

formance of their duties are reimbursed quarterly from a State appropriation. They are simply private individuals acting as advisers to the State official at the head of that department. Boys over ten years old are still placed and visited by paid male agents; but girls of all classes, except the very young children who are boarded in families at State expense, come under the care of the voluntary and unpaid women visitors. The result has been excellent. Whenever Mr. Wrightington receives an application for a child to adopt, or a girl to assist in domestic work, he sends it to the visitor for that district. She visits the family, and ascertains whether the home is a suitable one. Her decision is final. She reports her reasons for disapproval, if any, to Mr. Wrightington—of course in strict confidence. She is required to find out not only whether the members of the family are of good character and able to support a child, but whether they are such persons as will train her to virtue and usefulness, and make her reasonably happy.

When the girl is placed, the visitor must see her as often as is necessary, report at least quarterly upon her condition and treatment, oftener if there is anything peculiar in the case. As some of these girls have been sentenced for petty offenses, are immoral, ill-tempered, and perverse, great patience is necessary in guiding and influencing them. Some require several changes of place before the right one is found. Volumes could be filled with the interesting details of the work. There are tragic episodes, and very funny ones. Of course the visitors are not equally zealous or efficient, but they have been, on the whole, excellent.

The Massachusetts reform schools for boys and girls are under one board of trustees, and the legislature of 1895 gave to this board increased powers. They now can find homes in suitable families for the inmates of the reform schools, and visit them personally or by agents. The two women trustees have devoted (unpaid) nearly their whole time to this new work, with excellent results.

The State primary school for children at Monson formerly contained about four hundred inmates. This institution has been abolished, owing to the boarding-out system having become general; and the Board of Lunacy and Charity now employ several paid women agents in addition to the auxiliary visitors to carry on this additional work caused by the closing of the school.

It is often said, in regard to the security of investments, that «everything depends on their management.» There are in the world born leaders, of clear sight and organizing ability in business undertakings. So it is with benevolent labors. We have only to look at the noble work achieved by Charles L. Brace for destitute children in New York to see what one man can accomplish. Mrs. Lowell's long life of charitable work, and that of Miss Louise Schuyler, in the same city, also show what leading spirits, faithful and unwearied, have done for humanity. In Mr. Brace's most interesting biography, just published, we find him forty-five years ago lamenting the supineness and selfish ease of the majority of persons at that date, and pointing out the great field untilled, where noxious weeds were daily springing up to poison society in the future. Mrs. Nassau Senior's report to Parliament, in or about 1870, on the condition of workhouse children, led to the boarding-out system for young children in England. This has been

copied in Massachusetts. Beginning in 1870 with the placing in families of foundlings and deserted infants, under medical supervision by the Board of Lunacy and Charity, with great saving of life from this method, it has been extended to older children in charge of that board. Not only are children far better in every way reared in domestic life than in the best-managed institution, but they become useful and self-supporting at an earlier age.

It is sad to read the long columns of our metropolitan journals which describe the doings of women,—hospitality perverted into ostentatious display, wholesome recreation sunk into a life of pleasure-seeking, women's clubs uttering a great deal of frothy nonsense and mutual admiration,—and to contrast this with the depths below of misery, vice, and ignorance—a turbid stream beneath these bubbles on the surface of society.

There is an army of women of leisure in this country who have the ability to transform our wretched slums into abodes of comparative peace and comfort, had they the unselfish spirit of Octavia Hill in England, and Mr. Brace, Mrs. Lowell, and others in this country. It is a curious fact, however, that women of leisure have not been the only or chief workers for the unfortunate and degraded classes. Mothers of families, some of them of narrow means and many cares, have done much service—the more efficient because the care of a family is an excellent training-school. Mothers of children, if they are true mothers, should best understand the needs of all children.

To sum up: The flood of immigration has brought to us an army of homeless, ignorant, neglected children. The experience of the most successful workers among them has proved that removal from large cities, and introduction into rural domestic life, is the true way to make them good citizens and virtuous men and women. Also that institution life for children should be only a temporary makeshift, because it cripples their faculties, besides exposing them to the contaminating influences of the more vicious ones. That personal, friendly influence, especially of women, is necessary to them as individuals; and that personal knowledge and visitation of children placed out in families is essential to their safety and protection from ill-usage. That the legislation necessary to the improvement of public charitable methods can be influenced by women without the ballot better than with it, as it comes through the efforts of non-partisans who have no personal ends to gain.

Clara Temple Leonard.

Rest and Exercise, and Pulmonary Consumption.

FROM rather an extended study of the subject of pulmonary consumption, I feel quite sure that very few opinions are more widely diffused than the one that sufferers from this disease must have an abundance of physical exercise before they can get well. So tenaciously is this notion held that consumptives persist in being up and in walking about until the last vestige of their strength is gone, and they are compelled to exemplify the pathetic but truthful saying that «a consumptive never goes to bed of his own free will unless it is to die.» No one will, I think, be rash enough to assert that exercise has no place in the treatment of

this disease; for the least thoughtful attention to this matter will make it evident that the harm which comes from it is due to its indiscriminate employment—due to its application when rest should take its place; and it is in the hope of being able to say something which will make clear the indications for the use of each of these two important measures in the management of this disease that these lines are written.

