

to be scarcely mortal. Convalescence was almost impossible, and doubtless many of them died who, had they been subject to the operations of the simplest laws of nature, would have recovered." In the same treatise Dr. Hammond further says: "In chlorosis, scrofula, phthisis, and in general every disease characterized by deficiency of vital power, light should not be debarred the patient. In convalescence from almost all diseases it acts, unless too intense or too long continued, as a most healthful stimulus both to the nervous and physical systems. The evil effects of keeping such invalids in obscurity are frequently very decidedly shown, and cannot be too carefully guarded against by the physician. The delirium and weakness which are by no means seldom met with in convalescents kept in darkness, disappear like magic when the rays of the sun are allowed to enter the chamber. I think I have noticed that wounds heal with greater rapidity when the light is allowed to reach them than when they are kept continually covered."

(*To be continued.*)

DINNERS AND DINING.

During the month the event of the day, says *The Doctor*, has asserted its importance in a sanitary sense, for two medical weeklies have devoted considerable space to the art of dining—an art not likely to be forgotten, but capable of much improvement. 'A Dinner-out' has filled between two and three pages of the *Lancet*, while the *Medical Examiner* has devoted a leader to the hygiene of the dinner-table. With regard to the admiration shown for foreign dishes, it may be said that simplicity—the one good point about English dinners—is thereby imperilled. What is wanted most of all is good cookery—that means intelligent and even reasonable cooks. Where are they to be found?

We take a few passages from the recent contributions, beginning with our 'Dinner-out.' He says:—Now, in the ordinary dinner of every-day life in the middle class and the lower middle class the importance of a fair proportion of soup, fish, and vegetables is lost sight of, too much stress being laid on the joint, which is supposed to be the one necessary. If regard be had to the conditions under which men now-a-days work, we consider that a man who has been toiling all day in his shop or office is not usually in a fit state, on his arrival at home, to sit down to a heavy meal, or even to one consisting of a single dish, and that of meat. There is probably not a man but who has in his life experienced the distressing sensations of sitting down to dinner with a ravenous appetite, and feeling before five minutes were gone, that his stomach was distended, and that he was completely done up. When a man is wearied, fatigued, or anxious, his stomach is not in a fit condition to receive a heavy meal, and, whilst at his dinner he ought to be resting. Now, if he preface his meal with some light gravy soup and a piece of