

moderately thick. Adulterated chocolate breaks irregularly. It is gravelly and porous, of a whitish color, and thickens considerably in cooking, giving forth an unpleasant odor, readily distinguishable from that of the genuine articles. The only protection for the consumer is to buy the product of well known manufacturers. — *California Grocer.*

THE REMEDIES OF NATURE.—In a series of papers on "The Remedies of Nature," an eminent English physician comments upon past and present medical treatment; and though presumably it is the intention of these papers to convey important and timely information to the medical faculty, they furnish at the same time a hint to the patient at large, which, if he be wise, he will hasten to avail himself of. Perhaps it is the author's intention that he should, for at one moment he seems to drop his voice to a whisper while admonishing the fraternity that they must stop dosing and drugging, and at another talks in stentorian tones over their heads warning the public to look to nature rather than to art for relief from all the minor ailments to which humanity is heir. It may, perhaps, be a disappointment to them who have come to lean upon their medical adviser for advice and rely upon him for health, to learn that the effects of fresh air are more potent and enduring than artificial stimuli, and exercise more to be depended on than jalap, attenuations of aconite and belladonna, or even bread pills. He inveighs against the practice, now unhappily prevalent, of attacking the effects or outward signs of a disease instead of the cause or seat of the malady—a practice which sometimes proceeds from ignorance, though it is often adapted to allay the fears of the patient. "A swelling suddenly appears on a man's knee, whereat," says the author, "he flies in alarm to his physician. The latter sets himself diligently to work to remove the swelling, and, to the joy of his patient, succeeds." This, he says, is like stopping the alarm bells which tell us that a fire is broken out. We should be attending to the fire and let the bells ring. The swelling on the

man's knee might not, it seems, be a disorder in itself, but only the outward expression of a real trouble existing within—a warning given by nature, and perhaps an outlet, which, if encouraged rather than restrained, might do much to alleviate the disorder of which it is the expression.—*Scientific American.*

SLEEPING WITH THE HEAD LOW.—The practice of raising the head by pillows during sleep is almost universal, but according to Dr. Meuli-Hilty (*Med. Record*), the reverse (or perfectly horizontal) position should be assumed when we go to rest. The Dr. made experiments in his own person, and found that when he slept with his head lower than his feet, he always awoke more refreshed and capable of performing better work than after a night's rest in the usual position. He has continued the practice for four years, and considers it is the correct attitude for sleeping. His idea is that the brain receives more blood and is consequently better nourished, hence more capable of hard work. Congestion of the brain is prevented by the thyroid gland, which he found increased in size so as to make the circumference of the neck nearly two inches greater. He also claims it is a prophylactic against pulmonary phthisis, since the apices of the lungs receive a fuller supply of blood, under gravitation, and are therefore more able to resist disease.—*Canada Lancet.*

I HAVE long noticed that the use of tobacco shows up the moral heart. Can any one but a depraved man believe it is polite to spit tobacco juice in the pure, honest, face of mother earth? Can anything but selfish rudeness poison the air of one's neighbors with the nasty fumes of tobacco? The filthiest spittoon even, is not dirty enough to squirt tobacco juice in. Can any sane man think it is a case of polite manliness to smoke in the presence of a lady? Selfishness and gallantry are always opposed to each other.—*PROF. WILLIAMS, in Cincin. Lanc.*

SLEEPINESS and lassitude interfering with afternoon work are almost always due either to alcohol or heavy meat lunches.—*British Med. Jour.*