

dicial to the teeth or health of young children or grown persons; that there was more or less sugar in all vegetable food; but as concentrations were liable to abuse, we advised that they should be taken at regular meals.

The *Medical Journal* of Charleston, S. C., states the conclusions of M. Larez:

1st. Refined sugar injures teeth, either by immediate contact, or by gas developed in the stomach.

2d. That a tooth soaked in sugar water, becomes jelly like, from the sugar combining with the lime of the tooth.

To which the *Scientific American*, good authority in cogs and pulleys and piston-rods, and all that, dogmatizes thus: "The foregoing conclusions are correct, and candies and condiments should be avoided, especially by children. Maple sugar renders the teeth sensitive."

The whole statement is based on the assertion, that a tooth put in a saturated solution of sugar becomes gelatinous. This is not denied. But it is no argument. The gastric juice begins to eat up the stomach as soon as a man dies. But we know that the gastric juice has no injurious effect on a healthy living stomach. What injures a dead tooth may have no effect on a living one. The argument from the living to the dead; from the hospital to the private house; from the rich to the poor; from the tropics to the poles; from the healthy to the diseased; from animal phenomena in the natural state, to those presented when agonizing under the knife or virulent poisons, has strewn multitudes of delusions throughout the whole of medical literature. If an isolated case were worth anything, we can state for ourselves, that we ate all the sugar we could get while a child; and now use "lasses" three times a day, and we think our teeth will compare favorably with those of any other person on our side of forty-five. It is general ill-health which makes us toothless before our time, induced by over eating and under exercise, by hot bread and late and large suppers. Away with your single hobbies, gentlemen. Widen your views.—*Hall's Journal of Health*.

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#### SOUND SLEEP.

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Any man who can bound out of bed as soon as he wakes of a mid-winter's morning is worth somethin; no fear of his not making his way through the world creditably, because he has the elements of a promptitude, decision and energy which guarantee success. To invalids we make a comfortable suggestion worth knowing. If you have force of will enough to keep you from taking a second nap—and it is the "second nap" which makes its baneful influence felt on multitudes—it is better for you to lie awhile and think about it, until that feeling of weariness passes out of the limbs which you so commonly feel. But