

prisoner like Boehm is treated to the third degree. Should not the prison physician have advisory powers in such cases? If exercised in a judicious manner, the efforts of the police to unearth crime, and bring suspected criminals to the bar of justice are most praiseworthy. Suspected prisoners, however, should not be treated as criminals until guilt is proved, and only then should they get the punishment meted out to them. A prisoner should not be forced to answer questions, until he can do so intelligently, and until he is protected by counsel.

If not protected by counsel, there is all the more reason why a friendless prisoner should not be exposed to the extractive efforts of the police. If there is no other protection to invoke, he should be permitted to look for the protection of the prison physician.

Rest After Meals

All animals and many savages go to sleep, when they have eaten. Would that civilized man would imitate them! Unfortunately he does the very reverse; in most cases, no sooner is the meal down than he tries to resume his ordinary occupations and, perhaps, this is one of the reasons why dyspepsia is so common nowadays. Worse still, a man is expected to speak at a lunch or dinner, in such a way as to attract the attention and merit the applause of his hearers. Looked at from a physiological standpoint, such an intellectual effort is a hindrance to the speaker's digestion, since it withdraws from that function the energy which is devoted to his address. Under such circumstances, common sense would suggest, that a speaker at a lunch or dinner would just trifle with his viands, instead of doing credit to the chef. His dyspeptic listeners, of course, need not restrain their appetites, and, if they do not eat too fast, may not be harmed by such a repast; because repose, assisted by a good cigar, produces the somnolent condition, which shortens the period of digestion.

And if the proceedings are not too short, and the period of