

Bell Telephone Co., per Mr. Scott, January 39th, receipted bill (\$50), for use of telephone for year.

Mrs. G. S. Wait, armchair, February 5th.

Mrs. Robt. Davis, books for childrens' ward, February 8th.

Mrs. W. E. Phillips, two dozen lemons, February 12th.

#### FOODS FOR DISEASE.

They say that certain articles of diet are beneficial in certain ailments, as, for example:

Celery for rheumatism and nervousness.

Lettuce for insomnia.

Peanuts for indigestion, and diabetes of the corpulent.

Onions for neurasthenia.

Spinach for gravel.

Carrots for the asthmatic.

Ripe fruit as a "blood-purifier."

Watermelon for epilepsy.

Cranberries for erysipelas.

Tomatoes for the liver.

All, some or none of which may, or may not, be true.

Subscribe to the MESSENGER and send it to your friends, it is only twenty-five cents a year.

#### CALMNESS IN EMERGENCIES.

Considering all the qualities relative to a physician's successful career there are none more important, and none more necessary, than self-control in emergencies. Who can imagine a more beautiful picture than that of a physician appearing in a crowd of great excitement and accidents displaying a calm, cool head and a steady, determined hand.

Dr. Weir Mitchell, lecturing to a school of nurses lately upon the necessity of self-control in emergencies, told the following incident: One of his patients, while in a low, nervous condition, swallowed, by mistake, a dose from the wrong bottle. She shrieked out that she was poisoned. One of the nurses screamed 'Aconite!' and began to cry hysterically. The other nurse, seeing that the patient was going into convulsions from terror, when relief would be impossible, said, coolly, 'Don't be frightened. Look here,' taking a mouthful of the dose herself. She then went outside to rid her mouth of it, procured an emetic, and sent for a doctor and a stomach pump. Her calmness saved the life of the patient."—*Journal of Materia Medica.*

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