

THE CHAINS OF HABIT are generally too small to be felt till they are too strong to be broken.

TEMPERANCE.—There are now upwards of 3,000 coffee taverns in different parts of England. We believe temperance people would do well to encourage the establishing of these more in this country.

A HARD HIT.—It is said that an absent minded doctor called on a patient and put a fee in the sick man's hand and took the medicine himself; and that he did not become conscious of his mistake until he found himself getting sick and his patient rapidly recovering.

ARSENICAL POISONING.—A case of recent occurrence is recorded of a young lady who had a very beautiful complexion, suffering from an outbreak of pustules on her neck and arms, especially painful at night, caused by wearing a green colored dress, in which there was a large percentage of arsenic.

SUNDAY-SCHOOL BOYS AND TOBACCO.—The International S. S. Teacher makes the very valuable suggestion that teachers in Sunday schools should do all they can to prevent the boys using tobacco. As the habit of using this poison is usually acquired in boyhood, much good might doubtless be done in this way.

DE LESSEP'S CANAL AS A HYGIENIC MEASURE.—G. H. Boyland, M.A., M.D., writes to the *Practitioner*, Baltimore, on this subject, and believes that by the building of the canal a whole country will be rendered more salubrious, a people more healthy, and the means of transmitting germs of infectious diseases to foreign ports materially diminished.

AWAKENING SUDDENLY.—To awaken children from their sleep with a loud noise, or in an impetuous manner, is extremely injudicious and hurtful; nor is it proper to carry them from a dark room immediately into a glaring light, against a dazzling wall, for the sudden impression of light debilitates the organs of vision, and lays the foundation of weak eyes from early infancy.

WHEREVER unselfish love is the mainspring of men's actions; wherever happiness is placed, not on what we can gain for ourselves, but on what we can impart to others; wherever we place our highest satisfaction in gratifying our fathers and mothers, our brothers and sisters, our wives and children, our neighbors and friends, we are sure to attain all the happiness which the world can bestow.

PLATO, one of the wisest men of ancient Greece, observed that the minds of children were like bottles with very narrow mouths:

if you attempted to fill them too rapidly, much knowledge was wasted and little received; whereas with a small stream they were easily filled. Those who would make young children prodigies act as wisely as if they would pour a pail of water into a pint measure.

A DOCTOR tells with pardonable pride how, being called in at the debut of his career to a consultation with an eminent prince of science, he had insisted, despite the opinion of his famous senior, that the patient had an incurable affection of the heart. "And what were my delight and pride," he says, beamingly, "on learning three days later that my patient had gone off precisely as I had declared he would."

DR. BESSEY, of Montreal, in an article in the *Canada Medical Record*, opposes the use of alcohol in the treatment of disease. He states that the use of alcoholic remedies is common in that city, and is in practice in the General Hospital, whose last annual report gives the mortality rate of the cases of typhoid fever as 40 per cent., while the average rate is 20 per cent., and in the Glasgow hospitals, where the stimulating plan has been abandoned it has fallen from 17 to 10 per cent.

THE POST MORTEM OF A LIVER PAD.—The pad is made of drilling, and filled so as to be about one half to three-fourths of an inch in thickness. The contents are: Ground flaxseed and ground fenugreek seed, fifty per cent.; pitch, resin of galbanum or olibanum, and resin of sandarac, forty-five per cent. The remainder is probably composed of aromatics. The fenugreek gives the peculiar odor, though this is changed to a limited extent by the resins and aromatics. Wonderful invention!

REMARKABLE RESTORATION OF THE APPARENTLY DROWNED.—In a recent communication to the French Academy, Professor Fort asserts that he was enabled to restore to life a child three years old, by practising artificial respiration on it four hours, commencing three hours and a half after apparent death. He mentions also a case in which, in July, 1878, an apparently drowned person was reanimated by four hours of artificial respiration, begun one hour after the patient was taken from the water. The possible benefit that may come from a persevering effort to revive victims of drowning, should encourage friends not to despair of their resuscitation, even after several hours of seemingly fruitless labour.

A CORRESPONDENT calls the attention of the *Montreal Witness* to the death of two excellent gentlemen in his vicinity, from no other apparent cause than the excessive use of tobacco. The one was an inveterate "smoker,"