

THE PLEASURE OF HUNGER.—People who labour for their daily bread and bring to their meals the keen relish for food which is the legitimate fruit of healthful exercise and honest toil, may find it difficult to comprehend the appropriateness of the heading of this article. Nevertheless, there is a real pleasure in healthful hunger which is well appreciated by the poor sufferer from dyspepsia, that hydra-headed disease which tantalizes its victims with visions of toothsome viands, and then so annihilates the appetite as to make the most dainty morsel absolutely loathsome and repulsive. When once brought into such a condition an individual is prepared to realize the pleasure of hunger. The principle holds true in this, as in many other human experiences, that there is more pleasure in anticipation than in participation. The peasant who finds it difficult by arduous toil to obtain even the scanty allowance necessary to maintain life, knows more of real pleasure than the epicure whose taste is cloyed with rich delicacies and stimulating sauces. There are thousands of people who never know what real, natural hunger is. Their meals are crowded so closely together that nature has not time to develop a normal appetite. The individual feels faint and ‘all gone’ at the stomach, and mistakes this uncomfortable sensation for hunger. But it is really no more hunger than *tinnitus aurium*, or roaring in the ears, is hearing; or than a smarting in the mouth is thirst. The uncomfortable feeling described is the result of weariness, exhaustion, rather than a demand for more work to do. Hence, instead of relieving it by placing an additional burden upon the digestive organs in the shape of food, nature’s call for rest should be understood and obeyed. For many, the omission, of the third meal is all that is really necessary. This gives the weary stomach opportunity for rest with the other portions of the system, and the individual arises in the morning enjoying the pleasure of real, natural hunger instead of the abnormal, exhausting, painful sensation usually interpreted to be a demand for food when only rest is called for.—*Health Reformer*.

ARSENIC IN WALL-PAPERS AND DRESSES.—Of fifty samples of wall-paper recently examined by Professor A. P. Kerley, says the *British Medical Journal*, twelve were found to contain arsenic. The arsenic was present either as arsenite of copper or aceto-arsenite of copper. Two samples, not reported, which contained no green colour, were found to contain arsenic; and several papers with green figures contained no trace of arsenic. Six samples of green tarlatan, all that were tested, were found to contain large amounts of aceto-arsenite of copper. The higher the price paid, the more arsenic was found. The green coloring matter was held more firmly to the fabric by means of gum arabic and starch. From the results tabulated, it appears that a room sixteen feet square and nine feet high will have spread upon its walls, provided any of these papers are hung, from fifty-two grains to more than eight ounces of poisonous green colouring matter. The remedy is simple; be careful not to buy such wall-papers or dresses.—*Med. & Surg. Reporter*.