

often does positive mischief. We do not consider it wise to recommend this coarse bread for indiscriminate use, as its admirers would have us do. It is said in a certain book, that "man shall not live by bread alone," and though this may not originally have had reference to hygiene, yet it is a good dietetic rule. A variety of food is better than constant adherence to one article. The occasional use of Graham bread, oatmeal porridge, corn meal mush, and such like, is advisable; though, of course, if any person admires the taste of black bread and grows hearty and strong by its use, his best plan is to eat it often. But for the majority of people a variety in food, animal as well as vegetable, will be found the safest course.

CHOICE TEA.—We read that a physician was lately consulted by a lady on account of discoloration of her teeth, which she supposed to be due to certain pills he had prescribed for her. On investigation, the effect was traced to the tea used at her boarding house, where the cheering beverage was kept from day to day in a tinned vessel, and heated up at meal-times, with the addition of a fresh quantity of the oriental herb. The tin had worn off in spots, leaving a surface of iron, on which the infusion, in cooling, acted chemically, forming a tannate or gallate of iron. The lady and her fellow-boarders had been regaling themselves on *ink*. It is said that this delectable way of making tea is not uncommon in boarding-houses and restaurants.

WINE, BEER AND TEA.—M. Block, a high European authority on statistics, gives the following figures regarding the extent to which different nations consume the popular beverages. The average consumption of wine, in *English pints*, for each person is,—in France 228, Italy 211, Portugal 140, Switzerland 103, Austria 93, Spain 53, Great Britain $3\frac{1}{2}$. The proportion of beer is very different: each inhabitant of Great Britain consumes, on an average, 244 English pints, while in Belgium the quantity is 242, in Bavaria 220, in Switzerland $149\frac{1}{2}$, in France $33\frac{1}{3}$, in Spain $3\frac{1}{2}$, and in Italy $13\frac{1}{4}$. The contrast in the use of tea and coffee between England and France is very marked. While each individual in France consumes on an average 42 ounces av. of coffee and 5 drachms of tea, the average consumption in Great Britain is $59\frac{1}{4}$ ounces av. of tea, and 16 7-10 ounces av. of coffee.