

THE SUN BATH.

Dr. E. C. Angel gives to the *Sanitarian* his views on sun bathing. He says: "My own personal observation of the efficacious results of the therapeutic use of the solar rays extends over a period of fully 12 years, and embraces a considerable variety of diseased conditions, for the most part chronic." He believes in the use of what he calls a "solarium," and gives farther details as follows:

It is important that the solarium should be well ventilated, and the best result, it will be recalled, are recorded of open air insolation. Modern costume deprives the body so much of light and air that the skin lacks sensibility as well as tone; and there is not only great advantage to be derived from the sun, but there is often much benefit received from exposure to the wind.

The sun alone reddens, the sun and wind conjoined magnificently bronze, the exposed surface in a manner that the winter months will not efface, while the benefits and strengthening effects are still more lasting. Insolation under glass, however, whether white or colored, is a bleaching process, in which there is neither burning nor discoloration.

The construction of a solarium is very simple. Its situation in cities should always be at the top of the house, and a high house at that, that it may admit air, light and sunshine from all sides. The roof should consist of sash and glass—an outer layer of white glass and an inner layer of blue glass—with an air space of an inch or more between. The sides should have double sash as well as double glass, and may be ornamented with varied colors and figures to amuse the eye and please the fancy. This mode of construction will diminish the intensity of the heat in summer and the cold in winter, and practically makes the structure available for every day in the year on which the sun shines.

Leading from the apartment already described should be another, with enclosed sides of lattice, consisting of revolving blinds. This room should be open at the top, and would only be available during the warm season. The use of the blinds are threefold—to screen the inmates, to regulate light and shade, and to temper the winds to the nude tenants.

In conclusion, I will not go quite as far as Voltaire, who advised two full actors to plant themselves in the sun for six months; but I will take the liberty to urge an increased attention to solar therapeutics on the part of the medical profession, for the sun's rays may be employed with absolute advantage and with as absolute safety.

Without anticipating medical miracles, the professional practitioner may rely upon deriving from judicious insolation such ruddy complexion, hardened muscles, improved digestion, purified blood, enlivened spirits, and invigorated vital powers as shall more than justify all I have advanced in defence or praise of solarization.

KILLING CLOTHES MOTHS.—Prof. C. V. Riley, United States Entomologist, gives the following advice for killing clothes moths: The early days of June should herald vigorous and exterminating warfare against these subtle pests. Closets, wardrobes, all receptacles for clothing, should be emptied and laid open, their contents thoroughly exposed to light and air, and well brushed and shaken before being replaced. In old houses much infested with moths, all cracks in floors, wainscots, shelves, or furniture should be brushed over with spirits of turpentine. Camphor or tobacco should be placed among all garments, furs, plumes, etc., when laid aside for the summer. To secure cloth linings of carriages from the attacks of moths, sponge them on both sides with a solution of corrosive sublimate of mercury in alcohol, made just strong enough not to leave a white mark on a black leather. Moths may be killed by fumigating the article containing them with tobacco or sulphur, or by putting it, if practicable, into an oven heated to about 150° Fahr.

A NEW TREATMENT FOR CONSUMPTION.—The *Medical Record* gives the following: The theory of cure is to clear the lungs by a mechanical effort, chiefly by manipulating the muscles of the throat so as to cause more forcible breathing; second, to establish perfect digestion; third, to promote a process of healing the tubercles, so that they shall become chalky or calcified masses; fourth, to compel the patients to take plenty of fresh air, sunlight and outdoor exercise. To secure perfect digestion a special diet is ordered in each case, and the food is changed as the power of assimilating it improves. To promote the calcifying of the tubercles the salts of lime, which are found in most vegetable and animal food, must be supplied in a soluble condition; the theory is that too much heat in ordinary cooking destroys the natural combination of these salts with albumen and renders them in-

AMERICA'S INVENTOR.

We give on this page a portrait of Thos. Edison, the most celebrated inventor of the age, whose fame as such, is, probably, only circumscribed by the limits of the earth. Problems which have puzzled other inventors for decades past seem matters of small importance in his hands, and there seems no obstacle so great that the genius of this man cannot surmount it.

Among his inventions may be mentioned the quadruplex system of telegraphy, the phonomotor, the megaphone, the electric pen and many others. He also divides the honors of the invention of the telephone with Prof. Graham Bell.

Mr. Edison's residence and laboratory is at



THOMAS EDISON, THE INVENTOR.

soluble to a weak digestion. Outdoor exercise is regarded as so important that the patients are instructed to go out in rain, snow, dampness, or even night air or dew, the habit thus acquired neutralizing the danger of catching cold from such exposure. Only strong head-winds and extreme hot weather need be guarded against. The patients sleep with the windows open, summer and winter.

PARAFFINE AS A LUBRICANT.—A correspondent of the *Railroad Gazette* announces that the Erie railway has reduced its oiling expenses from \$5,000 to \$1,000 a year by using paraffine on passenger car journals, and has reduced the number of hot journals from 535 to 332. It is now used during the winter months, without the addition of any other oil, but it is found that in summer it becomes so limpid that it is hard to keep it in the axle-boxes. During the summer months it is therefore mixed with some other lubricant to give it more "body."

Menlo Park, New Jersey, at which place he is at present busily engaged perfecting his system of illuminating cities by the electric light.

NOTE ON STRIKES.—The *Coal Trade Journal* says: The total number of strikes in England in 1877 was 191. If all the people who engaged in them were to work uninterruptedly for the next ten years, and at the advance for which they struck, it would not recoup them all they had lost during the twelve months of 1877. In France strikes are avoided by the *Conseil des Prudhommes*, a tribunal which takes cognizance of disputes between employers and laborers respecting wages. It inquires into the questions at issue, the state of trade, the cost of living, etc. It seeks to do justice to both parties and its decisions are generally satisfactory.

The Commercial Convention meets at New Orleans December 3d, for which complete preparations have been made.