

especially in early life, is that boys, who have grown up accustomed to its constant use, have been insensibly building up a nervous and highly-strung organization, which too often predisposes to the use of tobacco, whose soothing effect is found to allay the excitement which is the natural result in an organism so abused. The long train of evils resulting from tobacco-smoking, chewing &c. are too well known to need description, but reflection and observation shew that, in many cases, the root of the evil has been the use of tea, which has predisposed to the use of a sedative which frequently proves worse than the stimulant previously used. It may be safely concluded that, if tea and other stimulants were not so generally used early

in life, there would not be so general a resort to sedatives like tobacco and other even more deadly drugs and narcotics in after years.

In the high-pressure life of large American cities, even tobacco fails in, alas! too many cases to allay the unnatural excitement and tension produced in highly-strung, nervous temperaments, by a ceaseless whirl of toil, worry and anxiety on the weak frame called upon to endure it, and resort is becoming alarmingly frequent to even more powerful and deadly drugs, which rarely fail to terminate the career of those so using them, in darkness and despair, and often in insanity or premature death.

MONTREAL.

W. J.

MISCELLANEOUS EXTRACTS AND SELECTIONS.

THE COUGHING HABIT AGAIN.—Last month we referred to this subject at length. We find this in an exchange, on the habit. Coughing is often under control of the will and the result of habit. At first a little irritation is felt, a cough is set up, and habit keeps it going until the irritation provoked, produces a real and serious disease. Through force of sympathy coughing often becomes contagious. This can be well illustrated in a schoolroom of restless boys and girls. Let one child set the ball rolling, another child takes up the musical note, then another, and still another, until the teacher brings the rule to the desk, and commands this noise to stop. Then an eloquent silence prevails. In church we may sometimes observe the same thing—when some old lady, who has had a pet cough for years, sets up a coughing strain, which is soon followed, as if in

chorus, by many other members. The poor preacher then wages an unequal contest and may as well stop preaching. These facts should be ample evidence, that coughing is an act under control of the will in very many cases. In such cases a little application of "mind cure" can be made effective. The family physician can often cure chronic coughs not by a prescription but a simple command.

VEGETARIANISM as a doctrine, says the *Journal of Reconstructives*, has had its day. The vegetarian diet is properly a cure. It is useful as a change, and is a cure for one form of dyspepsia, for gout and biliousness. It may be tried with advantage in summer to counteract the evil effects of too much good living in winter. The milk diet or "dairy fare" is a return to nature by another path. Fever patients arriving at Bellevue are put exclusively on