

Dr. Felix L. Oswald, who, as readers of the *Monthly* know, has always something interesting and useful to say, continues his articles on "Physical Education," treating in this number the subject of "Gymnastics." The "Mineral Springs of Saratoga" is an illustrated article on the geology of the springs with a brief statement of the two rival theories concerning the sources of their mineral constituents, and an extended table giving the chemical compositions of the various waters.

Professor Tyndall has a valuable paper entitled the "Action of Radiant Heat on Gaseous Matter," in which he describes some wonderful experiments with the photophone.

Under the title of "The Eucalyptus in the Roman Campagna," Mr. H. N. Draper gives a history of the introduction and cultivation of the eucalyptus in one of the worst parts of that pestiferous plain, and the remarkable improvement in the healthfulness of the locality which has resulted therefrom.

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#### GYMNASTICS AS A CURE OF DISEASE.

Physical vigor is the basis of all moral and bodily welfare, and a chief condition of permanent health. Like manly strength and female purity, gymnastics and temperance should go hand in hand. An effeminate man is half sick; without the stimulus of physical exercise, the complex organism of the human body is liable to disorders which abstinence and chastity can only partly counteract. By increasing the action of the circulatory system, athletic sports promote the elim-

ination of effete matter and quicken all the vital processes till languor and dyspepsia disappear like rust from a busy plowshare. "When I reflect on the immunity of hard-working people from the effects of wrong and overfeeding," says Dr. Boerhaave, "I cannot help thinking that most of our fashionable diseases might be cured *mechanically instead of chemically*, by climbing a bitterwood-tree or chopping it down, if you like, rather than swallowing a decoction of its disgusting leaves." The medical philosopher, Asclepiades, Pliny tells us, had found that health could be preserved, and if lost, restored, by physical exercise alone, and not only discarded the use of internal remedies, but made a public declaration that he would forfeit all claim to the title of a physician if he should ever fall sick or die but by violence or extreme old age. Asclepiades kept his word, for he lived upward of a century, and died from the effects of an accident. He used to prescribe a course of gymnastics for every form of bodily ailment, and the same physic might be successfully applied to certain moral disorders, incontinence, for instance, and the incipient stages of the alcohol-habit. It would be a remedy *ad principium*, curing the symptoms by removing the cause, for some of the besetting vices of youth can with certainty be ascribed to an excess of that potential energy which finds no outlet in the functions of our sedentary mode of life. In large cities parents owe their children a provision for a frequent opportunity of active exercise, as they owe them an antiseptic diet in malarious climate.—By DR. FELIX L. OSWALD, in *Popular Science Monthly* for May.

#### TO PRESERVE THE BRAIN.

*Extracted from Journal of Anatomy and Physiology, January, 1879. (Giacomini method.)*

The organ enveloped in its membranes is immersed in a solution of zinc chloride sp. gr. 1.343. Turn two or three times a day. If the subject has been dead for some time, inject 600 grammes of the solution through the carotids, so as to give firmness to the somewhat soft brain before its removal. After forty-eight hours the surface is hard enough to have the membranes removed. Let this be done without taking the organ out of the solution. After having been cleaned let it remain in the solution, till, as the hardening proceeds, it begins to sink no longer, and then remove it. Now