

dish tint, and give a distinct acid reaction to test-paper. Good meat should dry on the surface after standing a day or two. The juice of bad meat is alkaline or neutral. The muscular fasciculi should not be large and coarse, nor should there be any mucilaginous or purulent-looking fluid to be detected in the intermuscular cellular tissue. The odor should be slight, and not by any means disagreeable. An unpleasant odour indicates commencing putrefactive change, or that the meat is diseased. By chopping a portion of the meat into small pieces, and afterwards drenching it with warm water, any unpleasantness of odour will be more readily detected. Another good plan is to thrust a long clean knife into the flesh, and smell it after withdrawal.

If the meat is at all suspicious, the muscular fibre should be examined under the microscope. The smaller *cysticerci* and *trichinæ* can only be detected in this way. The brain and liver should also be examined for hydatids, the lungs for multiple abscesses, and the ribs for pleuritic adhesions.

Bad meat is usually sodden and flabby, with the fat dirty or gelatinous-looking, and the smell unpleasant or sickly.

PROPHYLAXIS OF APOPLEXY.

Dr. I.C. Walker (*Amer. Practitioner*) quotes "from Virchow to show that the starting point of atheromatous degeneration is an inflammation of the inner arterial coat similar to that which occurs in endocarditis. He is led to infer that this inflammation is also dependent on an acid condition of the blood, and looks to a correction of this condition for the prevention of apoplexy. In the history furnished us by Sir Thomas Watson, of Dr. Adam Ferguson, we find an example from which much may be learned. He says: "The doctor experienced several attacks of temporary blindness before he had an attack of palsy, and he did not take these hints as readily as he should have done. He was a man of full habit, at one time corpulent and very ruddy, though by no means intemperate, he lived freely. I say he did not attend to these admonitions, and at length, in the sixtieth year of his age, he suffered a decided shock of paralysis. He recovered however, and from that period under the advice of his friend Dr. Black, he became a strict pythagorean in his diet, eating nothing but vegetables and drinking nothing but water or milk. He got rid of his paralytic symptoms became even robust and muscular