

THE EFFORTS OF NATURE.—Too many physicians do not properly understand what these are—especially those resorting to depletion for the removal of disease. How frequently does it happen that physicians of this class have attended to persons attacked with dangerous disorders, giving largely and freely of the most dangerous poisons in the *materia medica* until at last they give them up, acknowledging them as hopeless, and that they can do nothing for them. And yet the poor patient, deserted by his physician, oppressed by despair, weakened by the combined force of a dangerous disease and active poisons, recovers! The efforts of nature cures him at last! Then can it be proper to oppose them? Every remedy and appliance that tends to oppose the operations of Nature is hurtful and dangerous.

☞ Thirst is generally said to have its seat in the back of the mouth and throat; but the condition of these parts is merely local accompaniment of a want experienced by the whole frame, and perceived by the nervous system. Local applications, accordingly, go but a short way in giving relief, while the introduction of fluids by any other channel—by immersion in a bath, injections in the veins, or through an external opening into the stomach—is sufficient to quench thirst without the liquor touching the throat. The affection of that part, therefore, is merely a result of the state of the system, and not itself the cause of the thirst.

☞ The Dublin Quarterly Journal of Medicine reports a somewhat curious case—that of a laborer who was admitted into the hospital the day after he had swallowed a fish bone, while eating his dinner. Immediately after his admission to the institution, he vomited the bone up, but died the same evening. A post mortem examination by the attending physicians disclosed the peculiar fact that the sharp edge of the bone had cut completely through the *œsophagus* into the descending portion of the arch of the aorta. Of course the man bled to death.

PROFESSOR LIEBIG recommends the use of saturated solution of lime in cold water for making bread. He regards flour as not a perfectly alimentary substance, and as not sufficient in a state of bread to support life, principally for the want of lime. There can be no question that the use of superfine flour is not as healthy nor as nutritious, as would be the use of unbolted flour. Much of the salts necessary to the formation of bone and muscle are lost. Unbolted flour is therefore preferable on the score of health.

DR. J. H. BLAKE, of North Auburn, mentions a case of poisoning by arsenic, which occurred lately in his practice—the mineral forming an ingredient of the coloring matter used for staining paper. A child was taken sick after chewing a green pasteboard show card, but was restored by prompt and skilful administration of the usual remedies. On examination and analysis, it was found that the card was enameled with a preparation of arsenic.