## OATMEAL AND MILK DIET.

Why are the Scotch people, who drink a great deal of whisky, the best developed, physically, of any of the English race ? According to Dr. Edward Smith, who carefully investigated this applied to the result of their this subject, their fine bodies are in great part the result of their diet of oatmeal and milk. The Scotch women and children do

When the writer was in Edinburgh, the celebrated Dr. Guthrie called 1. called his attention to the size of Scotch people, and to the fact that the average size of their heads was greater than that of any other the average size of their heads was greater than that of any other nation in the world, not excepting even the English; and when when asked how he accounted for this, he replied that he bought it was owing largely to their universal devotion to oat-

Indeed the writer observed that the national dish was found upon the table at almost every meal, in the house of the rich as well Well as the poor. In the morning came the mush, and in the evening of the even of a hat. evening the poor. In the morning came the main, and a hat, and a little harder than a sun-dried brick.

For further confirmation on this important question, let the writer add that he has found a great advantage to follow the daily use of (honest) brown bread and oatmeal in his family. A child whose first teeth came through in a starved condition, so that the that they began to decay at once and cause much suffering, is now his they began to decay at once and cause much suffering, is how bleased with as fine a set of second cutters, as any one could al, while the general health of all has improved. In fact, we all totat all vote that we must daily have our brown bread and its twinsister dish of oatmeal.-Dr. Holbrook.

## THE CAUSE OF CONSUMPTION.

Dr. Rollin R. Gregg, of Buffalo, New York, is confident that he has solved the mystery of consumption. Regular physicians will be adved the mystery of consumption. Will be apt to say that he has mistaken a condition for a cause ; tevertheless we are inclined to think that good may come from the ame inclined to think that good may come from the emphasis he lays upon that condition, since it seems cal-ted to work a beneficial change in the customary treatment of the diof the disease.

Dr. Gregg argues that as the loss of albumen from the blood through the mucous membrane of the kidneys in Bright's disease isease, rapidly and fatally depletes the system, much more must the more rapid loss of albumen through the mucous membranes of the lungs be serious in all stages and speedily fatal in the results, if proper measures are not taken to stop such waste before fatal conditions have arisen. The expectorations of con-sumption sumptives, and all their other catarrhal or mucous discharges from much from whatever organ, are mostly albumen and a direct loss of so much much of this constituent from the blood. It is this wastage which which causes the great emaciation characteristic of consumption, and not, he thinks, any failure of the system to assimilate food. And this he thinks, any failure of the system to assimilate food. And this loss of albumen does mischief not only in robbing the manual the instrument of the second muscles of their proper nutrition, but also in throwing the con-stituent. The loss of one ounce stituents of their proper nutrition, but also in throwing the of all purposes of all purposes of of albumen destroys nearly a pound of blood for all purposes of healthy nutrition, and leaves in the blood a relative excess of 51 ounces of states of the second s matter, 15 grains of fibrin, and 41 grains of salts. These ele-mentaria ments in excess act the same as foreign matters in the blood, and distant in excess act the same as foreign matters in the blood, and disturb the entire economy of the system. Night sweats and dropsy are the result of the excess of water. The blood cor-puctes left in excess are decolorized by the too watery blood, and are dependent of the excess or smallest blood vessels, and are deposited in the capillaries or smallest blood vessels, where the posited in the capillaries or smallest blood vessels, where they shrivel and become tuberculous corpuscies, so called ; the fatter they shrivel and become tuberculous corpuscies, so called ; the fatty matters in excess cause the fatty livers and other fatty desen degeneration attending the disease; the excess of fibrin causes the arth the adhesion of the pleura to the inner surface of the ribs, the heart of the pleura to the most serious of the com-Heart, or to each other, often among the most serious of the com-plications of consumption ; and, finally, the excess of salts lar morbid downlargement of the joints, ossifications, and similar morbid developments.

