had the convicts up before daylight, and made them work at the drainage in "the cool of the morning." Then he had them home in the heat of the day for dinner and a *siesta*, and sent them out to work again in the "cool of the evening." The local medical men and the Corsicans around him stood aghast at a plan so contrary to all their experience. For they wait until the sun has dispersed early miasma-loaded vapours, and return home before sunset. But he was not to be persuaded, reported the medical men under him for "insubordination," and had his own way. The result may be easily foretold. He lost during two years 65 per cent. of the convicts, or 665 out of the 1000 each year. The government was horror-struck, and the colony would have been abandoned had not the stubborn director, most fortunately, himself died of the malaria. A more rational man was then appointed, who allowed the medical staff free scope, and everything was reversed. The men were sent to work an hour after sunrise, and brought home an hour before sunset. In the summer they were all transferred to the mountains, and various other precautions were taken, with such good results that last year the mortality, in the same conditions and locality, was only $3\frac{1}{2}$ per cent., or 35 in 1000. These details I had from Dr. Tavera, the present very intelligent medical superintendent of the penitentiary. Great works have been accomplished. One or two large brackish ponds and swamps have been already drained, and a vast amount of land reclaimed.

It seems incredible that such perverse stubbornness on the part of officials in authority should exist, and that masses of human beings should be shouldered into eternity through their blind opposition to professional knowledge. But similar circumstances are constantly occurring. If my memory does not mislead me, at the commencement of the Crimean war our troops were located in autumn, by the officer in command, at the side of a malarious fresh-water lake, near Varna, in direct opposition to the medical staff; and soon after the camp was decimated by fever. Again, the case of the regiment recently taken to sicken and die at the Mauritius by its colonel, in opposition to the medical staff, must be in everybody's mind.

The deduction I draw from these researches is, that any part of Corsica is safe as a residence, either for invalids or tourists, from the 1st of November to the middle or end of May; but I do not advise either the one or the other to go to Corsica, or to remain there, during the summer months, unless they leave the plains and the outlets of rivers, and settle on some mountain height. As the mountains rise to a height of nine thousand feet, there are many glorious regions where, throughout the heats of summer, a bracing healthy climate and immunity from the intense summer heat of the Mediterranean would be secured. The establishment of some such cool mountain retreat for summer is part of the plan I have been advocating for the last six years. I have found a most lovely spot, called "Foci," some four thousand feet above the sea, on the summit of the pass which crosses the mountains that separate Ajaccio on the western coast from Bastia on the eastern. It is now in contemplation to build a summer hotel there. Such an establishment would be of great value to Nice, Cannes, Mentone, and to the Riviera generally.

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ON

THE PREVENTION AND TREATMENT OF SUN-STROKE.

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THE number of cases of sun-stroke reported in the general and medical press induces me to offer a few observations chiefly on the prevention and treatment of this formidable affection. In my article on Sun-stroke published in the second volume of "Reynolds's System of Medicine," I pointed out that sportsmen in India constantly expose themselves in the hottest weather when in pursuit of game. Those who use reasonable precautions, who protect the head and nape by a head-dress adapted to the purpose, wear loose clothing of a suitable material, and abstain from stimulants, rarely suffer from sun-stroke.

On the other hand, men who are made to undergo fatigue

under a hot sun, dressed as British soldiers generally are, in tight-fitting clothes, and encumbered with heavy and badly-adjusted accoutrements, wearing a head-dress which not only gives no protection, but concentrates the sun's rays on their heads, suffer from insolation in a most fatal form. In illustration of this I quoted the well-known example of the 68th Regiment, which, dressed and accoutred in the manner above indicated, paraded at Madras at an early hour in the afternoon in one of the hottest months of the year, to attend the funeral of the late General M'Dowell. The result, as my friend Sir Ranald Martin has described, was, that before the funeral parade was over, the men began to fall senseless; one died on the spot, two more in less than two hours, and men suffering from insolation in various degrees were brought into hospital all that night and part of next day. I further illustrated this part of the subject by the case of the 98th Regiment, which, dressed and accoutred as above, took part in the capture of Chin-Kiang-Foo, the final military operation of the war in China under Sir Hugh (now Lord) Gough. A great many men were struck down by the sun; about fifteen died on the spot. For the most part they fell on their faces, gave a few convulsive gasps, and expired. It is a noteworthy fact, of which I was an eye-witness, that the 18th Royal Irish and the 49th Regiments, employed on the same day, in the same service, and exposed to the same fierce heat, hardly suffered at all. Why? They marched and fought under the guidance of officers experienced in tropical war, who had for their advisers medical officers of equal experience, and the result was that the soldiers went into action without their leather stocks, with their jackets loose and open, and, above all, with white covered forage caps on their heads. In the same article I have shown how high temperature induces a variety of the same terrible symptoms when men are massed in ill-ventilated barracks, and gave some historical examples in point. From the above some important lessons may be gathered for our guidance in this exceptional season.

In such tropical weather as we now have, troops should parade for exercise only in the early morning or evening, and even then as little encumbered as possible; and, in case any man should fall out, an abundant supply of water should be at hand for drinking and douching purposes.

For those who are obliged to exert themselves in the sun, cold tea is the safest and, in the long run, the most refreshing beverage. Every experienced Indian sportsman will subscribe to this. It is notorious in the East, that the sportsmen who "come to grief" from the sun are those who endeavour to "support nature" with brandy-and-water and strong ale.

When walking in the sun, particularly in the hot streets, when there is little movement in the air, the use of an umbrella, with, for choice, a white cover, can hardly be thought effeminate. It is almost useless to add, after what has been said, that at such a temperature as we have lately had it is dangerous to mass a number of people in ill-ventilated dormitories, although it is probable that the formidable symptoms of what may be called barrack insolation are seldom seen under a temperature of 90° Fahr.

The best and safest mode of treating a person struck down by heat is at once to remove him to the nearest shade, to strip him, and assiduously to douche him with cold water over head, neck, and chest. By this means a powerful impression is made on the cutaneous nerves, the effect of which is to set suspended respiration in motion, at first by catches and gasps, finally in a more regular manner. If the heat of skin be, as it usually is, high, this simple operation should be done again and again. The patient should be made to drink freely of ice-cold water, if that be at hand; if vomiting results so much the better, for it will mechanically aid in diminishing extreme congestion of the lungs, which is one of the most invariable consequences of the attack. The patient should be made to inhale ammonia, with the usual precautions, from time to time. As soon as sensibility is restored, it is well to give a purgative; moderate diarrhoea favours recovery. If sensibility be not restored by the above means, shave the head and apply a blister. In the convulsive form of the disease chloroform may be inhaled, as advised by Dr. Barclay, but always under medical supervision.

YELLOW FEVER has appeared extensively at Porto-veijo and Tipigapa; cholera at Havannah; and small-pox and fever prevail at Jamaica.