

which causes such excruciating pain. It is a fact proved by experiment that certain articles of diet increase the excretion of uric acid; these are milk, cheese, meat and beer, the latter acting probably by preventing other food from being burned, as it burns much easier than they. Some great medical authority of the old school once said that the best cure for rheumatic fever was six weeks in bed, and as the patient was generally put on an exclusively milk diet, that may perhaps have been the explanation.

The idea is general among people that the more milk they could drink the better for their health; and so they drink two or three tumblersful of milk as though it were water. The moral of all this is that though milk is one of the best and most nutritious of foods, being indeed the only perfect food, it is the worst possible beverage, being already saturated, and therefore being utterly useless for the purpose of washing out effete matter from the blood

GOING TO SLEEP IN CHURCH.

To fall asleep during Divine service in the house of God is considered by most persons as not only a breach of etiquette, but a proof of great lack of spiritual fervor and want of faith. To snore in church might even give rise to a public scandal. Certainly, the preacher would look upon the drowsiness of his congregation as an obvious reflection on his oratorical powers and on his ability to rivet their attention. Indeed, a story is told of a celebrated, but somewhat eccentric, divine in Scotland becoming so annoyed at the persistent sleepiness of one of his parishioners, seated just under the pulpit, that he lost his temper and threw down upon the offender's head a heavy Bible, with the remark: "If ye will na hear the Word, a'll mak' ye feel it." And yet neither the minister nor people are to blame for this sign of weakness. In many cases the poor sinner is merely succumbing to the first stage of asphyxia,

which it is useless for him to try to resist beyond a certain point. When he snores he is becoming narcotized by carbonic acid gas. Our English contemporary, the *Medical Press*, calls attention editorially to the defective ventilation of many churches, especially of those in which several services are held on the one day, without any opportunity being afforded to renew the air. When we consider that every adult human being requires 3,000 cubic feet of air per hour, we need hardly ask the question whether the average congregation usually gets that amount.

And yet it could be easily enough obtained. It is only a matter of a little expense, and that might be provided for by setting aside one or two collections every year for the purpose of forming a Fresh Air Fund.

THE FRESH AIR FUND.

Speaking of fresh air funds, it is not only a pleasure, but a duty for us, as medical journalists, to record our approval and appreciation of the good work now being done every summer by the Citizens' Fresh Air Fund among the half-suffocated mothers and children of the poor. We feel sure that the money so spent will prove so much the less to be spent on hospitals. In fact, the fresh air should bear the same relation to hospital treatment that an ounce of prevention does to a pound of cure.

FIRST TRIENNIAL CONGRESS OF AMERICAN PHYSICIANS AND SURGEONS.

This Congress consisted of eleven medical organizations, which met this year, and for the first time, on the same date and at the same place, viz., on the 18th, 19th and 20th September in the city of Washington. Each special association held three morning and three afternoon sessions in its separate buildings, while four evenings were devoted to the Congress as a body. On the first night a very costly, but, from all accounts,