

NEED OF SLEEP.—The habitual use (*Jour. of Ineb.*) of alcoholic drinks acts as a destroyer of nerve power. Tobacco operates as a powerful sedative and depressor of nerve force. When in a state of nervous prostration both tend to prevent sound sleep. Want of sleep is one of the earliest symptoms of loss of nerve-power, and a brain overworked, over-fatigued, or unduly stimulated, is more quickly relieved by proper preparations of the phosphates than by any other remedy. Flint says, "simple repose suffices to relieve fatigue of the muscles; but sound sleep, and sound sleep alone, relieves fatigue of the brain; without it there can be no rest for the organ, and no repair of brain tissue." To get sound sleep the brain must be fed, not narcotized.

LEAD POISONING.—The following well illustrates how simple and unexpected may be the sources from which come causes of disease. The case was one of lead poisoning, reported from Mesback. The patient began to suffer some years before 1876, and consulted several physicians in vain, until Dr. Witmer made a correct diagnosis, and after a treatment of over three-quarters of a year entirely cured him. The poisoning was caused by imperfectly-tinned lead snuff boxes, in which a particular brand of snuff was packed, which the patient was in the habit of buying from one and the same manufacturer, and which became contaminated with lead. A suit against the tobacco dealer was filed, and he was convicted and sentenced to incarceration for eight days and payment of costs.

ARTIFICIAL ICE.—The Boston *Journal of Chemistry* believes that one of the most remarkable triumphs of science and art as developed in this progressive age is seen in the devices for producing artificial ice in large quantities. It is claimed that, so perfect has the apparatus become, ice can be formed on the shores of any of our northern lakes and rivers at less cost than that necessary to the cutting and storing of natural ice in winter. One of these interesting devices in operation on the shore of the St. John's River, Florida, last winter, was found capable of "turning out" ten tons of ice daily, in the form of blocks about two and a half feet long and ten inches in thickness. The congelation was perfect, and the product met with a ready sale at the hotels and private residences, ammonia was the agent employed to produce refrigeration.

EIGHT MINUTES UNDER WATER.—A boy seven years of age was seen to fall from a bulkhead into the Hudson River, June 2. After considerable delay a youth named Thomas Berry came to the rescue,