

manent, fixed expression of the face corresponds with the permanent, fixed condition of the mind.

Other muscles, like the heart, can be wrongly educated. If by running and other violent exercise long continued, it gets into the habit of working too hard, it will pump away at that rate all the time; and besides the damage of forcing too much blood to certain parts, it will wear out too soon. A person may also acquire the habit of eating enormous quantities of food, and may distend his stomach to accommodate the burden, until, by and by, it becomes relaxed and habitually torpid. It is first slow from necessity, and by and by becomes slow from force of habit. As an opposite extreme, sometimes people coddle their stomachs too much with soft, bland food, and too little in quantity, until it loses its ability to digest a good meal. Such a stomach

needs a course in gymnastics, by giving it an increased amount of work to do upon substantial food. We do not mean that improper food should be put into the stomach, for this or any other purpose. Rich pastry, mince pies, fried foods of every description, should never be eaten. But an invalid need not live perpetually upon milk and gruel. . . .

Another serious consideration is that habit is transmissible by heredity, and we owe a duty to posterity as well as to ourselves. Our children should be given a good inheritance and proper training. It may be helpful to bear in mind that good habits are just as firmly fixed as bad ones, and if the training of a child has been wise and right, he will go steadily on in the right way. The proper way to break a bad habit is to put a good habit in its place. It is the surest and safest antagonism.

MISCELLANEOUS NOTES AND EXTRACTS.

CANCER AND SMOKING.

SINCE the death of President Grant, a constant smoker, cancer of the tongue and cigar smoking have been closely associated in the public mind. A "prominent American physician," whose name has not transpired, is reported to have said lately: "The only cases of cancer of the tongue that I ever saw were of persons who never smoked. The majority of them were women, and the half-dozen men who were afflicted were not confirmed smokers at all." This man has had probably very little experience with the disease. In relation to the assertion the British Medical Journal says: This apocryphal utterance is contrary to current opinion. There are no statistics that show clearly the relative liability of smokers and non-smokers to cancer of the tongue. Surgeons of experience, however find that the disease is far more frequent in persons who have been in the habit of smoking. The disease appears to be about six times more common in males than in females. The affection known as "smoker's patch" is common; a good description will be found in Mr.

Butlin's *Diseases of the Tongue*. It is a slightly-raised oval area on the forepart of of the tongue, a little to one side of the middle line, just where the end of the pipe rests or where the stream of smoke from the pipe or cigar impinges on the surface of the tongue. The patch is usually red, but it may be bluish or pearly-white. It lasts for years, but tends to spread over the surface of the tongue if the irritation be continued. When diffused in this fashion, it constitutes leucoma of the tongue. Leucoma is certainly a predisposing cause of cancer. There is, however, no evidence to prove that smoking is the sole cause of leucoma, nor do the majority of cases of leucoma become cancerous.

ALCOHOL AND CHILDHOOD—HEREDITARY EFFECTS.

PROFESSOR DEMME, of Berne, at the recent International Alcohol Congress at Christiania, presented an interesting report of an investigation which he had made as to the influence of alcohol upon children. Having unusual opportunities for this study from his position as superintendent of a hospital for children, he selected two groups of ten families each, under similar