

above the horizon during 54.2 hours. The recorded duration of sunshine was only, therefore, equal to 7 per cent. of its possible duration. For the week ending January 4 last the registered amount of sunshine was 4.7 hours out of 55 hours during which the sun was above the horizon, which is equal to 9 per cent. of possible duration. Again, in the week ending January 18 last, only 4.8 hours of sunshine appear recorded out of 57.9 hours' duration, which is equal to 8 per cent. But the climax would seem to have been reached in the week ending the 1st of the present month, Feb. '79, for during that period no sunshine whatever was recorded, although the sun was above the horizon for the increased period of 62.5 hours. During the whole of the year 1878 the number of hours of bright sunshine registered at the Royal Observatory, Greenwich, was only 1250, or 28 per cent. of its possible duration, the sun having been above the horizon for a total period of 4454 hours.

STIMULANTS AND REST.—Dr. Jackson, in the *Quarterly Journal of Inebriety*, says: "I regard the refusal to take proper physical rest, when tired from labor, as one of the most important and powerful in inducing a love for, and an indulgence in, the use of ardent spirits. Men work till they get so tired that they cannot wait to feel sensibly rested by processes of change going on in their systems from suspension of labor. They either want to work more hours than they are able to do ; or when they have done as much as they feel themselves at liberty to do, they are so tired that they cannot rest. They get rest, therefore, in artificial ways, by resorting to eating and drinking. Some get rested by drinking tea, others by drinking coffee, others by chewing and smoking tobacco ; but the great majority of tired people in this country—and the larger share of our people are tired—drink ardent spirits in some or other of its forms or preparations. They fall back on stimulants instead of the intrinsic vitalities of their bodies. They therefore are lifted up into false conditions. Accepting these as true, they keep on working till they become so functionally impaired as to induce positive inability to work longer, or they become so constitutionally depreciated as to be smitten with incurable disease."

MORAL EFFECTS OF DIET.—Dr. Bock, of Leipsic, writes as follows on the moral effect of different articles of food and drink. (*Quarterly Jour. of Inebriety* :) The nervousness and peevishness of our times are chiefly attributable to tea and coffee : the digestive