mixture of the radiant and hot air effect is preferred, Fletcher's B 3 is suitable, or the "Wilson" fire may be obtained with an external casing, which answers the same purpose as the tubes in Fletcher's pattern.

A fair result can be obtained by fitting burners outside an ordinary fire-place to heat fireclay lumps within, provided that the greater part of the grate space is stopped by a brick and only about three inches left to be filled with the "asbestos fuel." This has the advantage that, if it be required, the "fuel" can be removed and the gas burners used to light an ordinary coal or coke fire. In cases of illness, when continuous heating and thorough ventilation are required, nothing is so convenient as a good slow combustion grate, such as the "Abbotsford," or the form with close asphalt recommended by Mr. Teale. I am surprised to find any medical man recommending a fuelless stove. In spite of the elaborate arrangements for "condensing" the impurities (as if CO₂ and SO₂ could be condensed by any ordinary method), they cannot be anything but poisonous if used for any but the shortest periods, and there are seldom any satisfactory arrangements for ventilating a room where there is no fireplace. For warming rooms where no fuel can be placed, it is easy to fix a small coil of hot water pipes heated by a diminutive gas boiler, which can be placed in a small wooden shed outside the house or in an adjoining room which possesses a flue.

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BOOKS, ETC., RECEIVED.

- A System of Midwifery. By William Leishman, M.D. Vol. i and ii. Fourth Edition. Glasgow: James Maclehose and Sons, 1888.
- A Class Book of Elementary Chemistry. By W. W. Fisher, M.A., F.R.S. Oxford: At the Clarendon Press.
- Handy Book of Medicine Stamp Duty with the Statutes and Appendices. By E. N. Alpe. Published at the Office of the *Chemist and Druggist*, London, and Melbourne.
- Elocution, Voice, and Gesture. By Rupert Garry. London: Bemrose and Sons.
- A Textbook of Human Physiology. By Dr. L. Lamdois, with additions by William Stirling, M.D., Sc.D. Third Edition. London: C. Griffin and Co.
- Outlines of Qualitative Analysis. By A. H. Sexton. With illustrations. London: C. Griffin and Co.

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