At the very outset I wish to state that the idea of exercise in pulmonary consumption is based on a wrong foundation. It assumes that because exercise gives strength when taken in health, it must do the same thing in disease. A moment's reflection will teach us, however, that health and the disease which we are here considering are two widely different conditions. One represents the fullness of energy and vigor, and the other an exhausted state of the resources of life. The wasting, the general weakness, the shortness of breath which is out of all proportion to the amount of affected lung area, the slight evening fever, the loss of appetite, all indicate that from the very beginning of his disease the consumptive suffers more from constitutional debility than from local pulmonary disorder. In financial language, the healthy man is like a plethoric bank, while the consumptive is like a financial institution verging on bankruptcy. Following this argument, I would say there is no axiom better established than that money makes money if it is put to proper use, and hence he who has moneyed capital always has the chance of increasing his capital. But the banker whose capital is reduced to a minimum, and whose income does not equal the amount of his expenses, must, in order to escape being pushed against the wall, either increase his income or diminish his expenses. If he does both he will get out of his straitened condition more quickly than if he does one alone.

Accepting the dictum, then, that the consumptive is on the verge of physiological bankruptcy, what is the most reasonable course to pursue in order to restore his broken health? Is he to go on and take an abundance of physical exercise like his healthy neighbor? Shall he walk, ride horseback, row, hunt, mount his bicycle and fly through the country, or climb the mountains? Has he anything in common with his more fortunate and robust companion who by exercising draws on his reserve strength and so increases his physiological capital? Is there anything which would warrant him in doing this? No; for most of his reserve strength is gone, as has already been said; and if any of this energy is now devoted to physical exercise, it will make a serious drain on that which should be applied to the maintenance of other bodily functions, like digestion, breathing, circulation, etc., and in consequence these functions suffer, and the patient complains of an inability to eat, difficulty of breathing, of a weakened heart, etc. If he wants to save himself from physiological insolvency he must follow the same line of conduct as that which is pursued by the banker who wishes to escape financial insolvency. He must economize the forces of his body by reducing his expenses, and, if possible, by increasing his physiological income by means of more food. How this may be best accomplished is an important question.

May we not learn a serviceable lesson from Nature

herself in this respect? What promptings does she give him who exhausts his strength in daily toil? Does she tell him to continue his work and sap his forces still further, or does she admonish him to lie down and seek restoration in quietness and in sleep? What does she do when one is smitten with a debilitating malady like typhoid fever? Does she not compel him to seek a lying-down position—a position in which his muscles and his nerves are enabled to obtain the best possible rest? And why should not similar treatment apply to the consumptive? He is in the same situation in so far as the drain on his vital resources is concerned. With him it is a real living warfare between the strength of his body and the strength of his disease. The line which divides these two states is neither hard nor fast, but shifts its position in accordance with the ebb and flow of his bodily strength. When he is weak the disease advances, or gains ground; and when he is strong it is less aggressive, or goes back. The first duty of the physician is, therefore, to fortify and to invigorate the consumptive's condition, and to place him in that position in which he will have the best advantage to battle against his disease; and the foremost remedy in accomplishing this purpose is well-regulated *rest*. By placing the consumptive on his back, all that strength is economized which is otherwise wasted in walking, standing, and sitting; and when we realize that about one fifth of the energy of the body is devoted to these purposes, it does not require a very wild flight of the imagination to perceive that this means a marked cutting down of his expenditures. Practically this is followed by immediate beneficial results; for that part of his physiological capital which was previously diverted to the support of voluntary muscular motion is now distributed to the maintenance of the other and more essential functions. The digestion improves, the heart is less excitable, the breathing becomes easier, the cough and expectoration diminish, and altogether there is an air of vigor about the patient which was absent before. On observing this improvement, one is at a loss to know the reason for the existence of the general opinion that the salvation of the phthisical depends on plenty of exercise. Before I fully appreciated the great value of rest in the treatment of consumption, it was frequently a source of bitter disappointment to me to see patients whom I considered well enough to leave bed, walk about, and do work, almost invariably have a relapse when they did so. Although it was a puzzle to me then, it is clear to me now why it could not have been otherwise. They were allowed to leave their beds prematurely.

