

materials required in research. The personal stipend of each professor is £400, which has been increased by an additional £100 a year, in some cases, from the Government Department charged with the promotion of higher studies.

PROF. LANKESTER.

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HEALTH APHORISMS.

Dr. Frank H. Hamilton has formulated the following solid chunks of wisdom :

The lives of most men are in their own hands, and, as a rule, the just verdict after death would be *felo de se*.

Mould and decaying vegetables in a cellar weave shrouds for the upper chambers.

A change of air is less valuable than a change of scene. The air is changed every time the direction of the wind is changed.

Calisthenics may be very genteel, and romping very ungenteel, but one is the shadow and the other the substance of healthful exercise.

Blessed be he who invented sleep, but thrice blessed the man who will invent a cure for thinking.

Milk drawn from a woman who sits indoors and drinks whiskey and beer, is certainly as unwholesome as milk drawn from a distillery-fed cow.

Dirt, debauchery, disease and death, are successive links in the same chain.—*Medical Age*.

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“There seems a sameness among things ; for mind  
And matter speak, in causes, of one God.  
The inward and the outward worlds are like ;  
The pure and gross but differ in degree.  
Tears, feelings, bright embodied form, are not  
More pure than dew drops, nature’s tears, which she  
Sheds in her own breast for the fair which die.  
The sun insists on gladness ; but at night,  
When he is gone, poor nature loves to weep.”