

having acquired the habit of sitting up far into the night and sleeping far into the day. People read more than they ever did, and many people read in bed, which in compliance with some mysterious law of woman-kind must be placed with the head away from the window, so that reading can only be done at the cost of eye strain. We have often noticed, too, that young men of fashion, with very high collars, are nearly always obliged to use eye-glasses, and we see by an exchange that one of the most recent authorities on the eye states that the high collar, by preventing the free flow of blood in the jugular veins, keeps up a constant passive congestion of the eye-ball, thus bulging the cornea and making the image to be formed in front of the retina. The hygiene of the eye is a very important subject, and one, we think, to which sufficient attention has not hitherto been paid.

#### TOO MUCH EATING.

We called attention last year in an editorial, which was widely noticed in our exchanges, to the fact that on this continent people do not drink enough water. We would like at present to draw more general attention to the amount of injury people are doing themselves by over-eating. Even medical men hardly seem to realize how much more people eat than they can possibly burn up, and that the consequences are deposits of fatty or nitrogenous compounds in various parts of the body where they do more or less harm. The mere laying on of a hundred weight of fat would not be such a great misfortune were it not for the fact that a part of it will be accumulated on the heart, rendering exertion so distasteful to the owner that the muscular system soon begins to suffer seriously by degeneration. Then again, nitrogenous food should be completely converted into urea, for the removal of which the kidneys and skin are quite competent; but when there is more nitrogen in the blood than there is

oxygen to convert it into urea, it forms intermediary products, such as uric acid, which are much less soluble than urea, and of which the blood at a temperature of one hundred can hold just so many grains to the ounce and no more. Now if this supersaturated blood should, while passing through the hands or feet, become cooled down to 90 or 80, or even less, it is clear that so many grains of acid will be deposited at the place of cooling. If this deposit be examined under the microscope it will be found to be composed largely of sharp pointed crystals, which getting in between the smooth and sensitive surfaces of joints and tendons and passing through fine tubules of the kidneys, cause pain and sometimes inflammation. We have here the key note to rheumatism, gout and Bright's disease. If we want to cure rheumatism we have only to cut off the nitrogen and turn on the oxygen and water, and immediately the uric acid will be dissolved out of the joints and turned into urea and passed out by the kidneys. Some physicians think that they are carrying out these directions when they put the patient in a hot, close room on a strictly milk diet, or as the patients themselves often say, they are left to starve on four quarts of milk a day, and not a bite to eat. But milk diet is about the very worst diet we could possibly give a rheumatic patient. The four quarts of water are all right, but the four thousand grains of cheese, three thousand grains of fat and two thousand grains of sugar are of no advantage to a person whose blood is overloaded with surplus products which have never had a chance to be consumed. The best diet for a rheumatic patient is four quarts of water made into gruel, without milk, by the addition of a very small quantity of well boiled oatmeal and a little sugar. This pacifies the eye, satisfies the stomach, and, above all, gets the saving four quarts of water into them while keeping the injurious meat, cheese, milk and other nitrogenous food out.