

**THE MENTAL TORPOR REMEDY.**—Complete intellectual torpor, says the Popular Science Monthly, is recommended as a remedy for overweariness by a writer who, to sustain his view, brings pertinent illustration to the support of argument. Such a condition is almost superstitiously avoided by hard-working men, who are disposed to regard it as a waste and an idle indulgence. But "there is no more harm in intellectual torpor for the sake of the mind's health, than in sleep for the sake of the body's health, and its duration ought to be governed only by expediency. . . . As to the curative effect of torpor, we have no doubt whatever. So far from the mind being weakened by total rest, or the energies diminished, both wake after a time fully recovered, and repossessed of the old readiness to exert themselves to fatigue. 'I am tired,' says the cued man to himself, 'of doing nothing'—that is, he has recovered the power to do things easily, which is the mark of mental health. The mind itself is, in fact, often positively stronger, having grown in its sleep—Like everything else, by determining to have it—that is, by a persistent resolve to be lazy, to do nothing, read nothing, think nothing, and say nothing, that involves the smallest upspringing of the sense either of trouble or of effort."

The law of Minnesota is now such that a man who appears in the streets drunk will be fined, for the first offense, from ten to forty dollars; second offense, from twenty to fifty; third offense, imprisonment from sixty to ninety days. The "imprisonment" should be in an inebriate asylum.

The London Hospital, one of the leading medical journals of England, recently mentions the great consumption of flesh food in Australia as a cause of the marked increase of diseases of the stomach, liver, and the nerves in that country.

SOME European manufacturers, who have placed facilities for bathing at the disposal of their operatives, say that the lessened sickness-rate, and the more efficient service returned well pays them for all expense.

LIGHT GYMNASTICS are being introduced into some of the public schools of Maine, and the subject of gymnastics in all the schools is said to be becoming one of much interest among the educators of that state.

**COW'S MILK AND TUBERCULOSIS IN MAN.**—The New York Medical Journal says: "It is said that about one-seventh of the human race fall a victim to tuberculosis. One source of origin is receiving at the present time a great deal of attention. . . It is now known that tuberculosis is very common in cattle. It is stated that the appearance of tuberculosis among certain tribes of men dates from the time when cattle from dairy farms were first introduced.

**IMPORTANT EXPERIMENTS.**—The following were made under the auspices of the Massachusetts Society for the promotion of Agriculture. Buildings in which cows were kept were cleaned, scrubbed, washed with bichloride-of-mercury solution, and then whitewashed. Before the cows were milked, the udders and teats were thoroughly cleansed. The milk was drawn into sterilized flasks and examined for the *Bacillus tuberculosis*. Milk was thus taken from thirty-six cows, all presenting distinct symptoms of tuberculosis but none having discoverable disease of the udder or teats. In the milk of ten of these cows the *Bacillus tuberculosis* was found—that is, in 27.7 per cent. The cream, after rising, was found to contain bacilli nearly as often as the milk upon which it floated. Numerous inoculation experiments were made with the milk upon rabbits and guinea-pigs, producing tuberculosis in many cases. Feeding experiments on calves and young pigs gave similar results.

**TYPHOID BACILLI**, according to Uffelmann, may live for at least four or five months when thrown upon the ground.

LEAVE the wielding of the sharp broad-axe to those who make its use their business, and this is a good rule to follow with drugs.

THE Sanitary Volunteer, edited by Dr. Watson, of Concord, N. H., the able secretary of the American Public Health Association, we are sorry to learn, has been discontinued. It was the official organ of the N. H. State Board of Health. The largely increased labors of the editor in the work of the board is the reason assigned for the discontinuance.

Several cases of lead poisoning have occurred in Montreal which have been traced to the use of soft-water and ginger ale kept in bottles with metallic stoppers.

Samples of the "cream" soda have been analyzed by Dr. Rutan and found to contain a very large quantity of lead.

Fortune knocks once at every man's door, but she doesn't go hunting through beer saloons for him if he happens to be out.