In such cases of consumption as are characterized in their glier of consumption as are characterized in their would at the disease to a loss of albumen would attribute the beginning of the disease to a loss of albumen throngs the shriveled blood corthrough some other organ or organs, the shriveled blood corsetting up a dry cough, with the resultant irritation of the membrance and outpouring of mucus. From this point micous membrance and outpouring of mucus. From this point of view +1 of view, there is but one source of hope to the consumptive in any state there is but one source of hope to the healing of the any stage of the disease, and that is through the healing of the nucous membranes and the stopping of the waste of albumen. By this means, in the earlier stages of the disease—with all who

have not inherited the most feeble constitutions-there is much to hope from judicious treatment.

Whatever may be the primary cause of consumption, it is pretty evident that the mucous discharge which attends the disease and finds relief in expectoration is to be repressed rather than encouraged; and to do this must radically change the usual treatment of the disease, at least in its early stages.

## DISEASE GERMS IN DIPHTHERIA.

The recent application of the microscope to medical inquiries has developed the important fact that many diseases are occasioned by malign attacks upon the vital domain by germs of various kinds. It is well known that typhoid fever, yellow fever, malarial fevers, and most other febrile diseases, are occasioned by the introduction of germs into the system ; but it has not, in many cases, been the good fortune of physicians to discover the exact character of these microscopic enemies of human life. In the case of diphtheria, many most eminent physicians and scientists are satisfied that the mischievous germ has been discovered, after a long and painstaking search.

The germ causes of diphtheria are very minute organisms, being too small to be seen except by the aid of a very good mi-croscope. They are so small that a row of them an inch long would contain from 10,000 to 20,000. Singly they are too insignificant to deserve attention, except as microscopical curiosities; but when massed together in the countless numbers in which they infest the mucous membrane in this disease, they acquire an importance which is often terribly great to the victim of their ravages. There are two varieties of these parasites, known respectively as micrococcus and bacterium termo; the names are certainly no more formidable than the creatures themselves, small though they are. The two organisms are always associated, and can be very easily studied with the aid of a good microscope, by anyone at all familiar with the use of the instrument, by examination of the false membrane, freshly taken from

We have just taken a small piece of diphtheritic membrane We have just taken a small piece of diphtheritic membrane from the throat of a patient suffering with the disease, and placing it under the microscope, with a little mucous from the same source, the germs referred to are distinctly visible in great number, all actively swimming about, making the whole microscopic field alive with motion. Just so they existed in the throat of the patient a few moments ago, vigorously at work insinuating themselves into the mucous membrane, prying their way in between the cells, even getting into their interior and depriving them of the power to perform their functions, clogging the blood vessels, causing irritation of the membrane, and, as a consequence, the pouring out of fibrous matter which forms false membrane.-J. H. Kellogg, M.D.

THE LESSON OF A SNEEZE .- As a rule, a sneeze is the warning nature gives that some part of the body is exposed to a cooler temperature than the other parts, that the sneezer is "catching cold." Next to the warning, what is the use of a sneeze ? It throws open the pores of the whole body, and induces a gentle perspiration ; in a word, it throws out the cold. A child rarely sneezes more than twice. Perspiration is readily induced in a youth ; an old man, on the contrary, sneezes half a dozen to a dozen times with a loud "catchogue." It is harder to set him perspiring. When one is sitting by an open window, and finds himself sneezing, nature tells him he is taking cold. He should get up instantly, walk about, and take a full tumbler of cold water to keep up gentle perspiration that the sneeze set in motion. If he does this, he will not be telling an hour after, that he has a "cold in his head," or chest, or lungs.—Eastern Gazette.

FOR UTILIZING OLD AND WASTE RUBBER .-- Messrs. Danckwerth and Kohler have recently patented the following proce-dure in Germany. The rubber waste is subjected to dry distillation in an iron vessel over a free fire, with the aid of superheated steam. The product, when thickened and vulcanized in the usual manner, is declared to possess all the good qualities of first-class natural rubber. It is recommended that the lighter oils that come over should be separated from the heavier products.

TO TIN ZINC .- Make a bath of distilled water, 1 gallon; pyrophosphate of soda, 31 ounces; and fused protochloride of tin, 12 ounce. A thin coat of tin can be obtained by simply dipping the zinc in the bath, and one of any thickness by the aid of the battery.