Rest bears its best fruit in the treatment of consumption only when it is applied systematically and persistently. It will not do to allow the patient to act for himself in this matter. He must be placed under the care and supervision of either a physician or a well-trained nurse. The following instance pointedly illustrates the difference between the results which are obtained when rest is applied in a loose and in a methodic manner. Some years ago, when I began to employ rest, I had a patient under my care who lived a long distance from me, and whom I was able to see only at long intervals. At the very beginning of the treatment I placed him on a diet of the most nourishing character, gave him what I thought was appropriate

drug medication, and ordered him to keep quiet, without any very specific directions as to how it should be carried out. He obeyed me strictly as to the food and medicine, and mapped out a general course of rest which he believed was proper in his case; that is, he sat up most of the day, walked up and down stairs and on the piazza and lawn, and occasionally took a short stroll on the street. This course was continued for about five months, at the end of which time I saw him again, and found that he was no better—in fact, not so well; for he had lost in weight, had a poor appetite, and about the same degree of fever as before, and there was no improvement in the local condition of his lungs. I now placed him under the care of a good nurse, and ordered him to bed, and to remain there day and night until I saw him again, but made no other change in the previous treatment. At the end of two months he was permitted to sit up an hour each day for the following two weeks, after which he was gradually accustomed to being up all day. In consequence of this change from exercise to rest, he began to improve at once, and in four months after the enforced rest treatment had been begun he had gained seventeen pounds in weight. When we consider that this patient made all this improvement with the existence of a good-sized cavity in the upper part of his right lung, it is a striking demonstration of what absolute rest did for him. He was soon engaged in his former occupation, to which he has become gradually readapted, and with the exception of not being allowed to do heavy lifting or violent exercise, he is now, and has been for the last five years, able to perform all the duties of his business.

After a consumptive has progressed far enough to be up and lead a more active life, how should he conduct himself so as to avoid a relapse? How is he to resume a vocation? These are to him most serious problems. To solve them he must bear in mind the principle which has secured his recovery thus far—he must economize his strength. He must avoid becoming tired, and forego physical strain. He may become fatigued provided this is readily put to one side by rest and food; but when he exhausts himself to such a degree that he feels weary and out of sorts from morning until evening, and fails to be refreshed by food or sleep, it is evidence that his body is wasting its resources faster than they are accumulated, and that he should call a halt, and rest. He should also shun the straining which comes from lifting, running, jumping, etc., so as not to throw too great a burden on the weakened blood-vessels of the lung, and avoid the risk of hemorrhage from this source.

Thomas J. Mays, M. D.

Fraudulent Mexican Antiquities.

SINCE the opening of the railroads of Mexico, which have so shortened the time and facilitated the visiting of the country, many thousands of Americans annually visit this land of never-ceasing surprises, perhaps the most wonderful of which are its antiquities and their histories. Naturally, when so many well-to-do people visit a country, they desire to bring back mementos of their trip, and the demand must be supplied in some way. Nowhere has the native better succeeded than in Mexico, where the manufacture of antiquities to supply the

traveler, the collector, the museum, etc., has been carried on for many years. The ever-increasing demand is more than met by the enterprising manufacturers.

These objects can be found in quantity in any of the antiquity-shops of the city of Mexico. They are often so cleverly made, and have been sold in such a roundabout way, that the most cautious have been deceived. But even more ingenious are the ways in which these articles are disposed of to the unskilled or to the unwary collector. One collector had unsuspectingly purchased for years of an old woman who had informed him of the trips of days to the mines and other places where she might be likely to find such objects. In one instance she had walked for ten or twelve days without obtaining anything; and then, again, for days she would watch a single excavation from which she might obtain only one or two objects. In fact, she made it her business to watch every important excavation made near the city, the result being that at each excavation she had found only an occasional object, thus keeping up the price. These she either made herself or bought of the manufacturer.

In the pottery objects, especially those made of dark clay and for sale everywhere, an enormous series was examined. Especially in one collection, which contained nothing else, the greatest freedom, and in fact skill, was used by the manufacturer. Vases described by Dr. W. H. Holmes a few years ago, about two feet in height, with a wealth of decoration in the form of heads of the Aztec type, are worthy of notice. The most remarkable objects were the large groups representing sacrificial scenes. In these sometimes as many as six or eight figures were represented as standing about a small corner of the ancient Mexican calendar-stone, on which was laid, or about to be laid, the victim. The figures were represented as engaged in various ceremonies, such as cutting out the heart; and in several instances the heart had been cut out, and was being held in the hand of one of the figures. These groups, as well as a large series of vases and other objects which are not copies of anything existing in Mexican archæology, but are also fabrications, are made by putting together such exaggerated features of Mexican archæology as would strike unsuspecting purchasers that the objects offered were remarkable Mexican antiquities. Thus one can purchase anywhere miniature copies of the water-godess, which weighs twenty-two tons, and which has recently been removed from the pedestal where it had rested for centuries to the National Museum in the city of Mexico; and many others are rarely, if ever, true copies of anything existing in Mexico.

Many objects are made of the so-called Mexican onyx or aragonite from Pueblo. These are carved in facsimile of the small stone figures found in the valley of Mexico, often in fanciful shapes, with superfluous decoration, occasionally representing animal figures, the work throughout exhibiting a certain amount of Aztec spirit. In the large number examined were masks and heads made of this material, in which had been inserted the eyes, nose, and mouth of obsidian, made by lining the cavity with flakes of obsidian, which occurs as rolled pebbles in abundance throughout the valley of Mexico, and as an entire hill at Pachuca. This obsidian ornamentation sometimes extends to the head-