Scientific and Aseful.

FOOD AS A MEDICINE.

Dr. Hall relates the case of a man who was cured of his billioueness by going without his supper and drivking freely of kmonado. Every morning, says the decion, this patient arose with a wonderful sense of rest and refreshment, and feeling as though the blood had been literally washed, cleansed, and cooled by the lemonads and fast. His theory is that food can be used as a rem 'y for many discases successfully. As an example, he cures spitting of blood by the use of salt; epilepsy by watermelon; kidney affection 'y celery; roken, clive or sweet oil; crysipelar, pounded cranberries applied to the part affected; hydrophobia, onions, etc. So the way to keep in good health is really to know what to eat—not to know what medicine to take. Dr. Hall relates the case of a man who cine to take.

CONTAGIOUS DISEASES.

A few weeks ago some respectable, cleanly, healthful English ladies and gentlemen sat down to dinner together in a private residence surrounded by a model neighbourhood. A few days later nearly every member of this same dinner party was suffering from searlet fever. How they took it ro one knew; it has been suggested that the disease was communicated by the cream, or by the tablecloth, the latter having been cleaned at a laundry. The case is not the only one of its kind; similar though not perhaps so violent outbreaks of disease have taken place in many circles, and no one has been able to trace the infection to its source.

HOW TO MAKE LEMONADE.

Plainhome-made lemonade can be made very cheaply, when lemons are not too dear. The great secret is to use beiling water, and pour it on the pulp of, say three lemons, with a small piece of peel, but not too much, as it will render the lemonade bitter. Add white sugar to taste -of course, children like it sweeter than others. Let it get cold and then strain it. Care should be taken that all the pips are removed from the pulp before the boiling water is added. A great improvement to this kind of lemonade is the addition of a little diluted salphuric acid, about thirty drops to a

FOR SMOKERS.

Another danger to the tobacco smoker has been discovered. Nicotine, hydrogen, sulphide, and cyanogen had all been detected in the smoke of tobacco, but without effect. Now comes Dr. Krause, of Annaberg, with a note in Dingler's Polytechns 's Journal, in which he says he has discovered carbonic oxide in this smoke—a thing thus far entirely overlooked. The quantity of this and of carbonic acid vary, of course, with the kind of cigars, the filling of the pipe, etc.: and the way the person smokes, too—whether with strong or weak draws—influences the products, by affecting the combustion. Dr. Krause describes his method of experiment, and gives stable for various cigars and modes of smoking. It appears from some twelve experiments that the quantity of carbonic exide varied between 5.2 and 18.8 volumes in 100 of smoke; average 9.3. As the smoker never gives out all the smoke, but must take a portion of it into his langs, a certain amount of carbonic oxide poisoning is thus inevitable. The more awkward the smoker, says Dr. Krause, the more rapidly will the action of the carbonic oxide make itself felt; hence the evil effects of early studies in smoking, the results of which are commonly ascribed to nicotine

DYSPERSIA.

The most universal cause of dyspepsia is eating too often, too fast, and too much. The general rules should be: 1. Eat thrice a day. 2. Not an atom between meals. 3. Nothing after give o'clock but a piece of cold bread and butter and one oup of hot drink. 4. Spend half an hour at least in taking each meal. 5. Cut up all meats and hard food in pea-sized proces Never cat enough to cause the slightest ancomfortable sensation afterward. 7.

Never work or study hard within half an hour of cating. The most universal and infallible indiction that the sense is becoming deposition that the sense is because of the sense. ation that a person is becoming dyspeptions is some uncomfortable sensation coming on uniformly after each meal, whether that be in the stomach, throat, or anywhere else. The formation of wind in the stomach, indicated by eruction, belching, or otherwise, demonstrates that dyspepsia is formatively for the stomach. is fixing itself in the system. Then there is only one course to pursue, and that is infallible; eat less and less at each meal, until no wind is generated, and no other uncomfortable sensation is experienced in any part of the body. No medicine ever cared confirmed dyspepsis; eating plain food regularly, and living out of doors industriously, will cure most cases.—Dr. Hall's Journal.

INSANITY IN MEN AND WOMEN.

We have not had the pleasure of seeing the annual report of Dr. Choate, of the State Lunalic Hospital, at Taunton, Mass., but he is reported as saying in it, "that the cess of insane women over insane men becoming more and more marked. He es not attribute it to any greater liability to the disease among women, but to the fact that more insane men die. More women sink into hopeless insanity. Men women sink into hopeless insanity. Men are made mane by physical causes, while women succumb to subtle moral influences, not easily reached by hospital treatment; and not very well understood by the profession." We believe that the records of institutions for the insane, when taken in the aggregate, will show that there is more insanity in men than in women; that the "sgreate, will show that there is more insanity in men than in women; that the insanity of men is generally of shorter duration—more of them die, or are cured—than that of women, whose insanity is more apt to settle down into melancholia and imbecility. Thus while men pass through institutions for the insane, either to the grave, or hear to receive again. women accumulate in tuem, and records, if not carefully studied, tend to give the impression that there is more insanity in the female than in the male sex, while, in rality, the contears is the fast.—Medical reality, the contrary is the fact.—Medical and Surgical Reporter.

There is small chance of the truth at the goal, where there is not child-like humility at the starting-post.

DR. SAGE'S CATARRH REMEDY

is no patent medicine hombus, got up to dupo the ignorant and credulous, nor is it represented as being "composed of rate and precious substances brought from the four corners of the earth, carried seven times perces the Great Desert of Sahara, on the porcess the Great Desert of Sahara, on the backs of fourteen camels, and brought across the Atlantic Ocean on two ships." It is a simple, mild, soothing remedy, a perfect specific for Catarria and "Cold in the Hear;" also for Offensive Breath, Loss or Impairment of the Sense of Smell, Taste or Hearing, Wetery or Weak Eyes, Pain or Pressure in the head, when caused as they all not unfrequently are, by the as they all not unfrequently are, by the violence of Catarrah.

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