

sometimes succeeds when acupuncture fails. Though it is in lumbago that acupuncture finds its most successful application, it will prove unsuccessful when high fever accompanies it, or when pain in the back happens to be the first symptom of an attack of acute rheumatism. When the lumbago is accompanied with sciatica or neuralgic pains, the lumbago may be cured, but the sciatica or neuralgia will remain, and when this is cured says Ringer, the lumbago will be found to have returned.

As regards the explanation of the cause of cure, various views have been advanced. Sir Joseph Fayrer suggests that the success may be due to relief of tension caused by accumulation of fluid round the large and small nerve trunks, under the influence of inflammation. He cites a case in which evacuation of a couple of drachms of clear serous fluid from the sheath of the sciatic nerve gave instant relief, and was followed by complete recovery from an aggravated attack of sciatica. He was led to puncture the nerve sheath by making out fluctuation in its course. Mr. Teale, of Leeds, thinks the pain is relieved by increasing the nutrition of the nerves of the part, which is accomplished by a flushing or congestion of the vasa nervorum of the area of pain. The muscular fibres are also wasted from want of proper action, the arteries become lessened in calibre from an insufficient quantity of blood, and from the decreased call for nutrition to the parts at rest. This insufficient supply of blood is remedied by the needle producing a temporary congestion, and increased blood supply.

However the result may be brought about it is certain that many cases now untreated or treated by less successful methods, would benefit by the application of the needle, and we call attention to the subject in the hope that it may receive more attention from members of the profession than it has in the past

FOOD, ITS QUANTITY AND QUALITY.

The connection between life and nutrition is so close and inseparable, that the continuance of the former depends upon the supply of the latter. The variation and form of life, whether animal or vegetable, depends upon the quantity and quality of nutrition with which it is supplied.

We are readily able to judge of the quantity and quality of nourishment supplied to a vegetable that we are caring for and will at once decide whether the supply is normal, insufficient or in excess of the nutrition necessary. Every living organism demands its own peculiar supply designed for it by the laws of nature. When the natural supply is normal in all respects, the life is healthy. The same law holds good in the higher order of life that we observe in the lower. Insufficient alimentation in the vegetable kingdom is followed by consequences which we are not liable to misunderstand. There is loss of health and vigor, a gradual shrinking, and if the process is permitted to go on, death occurs. A great excess of even the natural nutrition tends to the same result. A marked departure in either direction from the normal standard of supply will, with very few exceptions, be followed by a marked departure from the normal standard of life.

In man the effect of over-eating or under-eating is not so observable, owing to the more complex nature, still the same rule doubtless holds good. It is needless to mention that brutes suffer from improper feeding and particularly over-feeding. Excessive alimentation in the human being is followed by the same baneful consequences. Is it not a fact that the generality of people eat too much? Very few eat too little. It is a common-place aphorism, "He eats so much that it makes him poor to carry it." As a rule, a large, lean, cadaverous-looking man, is an immoderate eater, whilst the majority of our robust and healthy are moderate consumers of food, or are what we call small eaters. The reason of this is plain. He who eats more than is demanded by nature, imposes a heavy strain on the organs involved in the process of digestion and elimination. The stomach, for instance, is capable of doing a certain amount of work, hence if overtaxed unduly, the result sooner or later will be imperfect digestion, disordered functions, and gradual loss of vigor and strength. As certain as we overstep the bounds of nature and overtax our stomachs for our palate's sake, we begin to sow the seed of disease. Certainly the stomach is a remarkable organ, and able to resist the assaults of imprudence with wonderful courage, but its power of endurance